



WHY TRIATHLON

What are the benefits of playing my sport?

The mixed relay format makes us unique from most sports as girls and boys can compete against each other in a safe and fun environment.

TOP Tip!

GO TRI in Lancashire has given children an opportunity to challenge themselves personally to reach a set goal.

For some the goal may just be to finish the race; however, a sense of confidence is gained on achieving this milestone.

The different elements of the sport are a perfect way to get people active, challenge their skills and bring in the excitement of transition.

TRIATHLON

Spirit of the Games:
Excellence through competition
How does your sport exemplify these values?



Our sport is perfect for anyone who is looking for a challenge. To succeed you need to be able to challenge yourself and others for results.



Play by the rules and treat others how you would want to be treated.



Embrace mistakes; they are essential to improvement.



Have confidence in yourself that you can achieve a lot more than you think.



Success is often achieved from being in a supportive environment. The GO TRI School Games relays gives the opportunity for children to work together, creating team cohesion and leadership.



Winning is not everything but to achieve your personal goal you need to be persistent and focus your effort. Remember to TRI, TRI and TRI again.

Priority competitions:

- **Name of the competition:** GO TRI School Games Relay.
- **Age group:** Year 7/8, Year 9/10 and Year 11 – Mixed Team Relay (2 Boys, 2 Girls) Boys Team Relay (teams of 3) Girls Team Relay (teams of 3).
- **Intra/Inter Competition/Location?** Intra School Competition (Level 1) can be run in school during or after swimming lessons or as a separate event run by PE Teachers with the help of young leaders. Can be run in any format, Triathlon, Duathlon or Aquathlon
- **Who runs it?** Inter School Competition (Level 2) is run by the SGO and is an inter school competition. County Final - Inter School Competition (Level 3) is a county wide competition run by the LOC. The British Triathlon Regional Managers are also there to support the set-up of events.
- **How to enter?** Enter via your local SGO.
- **When?** Events can be run all year round but are often run in the warmer months!
- **What next?** Only competitors at the Inter School Competition (Level 2) can qualify for the County Final - Inter School Competition (Level 3) competition.
- All competitors have plenty of opportunity after the County Final - Inter School Competition (Level 3) competition. Whether entering the Regional Junior Series or attending a Skills School, there are plenty of ways to develop your triathlon skills.

Where do young people go next (from school to club/community)?

Beyond the School Games, there are many opportunities for young people to stay involved at a range of different levels to suit the individual. The young people could try another GO TRI event, join a club or compete in the regional Junior Series. www.britishtriathlon.org/clubs/search
British Triathlon has developed Skills School to take children to the next level in a fun, innovative and encouraging environment.
www.britishtriathlon.org/skillsschool

Young Leader/Officials courses/qualifications available:

The Activator Award for Young People is the perfect way for anyone aged between 14-17 years old to learn more about triathlon. The introductory leadership course will give young people the skills required to help support at Triathlon sessions and events. Follow this link to find out more: www.britishtriathlon.org/get-involved/volunteers-and-officials/activators

Embracing the School Games Vision

Development Competitions provide an opportunity to engage all young people. Utilising the NGB format, consider:

- Identifying targeted participant groups (i.e. gender, physical activity levels, impairment groups).
- Using the STEP principles to condition activities.
- Consider how to reward success – what does it look like?

Relevant web links:

Follow this link to the British Triathlon School Games page www.britishtriathlon.org/schoolgames
Here you will find more information and resources to help you organise your event.

Signposted competitions:

GO TRI Overview

GO TRI is a national programme where British Triathlon support event organisers to set up easily manageable inclusive events for all.

These accessible events are fully supported by the regional manager. Support given includes setting up events, risk assessing and guidance on running the event on the day. Event organisers are provided with equipment to help run the event(s).

The following events can be run:

- Triathlon
- Aquathlon
- Duathlon
- Aquabike

GO TRI Overview

- Age 8 and above
- Can be participation event
- Distances can be altered to suit
- Competition can be run by SGO

For more information, contact your regional manager.

www.triathlonengland.org/about-us/my-region

You can also visit www.gotri.org

Competition Card

Primary or Secondary:

Secondary

Name of competition:

GO TRI School Games Relays

Age group:

Year 7/8, year 9/10 and year 11

How to enter:

Via local SGO

Tournament format:

GO TRI can be run as a stand-alone event or regular GO TRIs can be setup to form a local league or series.

Simple rules:

- Mixed Team Relay (2 boys and 2 girls), Girls Team Relay (teams of 3) and Boys Team Relay (teams of 3)
- Can be run in any format Triathlon, Duathlon or Aquathlon
- Each team will complete each discipline in relay format before transitioning onto the next discipline
- Once the first team member has finished they can move to transition to prepare for the next discipline
- The handover can be performed by a hand slap or by handing over a band
- Equipment for the event can be provided by British Triathlon
- The winners will be the team that completes the race quickest
- Maximum distances per competitor can be found at www.gotri.org or by contacting your regional manager www.triathlonengland.org/about-us/my-region

Think inclusively!

The competition is fully inclusive and the following adaptations should be considered to ensure everyone can take part:

- **Space:** Think about widening lanes for the swim or widening the run route.
- **Task:** Alter the distances to suit ability; change the disciplines, for example to run and a bike for less competent swimmers.
- **Equipment:** Ensure the facilities and necessary equipment are available for a safe and inclusive event. For example, hoists for swimming, flotation aids, access to the run is not compromised by stairs and a hard surface for the run.
- **People:** Allow carers to assist participants in the swim and run.

Relevant web links:

Follow this link to the British Triathlon School Games page www.britishtriathlon.org/schoolgames

Here you will find more information and resources to help you organise your event.

Roles for young people:

Young people have a chance to try several roles at these events. These include anything from officiating to team leading:

- Course Director
- Race Marshal
- Lane Counters
- Timer
- Transition Manager
- Run Manager
- Swim Manager
- Team Leaders
- Event Organiser
- Athlete Liaison Manager

Young people can learn more through our Activator Award: www.britishtriathlon.org/get-involved/volunteers-and-officials/activators

How can depth in competition through extra teams be achieved?

The GO TRI format is perfect for all abilities as a participation event can easily be run alongside a competitive event. A participation event does not have to be timed and the distances can also be lowered to suit novices.

The route from here to County Final – Inter School Competition (Level 3)

County Final - Inter School Competition (Level 3) competitions can happen at any point in the calendar year. Your local SGO may want to organise a competition between the winners and runners up at each borough/School Games Inter School Competition (Level 2) event.

How can regularity be achieved?

British Triathlon have a range of opportunities for young people to engage in the sport.

Regular GO TRIs can be set up with the support of the Regional Manager to provide extra chances for young people to compete.

GO TRI events can be set up at your school or in partnership with other local schools.

GO TRIs may also be available in your local area; check www.gotri.org for your local events.

