

# Honiton Aquathlon 2013

Thanks for taking part in our Aquathlon. Please read the instructions carefully as everything you need to know is here. It is your responsibility to know where you need to be and also to know the course.

**PLEASE BE AT THE VENUE FOR 15.30 FOR REGISTRATION, RACE BRIEFING WILL BE AT 16.30**

Inside the Race Pack there is:

- 1) Race number
- 2) Safety pins
- 3) The instructions

If there is anything missing go back to the registration desk.

Please make sure you know which race you are in and the distances.

10 &u	100 swim	Run 2 laps of the Rugby pitch.
11-12	200 swim	Run 3 laps
13 – 15	300 swim	Run 4 laps
16 – 18	400 swim	Run 5 laps
Masters	400 swim	Run 5 laps

## Pre Event Instructions

- 1) Please pin your RACE NUMBER on the front of your top you will be running in.
- 2) Get changed in the swimming changing room- use lockers.
- 3) GET READY and changed in your swimming kit,( swim hats on and goggles ). Keep your trainers and running top ( with number on )with you.
- 4) Be changed and on poolside 10 minutes before your RACE BRIEFING 16.30.
- 5) After the briefing you will be taken to set up your kit in transition. Only tops and trainers, no bags or boxes. Then the race will start.

## RACE INSTRUCTIONS

### SWIM

You start in the water, no diving starts allowed. Stay in your lane and count your own laps. Exit pool and go around cone before heading to the transition area.

### TRANSITION

Enter the transition area carefully it may be slippery. Go to where you put your kit. Put trainers on and your top with your number showing. You must have your top on with the number at the front before leaving the transition area. Remember the clock is still running, so be quick.

### RUN

Exit the transition area and follow the course around the edge of the field all the way to the FINISH line. Runners need to pick up a band on each lap from the MARSHALL and hand them in on completion.

Water will be available during the run and on completion.

# GOOD LUCK