

## ENTRY DATES

Document Version: **1**

**Closing date; 6PM:** Wednesday 22 May 2019

**i** This date is when the Intention to Enter and an onsite Team Manager needs to be added to guarantee inclusion in the competition.

**Publish draw date:** Friday 24 May 2019

**i** This date is when London Youth Games publishes which Boroughs are entered into the competition.

**Confirm squad date; 6PM:** Friday 21 June 2019

**i** This date is when the squad details need to be entered on the entry management system.

## COMPETITION DATES AND INFORMATION

### QUALIFIERS

Finals only

### FINALS

Sunday 7 July 2019  
 Crystal Palace NSC, SE19 2BB  
 Registration: 08:00 to 09:30  
 Competition: 09:50 to 14:00

## WHO IS IT FOR?

Any Licence, minimum grade or standard required? N/A

## SQUAD NOMINATIONS

**i** This is the squad you originally nominate.

**Minimum:** 1  
**Maximum:** 20  
**Alternates permitted:** 2

## TEAM ON THE DAY

**i** This is the team you bring to the competition.

**Minimum:** 1  
**Maximum:** 20

**i** Some competitions allow alternates. This is where you can bring a previously un-nominated competitor.

Event	Oldest DOB	Youngest DOB	Likely School Year
Year 7	01/09/06	31/08/07	Year 7
Year 8	01/09/05	31/08/06	Year 8
Year 9	01/09/04	31/08/05	Year 9
Year 10	01/09/03	31/08/04	Year 10
Year 11	01/09/02	31/08/03	Year 11

## HOW DO I ENTER?

**Competition Type:** Secondary Open

**How to enter:** You will need to provide full details of your squad before the 'squad closed' date so each competitor can be checked and confirmed as eligible. Teams are submitted online. Contact your Borough Team Organiser for online access.



## ABOUT THE COMPETITION

<b>Competition Format</b>	This aquathlon is a swim and run event. Distances vary depending on a competitors age (details in the sports rules).
<b>Draw Format</b>	Age Groups will not be racing together & will be starting at different times. Younger age groups start first. The full timetable and race pack will be published on the LYG website <a href="https://www.londonyouthgames.org/sports/triathlon-aquathlon/">https://www.londonyouthgames.org/sports/triathlon-aquathlon/</a> w/c 24th June.
<b>Seeding</b>	None
<b>Final Positions</b>	Rankings of best 6 places (max 1 per age and gender, first in each age group), lowest overall ranking wins the competition. Example: 1st in race, ranking 1. 15th in race, ranking 15. If an athlete DNS or DNF in an age group, ranking 200. <b>TIED TEAMS:</b> If there is a tie then the 7th best score from the tied Boroughs will count & so on through the squad. If still tied then the most number of winners from the tied Boroughs will decide the winning team. If still tied then the most number of 2nd places from the tied Boroughs will decide the winning team. If still tied then the most number of 3rd places from the tied Boroughs will decide the winning team.
<b>Medals</b>	GOLD: winner, SILVER: 2nd place, BRONZE: 3rd place. Individual and Team medals awarded.

## WHAT KIT & EQUIPMENT DO I NEED?

<b>Kit &amp; Equipment:</b>	<ul style="list-style-type: none"><li>• Tri suits, race number belts and lock laces (or equivalent) are optional and are all allowed.</li><li>• Swim hats and swim goggles must be worn during the swim and worn or carried to transition.</li><li>• Participants upper body must be covered on run.</li></ul>
<b>Team Manager Notes:</b>	<ul style="list-style-type: none"><li>• Team Managers required to confirm the Borough's participants at registration and inform of any "no shows" and "alternates" when registering (will speed up results). Please ensure each competitor reaches the start line at the designated time.</li><li>• Each Borough MUST provide a marshal over 18 years of age. This marshal MUST sign in at the registration desk. Provisional results will be provided as soon as possible after the end of each wave. Appeals must be lodged at the registration desk, on the appeal form available from the registration desk. Only Team Managers can log appeals and this must be done before 12:30pm. Appeals will be considered by the Triathlon England technical official, the Competition Director and a representative of LYG. The decision of this panel will be final.</li></ul>

## SPORT SPECIFIC RULES

1. The competition is sanctioned by Triathlon England will be run in accordance with the British Triathlon ([www.britishtriathlon.org](http://www.britishtriathlon.org)) rules. A Triathlon England technical official (referee) will be in attendance and will make any decision on the applicability of those rules.
2. DISTANCES as follows:
  - a. Year 7 Swim 200m (4 lengths) + Run 1km (1 lap)
  - b. Year 8 Swim 200m (4 lengths) + Run 1km (1 lap)
  - c. Year 9 Swim 300m (6 lengths) + Run 2km (2 laps)
  - d. Year 10 Swim 300m (6 lengths) + Run 2km (2 laps)
  - e. Year 11 Swim 400m (8 lengths) + Run 3km (3 laps)
3. The name and mobile phone number of the Team Manager must be confirmed at the registration desk when the team registers.
4. Competitors' details, as provided during nominations will be confirmed by the Team Manager when the team registers. Incorrect information for any competitor may lead to the entire team being disqualified, and may cause their entire Borough team to receive penalty points.
5. Each borough must provide a marshal aged 18 or over. The name and mobile phone number of the marshal must be supplied to the registration desk when the team registers. Team marshals must be available at the marshals' briefing at the time and place confirmed in the advance information.
6. Transition will open at 8:30am and will close at 9:45am. Only competitors and Team Managers are allowed in transition. Transition will not reopen until the last competitor has started their run, and all equipment must be removed from transition within 1 hour of this time.
7. The only equipment that may be left in transition is: a towel, running shoes & socks, a tee-shirt or running top, a drink in a sealed, non glass container, and any essential medicines (e.g. asthma inhalers). Bags, including carrier bags, and bins (for the deposition of goggles and hats) are explicitly not allowed. All equipment must be placed completely within the boundary of the Borough's area.
8. The swim element will take place in the 50m main pool at Crystal Palace. All competitors must be able to swim 50m. Competitors must not change at the poolside or in the spectating area. Competitors must assemble in the assembly area, under the direction of the marshals, at the time stated in the advance information.
9. No assistance by Team Managers, or any other person, is allowed at any stage in the competition. This includes receiving swim hats and/or goggles and providing anything to the competitor.
10. The area between the swim exit timing mat and the transition entry timing mat is walk only, strictly a no running or overtaking zone. (This is essential for the safety of competitors as the area includes: the poolside, the steps down from the pool, a roughly surfaced path leading to transition.) Any competitor who is judged by a marshal or official to be running in this area may be disqualified from the

- competition. (The technical difference between walking and running is that at least one foot is always in contact with the ground when walking.)
11. During transition competitors must place their swim hats & goggles, and any other equipment, completely within the boundary of the Borough's area. (There will be no penalty for forgetting to remove swim hat and/or goggles. In this event they may be left with the transition exit marshals, otherwise they must be carried by the competitor for the duration of the run.)
  12. Competitors must have: shoes fully secured, tee-shirts or running tops fully worn, and race numbers visible from the front; before they leave transition to start the run. Lock laces (or equivalent) should be adjusted so that they cannot be confused with undone or trailing laces.
  13. Provisional results will be provided as soon as possible after the end of each wave. Appeals must be lodged at the registration desk, on the appeal form available from the registration desk. Only Team Managers can log appeals and this must be done before 12:30pm. Appeals will be considered by the Triathlon England technical official, the Competition Director and a representative of LYG. The decision of this panel will be final.
  14. In the instance of the timing chip issued to the competitor falling off during the event, it is the team manager's responsibility to inform the registration desk of the race number of the competitor affected as soon as possible after the competitor has finished. There is a manual timing back-up and we will be able to update the results accordingly. Failure to inform the registration desk of a lost chip and athlete number will incur a DNF (Did Not Finish) on the results.
  15. In the event of extreme weather conditions, or any other unanticipated situation which impacts on the safety of the event; the Competition Director may decide to amend, postpone, suspend or cancel the event.

**INCOMPLETE COMPETITION:** In the event that the competition is cancelled or suspended, the following steps will be used to calculate a final result.

- a. Results from all completed events are combined and used to identify the overall winner.
- b. Event types: Y7F, Y7M, Y8F, Y8M, Y9F, Y9M, Y10F, Y10M, Y11F, Y11M
- c. Minimum requirements: To determine a completed event the run and swim must take place with at least 80% of the athletes completing the course. If there are fewer completed events than the required best 6, then all events should be counted.
- d. Tied teams: will not be separated once scores from events are combined, except in the event that the top 3 teams have the same number of points then the highest number of first place event finishers will be the deciding factor, then second place event finishers and so on.
- e. Borough entry: If a borough has entered the competition but not an event that is used in the scoring calculation, they will be placed in last position.

