



LYG AQUATHLON 2024

Competition Day Information

Event Overview:

Date: Sunday 30th June 2024.

Venue: London Aquatics Centre, E20 2AQ

Contact: becca@londonyouthgames.org | 07794 470457

Boroughs competing: Bromley, Camden, Ealing, Enfield, Greenwich, Hackney, Hammersmith & Fulham, Haringey, Havering, Hillingdon, Hounslow, Islington, Kensington & Chelsea, Kingston, Lambeth, Lewisham, Merton, Newham, Redbridge, Richmond, Tower Hamlets, Waltham Forest.

Event Timings:

- Registration: 8.30-9.00am
 - Team Manager Briefing: 9.05am
 - Group run route walk through (optional): 9.15am
 - Transition opens: 9.30am
 - First race: 10am
 - Approximate Finish Time: 12pm
 - Medals: 12.15 (approx.)
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Reminders:

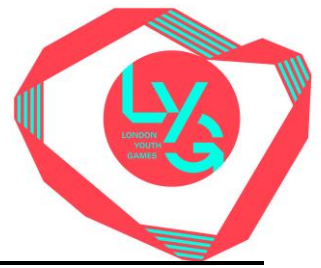
- Full rules can be found on the LYG Website here: [Aquathlon \(Open\) - London Youth Games](#)
 - Entry Info:
 - Squad Size: Maximum 30
 - Substitutions: Boroughs will be allocated 2 spare chip numbers for substitutions. Additional/late entries will not be accepted. Substitutions must be in the same age and gender as the original entry they are replacing. **All substitution details must be given to an LYG member of staff at registration to ensure chip timers are activated.**
 - Kit & Equipment:
 - Tri-suits, race belt numbers and lock laces (or equivalent) are optional and are all permitted to be worn by competitors.
 - Swim hats and swim goggles must be worn during the swim and worn or carrier to transition.
 - Participants' upper body must be covered when running.
 - Participants are **NOT** permitted to wear headphones when running.
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Results:

- There will be a live link available on the day for up-to-date results. QR codes will be around the venue.
- Post event - results will be available to download on the competition webpage within 48 hours of the competition ending. see the [games rules](#) rule 23.1 for further information on disputes.
- Queries on individual results can be raised in writing up to 24 hours after results have been published.
- In the event of a competition appeal, the use of external video footage and/or photographs **will not** be accepted in any circumstances.

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Respect the Games:

- Anyone involved in the games must be made aware of the LYG Code of Conduct and agree to abide by the principles. A breach in the code may jeopardise involvement in the games.
 - All teams will be asked to take part in the respect the games campaign by nominating a team showing LYG values.
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Social Media:

- Follow us on social: [Twitter](#) | [Instagram](#) | [Facebook](#)
 - When posting make sure you use our hashtag #thisislyg and tag us in your posts.
 - If any competitors/teams do not consent to photos being taken, please inform registration.
 - Taking photos? register your camera (including phones and tablets) at registration.
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Venue Guide:

Venue: London Aquatics Centre

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

Phone: [020 8536 3150](tel:02085363150)

Website: [London Aquatics Centre | Better Swimming Pool, Diving Pool and Gym](#)

ABOUT THE VENUE

Catering: There is a café on site.

Toilets: Available.

Changing Rooms: Available. Please note only those who are competing in the event or those with an LYG Team Manager lanyard will be able to access the changing rooms.

Disabled Facilities: Accessible parking, toilets and poolside facilities available.

Team and Spectator Parking:

There are parking spaces available on first come first served. Pay and display applies.

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TRANSPORT INFORMATION

Tubes and Trains:

The nearest underground stations are Stratford (10 minute walk) and Hackney Wick (15 minute walk).

Stratford International station is just a 5 minute walk away

St Pancras International & Kings Cross stations are just seven minutes away by train to Stratford International