YOUTH & JUNIOR SUPER SERIES 2020
Technical Guidance for Athletes

RACES
The below guidance applies to the following races:

<table>
<thead>
<tr>
<th>Event</th>
<th>Age Group</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Llanelli Multisport Festival</td>
<td>Yth</td>
<td>9 May</td>
</tr>
<tr>
<td>Blenheim Palace Triathlon</td>
<td>Yth SS J</td>
<td>31 May</td>
</tr>
<tr>
<td>Lochore Aquathlon</td>
<td>A Q</td>
<td>21 June</td>
</tr>
<tr>
<td>Bowood House Aquathlon</td>
<td>A Q</td>
<td>27 June</td>
</tr>
<tr>
<td>Parc Bryn Bach</td>
<td>Yth SS J</td>
<td>18 July</td>
</tr>
<tr>
<td>Hutton Yth</td>
<td>SS Jun  SS</td>
<td>1 August</td>
</tr>
<tr>
<td>British Triathlon’s Season Finale</td>
<td>Yth SS, R Jun SP, R</td>
<td>12-13 September</td>
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</tbody>
</table>

SP = sprint, SS = super sprint heats & finals, R = mixed team relay, A Q = aquathlon

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 ITU Guidelines Regarding Authorised Identification do not apply. This means that trisuits do not need to have the competitor’s surname and country code.
- Should a competitor however represent Great Britain in an ITU event then full ITU Competition Rules and Guidelines Regarding Authorised Identification will apply.

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.

WHEEL REGULATIONS
Youth athletes may race using either:

- A standard or traditional wheel defined as:
  - 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

Junior athletes may race using either:

- A standard or traditional wheel defined by the UCI as:
  - 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

WETSUITS
- ITU Competition Rules 4.2 and 4.4 will be adopted. Athletes must be prepared for wetsuits to be made mandatory, optional or banned.

HANDLEBARS
- Only traditional drop handlebars are permitted. The handlebars must be plugged;
- C lip-ons, including the bridge, must not exceed the foremost line of the brake levers;
- C lip-ons must have a solid factory bridge or be touching each other;
- Brake levers or gear levers must not be attached to the clip-ons. The height difference between the highest point of the handlebar and the lowest inner part of the elbow rest cannot exceed 30 cm;
- Water bottles and water bottle holders may not be mounted onto the handlebars or clip-ons.

FRAME
- Frames must comply with ITU Competition Rule 5.2.a. (i)

GEAR RESTRICTIONS
- Gear Restrictions will be in place at certain events. More information can be found online - https://bit.ly/2FHlNml

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More information can be found in the Wheel Regulations booklet found online www.bit.ly/wheel-reg