

Youth Arena Games National road show

November and December 2024




**Triathlon
Ireland**

YOUTH ARENA GAMES



Introduction

The youth arena games are an innovative and fun way to engage and increase participation and awareness of multisport events across the nation. The youth arena game is a fast, exciting, and enthralling style of racing that will capture the imaginations of children across the country.

The youth arena games will work off the hugely successful super league triathlon arena games concept in that the event is held indoors on spin bikes with the bike distance monitored via a countdown and the run taking place on an indoor track or a joining outdoor track.

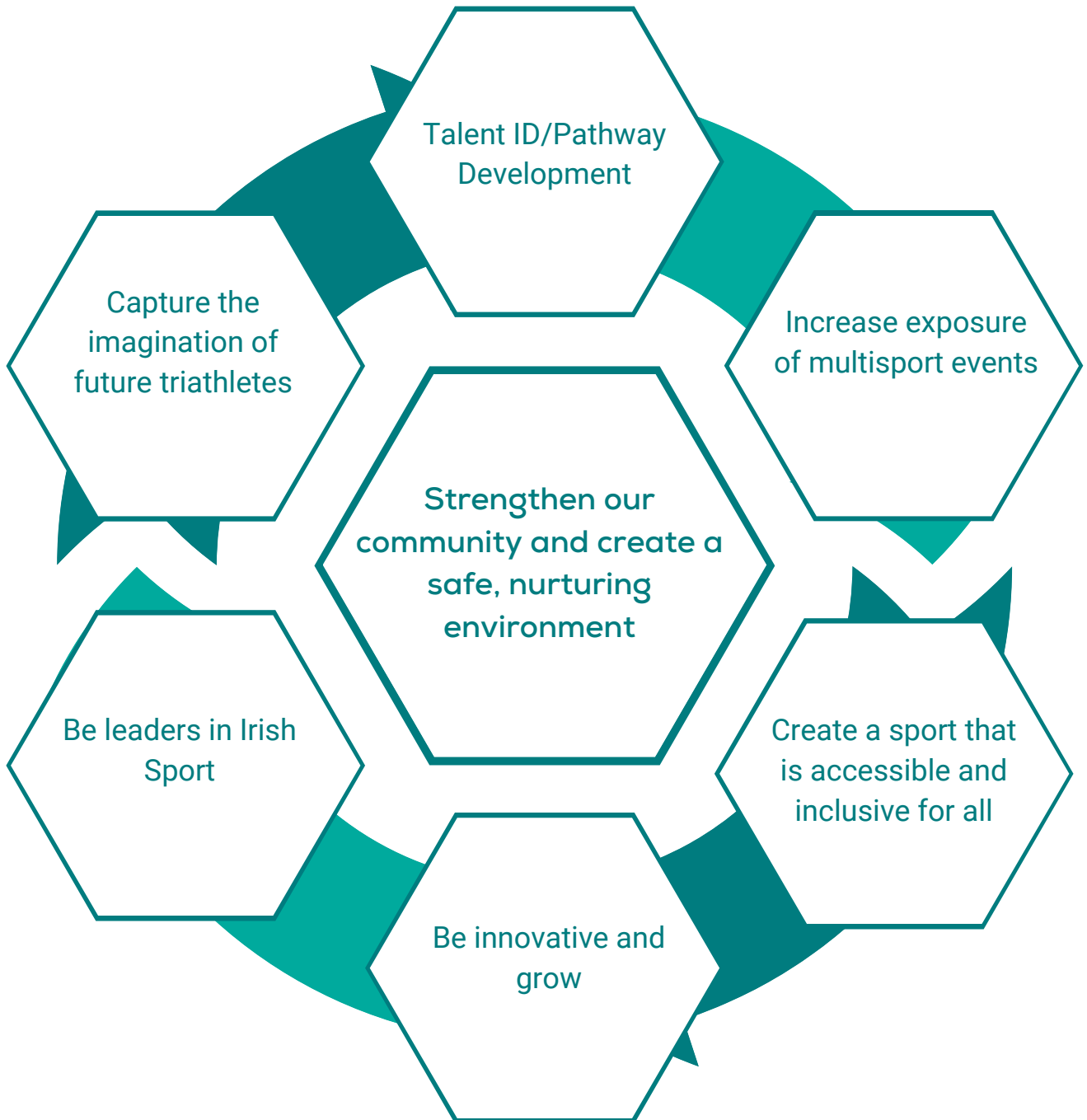
Access to spin bikes will be supplied by Triathlon Ireland. This will reduce the impact of equipment being a barrier towards participation.

The youth arena games are fully inclusive and can accommodate all para triathlon sporting classes as well as other disabilities due to its controlled safe environment.

The youth arena games align with Triathlon Ireland strategic plan 2021-2028 as we “Transform together”. We aim to strengthen our community and make lives better through the power of sport using innovation, leading the way within Irish sports and creating a sport that is accessible and inclusive for all.



Aims



Dates and Locations of Events

| Region | North/West | West/Midlands |
|----------|-------------------------------------|--------------------------|
| Dates | 03.11.2024 | 01.12.2024 |
| Location | Finn Valley Leisure Centre (Hybrid) | Athlone IT - Indoor tack |

Event Format

We can offer two separate distances of the event depending on the age of the young person; a sample of this can be seen below.

Youth - 10-14 years of age

| Discipline | Distance | Estimated time |
|----------------------|----------|----------------|
| Run1 | 600m | 4-6minutes |
| Bike | 3000m | 10-13minutes |
| Run2 | 400m | 2-5minutes |
| Estimated total time | | 20-25minutes |

Junior - 15-17 years of age

| Disciple | Distance | Estimated time |
|----------------------|----------|----------------|
| Run1 | 1000m | 4-6 minutes |
| Bike | 5000m | 15-20 minutes |
| Run2 | 800m | 2-5 minutes |
| Estimated total time | | 25-30 minutes |

We will offer two events per participant. All participants will participate in heat one, With the top 10 progressing to an "A" Final and the latter progressing to the "B" Final.

Schedule of Events

| | |
|-------------------------|-------------|
| Youth Male Semi Final | 10:00-10:30 |
| Youth Male Semi Final | 10:40-11:10 |
| Youth Female Semi Final | 11:20-11:50 |
| Youth Female Semi Final | 12:00-12:30 |
| Junior Male | 12:40-13:10 |
| Junior Female | 13:20-13:50 |
| Youth Male A final | 14:00-14:30 |
| Youth Male B Final | 14:40-15:10 |
| Youth Female A Final | 15:20-15:50 |
| Youth Female B Final | 16:00-16:30 |



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