

Section J – Rules Main

Triathlon - Aquathlon

Competition Schedule					
April	May		June	July	
	20 th – closing date		3 rd – publish schedule 6 th -10 th -squad edit open	3 rd – Finals	
Venue	www.londonyouthgames.org/crystalpalace				
Registration starts	10.00-10.45				
Competition starts	11.30				
End time	14.30				
Squads					
Nominated squad	Max 20				
Team on the day	Max 20				
Alternates	No				
Events	Oldest	Youngest	License/ NGB Reg	Min Standard	Max Standard
Year 7	01/09/98	31/08/99	-	-	-
Year 8	01/09/97	31/08/98	-	-	-
Year 9	01/09/96	31/08/97	-	-	-
Year 10	01/09/95	31/08/96	-	-	-
Year 11	01/09/94	31/08/95	-	-	-
Competition Formats					
Draw format	Age Groups will not be racing together & will be starting at different times. Refer to race timetable when published (date above).				
Seeding	-				
Match Format/ Scoring	If an athlete wins a race they have a ranking of 1. If an athlete wins 15 th they have a ranking of 15.				
Final Positions	The first male & female in each age group can count towards the team score. The added rankings of the best 6 places (max one per age group and per gender) will make up the Borough team score. Failure to have an athlete finishing in an age group will result in a ranking of 200 for the Borough in that particular age group and gender. The lowest overall ranking will win the competition				
Medals awarded	Top three in each event will medal				

Sport Specific Rules		
<p>Kit/ Equipment: Competitors must ensure that swim caps and goggles are left in the competitor's transitions area. When a team member wishes to put their equipment into or out of the transition area they must wait until the marshal indicates it is OK to do so.</p> <p>Officials: each Borough MUST provide a marshal over 18 years of age.</p> <p>Team Manager/ Coach: is required to confirm the Borough's participants at registration. Team Managers should let the registration officials know of any "no shows" when registering (this will speed up results). It is the Team Managers responsibility to ensure each competitor reaches the start line at the designated time.</p>		
<ol style="list-style-type: none"> The competition will be run in accordance with the rules of British Triathlon (www.britishtriathlon.org) There will be a Race Referee at check in. The swim element will take place in the 50m main pool at Crystal Palace. No changing or transitional changing will be allowed poolside. No outside help (including Team Managers) will be allowed once the competitor begins their race. Distances as follows: 		
	Swim	Run
Year 7	200m (four lengths)	1km (one lap)
Year 8	200m (four lengths)	1km (one lap)
Year 9	250m (five lengths)	2km (two laps)
Year 10	250m (five lengths)	2km (two laps)
Year 11	400m (eight lengths)	3km (three laps)
<p>Tied Teams</p> <p>If there is a tie then the 7th best score from the tied Boroughs will count and 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.</p>		
<p>Marshals</p> <p>Marshals- contact details should be indicated on the entry forms. It is advised that the Team Managers are not marshals. All marshals must report to the registration desk at registration. FAILURE TO PROVIDE A MARSHAL WILL MEAN BOROUGH WILL NOT BE AWARDED ANY LYG POINTS.</p> <p>Incorrect information provided during nominations can disqualify the team and cause their entire Borough team to receive penalty points. Please check competitors details carefully.</p>		