



LYG Aquathlon 2026

Entry Information & Rules

Event Overview

Date: Sunday 28th June 2026

Venue: London Aquatics Centre, Queen Elizabeth Olympic Park, London, E20 2AQ

Approx. Timings: 9.00am - 1.00pm

Contact: abby@londonyouthgames.org

Entry Information

Squad Entry Deadline: Wednesday 10th June at 10pm

Squad Size: Minimum – 1 & Maximum – 30 (any split)

Competitions: Girls & Open (raced separately)

Eligibility Criteria: All competitors must be able to swim the competition distance comfortably.

Age Categories

Age Category	Oldest DOB	Youngest DOB	Likely School Year
11 – 12 years old	01/09/2013	31/08/2014	Year 7
12 – 13 years old	01/09/2012	31/08/2013	Year 8
13 – 14 years old	01/09/2011	31/08/2012	Year 9
14 – 15 years old	01/09/2010	31/08/2011	Year 10
15 – 16 years old	01/09/2009	31/08/2010	Year 11

Replacements: Each borough is permitted two replacements per gender. Replacements are where you can bring an undeclared competitor to replace a registered competitor not attending on the day. Any replacements must be in line with eligibility criteria. All replacement details must be provided at registration on the day. No additions will be allowed even if a borough does not have a maximum squad number.

Full Rules & Regulations

AQU 1 The London Youth Games Aquathlon competition will run in accordance with the [British Triathlon](#) rules.



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AQU 1.1 Should any rules listed below contradict those outlined by British Triathlon, these rules will supersede those.

AQU 1.2 It will be at the discretion of the Event Referee and LYG personnel as to the application of these rules, and any subsequent decision made as a result will be final.

AQU 1.3 The Tournament Organisers reserve the rights to alter or amend the playing schedule if necessary and make decisions on any matters arising during the tournament, including any matters not covered by the tournament regulations.

AQU 1.4 The London Youth Games Aquathlon competition will follow the transgender guidance outline in the [British Triathlon Transgender Policy](#).

AQU 2 Age Category

AQU 2.1 The following age groups and respective maximum and minimum date of births will apply to the London Youth Games Aquathlon Competition:

Age Category	Oldest DOB	Youngest DOB	Likely School Year
11 – 12 years old	01/09/2013	31/08/2014	Year 7
12 – 13 years old	01/09/2012	31/08/2013	Year 8
13 – 14 years old	01/09/2011	31/08/2012	Year 9
14 – 15 years old	01/09/2010	31/08/2011	Year 10
15 – 16 years old	01/09/2009	31/08/2010	Year 11

AQU 2.2 Competitors are not permitted to enter this competition if they are ineligible. No exceptions will be made.

AQU 2.3 It is the responsibility of competitors/parents/team managers/local authority staff to ensure all competitors details are entered correctly at the time of submission, and that they are eligible to compete for their borough under the [‘London Youth Games’ Games Rules](#), and in accordance with the age groups outlined for the competition.

AQU 2.3.1 In the instance a competitor is found to be ineligible, they will be disqualified from the competition entirely, and the borough will receive a points penalty as per the Games Rules.

AQU 3 Eligibility All competitors must be able to swim the competition distance. Failure to do so may result in severe delays, or even cancellation of the competition during the event.

AQU 4 Squad Size Boroughs are permitted to enter a minimum of 1 competitor and a maximum of 30 competitors. This can be any split across gender and category.

AQU 5 Kit & Equipment

AQU 5.1 Tri suits, race belt numbers and lock laces (or equivalent) are optional and are all permitted to be worn by competitors.

AQU 5.2 Swim hats and swim goggles must be worn during the swim and worn or carried to transition.



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AQU 5.3 Participants upper body must be covered when running.

AQU 5.4 Participants are not permitted to wear headphones when running.

AQU 6 Competition Format This aquathlon is a swim and run event. Distances vary dependant on competitor's age.

AQU 6.1 Age groups starts at different times.

AQU 6.2 Younger age groups start first.

AQU 6.3 Full timetable and race pack will be published on the LYG website closer to the event date.

AQU 7 Competition Rules

AQU 7.1 Distance will be as follows:

Year Group	Swim Distance	Run Distance*
Year 7	200 metres	1 kilometre
Year 8	200 metres	1 kilometre
Year 9	300 metres	2 kilometres
Year 10	300 metres	2 kilometres
Year 11	400 metres	3 kilometres

**run distance may vary – this is an estimate of the distance and organisers will aim to create a course that is close to this distance.*

AQU 7.2 The transition zone will open at the start of registration and close 15 minutes before the first race time. 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 30 minutes of this time.

AQU 7.3 The only equipment that may be left in transition is: a towel, running shoes and socks, a t-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.

AQU 7.4 The swim element will take place in the 50m pool. All competitors must be able to swim the competition distance. Competitors must not change at the poolside or the spectating area. Competitors must assemble in the assembly area, under the direction of the marshals at the time stated in the advance information.

AQU 7.5 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.



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AQU 7.6 The area between the swim exit timing mat and the transition entry timing mat is walk only. Strictly a no-running or overtaking zone. Any competitor who is judged by a marshal or official to be running in this area, may be disqualified from the competition.

AQU 7.6.1 Technical difference between walking and running is one foot is always in contact with the ground when walking.

AQU 7.7 During the transition competitors must place their swim hats and goggles, and any other equipment, completely within the boundary of the boroughs area.

AQU 7.7.1 There will be no penalty for forgetting to remove the 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.

AQU 7.8 Competitors must have: shoes fully secured, t-shirts or running tops fully worn, and race numbers visible from the front (before they leave transition to start the run), lock laces (equivalent) should be adjusted so that they cannot be confused with undone or trailing laces.

AQU 7.9 Provisional results will be provided as soon as possible after the end of each wave. Appeals must be lodged at the results desk. Only Team Manager can log appeals, and this must be done within 30 minutes of the last competitor crossing the finish line. Appeals will be considered by the Triathlon England Technical official, the Competition Director and a representative of LYG. Failure to inform the registration desk of a lost chip and athlete number will incur a DNF (did not finish) on the results.

AQU 8 Overall Scoring The ranking of 6 best race places (max 1 per age and gender, first placed runner of a borough in each age group) will count towards the overall borough score.

AQU 8.1 The lowest overall ranking total wins the competition.

AQU 8.2 For example, 1st in the race will get a ranking of 1, 15th in the race will get a ranking of 15.

AQU 8.3 In the instance a borough has not entered 6 races, they will be allocated the ranking after the last place competitor in the largest race to make up the 6 rankings needed. Examples below:

- A borough has entered only 5 races.
- The Year 8 Open race has the largest number of competitors out of the 10 races at 40 competitors.
- The borough ranked 1st, 14th, 18th, 32nd and 17th in the other races.
- The borough score would be calculated as follows: $1+14+17+32+17+41 = 122$.

AQU 8.3.1 Even in the instance a borough has entered the largest race, the ranking will still be applied.

AQU 8.4 Incomplete competition: if the competition is cancelled or suspended, the following steps will be used to calculate a final result:



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- The best results of all completed events will be combined to determine a winner e.g., if only 7 events are completed, all 7 events will be considered rather than just 6. If a borough has no competitor in this event, they will be awarded a ranking equivalent to that of the last place competitor.
- For an event to be considered complete, at least 80% of the competitors in that event must have completed the swim and run element and registered a time. At a minimum 2 races must have been completed to determine a valid result.
- Tied teams: will not be separated once scores from events are combined, except if that the top 3 teams have the same number of points. If this happens, then the highest number of first place race finishers will be the deciding factor, then second place etc.
- Borough entry: if a borough has entered the competition but not a race that is used in the scoring calculation then they will be placed in last position.

AQU 9 Medals & Trophies Medals and trophies will be awarded as follows:

AQU 9.1 Overall Borough medals will be awarded to 1st, 2nd and 3rd placed teams.

AQU 9.2 Medals awarded for 1st, 2nd and 3rd placed competitor in each event.

AQU 9.3 Borough trophy awarded to the overall winner.