



Triathlon Scotland 2024 National Youth Triathlon Championships

Saturday 18th May 2024, Bellahouston Park, Glasgow

RACE INFORMATION

Thank you for your entry to the Scottish National Youth Triathlon Championships.
This document will let you know what to expect on the day. Please read it carefully.

Event information

This year we are expecting around 200 entries making it one of the biggest and best junior triathlons in Scotland. The race follows a similar format to previous years. The race details below should give you the information you need for things to go smoothly on race day but feel free to ask any question via email or when you arrive on Saturday.

Race Timetable

8:00 - 09:30		Registration and Transition Set Up				
09:35 - 10:00		Compulsory Race Briefing (TSS, TS1, TS2 and adult) at the Fusion Gazebo				
Time	Heat	Category	Age	Swim	Bike	Run
10:30	HEAT 1	Tristar Start - open + female	8yrs	50m (2 lengths)	1.4k 1 small lap	600m 1 small lap
10:45	HEAT 2	Tristar 1 - female	9-10 yrs	150m (6 lengths)	4k 2 laps	1200m 2 small laps
11:05	HEAT 3	Tristar 1 - open	9-10 yrs	150m (6 lengths)	4k 2 laps	1200m 2 small laps
11:15 - 11:45	TS3, Youth Only	Second Registration for those that did not attend earlier	At the Fusion Gazebo			
11:45 - 12:00	TS3, Youth Only	Race Briefing Compulsory for TS3 and Youth if they did not attend earlier briefing	At the Fusion Gazebo			
11:25	HEAT 4	Tristar 2 - female	11-12 yrs	200m (8 lengths)	6k 3 laps	1800m 2 laps
11:50	HEAT 5	Tristar 2 - open 1	11-12 yrs	200m (8 lengths)	6k 3 laps	1800m 2 laps
12:15	HEAT 6	Tristar 2 - open 2	11-12 yrs	200m (8 lengths)	6k 3 laps	1800m 2 laps
12:40	HEAT 7	Novice / Super Sprint Open + Female	>16 yrs	400m (16 lengths)	10k 5 laps	3000m 2 laps
12:55 - 13:25	TS3, Youth	Transition Setup				
13:00	Tristar Start, TS1 and TS2	Prizegiving				
13:40	HEAT 8	Tristar 3 - female	13-14 yrs	300m (12 lengths)	8k 4 laps	2400m 2 laps
14:10	HEAT 9	Tristar 3 - open	13-14 yrs	300m (12 lengths)	8k 4 laps	2400m 2 laps
14:40	HEAT 10	Youth - female	15-16 yrs	400m (16 lengths)	10k 5 laps	3000m 2 laps
15:15	HEAT 11	Youth - open	15-16 yrs	400m (16 lengths)	10k 5 laps	3000m 2 laps
16:00	Novice, TS3, Youth	Prizegiving				

Before you leave home

Remember to bring with you:

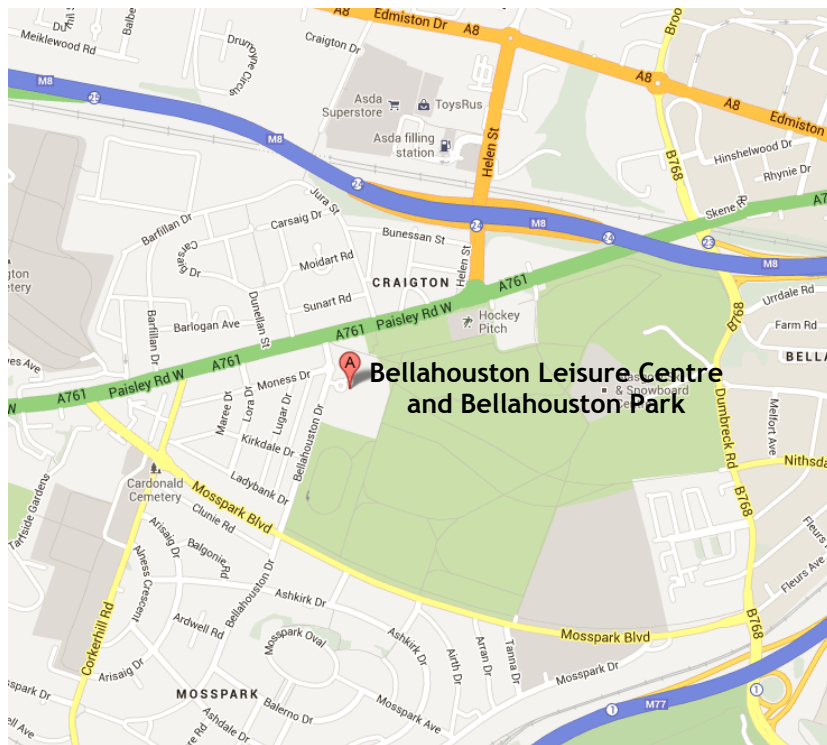
- Race licence. (If you said you were a Triathlon Scotland member when you entered online **you must bring your Race Licence (an electronic copy if fine)**. Otherwise you will have to pay a £2 surcharge at registration, or £8 for the over 25s in the novice race.)
- Swimwear and goggles. A swim cap will be provided at the swim start.
- Your bike and a helmet (NO helmet = NO race).
- Running and cycling kit and shoes.
- Safety pins to attach your race number to your top for the run and bike sections or a race belt. Your race number should be attached to the front of your top so that it can be clearly seen by the lap counters on the cycle and run sections and by the finish timers. If using a race belt, the number should be to the back on the bike and the front on the run.
- Something warm to wear whilst waiting for the event to start.
- Towel etc. for after the race.
- Please consider what kit to wear for different weather conditions. It may be sensible to pack a waterproof jacket in case of wet weather.
- WATER. In an effort to reduce plastic waste, we will NOT be providing finishers with disposable water bottles at the finish. Please ensure you bring plenty of water with you to last you throughout the day, particularly in case of good weather forecast. There is drinking water in the leisure centre, and there are also local shops (nearest is Co-op on Paisley Road West) in case of need.
- Sunscreen. Yes, it can sometimes be sunny in Glasgow in May.

Triathlon Scotland Membership

The race is a Triathlon Scotland Championship. To get a place or a podium prize in the Championship you must be a Triathlon Scotland member. Even if you win your race you will not win the Championship unless you are a Triathlon Scotland member. If you are not already a member, staff from Triathlon Scotland will be present at Registration and you may join.

You can become a member of Triathlon Scotland at any time by visiting www.triathlonscotland.org/membership .

Getting there and parking



Address: Bellahouston Leisure Centre, 31 Bellahouston Drive, Glasgow G52 1HH.

Parking is available at the leisure centre. Please be aware that parking may be limited given the number of competitors so additional car parking on nearby streets may have to be used. Please be considerate and respectful of local residents when parking and use the Leisure Centre car park if possible.

Registration and Transition: 08:00 - 09:30 am **COMPULSORY FOR TSS, TS1, TS2 and NOVICE**

Registration for the event will take at the Fusion Container just beside the TS2/TS3 rollout area, between the car park and the bike track. Try to register on time and in particular please don't wait until the last minute to go to registration. This is compulsory for all athletes competing in the morning ie Tristar Start, Tristar 1, Tristar 2 and Adult Novice. Athletes in Tristar 3 and Youth events are also able to attend this, however they also have the option of attending later - see below.

If you are a Triathlon Scotland member you must bring your Race License. You may join Triathlon Scotland on the day.

At registration you will be given a race pack containing:

ON THE OUTSIDE OF THE ENVELOPE:

A sticker giving your Name, Race number, Heat, Lane, Lane position, Cap colour and approximate heat start time.

INSIDE THE ENVELOPE:

1) Your race number. This should be pinned to the front of your t-shirt. If you are using a number belt the number should be visible to the REAR on the bike and to the FRONT on the run.

- 2) Two self adhesive numbers. Attach the helmet number to the front of your helmet. Attach the long number to the seat post or rear brake cable of your bike.
- 3) Photography registration form. If you or your family wish to take photos they must complete this form. Hand it in to the photo registration desk in return for a sticker to say they are registered.
- 4) Extra stickers for supporters!

Swim hats and timing chips will be issued at the swim start. *You must be very careful not to lose your timing chip. If you lose it you will have to pay £35.*

We will also mark your right arm and left leg with your race number. Please come dressed for this. Wear shorts and a t-shirt or your trisuit. If it takes you 30 seconds to get out your arm and leg that adds up to over an hour and a half hours for 200 competitors!

After you have registered you should proceed to the race transition area to set up your bike and other kit.

GET YOUR BIKE CHECKED. You must affix the numbers to your bike and helmet before entering transition. Put on your helmet and do up the straps- they must be tight. A marshal or race official will check your helmet and bike. NO HELMET NO RACE.

All athletes will have a numbered space on a transition rack. You should rack your bike in the allocated space by carefully inserting the back wheel into the stand that holds the wheel. Lay out your running and cycle kit beside your bike taking care not to take up too much space. Practice walking into the transition area and over to your bike so that you will remember where to go to find your kit when the race starts.

We encourage competitors to set up their own transition wherever possible. You may have one adult in transition if necessary to help you set up before the race. Only competitors are allowed in transition during the race. Transition marshals will be available to provide assistance if required.

Marking your transition place with talcum powder, balloons etc. is not allowed.

2nd Registration for TS3/ Youth athletes only : 11:15 - 11:45 am COMPULSORY FOR TS3/Youth if they did not attend first registration

To allow those who are competing in the afternoon and who may have far to travel we are also offering a small late registration for flexibility. This will be at the Fusion Gazebo and will follow the same format as above for the earlier registration.

2nd Transition access for TS3/ Youth athletes only : 12:55 - 13:25 ACCESS FOR TS3/Youth if they did not access earlier

As above, we will also be allowing TS3/Youth to have a later access to the transition area. Note: TS3 Athletes will also have to attend the rolldown check for gear restrictions prior to entering transition with their bike.

Race briefing: 09:35 - 10:00 COMPULSORY ATTENDANCE FOR ALL ATHLETES COMPETING IN MORNING (Tristar Start, Tristar 1, Tristar 2, Adult Novice)

This is compulsory to attend for all athletes who are competing in the morning and will take place at the Fusion Gazebo. You will be reminded of the rules to be observed during the event and advised of any last minute changes. The cycle and run routes will be pointed out to you and you can ask any questions. Tristar 3 and Youth athletes may also attend this briefing, alternatively we will be holding another one at 11:45

2nd Race briefing: 11:45 - 12:00 COMPULSORY ATTENDANCE FOR TS3/Youth if they did not attend earlier

If a TS3/Youth athlete did not attend the initial briefing, this is compulsory and will take place at the Fusion Gazebo. You will be reminded of the rules to be observed during the event and advised of any last

minute changes. The cycle and run routes will be pointed out to you and you can ask any questions.

Race Rules

This event is held under British Triathlon Rules. It is a Championship Race and referees will be in attendance. Rules will be enforced. Please familiarise yourself with the rule book.

<https://www.britishtriathlon.org/competitionrules>

We have highlighted some of the most important rules here:

Helmets: For safety your bike helmet must be fastened before you touch your bike, remain fastened throughout the bike section and not be unfastened until you have racked your bike in transition.

Course: Marshals and signage will guide you round the course. However, it is the competitor's responsibility to know and count the number of laps they must complete.

Drafting (bike): All heats are NON-DRAFTING. You must stay at least 10m away from the cyclist in front, unless overtaking.

Outside Assistance: Outside assistance is not allowed. Help may be provided to Tristar Start, 1, 2 and 3 athletes by marshals. Assistance from parents, friends etc. is not allowed at any point of the race. Youth athletes may not receive assistance from anyone during the race. Since the race is non-drafting there is no wheel exchange facility. In the event of a puncture, athletes may 1) Repair it themselves using equipment they have carried, 2) Return to transition where the race mechanic will assist them or 3) Withdraw.

External pacing: You are obviously expected to encourage and support your child. However, running or cycling beside them and continually prompting them is not allowed.

Race Number: This identifies you as a participant and must be displayed as instructed throughout the bike and run. It must not be cut, folded or altered in any way.

Transition: Kit must be placed in transition before the race start as indicated in information. Access to transition once the race has started is not usually allowed for safety reasons. Your transition area should be as clear and tidy as possible, do not discard kit aimlessly and ensure you rack your bike and return it after the bike section in the correct space. Bikes MUST be racked by the REAR wheel. Marking your transition place with talcum powder, balloons, etc. is not allowed.

Riding in Transition: This is strictly forbidden. Ensure you push your bike until you pass the mount line and get off before the dismount line at the end of the bike section.

Ipods, MP3 players, phones etc: You must not use these at any point during the race.

Decency: Nudity is not allowed. You must keep your chest covered on the bike and run. For girls a swim suit is acceptable. Boys who swim in trunks must put on a top in transition. If wearing a front zipping trisuit the zip must be fully fastened.

Sportsmanship: Please be polite and respectful to other competitors and marshals. Foul or indecent language will result in disqualification.

Bikes: The ends of your handlebars must have plugs in them. As the Tristar2 and Tristar3 events are IRC qualifiers, IRC rules apply and so gear restrictions apply, and tri-bars are not permitted. For Youths and adult races, World Triathlon non-drafting rules apply, so tri-bars can be used and there are no gear restrictions. All TS2 and TS3 athletes will have to have their bike gearing checked by a Triathlon Scotland official before entering transition.

TS2/TS3 IRC Selection Information: The aim of the Triathlon Scotland Inter Regional Championships Team is to provide a race-based experience of the skills athletes wishing to progress onto the Triathlon Scotland Performance Pathway will require. Selection to the 2024 Triathlon Scotland Inter Regional Championships

Team will be determined by the selectors appointed by Triathlon Scotland and will be made in line with this aim.

To be eligible for selection, participants must:

- Have a valid Triathlon Scotland membership prior to the start of the final selection race - [Join Here](#).
- Be living in Scotland or be an active member of a Triathlon Scotland Affiliated Club.
- Be registered as a female at birth for nomination for female events (and as a competitor in a female place in a Mixed Relay). See the [BTF Transgender Policy](#) more information.
- Take part in at least one of the selection races in Scotland. The IRC selection events for 2024 have been confirmed as the TriStar 2 and 3 waves at: National Youth Triathlon Championships, Bellahouston Park (Saturday 18 May) and Lochore Aquathlon hosted by Triathlon Scotland (Sunday 23 June)

These races are being used to select teams for the Inter Regional Championships (IRC). This is a once yearly event held as part of the British Super Series Grand Final. They are an opportunity for some of the best girls and boys across both the TriStar 2 and 3 age groups in each of the 10 English Regions, Scotland, Wales and Jersey to race against each other.

The TriStar 2 and TriStar 3 events that are being used for selection for the IRC team will be gear restricted. For full details on what this means and how to check if your bike has the correct restrictions please refer to - [Gear Restrictions - British Triathlon](#)

On the day there will be Triathlon Scotland staff available to help TriStar 2 and TriStar 3 athletes ensure their bikes conform to the regulations and provide advice and support if needed.

While the National Youth Championships is non-drafting, as the race is being used for IRC selection the rules applied to bikes will be those used for draft-legal races. This means that athletes selected are racing on the same bikes they would use for IRCs

Everything you need to know about IRCs can be found here [Inter Regional Championships - Triathlon Scotland](#). If anyone has any questions re IRC selections please direct these to Craigie-Lee Paterson craigieleepaterson@triathlonscotland.org.

Wheels Tristar 2 & 3 will ride on standard or traditional wheels ONLY. A traditional wheel for this age group is defined as:

- a rim made of aluminium (carbon rims are not permitted)
- a maximum rim depth of 35mm
- a minimum of 16 spokes which can be round, flattened or oval
- spokes which do not exceed 3mm in width

Gear Restrictions - all you need to know can be found here [Gear Restrictions - British Triathlon](#) - gear restrictions will be done prior to athletes going into transition.

Tristar 2 and 3's will not be allowed to use clip on or Time trial bars.

As this is a National Championships / selection race no parents will be allowed in transition, there will be a Technical official or member of TS staff around to help if needed.

Parents, other family member, and coaches are also reminded that there should be no pacing of athletes on the bike or run section of the course. To be absolutely clear no one who is not an athlete and part of the 'live' race should be cycling on the course while the race is underway and no one should be cycling or running alongside an athlete on the run.

The Parents Code of Conduct can be found [here](#)

Rules for Parents/Guardians/Accompanying Adults: Failure by a parent/guardian/ accompanying adult to carry out the instructions from officials, or failure to conduct him or herself in a proper manner may lead to disqualification of the competitor or disciplinary action against the competitor by the appropriate Home Nation or British Triathlon. Misconduct by a parent/guardian/ accompanying adult may include, but is not limited to:

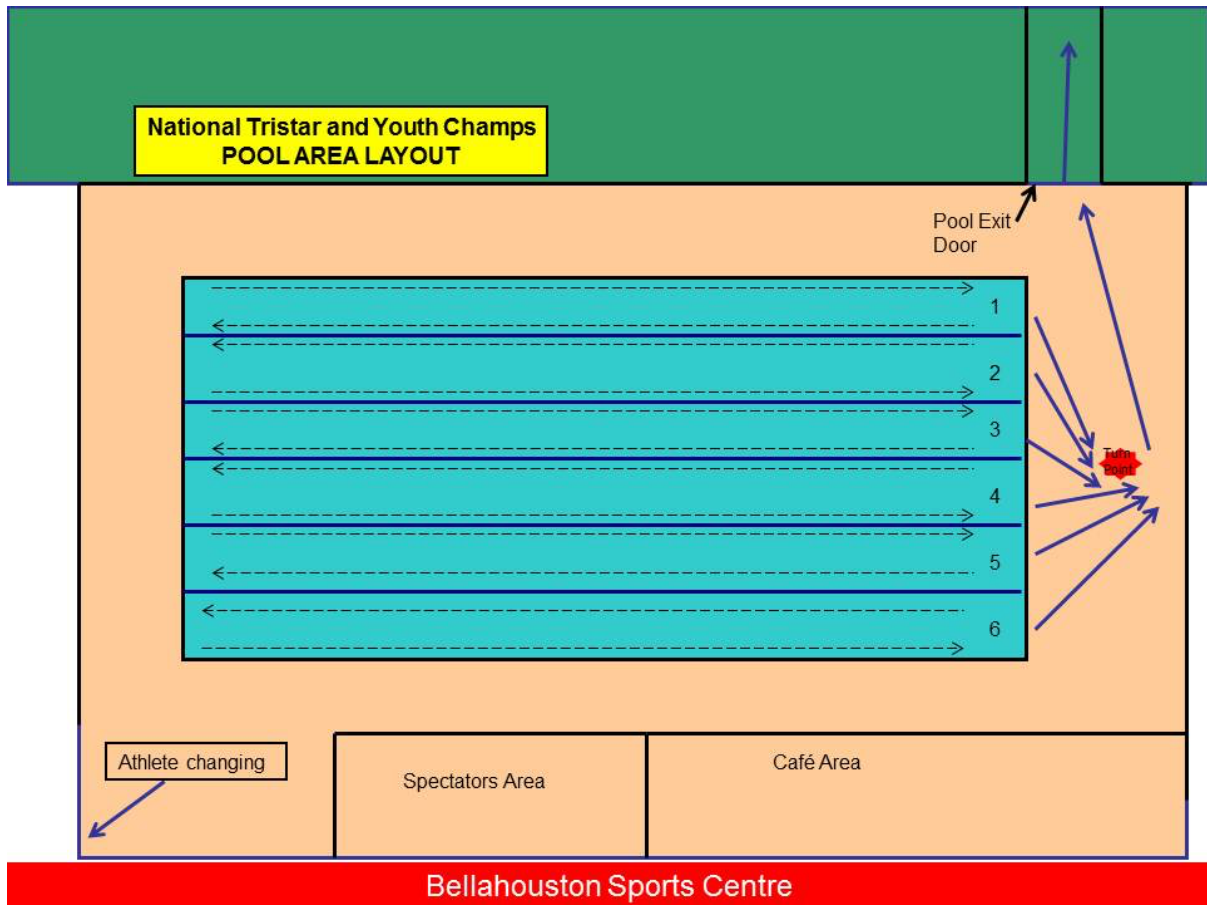
- A. threatening, abusive or insulting words or conduct.
- B. failure to obey marshal's/official's instructions.
- C. handing water bottles or any other equipment to, or collecting from, competitors.
- D. tampering with the equipment of others.
- E. unsporting impedence. It is acceptable to hand over prescription glasses.

Races Start: 10:30

You will need to be on poolside **AT LEAST 20 MINUTES before your heat's start time**. Poolside marshals will instruct you on where to go to wait before your heat. A pool marshal will guide you to your swim lane and you will be given a swim hat to wear by your lane marshal. You must wear the allocated swim hat. You will also be issued with your timing chip. Place it around your left ankle and be sure it is firmly fastened. If you lose it you will have to pay £35.

You will be allowed a couple of minutes for a swim warm up if you wish.

MOST SWIM HEATS HAVE A STAGGERED START, unless low numbers in certain heats allow for a mass start (likely Tristar Start). Your lane marshal will provide instructions. You will start at 5 second intervals in a pre-determined hat colour order.



Overtaking is normally only permitted at the end of a lane. To overtake, tap firmly or gently pull the foot or ankle of the swimmer in front to indicate to want to overtake. If tapped, you **MUST** wait at the end of the lane to let a faster swimmer overtake. Blatant failure to let another swimmer overtake will result in a time penalty.

The lane marshal will tap you on the head with a float with 2 lengths to go (if tumble turning the float will be placed in the water so you can see it). Spectators are not allowed in the pool area. There is ample viewing space through the windows.

Transition 1 (Swim to Bike)

At the end of the swim, climb out of the pool, go round the cone if in lane 1,2 or 3 and exit the poolside by the door at the left hand side of the pool. Remember to drop your swim hat in the basket by the door on your way out (we need them for later heats!).

The floor and your feet will be wet. Be careful not to slip.

THERE IS NO RUNNING ON POOLSIDE ALLOWED - EVERYONE WILL WALK.

If you are putting on any clothes or a race number belt do this at your bike. You must put on your helmet before you touch your bike.

Bike

Do not mount your bike until you exit the transition area and cross the designated MOUNT LINE on the cycle track.

The bike section consists of laps of a circuit marked out on fully closed roads within Bellahouston Park. Please keep to the left hand side of the paths and overtake on the right. Marshals and signage will keep

you on the correct route. Please be aware of pedestrians and dogs throughout the park, although the marshals will try to keep the course clear, you must also keep a look out. Please be careful when turning off the track as you head down the path towards Bellahouston Park. An almost 90 degree left-hand turn has been added to slow you down for safety purposes. Remember: Inside pedal UP when cornering.

All heats are **NON-DRAFTING** (riders CANNOT ride in the slipstream of the rider in front and must keep a 10m gap except when overtaking).

Transition 2 (Bike to Run)

At the end of your bike laps, return to the transition area at the end of the lap round the cycle track. Dismount your bike on the track before the DISMOUNT LINE. Return your bike to your numbered space and place your bike back on the rack. Rack the bike using the REAR wheel. Only take your helmet off once the bike is safely stored.

Run

The run course is an all grass course for Tristar Start and TS1 (8 and 9-10-yr olds) within the park and marshals will direct you in the right direction. Subsequent heats (TS2, TS3, Youths) have a course that is mixed grass and tarmac paths. Water will be available at the start/end of each lap.

*Please see run map for turning points. A marshal will direct you at the turning points.

Finish

Once you have crossed the finish line, you will receive a goodie bag and a race memento. You will need to have your timing chip removed from your ankle before leaving the finish area.

You MUST return your chip or you will be charged £35.

If you do not complete the race please let a marshal know that you have withdrawn. You must return your chip.

Prize Giving & Results

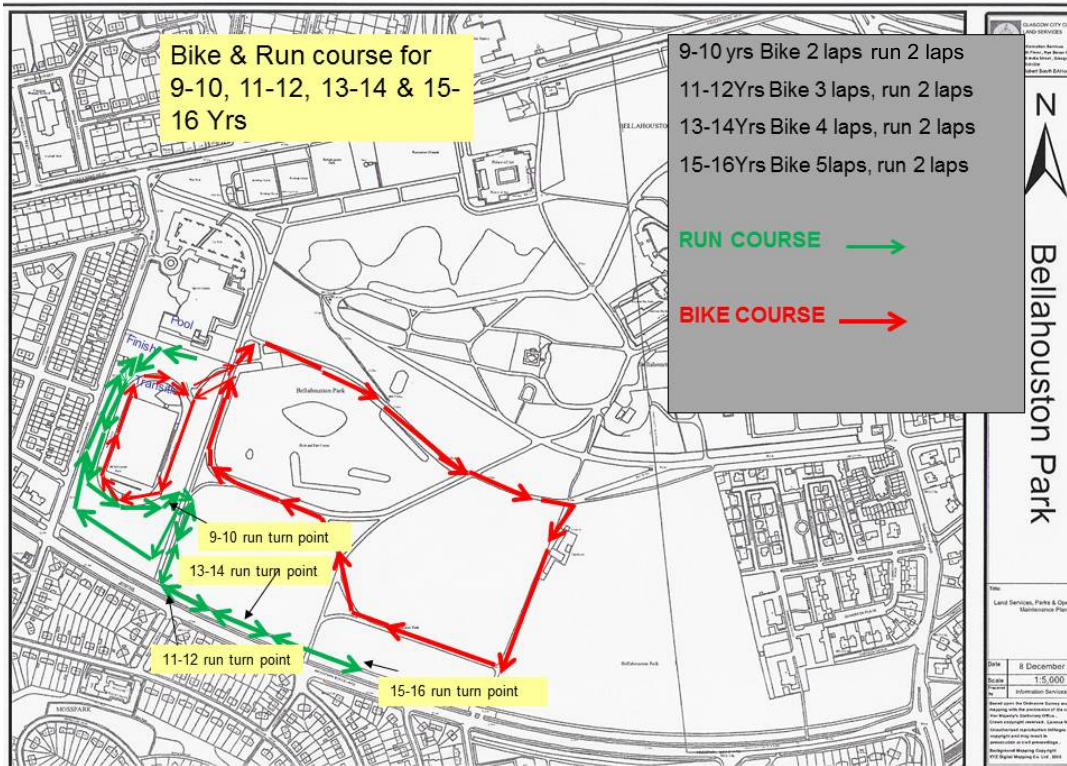
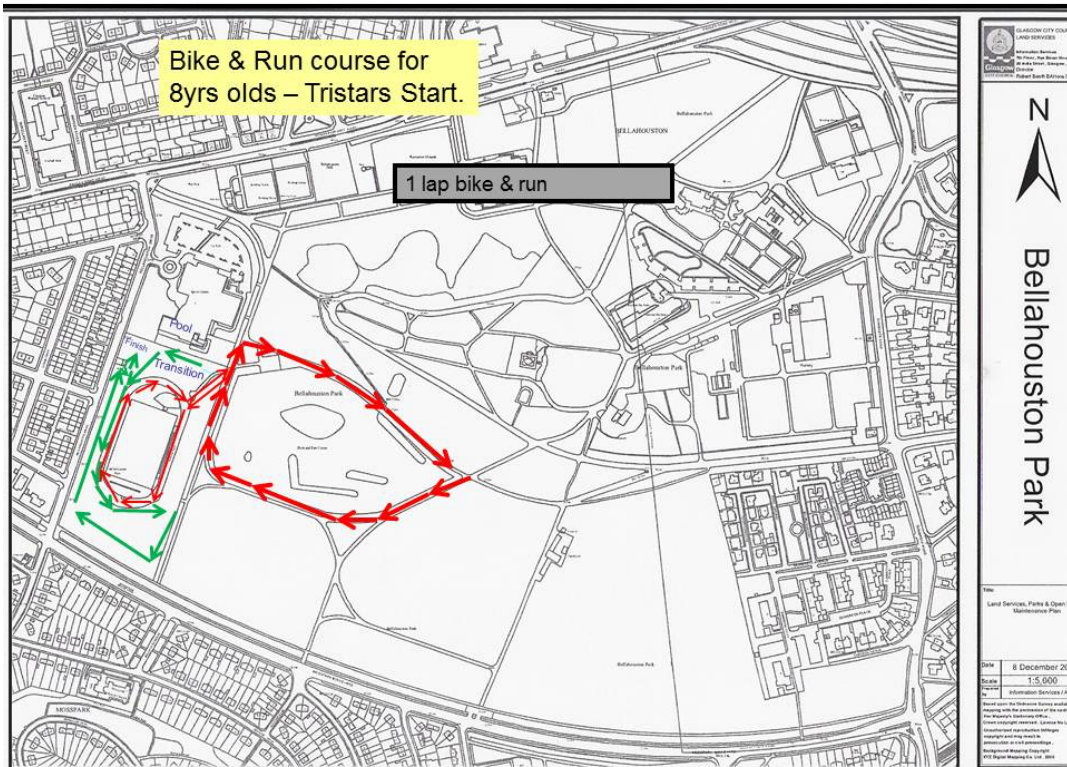
Prize giving will be split to allow earlier racers to leave before the end of the event if they wish. A first prizegiving after the last Tristar 2 race for Tristarts, Tristars 1 and Tristar 2. Another after the last Youth race for Novice, TS3 and Youths. This will take place next to the finish area. Full results will be posted on the club website <https://fusiontriathlonclub.com/youth-champs/> as soon as possible after the event.

Photography

There will be an official photographer there to take photos for Triathlon Scotland. These images may be used to promote the sport of triathlon. If you DO NOT WISH your child's photo to be used in this way you must notify us at registration. Your child will be given a red wrist band to wear. The images the photographer takes will be available after the event.

If parents and spectators wish to take photographs they must complete the photography registration form supplied in the competitor packs issued at registration. Hand this form to the photo registration desk where you will be issued with a sticker to confirm you have registered. You MUST NOT take photos of the swim or of transition. Please DO NOT publish your personal images of the event in a publically accessible area.

Bike and Run Course Maps



Guide for Spectators and Spectator Safety

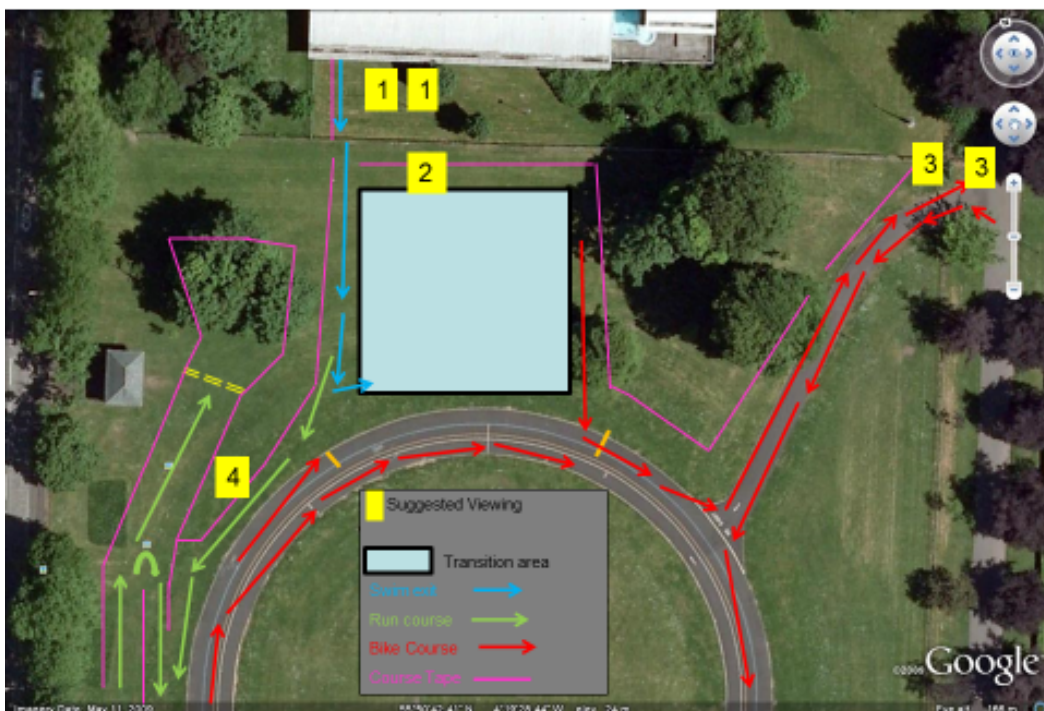
Spectating at a triathlon can be difficult. The three sports occurring in different area make it hard to follow your child.

We have provided this suggested plan to view the race at its best, and follow your child's progress.

- 1) Watch the swim through the windows along the pool. Spectators are not permitted to enter the poolside.
- 2) Watch your child in transition along the side of transition between transition and the leisure centre.

PLEASE REMEMBER NO PHOTOGRAPHY OF THE SWIM OR TRANSITION

- 3) Move into the main park to watch your child cycle.
- 4) Move back past transition to the run and finish area.



Occasionally access to part of the course is restricted to allow the athletes to compete in a fair manner, unhindered by spectators. For example, when athletes are exiting the pool you will not be able to cross there.

We request that spectators DO NOT CROSS the area between transition and the cycle track.

We also request that spectators DO NOT CROSS the cycle track to access the central island.

The only access from the bike to the run course will be through the area between the leisure centre and transition or at the far end of the cycle track.

Other stuff

In an effort to reduce plastic waste, we will NOT be handing out water bottles at the finish. PLEASE ENSURE THAT YOU BRING PLENTY OF WATER TO LAST YOU THROUGHOUT THE DAY. IT HAS BEEN KNOWN TO BE HOT AND SUNNY ON PREVIOUS YOUTH CHAMPS!!

If you haven't already done so, you will be able to purchase a Memento T-shirts for this event (with optional name) via our event partner at WrightSport: <https://wrightsport.co.uk/collections/triathlon-scotland-2024-national-youth-triathlon-championships>

There will be a QR code available to scan on the day of the event to allow you to place your order.

Questions?

There will be a chance to ask questions at the briefing. If you have any urgent concerns please get in touch by e-mail events@fusiontriathlonclub.co.uk

We looking forward to seeing you on the 18th!