

Southwest Race Series 2024 Team Relay Challenge

Triathlon is principally regarded as an individual challenge, with athletes competing against one another for an overall event win, or to achieve a personal goal.

However, the emphasis of the Southwest Team Relay Challenge in 2024 is to be on participation in a team-based Triathlon event, and so is focussed more on the enjoyment, excitement, and camaraderie of racing as part of a team. The Southwest Team Relay Challenge thus aims to promote the taking part in our sport, and the accomplishment of the team as a whole, rather than individual competition.

The Team Relay Challenge aims to offer a wide appeal across the Southwest Triathlon community and to encourage athletes of all abilities, from the novice to the elite, and is based on two Team Relay formats.

Athletes of all capabilities should feel welcome and inspired to participate in the Southwest Race Series 2024 Team Relay Challenge.

Details

The Team Relay Challenge is open to athletes of all abilities across three age groups who are based in the Southwest region as defined by their British Triathlon membership details.

The three age groups are:

- Youth
- Junior
- Senior

Athletes do not need to be registered with, or a member of a Southwest Triathlon club affiliated to Triathlon England but do need to be Triathlon England members.

It is strongly encouraged that each team is comprised of athletes with mixed abilities.

Teams choose one of the Team Relay Challenge formats to enter. Each team will then need to enter two or more Triathlon events hosted in the Southwest during the 2024 race season; events that offer a Team Relay opportunity in the appropriate Team Relay format and for the appropriate age group.

If a team enters more than two Team Relay Triathlons the results of their best two events will be used to determine their team's final position in the Southwest Team Relay Challenge.

Points will be awarded to each team based on their overall finishing position for each event entered, please refer to the Points System notes below for further details.

More information about the two available Southwest Team Relay Challenge formats follows:

Olympic Team Relay

This is a standard format in which teams of four athletes of different race categories compete. Each competitor does a complete triathlon, and the total time for the team is taken from the start of the first team member to the finish of the fourth team member. Timing does not stop between competitors but is continuous.

- A team consists of four athletes, each of whom completes all three Triathlon disciplines of Swim, Bike & Run before handing over to the next member of the team.
- The team will be comprised of four individual athletes.
- Each team of four can be:
 - **Mixed:** 2 open race category and 2 female race category athletes (who compete in the following order: open, female, open, female)
 - **Open:** 4 open race category athletes
 - **Female:** 4 female race category athletes
- A qualifying Olympic Team Relay event can be either a Pool or Open Water based event, and normally, but not necessarily, over the super sprint triathlon distance.

Individual Team Relay

This is a standard format in which teams of three athletes compete regardless of race category. The first athlete covers the swim, the second the bike and the third the run. The total time for the team is from the start of the first team member to the finish of the third team member. Timing does not stop between competitors but is continuous.

- A team consists of three athletes, each of whom completes one of the three Triathlon disciplines of Swim, Bike & Run before handing over to the next member of the team.
- The team will be comprised of three individual athletes.
- A team is comprised of three athletes regardless of race category.
- A qualifying Individual Team Relay event can be either a Pool or Open Water based event over any recognised triathlon distance.

Trophies and Results

Trophies will be awarded to the winners in each age group for each team relay format as follows:

- Olympic Team Relay: Mixed
- Olympic Team Relay: Open
- Olympic Team Relay: Female

And

- Individual Team Relay

The results of the Southwest Team Relay Challenge will be announced at the Southwest AGM at the end of the 2024 season.

Governing Rules

- Each team entering the Southwest Team Relay Challenge must register with the Southwest Regional Committee before the start of the season (sw.secretary@triathlonengland.org).
- Each team is to have a unique team name, and this team name must be used by the team when entering an event.
- An Olympic Relay team entry has four team members, plus, optionally, up to two substitutes.
- An Individual Relay team entry has three team members, plus, optionally, up to two substitutes.
- Names and BTF membership numbers for each of the team athletes and all substitutes are to be registered with the Southwest Regional Committee, along with their team name (sw.secretary@triathlonengland.org).
- Team member substitutions can be made at any time prior to the start of the event.
 - A substitute must be of the same race category as the athlete being replaced.

- The team is responsible for informing the Southwest Regional Committee of the events they have entered (sw.secretary@triathlonengland.org).
- A team cannot change from one Team Relay format to the other once they have registered their team with the Southwest Regional Committee (sw.secretary@triathlonengland.org).
- Athletes can only be a member of and/or substitute for one team.
- The team must be composed of athletes from the same age group. The three age groups are: Youth (15-17), Junior (18-19) and Senior (20+). Age is as at 31 December of the year of the event.
- A single athlete cannot complete multiple legs of the same Olympic Team Relay or multiple disciplines in the same Individual Team Relay event.

Southwest Team Relay Challenge - Points System

Points will be awarded based on the finishing position of each team as published by the Event Organiser in the results for each of the events teams have entered.

Note that the points awarded will be based on the actual finishing position of the team at each event, which includes all the relay teams entered in the event, and therefore is not just limited to the teams registered for the Southwest Team Relay Challenge.

Points and Places

20 points will be awarded for 1st place
 19 points will be awarded for 2nd place
 18 points will be awarded for 3rd place
 17 points will be awarded for 4th place
 16 points will be awarded for 5th place
 15 points will be awarded for 6th place
 14 points will be awarded for 7th place
 13 points will be awarded for 8th place
 12 points will be awarded for 9th place
 11 points will be awarded for 10th place
 10 points will be awarded for 11th place
 9 points will be awarded for 12th place
 8 points will be awarded for 13th place
 7 points will be awarded for 14th place
 6 points will be awarded for 15th place
 5 points will be awarded for 16th place
 4 points will be awarded for 17th place
 3 points will be awarded for 18th place
 2 points will be awarded for 19th place
 1 point will be awarded for 20th place

For both the Olympic Team Relay and the Individual Team Relay formats, in the event of a tie, the combined time for the two qualifying events of the third team member will be used to determine the overall team result.