



BRITISH YOUTH & JUNIOR SUPER SERIES 2023

TRIATHLON *Technical Guidance for Athletes*

RACES

The below guidance applies to the following Super Series races:

Llanelli Multisport Festival	13 May	SS or S
Junior World Trial	28 May	S
Lochore Meadows	18 June	SS or S
Mallory Park	23-4 June	SS H/F, MR
South Aquathlon	2 July	SS or S
Sunderland	29 July	SS
Eton Eliminator	28 August	Elim
Grand Final	9-10 September	SS or S, MR

SS = Super Sprint, S = Sprint, H/F = Heat/Final, Elim = Eliminator, MR = Mixed Relay

ATHLETE RESPONSIBILITY

Competitors are reminded that it is their responsibility to know the rules of the race they are taking part in, and this extends to ensuring that bike setup conforms to the rules. Compliance with the bike setup rules should be checked well in advance of competition, and not left to the day of the race.

WETSUITS

- World Triathlon Competition Rules 4.2 and 4.4 will be adopted. Athletes must always be prepared for a wetsuit mandatory (<16°C) or wetsuit banned swim (≥20°C), this decision being made on the day.
- Between 16°C and 19.9°C athletes may opt to wear a wetsuit should they wish.

UNIFORM

- All uniform regulations as set out in British Triathlon Competition Rules 2.8 apply.
- For domestic Elite Youth and Junior events, it is important to understand that World Triathlon Guidelines regarding authorised identification do not apply. This means that trisuits do not need to have the competitor's surname and country code.
- Should athletes go onto race at any World or Europe Triathlon event then full World Triathlon Competition Rules and Guidelines Regarding Authorised Identification will apply e.g., a World Triathlon legal trisuit is required.

HANDLEBARS

- Only traditional drop handlebars are permitted. The handlebars must be plugged; Clip-ons are no longer allowed.
- Water bottles and water bottle holders may not be mounted onto the handlebars or placed behind the saddle.

FRAMES

Frames must comply with World Triathlon Competition Rule 5.2.a.) (i)

GEAR RESTRICTIONS

Gear Restrictions will always apply to Youth races. More information can be found at <https://bit.ly/2FHLNml>

WHEEL REGULATIONS

Youth athletes may race using either:

<p>A standard or traditional wheel defined as:</p> <ul style="list-style-type: none"> a rim made of aluminium 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 	<p>Or:</p> <ul style="list-style-type: none"> Wheels that are found on the UCI non-standard approved wheel lists If using a wheel on the UCI non-standard approved list please either remember the page/point on the list or take a photo of it to help TO's find it.
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Junior athletes may race using either:

<p>A standard or traditional wheel defined by the UCI as:</p> <ul style="list-style-type: none"> a rim made of aluminium a rim height of less than 25mm a minimum number of 20 steel spokes which are detachable all components must be identifiable and commercially available 	<p>Or:</p> <ul style="list-style-type: none"> Wheels that are found on the UCI non-standard approved wheel lists If using a wheel on the UCI non-standard approved list please either remember the page/point on the list or take a photo of it to help TO's find it.
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More information can be found in the Wheel Regulations booklet found online www.bit.ly/wheel-regs