



## JONNY'S TRIATHLON QUIZ

**1. What is a penalty?**

- a) Something all children and juniors need to be afraid of
- b) If certain triathlon rules are broken a time penalty can be incurred
- c) A hydration sport drink

**2. What is paratriathlon?**

- a) A power triathlon which is shorter and more fun than other types of triathlon
- b) Triathlon for athletes with a physical disability
- c) Triathlon only for especially talented children

**3. What is dolphin diving?**

- a) Jumping onto your bike in a specific way
- b) A specific way to exit open water after the swim
- c) A series of short dives used by triathletes to get through shore-bound waves and out into open water

**4. Your friend mentions the Brownlee brothers. What are their first names?**

- a) Tommy and Alan
- b) Alistair and Jonathan
- c) Jack and George

**5. In the 2016 Summer Olympics, a British female athlete won a bronze medal in the women's race. What is her name?**

- a) Vicky Muller
- b) Vicky Holland
- c) Vicky Hollister

**6. An aquathlon event consists of:**

- a) Swimming and running
- b) Swimming and cycling
- c) Swimming and race walking

**7. An aquabike event consists of:**

- a. Swimming and cycling
- b. Cycling on a mountain bike and off-road running
- c. Swimming and running

**8. Which event consists of swimming and running?**

- a. Biathlon
- b. Decathlon
- c. Aquathlon

**9. What distance do triathletes run in an Ironman?**

- a) Marathon
- b) Half Marathon
- c) 100 km

**10. What is usually the first event in a triathlon event?**

- a) Swim
- b) Bike
- c) Run

**11. During the cycle stage, where should the race number be visible from?**

- a) The side
- b) The front
- c) The back

**12. During the run stage, where should the race number be visible from?**

- a) The side
- b) The front
- c) The back

**13. What do you have to remember before touching your bike?**

- a) Your belt
- b) Wave to the race official
- c) Clip your helmet

**14. Which is the minimum open water temperature in which children in the TriStars categories can swim?**

- a) 10 °C
- b) 11 °C
- c) 14 °C

**15. Can you use a wetsuit if the water temperature is greater than 22 °C?**

- a) Yes
- b) No
- c) It is optional

**16. Will you have to use a wetsuit if the water temperature is less than 14 °C?**

- a) Yes
- b) No
- c) It is optional

**17. Who is responsible for making sure that a child's bike is in a safe and roadworthy condition?**

- a) The child's parent/guardian/accompanying person
- b) The International Triathlon Union
- c) The race organiser

**18. Barefoot running is not permitted**

- a) True
- b) False
- c) Only with a special permit

**19. Failure by a parent/guardian/accompanying adult to carry out the instructions from Technical Officials during a race, or failure to conduct him or herself in a proper manner may lead to disciplinary action against the competitor by the appropriate Home Nation or British Triathlon**

- a) True
- b) False
- c) This does apply almost everywhere in the world, except in the UK

Answers:

1. B
2. B
3. C
4. B
5. B
6. A
7. A
8. C
9. A
10. A
11. C
12. B
13. C
14. B
15. B
16. A
17. A
18. A
19. A