



Sandwell Triathlon 2019

Information

A Children's 8-16yr Event
with an adult wave for parents



Open Water Swim, Closed Road cycle, park path Run

A Triathlon consists of a swim followed immediately by a cycle ride then a run.

IMPORTANT! Your race age is as you will be on 31 December 2019, not age on race day

Age Group	Swim Distance	Cycle Distance	Run Distance
Tri Start (8yrs)	50m	1000m	600m
Tri Star 1 (9-10yrs)	150m	2000m	1200m
Tri Star 2 (11-12yrs)	200m	4000m	1800m
Tri Star 3 (13-14yrs)	300m	6000m	2400m
Youth (15-16yrs)	400m	8000m	3000m
Adults (17yrs+)	400m	8000m	3000m

All distances are Approx., only

Please note all times stated are approx. at this stage.

The cycle section is on the "closed off Park Lane Road"

Entrants are welcome to join in an OSTC coached children's Sunday morning swim session at swan pool. Must pre booked.

In addition if you are interested in training sessions with us "Oldbury STC" contact our Tri Rep at oldburystctriathlon@gmail.com

Scotathlon is for the siblings of competitors, & ostc members and takes place whilst youths are cycling

Adult Wave of 25 places is intended for parents but open to everyone

Basic Information

Name: Sandwell Children's Triathlon 2019

Date: Sunday 30th June 2019

Place: Sandwell Valley (Forge Lane/Park Lane B71 3SX)

Wet suits: short surfing types are acceptable, max 5mm thick

Registration: field near Swan Pool Lake, Sandwell Valley

Registration Open: from 8.15am to 9.30am

Transition area: 8.15 to 9.30 cordoned off section of car park

Main Briefing: at 9.30am, by the lake opposite T1

Lakeside Briefing: at Lake entry 15 minutes before your start

Finish Line: field by registration

Toilets: near transition, no changing facilities

Youths start first, at approx. 10.00, then TS-3,2,1, TSS, Adult

Scotathon: for under 8yrs at 10.15 whilst Youths are cycling

Chip Timing by Stuweb Timing:

Entry fee: £18 early bird until 12th April, then **£25** until 1st June, then **£30** until entries close or when full. TS/TE/WT licence required or day race licence at a cost of £1 per child & £3 per adult competitor will be purchased for you if required and added to your entry fee

Entry closes Monday 24th June - no on the day entries.

Race details will be posted on – Stuweb results and our web site - www.oldburyswimmingandtriathlonclub.com

To enter: go online to "www.entrycentral.com / Sandwell Triathlon"

Format for day

Car parking at Sandwell Valley.
(B71 3SZ) Forge Lane

Go to Registration 1st, via lake path
(only 60m away).

Pin race numbers onto T-shirt or race belt

Set up transition (no parents allowed) *marshals will help children if asked*

At 9.45am attend briefing

Get changed, and be at chip timing fitting at least 15 minutes before race start time.

Your race time is from start signal to when you cross the finish this includes;
Swim, go to Tx, wetsuit off, ride bike finishing in Tx, run out and back to finish line.

Presentation at finish area once all results confirmed.