



# TRIATHLON

## 2015 RULES

25/02/2015

### Team Requirements

- The Triathlon is made up of 3 individual events, with a rest taken between each event.
- Each competitor will complete an OPEN WATER swim, a bike ride and a run. Distances for each discipline are age specific.
- There will be two age groups:
  - i) School Years 7 & 8
  - ii) School Years 9 & 10N.B. younger athletes cannot participate in an older age group
- Each team shall consist of 4 athletes per age group: 2 boys and 2 girls.
- Each Team Member must be able to swim 50m & have experience of open water swimming.
- Team members must wear their team swimming hat during the swimming element and their Devon Youth Games T-shirt during the running and cycling elements (Hats will be provided).
- Athletes must have their DYG T-shirt for bike and run race elements. These T-shirts can be cut to fit, as long as the logos can still be seen.
- Team members must wear their competitor number on the front of their DYG T-shirt during the running and cycling elements (Numbers and safety pins will be provided).

### Team Eligibility

- Athletes must not be part of the Triathlon World Class Start or Potential Programmes in the 12 months prior to race day.
- Athletes must not have been part of the South West Triathlon Regional Talent Academy in the 12 months prior to race day
- Athletes must not have represented the South West at the inter-regional Triathlon Championships in the 12 months prior to race day.
- Participants must not have represented Surf life Saving GB at international competition or be a member of the Life Saving sport GB selection Squad prior to race day
- Team selection process: Can be from a club, a school or Local Authority area trial.

### Competition Format

Age Group	Event Distances		
School Years 7 & 8	Swim: 300m	Cycle: 2 laps (3000m)	Run: 1 lap (2000m)
School Years 9 & 10	Swim: 600m	Cycle: 3 laps (4500m)	Run: 2 laps (3000m)

- The Triathlon is made up of 3 individual events: Swim (Sea), Cycle (VeloPark) and Run (Parkland), in this order.
- Every competitor takes part in every event.
- Each event is run separately so there is a break between each event.
- Mass start for swim race. When the first swimmer crosses the finish line, each swimmer following first place will be timed until all swimmers have crossed the line. The time difference between first and second place will be the time difference when they start the

cycle. For example- if #34 finishes first and #76 finishes second but 17 seconds after #34 then #34 will start the cycle section first and #76 will start 17 seconds after. The rest of the field follow on depending on their time. The same applies to the run section. The first competitor over the line for the run section is the Triathlon winner.

- Medals will be awarded to the top three individuals in each age and gender category for the overall event (Not for each individual event).
- Team medals will be awarded to the top three teams from each age category for the overall event (Not for each individual event).
- Team scoring: the lowest point score wins. For example- a competitor will get 1 point for coming first, 2 points for second and so on. The team with the lowest score when all four scores for their team are added wins.
- Missing athletes will receive the time of the slowest person in the section + 30 seconds.

### **Official's Decisions**

- In all matters relating to the competition the Event Co-ordinator's decision shall be final and binding.