



GREENWICH JUNIOR AQUATHLON – 31 May 2026

ORGANISED BY GREENWICH TRITONS

COMPETITOR INFORMATION

Venue: Colfe's School, Horn Park Lane, London SE12 8AW

Limited parking on site

What Three Words location: <https://w3w.co/model.survey.detail>

Race Times

Event	Race Briefing	Race Start
Youth & Junior	08:15	08:30
TriStar 3	09:15	09:30
TriStar 2	10:15	10:30
TriStar 1	11:45	12:00
TriStart	13:15	13:30

Registration & Transition

Note: Registration will remain open throughout the day for all age groups. Transition for setup and removal will be open at the following times:

Event	Opens	Closes
Registration	07:30	13:00
Transition Open 1	07:30	08:30
Transition Open 2	09:00	09:30
Transition Open 3	10:00	10:30
Transition Open 4	11:30	12:00
Transition Open 5	13:00	13:30
Transition Open 6	14:00	14:30

Race Distances

Category	Swim Distance	Swim Lengths	Run Distance	Run Laps
Youth & Junior	400m	16	4k	4 Big
TriStar 3	300m	12	3k	3 Big
TriStar 2	200m	8	2k	2 Big
TriStar 1	150m	6	1.5k	1 Big & 1 Small
TriStart	50m	2	0.5m	1 Small

Greenwich Junior Aquathlon 2026

Thank you for taking part in our Aquathlon!

Please read these instructions carefully as everything you need to know is here. It is your responsibility to know where you need to be when, and to know the course.

A copy of the Event Permit from British Triathlon will be displayed in registration.

Location and Parking

The race will take place at Colfe's School, Horn Park Lane, London SE12 8AW. We advise you to arrive at the venue in plenty of time to register and access transition before your race briefing. Pay careful attention to transition access timing as this may differ from previous years.

There will be no parking available at the Leisure Centre (Upwood Road entrance) although the senior school car parks (Horn Park Lane entrance) will be open. As parking places are limited, we recommend that you park in one of the surrounding streets and walk. Please be considerate to residents when parking. If you are coming by train the venue is about 10 min walk from Lee station via the Upwood Road entrance.

Changing Facilities

The temporary changing facilities are between the car park and registration. For Tristart only, if one of your parents / guardians wishes to help you with changing they will need to request a blue wristband when you register.

Registration

Registration will open from 07:30 through to 13:00 for all age groups, in the school building next to the car park. At registration you will be given your race number, timing chip and souvenir t-shirt if you ordered one. Your arm will be marked with your race number and your hand with the number of run laps you will need to do. If you are a Triathlon England member, please bring a snapshot of your digital Race Licence and show it at registration.

Transition Set-up

After you have registered you can access transition area at your specified timing and set out your run kit. Transition will be closed for the first 30 minutes of each race to avoid overlap between transition setup and athletes transitioning between the swim and the run route. Transition will be open to all age groups during the following time slots.

Event	Opens	Closes
Transition Open 1	07:30	08:30
Transition Open 2	09:00	09:30
Transition Open 3	10:00	10:30
Transition Open 4	11:30	12:00
Transition Open 5	13:00	13:30
Transition Open 6	14:00	14:30

Transition will be laid out the tennis courts, and each age group will be allocated a dedicated area. Transition is a competitor only area, so parents, guardians, and friends of Tristar 1-3 Youth and Junior competitors will not be allowed access. There is an exception for TriStar athletes who can take one adult helper into transition at the start and end of the race only. We have very knowledgeable and friendly marshals on duty in transition, so if you have any questions when you are setting up, please ask them.

You're not allowed to use phones or audio players during the race, so please these items should be left with your parents or guardians; don't leave them in transition. If you take a water bottle into transition it must be plastic, not glass. If using talcum powder in your run shoes, then please do this before entering transition to avoid impact on the tennis courts.

Also, please note that there has been a rule change by British Triathlon regarding towels in transition. Towels may not be used to mark space therefore must be rolled up and placed in your shoe or remove completely from transition. **A single small flannel-sized towel no larger than 12" x 12" (30cm x 30cm) may be used.**

If this is your first aquathlon, we recommend that you practice laying out your kit at home and putting it on when you are wet. Putting trainers or a dry shirt on a wet body in a race situation is more difficult than you might imagine!

KIT

Swim = trunks/swimsuit/trisuit; hat; goggles, and timing chip secured with safety pin.

Run = remove hat and goggles, add race belt with number if wearing trisuit, t-shirt with number if wearing trunks/swimsuit; trainers (ideally with elastic laces), no socks needed.

Your race number must be pinned onto the front of the shirt, or on your race belt facing forward. Please remember that your torso must be covered before you leave transition. Tri suits, swimsuits, vest tops and t-shirts are all fine to wear during the race.

Race Briefing

After you have registered and set up your run kit in transition, we recommend that you review the course. Following this you must ensure that you are at the Leisure Centre Car Park for the mandatory race briefing at the following times:

Event	Race Briefing	Race Start
Youth & Junior	08:15	08:30
TriStar 3	09:15	09:30
TriStar 2	10:15	10:30
TriStar 1	11:45	12:00
TriStart	13:15	13:30

After the race briefing, the swim marshal will help you to get into race number order, lowest to highest based on the time you input on your entry. Please note, no start order changes can be made now, due to the impact on race documentation and timing. The marshal will then lead the group straight to the pool ready for your swim start, so you will need to take your

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goggles and swim hat (if you want to wear one) to the briefing. Swimming hats will not be provided so if you wish to swim in a hat, please bring your own.

Swim

Your swim will start and finish from the deep end of the pool. You will start in the water; dive starts are not allowed. You will be asked to get in immediately before your start. **Do not enter the water until asked to do so!** Swimmers will start at approximately 15 second intervals. You will get a short countdown and be told to start by the timekeeper.

Swim distances vary by age group:

- Youth and Junior athletes will do their whole 16 length (400m) swim in the same lane, with 2 swimmers per lane, staying on the same side of the lane for the whole swim. You will be given a warning when you have 2 lengths to go.
- Tristar 3 athletes will start in lane 6 and swim up and down each lane, ducking under the lane rope and moving across one lane at the end of every second length, for a total of 12 lengths (300m). Swim clockwise, on the left of the lane.
- Tristar 2 athletes will start in lane 4 and swim up and down each lane, ducking under the lane rope and moving across one lane at the end of every second length, for a total of 8 lengths (200m). Swim clockwise, on the left of the lane.
- Tristar 1 athletes will start in lane 6 and duck under the lane rope to move across one lane at the end of every length, for a total of 6 lengths (150m).
- Tristart athletes will start in lane 2, duck under the rope at the end of the length and swim back down lane 1 for a total of 2 lengths (50m).

You can swim front crawl or breaststroke. Backstroke is not allowed.

Please be courteous to your fellow athletes, especially if you find yourself swimming at a different speed to other people in your lane. If you catch up the swimmer in front and need to overtake, tap the feet of the person in front and pass them only when it is safe to do so. Trying to overtake in the middle of a length risks a collision with someone coming in the other direction, so please only overtake if it is safe to do so. If in doubt wait until the end of the length to pass.

If someone behind you taps your feet, please let them pass at the end of the length.

Finally, please also note there are no spectators allowed in the pool this year.

Transition One (Swim to Run)

At the end of your swim, climb out of the pool and walk through reception and into the sports hall. In Youth & Junior, swimmers in the lanes closest to the exit will need to walk around a cone on poolside before exiting the pool area. The poolside is likely to be wet and slippery so please be careful and **do not run!**

Once into the sports hall follow the carpet through the sport hall, out through the double doors and then across to transition. You can run once you are in the sports hall, but please take care as the carpet may still be slippery once a few wet swimmers have passed over it.

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Once in the transition area, go to where you put your kit, change quickly and set off on your run. Remember that your race number must be showing to the front.

Youth and Junior athletes run 4 big laps (4,000m)

Tristar 3 athletes run 3 big laps (3,000m)

Tristar 2 athletes run 2 big laps (2,000m)

Tristar 1 athletes run 1 big lap and 1 small lap (1,500m)

Tristart athletes run 1 small lap (500m)

Run

On exiting transition Junior, Youth, Tristar 3, Tristar 2 and Tristar 1 athletes turn right onto the tarmac path and then immediately right up the grass along the side of the tennis courts. Tristart athletes go left out of transition onto the main field. The course is clearly marked with barrier tape so it's impossible to get lost or take a wrong turn!

It is your responsibility to count your run laps! We hand out bands during each lap to help you keep track and so the finish marshals can ensure you've done the correct number of laps. Please make sure that you take one each time you pass. If you do the correct number of laps and collect a band each time you pass the band station, Junior and Youth athletes will finish the race with 4 bands, TS3 athletes 3 bands, and TS2 and TS1 athletes 2 bands. Tristarts will collect one band.

At the finish line please make sure your number is showing to the front, remember to smile and throw your arms in the air as you cross the line for any pictures being taken. Collect your medal and water and give yourself a pat on the back. Well done!

Finishing Awards

Awards for the first three male and female athletes in each age group will be presented as soon as possible after results are available and when there is an appropriate gap in the race schedule. Our aim is for the following timing:

- Youth, Junior & T3: 10:40
- T2: 12:10
- T1 & TS: 13:50

Results

Full results can be found after the event on [stuweb](#)

If you have any burning questions, please email juniors@greenwichtritons.com and we will do our best to answer as soon as possible. You will also have another chance to ask questions at the race briefing.

GOOD LUCK!

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Stephen Hampton & Juan Carlos Frietman
Race Directors

24 May 2026

Notes for parents:

1. Tea, coffee, drinks, breakfast / brunch BBQ rolls and a selection of yummy home-baked treats will be available in the pavilion above the swimming pool, accessible by the metal steps.
2. The race will take place under the Rules of British Triathlon Federation <https://www.britishtriathlon.org/britain/documents/events/competition-rules/2026-british-triathlon-competition-rules-april-26.pdf>
3. Children under 16's must attend the event with a Parent/Guardian. Signed permission to be obtained and presented at registration if Parent/Guardian cannot be present at the event.
4. Young people aged 16 – 17 have assumed autonomy and do not require parental/guardian permission.
5. If your child is a British Triathlon member, please bring his/her membership card and show it at registration. If you forget, there will be a £2 charge for a day licence.
6. For TriStart only, if you wish to accompany your child then one parent or guardian will be allowed into the changing rooms. You must ask for a blue wristband when your child registers for the race so we can ensure their safety.
7. With the exception of Tristarts, transition is a competitor only area and we cannot let you in. So please don't put the marshals in a difficult position by asking. Tristart athletes can have ONE adult helper with them in transition both during set up and at the end of the race only.
8. Please remind your child that the use of phones and audio players during the race is prohibited by BTF Rules. Glass bottles are also prohibited and applying talcum powder in transition.
9. Numbers have been allocated based on the estimated swim time you supplied, and this informs the starting order with the fastest swimmers in each age group starting first to give every athlete the best chance of an uninterrupted swim. Unfortunately, this means that once race numbers have been published the start order cannot be changed.
10. Athletes being held up in the swim is one of the biggest sources of frustration for athletes and parents and accordingly generates the most complaints. If everyone swims in line with their time estimates there won't be any problems, but we understand that people have "off" races, or for whatever reason swim slower than predicted. To keep athletes moving and everyone happy it is important that Tristar athletes understand the need to let faster swimmers through if caught. We will reiterate this in the race briefing but would be very grateful if parents could remind their children about this in the days before the race.
11. Athletes must not be accompanied by any non-competing competitors, team members, managers or other pacemakers on the course or alongside the course.
12. The organising team and marshals are all volunteers; we are trying our best to put on a great race for your children but sometimes things go wrong. If that happens, we will do our best to sort things out as soon as we can, so please bear with us. Rude or abusive behaviour will not be tolerated.

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13. If you wish to take photographs at the event, please sign the attached consent form and hand it in at registration where you will be issued with an orange wristband so we can ensure the safety of our juniors.
14. Should you wish for your child not to be photographed then please notify the team at the point of registration and your child will be given an orange sticker to place on the front of their run number.
15. The British Triathlon Federation take safeguarding very seriously:
 - a. Everyone who participates in Triathlon is entitled to participate in an enjoyable and safe environment.
 - b. British Triathlon considers the safety and wellbeing of children, young people and adults at risk as central to its values. As a governing body we accept our responsibility for providing guidance and support for the triathlon community to ensure that triathlon is enjoyable and safe. Everyone in triathlon has a responsibility for safeguarding the welfare of children, young people and adults at risk.
 - c. If you have concerns for the welfare or safety of a child, young person or adult at risk or some raises a concern with you, report these immediately.
 - d. You can access the full commitment here:
<https://www.britishtriathlon.org/safeguarding>
16. The safety of our junior athletes is paramount and our full safeguarding policy for the event will be displayed by registration. If you have any concerns whatsoever then please contact our safeguarding officer, Tom Coghill on 07713056789, alternatively if you spot anything of immediate concern then please bring this to the attention of any of the Marshalls at the event.
17. All parents and competitors are expected to adhere to the British Triathlon Code of Conduct which can be found here, with general conduct in section 2.1:
<https://www.britishtriathlon.org/britain/documents/events/competition-rules/2026-british-triathlon-competition-rules-feb-2026.pdf>
18. We hope to be able to present awards to the first three male and female athletes in the Junior/Youth and TriStar 3 waves at around 10:40. TriStar 2 at 12:10, TriStar 1 and TriStart prizes will likely be presented after the last TriStart athlete has finished which should be around 13.50.

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This form should be completed by anyone wishing to take photographs or recorded images at Greenwich Junior Aquathlon – 31 May 2026

It will save time if you can print and complete this ahead of the day and bring with you to reception.

First Name: _____

Surname: _____

Address: _____

Postcode: _____

Contact Number: _____

Email: _____

I wish to take photographs or recorded images during Greenwich Junior Aquathlon 2026. I agree to abide by the guidelines laid down by British Triathlon and confirm that the photographs or images will only be used in an appropriate manner.

I also agree not to take photographs or recorded images of any child with an orange sticker on their number.

Please describe how the photographs/recorded images will be used:

I acknowledge that if it is deemed that any photographs or recorded images are used inappropriately this may result in me being unable to use photographic equipment in a multisport environment in future and/or disciplinary action by British Triathlon or the relevant Home Nation.

Signed: _____

Date: _____

(Note: this form will be kept for no more than 6 months and will be destroyed).

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Course Map

The map below shows the following.

- Change Rooms
- Registration
- Transition
- Swim
- Café/BBQ
- Race Briefing
- The Spectator Route
- A Small Lap
- A Big Lap
- Registration and Transition Times
- Race Briefing and Start Times

Category	Race Briefing	Race Start	Race Finish
Youth and Junior	08:15	08:30	09:30
Tristar 3	09:15	09:30	10:30
Tristar 2	10:15	10:30	12:00
Tristar 1	11:45	12:00	13:30
Tristar	13:15	13:30	14:30

Event	Opens	Closes
Registration	07:30	13:00
Transit Slot 1	07:30	08:30
Transit Slot 2	09:00	09:30
Transit Slot 3	10:00	10:30
Transit Slot 4	11:30	12:00
Transit Slot 5	13:00	13:30

RESULTS

JOIN

Awards
10:40
10:40
12:10
13:50
13:50