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**RESTLESS  
DEVELOPMENT**

# FLIGHT CENTRE SCHOOLS TRIATHLON FAQ



## Flight Centre Schools Triathlon – FAQs

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British Triathlon Association license

## What is the Flight Centre Schools Triathlon?

The Flight Centre Schools Triathlon is an opportunity for children to get involved in sport and raise money for Restless Development and your school's chosen charity.

Children from school years 3–8 to enter in teams of four in a triathlon relay where each team member must complete each sporting discipline. We encourage children of all abilities to take part, from competitive teams to those who want to have a fun day out with friends.

## How long is the course?

The distances vary in relation to the age group of the team:

School year	Swim		Bike		Run	
	Individual	Team	Individual	Team	Individual	Team
Year 3–4	50m	200m	1000m	4000m	750m	3000m
Year 5–6	100m	400m	1000m	4000m	750m	3000m
Year 7–8	100m	400m	2000m	8000m	1500m	6000m

## How much does it cost?

The Flight Centre Schools Triathlon is free to enter. However, by signing up **each team member commits to raising a £100, with a minimum of £50 to be able to take part.**

The first £50 raised will go to Restless Development. The second £50 raised will go to your school's chosen charity. Anything raised over £100 will be donated to Restless Development as the organising charity. We will help you set up your fundraising page as part of registration.

## Who are Restless Development?

Restless Development is the charity that organises the Flight Centre Schools Triathlon.

Restless Development, an international development charity that puts young people at the very heart of dealing with the issues that affect them, their communities, and their countries. Restless Development leads youth-led development by **delivering health, education and employment skills to young people across Africa and Asia.**

We focus on giving young people the skills and tools they need to reach their full potential and improve the situation in their community for the long term. This approach means that once we've worked with a young person, they are self-sufficient and we're able to move on to the next community. [Check out our annual report](#) for examples from our work in practice.

**Our approach works, and it's different. But we need your support through the Schools Triathlon with vital funding to help us reach our full potential and reach as many young people as possible.**

## Will the event still go ahead if the weather is bad?

Come rain or shine, the Schools Triathlon will still take place! We will ensure it is as accessible as possible to all and take all necessary steps to ensure it is as safe and enjoyable – whatever the weather. If it looks set to be a chilly day please do dress appropriately, wearing layers under your event t-shirts. Water will also be provided as well as first aiders to ensure the triathlon is safe, accessible and enjoyable for all.





### When do I get my free triathlon t-shirt?

A free t-shirt is provided to every participant that signs up to the event. These will be delivered to participating schools a few weeks ahead of the event.

### Can I buy other merchandise?

Hoodies are also available for purchase either during the online registration, on the race web page, or on the day at the Restless Development stall.

### What clothing should my child wear?

Participants must bring swimming kit as well as clothes suitable to cycle/run in. Athletes start the race in their swimsuits. Once the swim is completed, the timing will be stopped to allow athletes to get changed into their bike/run gear.

### What shoes should my child wear?

Normal running shoes are the only footwear permitted.

## What kind of equipment does my child need to participate?

No specialist equipment is required. The only equipment needed is a bike and helmet. Bikes can be shared between team members as long as they are of similar height. However, every child must bring their own helmet.

## What bike can my child use?

Please bring a mountain or hybrid bike. Road bikes may not be suitable for the course. The bike section is on grass so any bike can be used that is suitable for grass, but it must be road worthy.

## Are children (as a team) allowed to use the same bike?

Yes! As long as you are relatively the same height.

## Do I need a swim cap?

You may use your own swim cap if you wish, as long as it is noticeable in the water.

## Do I need a pair of swimming goggles?

It is recommended that you use them, but it is your choice.

## Can I use any stroke for the swim?

Due to the safety of other competitors back stroke, tumble turns and diving are not permitted during the swim.



## What will my start time be?

Although we cannot give exact timings we will provide estimated wave start times a few weeks ahead of the event.

## What is a typical day?

Upon arrival, you will be directed to the registration area where you will pick up your race pack. The race pack includes everything you need for the day e.g. timing chip and race number.

You will then drop your bike and helmet off in the Transition area and head to the swimming pool, ensuring you arrive 20 minutes before your wave start time. Each team member will take it in turns to complete their swim. Once the 4th swimmer has completed their leg of the relay, the timing will stop to allow all team members to get dressed.

Next, all team members will then go to the bike transition area and begin their bike legs in a relay. Once the last team member has completed their cycle, team members will return their bikes to the Transition area.

From the Transition area, teams will move to the Run section. Team members complete the run section in a relay format also. Once the first 3 team members have completed their legs and the 4th runner is on the course, team members will be directed to a point near the finish line. Here, they will join as a team and run over the finish line together.

At the end, teams collect their medals and goodie bags.

## Is the triathlon timed?

For those of you who want to keep an eye on your speed, yes the triathlon is timed! When you register, your team will be given one time chip to wrap around your ankle. This is only for the bike and run courses. Swimming times will be recorded separately. **Results** are posted online within 24 hours of the race with email notification by email to every participant.

## When will I receive my race number/chip?

You will pick up your race numbers and safety pins at registration on the day of the event. You will also receive your timing chip and instructions on how to wear it at registration.

## What is a wave?

All athletes are placed in groups or "waves" broken down by age category. As the triathlon is in a pool 5/6 teams of 4 will start in each wave. Once these teams have finished their relay the next wave will start. Each wave has a staggered start time to ensure that the race course is not too busy and is therefore safe.

## Can I listen to music during the triathlon?

Unfortunately, for your own and other competitors safety it is not permitted to use any music system that restricts your hearing during the event.





### Will there be any water available during the run?

Yes, there will be one or more feed stations around the course serving water.

### Do I get a medal or goody bag?

Each participant receives a medal and goody bag when they pass the finish line.

### Are spectators encouraged?

Absolutely. This is a fun day for family and friends and support makes all the difference to the children completing this challenge. The better the atmosphere the more fun the competitors will have so please come along.

### Can I bring a dog?

While we love dogs they do not mix well with kids and bikes so unfortunately no dogs can come to the event.

### British Triathlon Association license

We are licensed with British Triathlon for insurance and safety purposes. We have paid for a day license for you when you registered, as well as funding the event, so please really go for that £400 team fundraising target!