



Kids Duathlon 2022

BCS Events' aim is to secure the safety of all athletes who are competing in our events.

We provide a team of well-trained, experienced stewards and crew, to aid your race, maintain the rules, but also make the experience an enjoyable one.

The duathlon is part of the South-Central Triathlon Series for 2022 and is open to all levels of ability no matter what your background; it's all about having fun.

The race will be gear restricted with the bike section on a closed road race circuit. The run will be completed on mixed terrain.

Covid-19 Consideration

Athletes will begin the race one at a time in a rolling start. You will start at your numbered racking in transition and run over the start mat to begin.

We ask that athletes abide by the government COVID guidelines that are set at the time of the event taking place as we ourselves will be doing. If you begin to feel unwell leading up to the event or have any symptoms of COVID-19 we ask that you get in touch with us so we may discuss what we can do regarding your place in the event.



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Venue and Parking

The Kids Duathlon will be held at the National Bowl, Watling Street, Milton Keynes, MK5 8AA

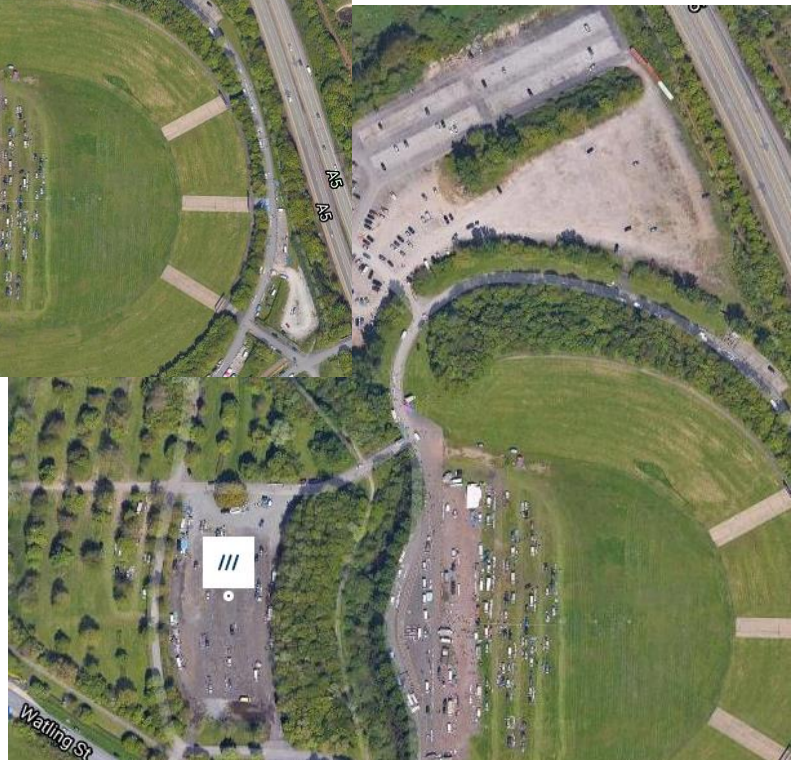
The What3Words location for the venue is:

///troubled.everybody.soups



Parking will be here:

///detect.dreamers.enigma



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Event Distances and Start Times

CATEGORY	AGE AT 31 ST DECEMBER 2022	DISTANCE	START TIMES
TRISTAR	8 years old	400m/1km/200m	09:30
TRISTAR 1	9-10 years old	1.2km/3.2km/400m	10:00
TRISTAR 2	11-12 years old	1.6km/5.4km/600m	10:40
TRISTAR 3	13-14 years old	2km/7.6km/800m	11:45
YOUTH	15-16 years old	2.4km/10.9km/1.6km	12:45

Routes for all distances can be found here: <https://bigcowsports.com/events/kids-duathlon/>

Racing Information

1. RUN

Make sure your number is visible from the front, and you are wearing your timing chip.

2. BIKE

A correctly fitting cycle helmet is compulsory and must be worn for the cycle section.

Approved cycling safety helmets of ANSI Z90.4, SNELL B90, EN 1078 or an equivalent national standard must be worn by competitors. A CE mark is not an approval mark and should not be treated as approval.

- Bike passing conduct

It is the overtaking cyclist's responsibility to make the pass safely.

- Bike Collection:



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Once all the bikes are in and the transition is reopened for bike collection, please use allocated entrance, and exit only. Your race number and your bike number must be the SAME for your bike removal.

3. RUN

Make sure your number is on your front for that photo finish!

For All Events

- Competitors are ultimately responsible for their own safety and for the safety of others.
- Competitors must take responsibility for knowing both the technical and competition rules and abiding by them.
- It is the competitor's responsibility to be properly prepared for an event and to ensure his or her equipment is suitable and fit for its intended purpose, including his or her bike, which must be roadworthy. Including bar ends.
- If your race contains laps, it will be your responsibility to count these.
- Timing chip must be worn on your left ankle.
- No chip, no time!

Shouts of friendly encouragement are welcome, aggressive, or abusive comments are not acceptable.

General encouragement is promoted however this is an individual effort, shouting out the position of a bike in transition or how many more laps are needed constitutes outside assistance which may attract a penalty for the athlete concerned.

Gear Restrictions

Athletes will need to arrive at events with bikes pre-restricted.

You will not be allowed to race unless your bike rolls out within the age-appropriate gear limits.



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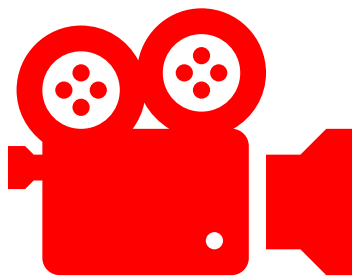


We will do mandatory gear restriction checks before allowing athletes into transition.

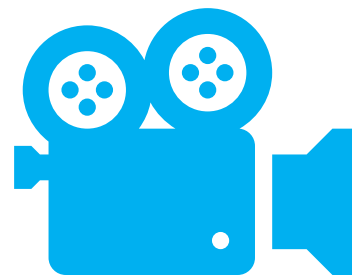
Please ensure you arrive at least 30min to ensure you have sufficient time to use the practice roll out area and make any last-minute adjustments before getting your bike officially checked.

The following documents aim to provide all the information you will require on Gear Restrictions in Youth and Children's racing:

- For the Parent and Athlete Information booklet, please visit [here](#)
- For the Gear and Maximum Rollout Distance Table, please visit [here](#)
- For information on Cassettes, please visit [here](#)
- For information on Chainsets, please visit [here](#)
- For information on Chainrings, please visit [here](#)
- For information on how to Restrict Gears, visit [here](#) for the front mech, and [here](#) for the rear mech (and here for Di2 restriction).
- For information on how to Check your Gears using a roll out, please visit [here](#)
- To better understand the options available to you please visit [here](#)
- Additionally, you can watch the videos below:



How to restrict your gears



How to roll your bike out



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Transition Rules

Transition will open at 09:00. You will be able to rack your bike 30 minutes before your start time.

- Officials and competitors are only allowed in transition.
- Bike labels/numbers must be on bikes and helmets before entering transition.
- Race numbers must be on front or with use of a number belt, back on the bike, and front for the run.
- No marking position in transition, all places are number marked according to your race number. You must rack your bike in its numbered allotted space.
- Competitors may not use communication devices of any type.
- No bikes will be allowed out of transition until notified by the race director.
- Glass containers must not be used at any time.
- Please show your race number to gain access. Your race number and your bike number must be the SAME for your bike removal.

FAILURE TO COMPLY WITH THESE RULES OR DISREGARDING STEWARD'S REQUESTS MAY LEAD TO DISQUALIFICATION.



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General Information

Referee for the day

Paul Hester

Race Packs

Race packs will need to be collected from the registration desk on the day. Registration will be allocated next to the transition area and will be open from 08:30am.

If you sign up with a BTF license, you will pay a discounted entry fee. If you do not present your BTF license at the registration desk, you will need to purchase a new one at the cost of £1.

If you sign up without a BTF license, we will email you your day license prior to the event. The day license is inclusive of the price of this event. Either have the license printed out or keep it handy on your phone to show the Technical Official when you enter transition.

Registration

Registration will be open from 08:30 to collect your race pack.

Race Briefing

The race briefing will be sent to you electronically prior to the event. Any last-minute changes will be communicated to you on the day.

Bag Drop

There will be no bag drop for this event. Please make sure you leave your bags with your parents/guardians/supporters.

Water Stations

There will be water stations around the venue for you to use.



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Health and Safety

Risk Assessment

A copy is held at registration for your viewing. These assessments are carried out every year and checked before each race for your safety and comfort.

First aid and emergencies

For all issues with athletes or spectators, whether it is an emergency or not please contact Sasha (Event Director) through one of the stewards or crew members. She will liaise with the medical team on the quickest form of action.

Personal medical details

The rear of your race bib is printed with space for you to fill out any pre-existing medical conditions. Please fill this in with any pre-existing medical conditions, or if there are none then just write N/A. This allows our medical team to provide you with the correct treatment as quickly as possible.

Medical cover by:

Acute Ambulance Medical Services (AAMS)

Lost or found children.

All stewards and crew members are fully briefed on how to deal with these situations. If you, as a member of the public, get into a situation of finding a child without a parent or guardian, or yourself have lost a child, please contact the nearest member of the BCS Events team who will assist you with your needs.

The BCS Events team can be recognised by their yellow high visibility vest or orange t-shirts with the word 'crew' on it.



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Spectators

Spectators are welcome but must adhere to the social distancing rules in place at the time of the event.

Helpful Information

Catering

There will be a hot food caterer, ice cream van and coffee van to keep you all fed and watered.

Waste and Litter Management

Bins will be provided to you at the venue. Littering on-course is a violation of the rules and can result in a penalty.

Toilet Facilities

Portaloos will be provided at the race venue which will be located opposite transition.

Timing and Results

Your results will be streamed live online and will be available from our timing partner Results Base. For any timing enquiries please contact them directly.

You will be expected to return your timing chip in the finish area when you have completed the event. Failure to do so will result in a fee of £25. This will be invoiced to you post event.

Prizes

Prizes will be awarded to Top 3 Boys and Girls in all events. These will be awarded after each race.



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Rewards

All finishers will receive an awesome bespoke wooden medal and locking laces.

We look forward to seeing you on race day. Good luck with your training.



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