



## Junior Triathlon: What Parents Need to Know





# How Junior Triathlon Works (Age Groups, Distances & Race Basics)

There are six categories based on the athletes age as of 31<sup>st</sup> December in the year of the competition. See below for the specific age categories.

- Tristart - 8 years old
- Tristar1 – 9/10 years old
- Tristar2 – 11/12 years old
- Tristar3 – 13/14 years old
- Youth A – 15/16 years old
- Youth B – 17 years old
- Junior - 18 - 19 years old

(TSS-TS1 categorised as Male and Female, TS2 upwards as Open and Female)

Notes for Parents

- Distances can vary slightly depending on venue (e.g., pool vs open water or cycling on grass vs tarmac).
- Aquathlon (swim-run) and Duathlon (run-bike-run) use similar proportional distances.
- Bike restrictions: This year, the only SW junior series event that will require gear restrictions is Bowood House (contact the coaching team if you need assistance).
- Drafting: Events will state whether they are draft legal or draft illegal.

British Triathlon  
Recommended  
distances

Category	Age	Swim	Bike	Run
TriStar Start	8 yrs	50m	1km	500m
TriStar 1	9–10 yrs	150m	4km	1.5km
TriStar 2	11–12 yrs	200m	6km	2km
TriStar 3	13–14 yrs	300m	8km	3km
Youth	15–16 yrs	400m	10km	4km
Junior	17–19 yrs	750m	20km	5km

# Athlete Pathway



## South-West Series

The SW junior series is the competition for all athletes that live or belong to a Tri club that is registered in the SW region. Our club actively encourages all members to participate in this competition. Athletes wishing to participate in the series must register for a British Triathlon Core Junior Membership. The series is made up of 9 qualifying events and athletes are expected to participate in at least 4 of them to complete the series. Athletes claim points towards the regional league standings in each event they compete in.



## Inter Regional Championships (IRCs)

The criteria for SW region representation are designed to ensure that the best athletes can be taken to the IRCs.

Four TS2 and four TS3 athletes from both gender categories will be selected to represent Team SW at the British Triathlon National Championships.

Builds confidence and experience for future pathways like the SW Academy and Super Series.



## SW Regional Academy

Home of the region's most talented and prepared youth triathletes developing and preparing them for their ongoing growth in the sport.

Typically selected from their official Swim England and Power of 10 timings, their strong performance in the SW Series or IRCs.

Acts as the bridge between regional racing and national talent pathways.



## Super Series

A national series of high-level races for Youth A (15–16), Youth B (17), Junior (18–19) and Senior athletes.

Multiple events across the UK (open water – sea and lakes). Points-based ranking system.

Athletes usually progress from regional series and IRCs. Must meet certain standards (bike handling, drafting skills, race experience).

# South West Series – What parents Need to Know

## What is the SW series?

- A regional competition for junior triathletes across the SW.
- Points are earned at each event, based on where you place. The winning athlete in each category will be awarded 1000 points, points are then awarded based on the time difference behind the winning time, not positions.
- Rankings are based on your best 4 results.

## How to join:

- Register your child via the British Triathlon portal and ensure your region is set to SW.
- Pay £34 for annual core junior membership via the BT portal (this provides your child with unlimited race passes for the year, various insurances and discounts on brands etc.)

## Is it worth joining?

- **Yes.** But only if your child will compete in the **minimum** number of 4 events required for completing the series.
- Check the website for the event list and minimum participation rules.
- For those hoping to compete for a place at the IRCs there is a criteria designed to ensure that the best athletes can be chosen. This criteria will be listed on the BTF website.

## If you don't join the Series:

- Although the club encourages SW sign up, it is not mandated.
- Your child can still race in individual events.
- You will need to purchase a race pass for each event (£2 per race) payable when you sign up for an event online.

# Key Dates and Club Priorities

Date	Event	Series event?	Club open/closed
Sunday 22 March 26	Bath Duathlon	Yes	Open
Sunday 5 April 26	Sportiva Torbay Triathlon	Yes	Closed
Saturday 11 April 26	Vale Tridents Duathlon, Moredon sporting hub	No	Closed
Saturday 2 May 26	LPS White Horse children's Triathlon (Oldbury) Calne	Yes	Closed
Sunday 10 May 26	Stonehenge	Yes	Open
Saturday 23 May 26	Vale Tridents Aquathon, Lake 62, Cotswold water park	Yes	Closed
Sunday 7 June 26	Vale Tridents Junior Triathlon, Faringdon Leisure Centre	Yes	Closed
Saturday 20 June 26	Bowood House Triathlon	Yes	Closed
Sunday 5 July 26	Sportiva English Riviera Torquay	Yes	Open
Saturday 11 July 26	Mini-Squirrel Mount Kelly Triathlon	Yes	Closed

# Our Club Events



**Vale Tridents Duathlon**  
@Moredon Sporting Hub,  
Swindon – 11<sup>th</sup> April 26



**Vale Tridents Aquathlon @**  
Lake 62, Cotswold Water  
Park – 23<sup>rd</sup> May 26



**Vale Tridents Junior  
Triathlon @Faringdon  
Leisure Centre - 7<sup>th</sup> June 26**

## Importance of Parent/Family Volunteers

Volunteers are critical (safety, smooth running, athlete experience).

Roles parents can help with:

- Registration desk
- Marshalling
- Event set up and derig
- Timing
- Refreshments

***Without volunteers, our  
events cannot happen!***



# Essentials and Important Kit



GOGGLES, TRI-SUIT, SWIM CAP AND WETSUIT (OW EVENTS ONLY-WETSUIT LUBE/BABY OIL TO AVOID CHAFING AND TO ALLOW QUICK REMOVAL OF WETSUIT IN TRANSITION)



ROADWORTHY BIKE, HELMET, CLEATS (IF USED) HELD LEVEL WITH ELASTIC BANDS, WATER BOTTLE, RACE BELT, TRANSITION FOOT TOWEL



LOCK LACES, TRAINERS



EXTRAS: RACE PASS (IF YOU HAVEN'T BOUGHT A CORE JUNIOR BTF MEMBERSHIP), SLIDERS FOR PRE-RACE, TALC FOR SHOES, T SHIRT (IF SWIMMING IN SHORTS-NO TORSO TO BE ON SHOW WHILST ON THE BIKE AND RUN), SUNGLASSES AND SUNCREAM



SAFETY CHECKS (HELMET FIT, HANDLEBARS PLUGGED, AND BIKE IN GOOD WORKING ORDER INCLUDING BRAKES AND GEARS.)



# Any questions?

