Dear Parent/ Guardian,

You are receiving this correspondence because you are the parent/guardian of an athlete competing in the following event:

Junior TriLaois on 20th August at Ballinakill Outdoor Pool @10:00am

We look forward to welcoming you and your families on Saturday. The event will host races for 4 year olds up to 17 year olds starting at 10:00 with the Splash & Dash event. Registration will be open from 9:30am, please arrive at least 30mins before the expected race time, all races except the S&D will need to receive a race number and set up before the race.

The pool is 30m in length and 1.5m at its deepest point.

10:00 : Splash & Dash - Children's Pool Splash
10:30 : 8-9 yrs   4 lengths 400m run
11:00 : 10-11 yrs   6 lengths 500m run
11:30 : 12 -13 yrs   14 lengths 1km run
12:00 :   14 - 15yrs   18 lengths 1.5km run
12:30 : 16 - 17yrs   26 lengths 2.5km run

Splash & Dash - Swimwear is required and arm bands can be worn. Wetsuits are not needed as the pool is heated.

All other races : <u>Each participant will need to bring swimwear - Swim hat, goggles, togs or tri-suit and runners and t-shirt and/or shorts</u> . Please note participants may be given another coloured hat to wear in the pool to enable the counting of lengths.

The run section is an out and back course on the right hand side of the road leaving the pool facilities, with marshals at all junctions and bends and at each turnaround. Each wave will be complete before the next starts.

Parent/guardian/adult appointed by parent/guardian must accompany minor on race day and sign in at registration with their name and contact number for the day in case of emergency and flag any medical issues that the lead team need to be aware of . Parents are not allowed into the water with the Splash and Dash participants or around the pool deck for the remaining races. Please adhere to this and listen to the marshals on duty. Changing rooms and toilets are available.

The photographer, who will be taking photos of competitors in the pool, transition area and finish line, is familiar with the TI Photography Guidelines. If you do not want your child to be published in any photos please make a lead marshal aware at registration.

Parking :

Parking is only permitted into the grounds before 09:45am and cars will not be able to move while races are in progress. Parking is available in Ballinakill village. Please do not park outside the pool gates blocking any access or outside any private houses.

Times:
Marshals will be located at each pool end to count lengths completed. Times will be provided on a total finish time only, not split.

Prizes:
Prizes will follow TI guidelines .
There will be no prizes for Splash & Dash.
- → There will be at least one prize, in each age category.
- → A second place prize shall be awarded where there are at least eight competitors in the specific category.
- → A third place prize shall be awarded where there are at least thirteen competitors in the specific category.

Safeguard Lead
The following person, who has completed vetting and a safeguard course, has been appointed as Safeguard Lead on race day
Name: Susan Gunning Race day contact number: 0872168930

Raffle
We will hold a raffle on the day - tickets can be purchased at registration e5 for 1 ticket 3 for e10, with voucher prizes from Race Right Cycles and SportsDirect. All money raised is in aid of Shanahoe National School, Sonas Class for Autism. Please bring cash if you wish to purchase a ticket.

Sponsors :
A special mention to our sponsors
McKeon Stone - https://www.mckeonstone.ie/ -Portlaoise
The Anvil - Portarlington https://www.facebook.com/TheAnvilInnPortarlington
Race Right cycles - https://www.racerightcycles.ie/ Portlaoise
Ryan's Centra - Ballyroan https://centra.ie/locate/leinster/laois/ballyroan

Looking forward to seeing you all on race day, please remember all marshals are volunteers who have given up their time to run this event. We aim to provide a fun day for all participants and spectators.

Yours in Sport,
Team Trilogy

Race Director Contact
Aoife McEvoy 087 400 111 2