



LONDON YOUTH GAMES 2024

AQUATHLON RACE PACK

Supported by London Fields Triathlon Club





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Overview of the day

Registration

08:30 – 09:00

Team managers are to register their teams at the registration desk at the registration point in the upstairs entrance Stadium side of the London Aquatics Centre. Team managers must complete the registration of participants and collect the race packs for their squad members. The race packs will contain the race numbers, pins, numbered wrist bands and timing chips for each team member (competitors must wear their own swim hats). Team managers must ensure that competitors are wearing the correct timing chip and corresponding race number. There will be a listing of team members and their number in the race pack and on the notice board in the registration area.

Two substitutions (unregistered competitors) can be entered on the day. These must replace the same gender and event as the original participant. No more than two new names will be accepted and cannot exceed the maximum of 30 competitors representing their borough. Those teams with competitors to add must please ensure these competitors are registered as swiftly as possible upon arrival to ensure race packs and timing chips are assigned appropriately. We



will require the participant's name, date of birth, ethnicity, disability, home address, school and emergency contact to register them.

Team Manager Briefing 09:05

There will be a briefing for team managers at 09:05 by the transition area outside the Aquatic Centre. All Team Managers are required to attend. Any last-minute changes to the programme, course or timetable will be communicated at this briefing.

Route Walk Through 09:15

The course will be available for teams to walk through the route before the event starts. Please note marshals will not yet be present on the route so participants must be accompanied by an adult or team manager.

Marshals Briefing 09:20

Marshals are required to register at the registration desk and attend this briefing with the competition director on the concourse.

Transition Area Access 9.30-10.00

Competitors **MUST** show their wrist band and race number to the marshals and team managers **MUST** show their accreditation to gain access. There will be no exceptions. Each team has been randomly allocated an area to set-up their running kit, (see Transition Detail map on page 5). Any kit outside of the assigned areas may be judged to be causing an infringement to other competitors and may be removed.

Competitors 10.00

There will be no access to transition for competitors or managers after 10.00. Transition will remain closed until after the last competitor has started their run.



Race Start 10.00

Transition Area Access 11:30 (estimated)

Transition will re-open for competitors to collect their kit and equipment.

Transition Area Closed 12:30 (estimated)

Transition will be closed approximately 60 minutes after it re-opens. Any remaining kit or equipment will be removed from transition and treated as lost property. After this time transition will no longer be guarded.

Start Times and Distance Details

Competitors must be in the assembly area 15 minutes before their wave. Competitors will then be escorted to the holding area and arranged in competitor number order, before being admitted to the start area.

Before getting in the water participants are to tell the starter their race number.

Event Name	Race Distances	Swim	Wristband/Bib Colour
Year 7 Females	Swim 200m/ 1.23km run	10.00	Blue
Year 7 Males	Swim 200m/ 1.23km run	10.10	Blue
Year 8 Females	Swim 200m/ 1.23km run	10.20	Blue
Year 8 Males	Swim 200m/ 1.23km run	10.30	Blue
Year 9 Females	Swim 300m/ 2.46km run	10.39	Orange
Year 9 Males	Swim 300m/ 2.46km run	10:49	Orange
Year 10 Females	Swim 300m/ 2.46km run	10:59	Orange
Year 10 Males	Swim 300m/ 2.46km run	11.05	Orange
Year 11 Females	Swim 400m/ 3.69km run	11.12	Green
Year 11 Males	Swim 400m/ 3.69km run	11.16	Green

***NOTE: RACE NUMBERS ASSIGNED TO ALTERNATES WILL NOT BE COLOURED, HOWEVER THEY WILL BE PROVIDED WITH APPROPRIATE WRISTAND COLOUR.**



Swimmers will start in the water at 10 second intervals. Competitors will zig-zag down the course.

Tumble turns are allowed. Backstroke is not allowed.

Please note: If a competitor requires assistance from lifeguards, standard procedure will mean the pool is evacuated in its entirety, putting the entire competition at risk. **Please ensure your competitors are confident of completing the distances for their respective age group.**

No External Assistance

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.

Transition

Swim to Transition area

For safety reasons, the area between the swim exit timing mat and the transition entry timing mat is a non-competition zone. Competitors are required to proceed directly, without stopping, through this area and have a maximum of one minute to accomplish this. If a competitor is reported as ignoring directions from marshals to proceed without stopping or takes more than one minute to proceed through the area, then either one minute or the actual time taken, whichever is the greater, will be added to that competitor's time.

Transition

Equipment left in transition, including swim hats, goggles, towels, etc., must be PLACED within the borough's designated area. A penalty may be applied if any equipment is left outside the designated area.

Competitors must have: shoes fully secured and tied, 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. Transition marshals will stop competitors at the exit until these requirements are satisfied.

Run

The run follows a lap system with competitors doing one, two or three laps based on their age group/bib colour. Competitors should listen to marshal instructions, or take note of directional



signage on course. **LYG will not be responsible for competitors not completing the correct distance for their age group. Participants should be aware of how many laps they are required to run and count these as they are going round.** Competitors should be aware that the course is open to the public and should be always aware of their surroundings. Marshals are positioned at regular intervals, ensuring competitors are not out of sight at any time.

Year 7 and Year 8	1.23km run (1 lap)
Year 9 and Year 10	2.46km run (2 laps)
Year 11	3.69km run (3 laps)

Competitors should shout out their number as they pass the finish line and ensure that their timing chip is collected by the finish marshals. Chips that are not returned will be charged for.

Results and Appeals

Results will be updated live online, and available for Team managers and competitors to view at regular intervals throughout the day. Provisional results will also be available at Race HQ on the upper concourse of the Aquatics Centre. Only Team Managers (with accreditation) will be permitted access to view the provisional results.

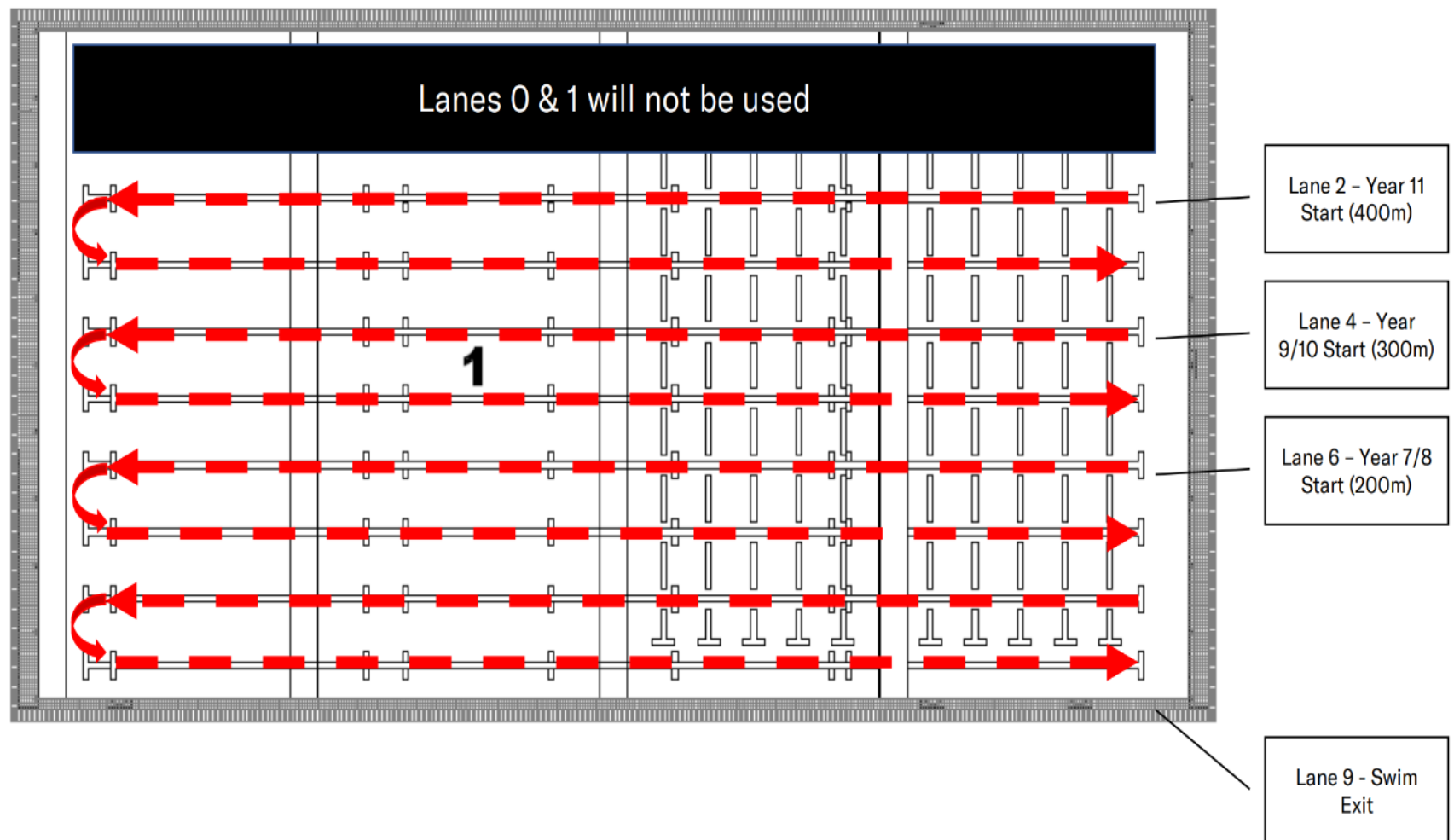
Appeals must be lodged at the registration table, on the appeal form available from the registration, by Team Managers before 12:00. Appeals will be considered by the Triathlon England technical official, the Competition Director and a representative of LYG. The decision of this panel will be final. Appeal decisions will be communicated as soon as possible after 12:00.

Presentations

Presentations will take place on the upper concourse of the Aquatics Centre as soon as possible after the racing has finished approx. 12.15 and no earlier than 12:00.



Swim/Pool Detail





Non-Competition & Swim to Run Detail

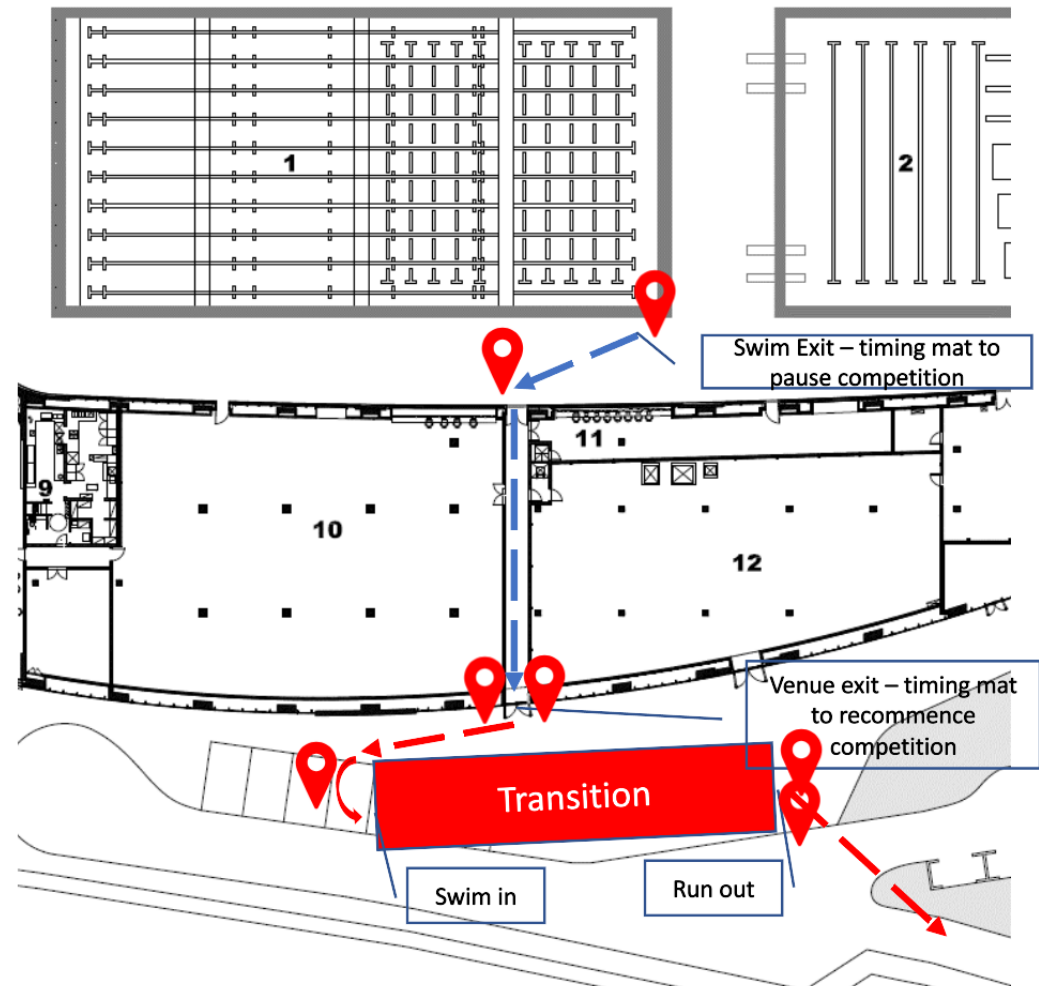
- Non-competition/dead timing zone
- Competition zone

To ensure the safety of all competitors, there will be a 'dead timing zone' from the exit of the pool/swim section until competitors reach the exit of the Aquatics Centre. The distance is less than 50m, and competitors **MUST** walk throughout this section.

Competitors will not have a timing mat upon exiting the venue, at which point they are entitled to run into transition.

Marshal Brief

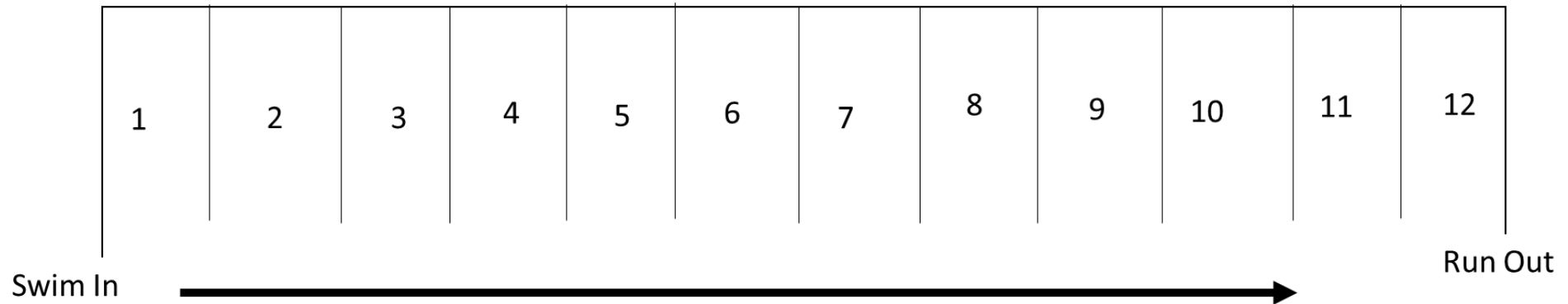
- If positioned inside the Aquatics Centre, ensure the participants **walk**. Remind them they are not being timed, and safety is paramount.
- If positioned outside, competitors may run and timing is restarted. Direct them to **their right** out of the Aquatics Centre, and into transition.
- Be mindful of the public, and politely ask them to wait to the side if competitors are exiting to transition.
- If placed on transition exit, you must check they have footwear secure (laces tied/locked), and something covering their upper half, with race number clearly visible.





Transition Detail

Sizes not accurate
Boxes allocated dependent on squad size
Number layout may move on the day





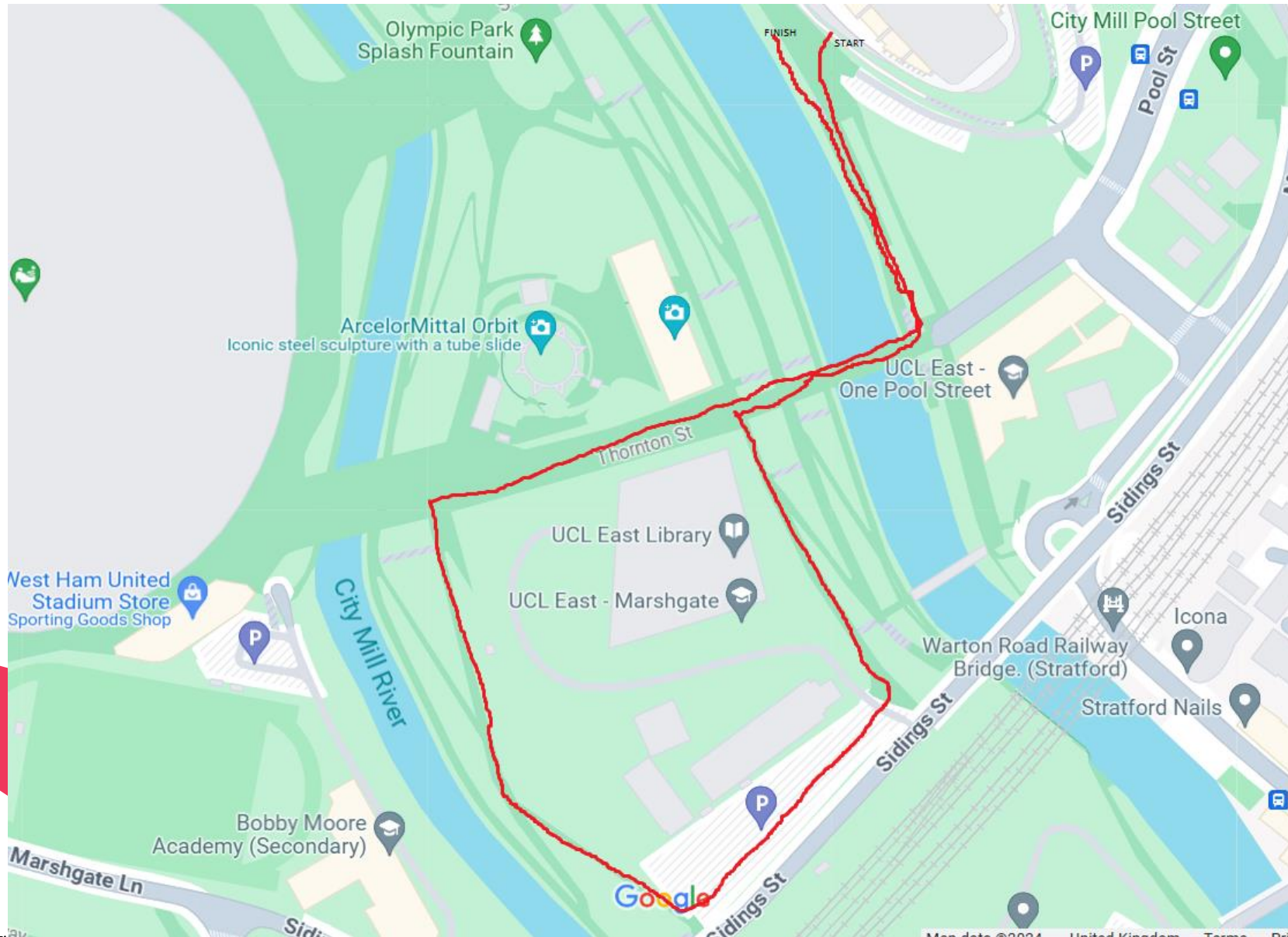
1. Bromley
2. Camden
3. Ealing
4. Enfield
5. Greenwich
6. Hackney
7. Hammersmith & Fulham
8. Haringey
9. Havering
10. Hillingdon
11. Hounslow

12. Islington
13. Kensington & Chelsea
14. Kingston
15. Lambeth
16. Lewisham
17. Merton
18. Newham
19. Redbridge
20. Richmond
21. Tower Hamlets
22. Waltham Forest

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