



WESTCROFT JUNIOR AQUATHLON 2025 - RACE INFORMATION PACK

Welcome to the Westcroft Junior Aquathlon 2025

We would like to wish all entrants the very best of luck. To ensure that your children have a great day and a successful event, please ensure you fully read the following information carefully.

DATE	Sunday 7th September 2025
VENUE	Westcroft Leisure Centre, Westcroft Road, Carshalton SM5 2TG, and the adjoining Grove Park
TIME	1:00pm, and no later than 1:20 pm , to allow time for registration, transition set up, event familiarisation etc. The first Youth competitor starts at 2pm.
PARKING	Westcroft Leisure Centre has plenty of FREE car parking available in the car park located on site. Please ensure that you move through to the rear car park to avoid congestion in the approach road. If you are unfamiliar with the venue, please approach Westcroft Road from the A232 Carshalton High Street/Acre Lane, rather than via the A237 Manor Road North (no access to the venue).

IMPORTANT TIMINGS OF THE DAY – QUICK GUIDE

Registration/Check in	Opens 1:00pm	Closes 1:40 pm
Transition	Opens 1:10pm	Closes 1:50 pm
Event	Starts 2:00 pm	Anticipate finish by 4:00 pm

REGISTRATION/CHECK IN

Will be located on the forecourt, to the left of the Leisure Centre main entrance door.

Here we will:

- Give your child an envelope containing their Race Number, Safety Pins and Timing Chip/Strap
 - Note any changes to emergency contact details
 - Confirm valid BTF membership, if Race Pass not purchased upon entry*
 - Bodymark your child with their Race Number on their upper arm, and, if requested, the number of run laps to be completed on their hand.
- The timing chip needs to be securely fixed around either ankle.
- The Race Number needs to be fixed to either the front of a T-shirt or to a Race Belt, whichever they are going to place in transition to wear for the Run.

***If your child is a BTF member, we will check that their membership is valid for the day of the event. If it has expired, we will require you to renew or buy a RacePass before the event takes place.**

Non-BTF members should have already paid for a day Race Pass during the entry process. This will have been emailed to you beforehand and it is not necessary to bring it with you on the day.



TRANSITION AREA

This will be housed in the secure Café patio area, to the left of Registration, close to the footbridge into Grove Park.

Here competitors will need to leave:

- a small towel
- running trainers (socks optional)
- racebelt or T-shirt, with Race Number attached (shorts optional)

Please note that no nudity is allowed in transition, and upper body torso must be covered for the run.

Parents are not allowed to help set up in transition, as we encourage all children to do it themselves. Our friendly marshals will be there to provide guidance to all competitors.

Please do not bring boxes/bags into transition, as there is limited space and these are a trip hazard.

RACE FORMAT

The race is an aquathlon (swim-run) race catering for children aged 8-16 who will be racing the TriStar and Youth distances. There will be a maximum of 120 competitors across all categories.

The swim will take place in the heated 25m indoor pool at Westcroft Leisure Centre, with the run consisting of a series of 600m laps around The Grove Park.

All 3 elements (swim/transition/run) of the race are timed, the overall times determining the finish order.

We are pleased to welcome back **Chip Timing Solutions Ltd** to provide this service.

Timing chips will be issued at Registration and are to be worn throughout the entire race - all 3 elements of the race (swim/transition/run) of the race are timed. All chips must be handed back at the Finish area, where a marshal will be collecting them. If chips are not returned, there will be a £25 charge for the chip.

AGE GROUPS AND RACE DISTANCES

Age groups are as per the competitor's age at 31st December 2025

Category	Age	Swim	Run
Novice (8)	8yrs	25m (1 length)	600m (1 lap)
TriStart	8yrs	50m (2 lengths)	600m (1 lap)
Novice (9-10)	9 to 10yrs	50m (2 lengths)	1,200m (2 laps)
TriStar1	9 to 10yrs	150m (6 lengths)	1,200m (2 laps)
TriStar2	11 to 12yrs	200m (8 lengths)	1,800m (3 laps)
TriStar3	13-14yrs	300m (12 lengths)	2,400m (4 laps)
Youth	15-16yrs	400m (16 lengths)	3,000m (5 laps)

We have introduced **Novice categories** for younger entrants this year, for those who may struggle with the standard swim distances. **Please get in touch BEFORE 6 pm on 3 September, if you wish to change either way.**



The British Triathlon Federation require that where races are competitive (defined as having any or all of official timing/results, qualification, or rankings and involving participants of 12 years of age or greater), two race categories must be provided: **Open and Female**.

Only those who are female sex at birth are eligible to compete in the Female category. All individuals, including transgender people are eligible to compete in the Open category.

For consistency, we've decided to use Female and Open categories across all age groups, rather than Female/Male for under 12s.

If unsure, you can view British Triathlon's Transgender FAQs here:

<https://www.britishtriathlon.org/britain/documents/about/edi/transgender-policy-faqs.pdf>

Or the full transgender policy document here:

<https://www.britishtriathlon.org/britain/documents/about/edi/transgender-policy-effective-from-01-jan-2023.pdf>

RACE KIT

Please try and arrive 'swim ready' if at all possible.

A tri-suit is the best option for clothing during the event. If you do not have a tri-suit, then swimwear is fine for the swim stage. During transition and the run stage, swimwear must remain on as nudity is not permitted. Unless you have a tri-suit/racebelt, please put a T-shirt on before you leave transition.

The race number must either be attached to a racebelt, if you have one, or pinned to the front of a T-shirt. Safety pins will be provided at registration. Please attach the number before transition setup.

In summary, your kit should be:

Stage	Kit
Swim (to wear to the pool)	<ul style="list-style-type: none">• Race chip (collected at registration)• Tri-suit/swim wear• Goggles• Swim hat (optional)
Run (leave in transition)	<ul style="list-style-type: none">• Running shoes (socks optional)• Towel• Race belt (optional) with number attached• T-shirt (optional, only required if your swimwear does not cover above your waist or to attach your race number to if you do not have a race-belt)

Please note that your run shoes will be left in transition, so you may require additional footwear for once you have left your kit in transition. You may also want to bring warm clothing to wear whilst you are waiting for your race category to be called.

CHANGING/TOILETS

There are changing rooms within the pool building, including showers/toilets, access will only be allowed for competitors. Most participants leave their belongings with spectators, although lockers are available (20p non-returnable). Toilets are available to the left of the main reception desk and within the changing rooms.



RACE BRIEFING

To maintain a degree of social distancing, and to comply with BTF guidelines, there will be no formal overall race briefing before the event, although there will be a poolside briefing for each race category to explain the swim procedure, how many lengths, run laps etc.

RACE START TIMES

Competitors should line up alongside the building at the marked **assembly point (opposite the bicycle shelter)**, In race number order, at the following times, ready to be led through to the pool hall:

Category (age at 31 st Dec 2025)	Assembly time	Start time (approx.)
Youth (15-16)	1:45	2:00
TriStar 3 (13-14)	1:45	2:10
TriStar 2 (11-12)	1:45	2:20
TriStar 1 (9-10)	2:10	2:40
TriStart (8)	2:10	2:50
Novice 9-10 (9-10)	2:10	2:55
Novice 8 (8)	2:10	3:00

First competitor starts at 2:00pm, with others in the category following at 20 second intervals.

There may be an intentional gap left for no-shows, also until the pool clears at the end of each category.

THE RACE

SWIM

- The swim will be held in the 25m indoor pool at Westcroft Leisure Centre, starting in the shallow end.
- Start order will be seeded, based on given swim times within each category.
- Competitors will be led through to the pool area and lined up seated along the poolside in number order, until it is time for their category to start.
- Each category will be briefed and led to their start location; each competitor will be told when to enter the pool, and when to start, pushing off from the wall.
- Competitors will be set off at 20 second intervals and swim 'snake style' up and down the right-hand side of each lane in the direction of travel, and then swim under the rope to the next lane and swim up and down with the rope on their right. This is repeated until they reach the exit steps.
- Backstroke is not allowed.
- If you are caught (foot touched) by the swimmer behind, please let them past at the end of the length if they have not managed to overtake safely.

Upon exiting the pool, competitors must **walk** past the teaching pool to the transition area. There, they will change into their running gear (nudity is not allowed at any time during the race). Please ensure that shoes are on securely before leaving transition. Continue to walk out of the transition area, over the bridge towards the run course. **Poolside, transition and the bridge are compulsory walk zones** and any athlete who runs will incur a time second penalty. Competitors may run, once over the footbridge.



THE RUN

The run will be held in The Grove Park adjacent to Westcroft Leisure Centre. The number of laps varies for each age category.

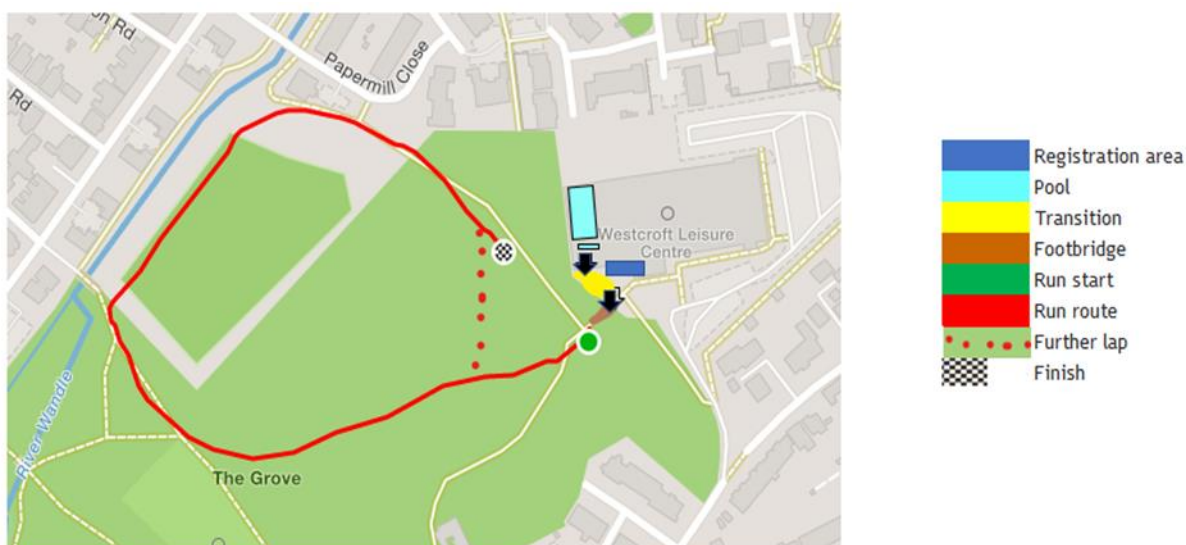
It starts once the participant is over the bridge and onto the grass in The Grove Park and finishes when they cross the Finish Line on their final lap. There will be signage in place directing athletes to the 'FINISH LINE' or 'ANOTHER LAP' so please ensure that competitors know to count their own laps. Parents/coaches are not allowed to run with their children.

We expect to have each lap timed this year.

The age group run distances are as follows:

Category	Age (at 31 st Dec)	Distance	Laps
Youth	15-16yrs	3,000m	5 x 600m laps
TriStar3	13-14yrs	2,400m	4 x 600m laps
TriStar2	11-12yrs	1,800m	3 x 600m laps
TriStar1	9 -10yrs	1,200m	2 x 600m laps
Novice 9-10	9 -10yrs	1,200m	2 x 600m laps
TriStart	8yrs	600m	1 x 600m lap
Novice 8	8yrs	600m	1 x 600m lap

The course is laid out as per the map below:



Marshals will be positioned around the course to warn athletes of pedestrians and vice versa, and to direct athletes around the course incident free. Marshals will be wearing high-viz jackets and will be in sight of at least 2 others.



TIMING, RESULTS AND PRIZES

Medals will be awarded to each competitor at the finish line.

Trophies will be awarded to 1st, 2nd and 3rd in each of the Female and Open Tristar/Youth categories.

Additional bespoke medals (in lieu of Trophies) will be awarded to 1st, 2nd and 3rd in the **Novice** categories.

Spot prizes will also be awarded, especially in the most filled categories.

Presentations will take place close to registration, as soon as possible after the last race has finished.

Full results will be found online at <https://chiptimingsolutions.com/results/> once the event is finished.

GENERAL INFORMATION

Water

Water will be available to runners at the race finish (and each lap near the finish area). Please place any used plastic cups in the recycling bin provided and don't drop them around the course. Remember, if you can carry it full, you can carry it empty!

Cake

Each competitor will be entitled to one free cake from the cake stall.

Parents/carers of children with food allergies should oversee their child's choice, bearing in mind that many of the cakes will be home made. There will be a small selection of shop bought cakes with ingredients listed.

Once all competitors have had a cake, the remainder will be sold as second helpings or to spectators, for a small donation.

Café

The Westcroft Leisure Centre café may be closed for the duration of the Event. However, SASSIS in the park is an open-air café close to the blue 'ball cage' which should be open. There are also numerous outlets in Carshalton High Street.

Collection of items from Transition

Must be done by competitors and does not usually occur until the last competitor has come through.



First Aid

First aid cover will be provided by the Centre staff for any incidents arising within their boundary. Additional first aiders will be stationed at the finish line area in the Grove Park. It is a requirement that parents give consent before any treatment is given, so please be close by while your child is racing.

Covid precautions for competitors and accompanying supporters:

Please do not attend if you have Covid symptoms or have recently tested positive.

Safeguarding/Welfare

This permitted triathlon event acknowledges the duty of care to safeguard and promote the welfare of children, young people, and vulnerable adults. This permitted triathlon event is also committed to ensuring safeguarding practice reflects statutory responsibilities, government guidance and complies with best practice and British Triathlon requirements. Details of our club Welfare Officer will be on hand at Registration, should you have any concerns.

Missing Child

It is your responsibility to know the whereabouts of your children before and after the race. If you are missing a child, please alert the nearest marshal or registration area so we can initiate the 'lost child' procedure.

Event photography

- There will be no official photographer on the day.
- Photography/filming is **STRICTLY FORBIDDEN** within the pool areas/viewing gallery.
- The run element of this Event takes place in a public park, therefore images from the Event (including your/your child's image) may be collected by members of the public and the Event is unable to control this.
- Please do not share images of other people's children on social media unless you have their permission to do so.
- If you have any concerns, please speak to individuals concerned. Please report any concerns to the Race Director or Welfare Officer.

Race Rules

The race will be run according to the rules of The British Triathlon Federation. These can be found at www.britishtriathlon.org

Penalty appeals procedure

Participants may challenge penalties that have been awarded (subject to the infringement). If a penalty is awarded and you wish to appeal, this must be reported to the Technical Official/Race Director within 15 minutes of their finish time or the posting of the penalty (on the event noticeboard) whichever is later. The full procedure can be found here: <https://events.britishtriathlon.org/uploads/content/Penalty%20Appeal%20Process.pdf>

Feedback

We'd love to hear your feedback, good or bad, either verbally or at wtcaquathlon@gmail.com so that we can continue to improve our event.