

# Centra Fastnet Aquathlon – 2026 Youth Series

Saturday 6<sup>th</sup> June 2026

## Competitor Race Briefing

The Centra Fastnet Aquathlon Youth Series event will run alongside the Centra Fastnet Triathlon, providing that big-race experience to our competitors.

### Age Categories and Distance

Age	Swim	Run
11 - 12	200m	1.5 km
13 - 14	200m	1.5 km
15 – 17	400m	3 km
17	400m	3 km

### Timetable

Date	Activity	Ages	Location
<b>Friday 5<sup>th</sup> June</b>			
18:00 – 22:00	Registration	All	Fastnet Marine & Outdoor Education Centre
<b>Saturday 6<sup>th</sup> June</b>			
07:00 – 08:30	Registration – <b>no later than 08:30 for Aquathlon</b>	All	Fastnet Marine & Outdoor Education Centre
08:30	Transition opens for Aquathlon	All	20m from college slipway
08:40	Swim acclimation	All	Slipway
09:00	Aquathlon race briefing	All	Slipway
09:10	Aquathlon race start	15-16 11-12 17 13-14	Slipway
09:45 – 10:00	Prizegiving	All	Fastnet Marine & Outdoor Education Centre

### Parking

Parking options:

- Public car park opposite Schull Harbour Hotel

- Centra car park – behind Centra – access is via Ardmanagh Road
- Public parking – Ardmanagh Drive – off Ardmanagh Road

There will be no parking at Schull Community College.

### Safeguarding

The safeguarding lead on the day is:

Déirdre Ní Challanáin

086 24024709

[deirdrenc@gmail.com](mailto:deirdrenc@gmail.com)

Please contact Déirdre with any query in relation to the event.

Please check out Triathlon Ireland/Schull Triathlon Club safeguarding statement and risk assessment [here](#).

### Registration

- Registration is at the Fastnet Marine and Outdoor Education Centre (P81 X398), down from Schull Community College, on Colla Road.
- A parent or guardian must accompany their child(ren) to registration.
- Parent/guardian must have ID and sign the consent form.
- Competitors will be provided with their race number, hat, and timing chip at registration.
- Parents will be provided with a matching number that they must show when collecting their child from transition after the race.
- Competitors will be provided with a labelled kit box to be used in transition. The kit box is to be returned after the Aquathlon. There will be a designated space outside registration for box return.

### Toilets and Changing Facilities

Male and female toilets and changing facilities are situated at the Fastnet Marine and Outdoor Education Centre. These facilities will be used by adults and children alike. A parent/guardian should accompany their child if they are using these facilities.

### Transition Area

- Transition will be on a grassy area alongside the path (**Map 1**). Parents can accompany their child into the transition area up to the race briefing. Transition will be available from 08:30. Competitor kit is to be kept in their respective transition box.
- Parents WILL NOT be allowed into the transition area during the race.
- If a child needs help getting their wetsuit off this can be done in the designated area just before transition.

### Swim

**It is important that all athletes are well capable of swimming the distance for their event.**

- Wetsuits must be worn by all competitors.
- The swim starts by the slipway of the Fastnet Marine and Outdoor Education Centre (**Map 1**).
- There will be safety kayaks and boat cover throughout the swim section.
- The swim will start with the competitors in the water.
  - ✓ The 15-16 year olds will start first. They will swim out 200m to marked buoy, they will round the buoy keeping it to their left shoulder. Swimmers will return to the slipway.
  - ✓ Next the 11-12 year olds will start. They will swim 100m to a separate marked buoy. They will round it with the buoy keeping it to their left shoulder. Swimmers will return to the slipway.
  - ✓ Next the 17 year olds will swim out 200m to marked buoy. They will round it with the buoy keeping it to their left shoulder. Swimmers will return to the slipway.
  - ✓ Next the 13-14 year olds will start. They will swim 100m to a separate marked buoy. They will round it with the buoy keeping it to their left shoulder. Swimmers will return to the slipway.
- If any swimmer gets into difficulty roll on to your back and put your hand in the air. Safety kayaks will be on the swim route, and they will come to you. Only hold on to a kayak at the front NOT the sides if you need support. The kayak will then return with you to the slipway.
- When swimmers exit the water, they run up the slip and immediately turn right onto a small path. Transition is c.30m along that path.

**Map 1 – Swim route and transition area**



Run route

Start / Finish

Schull Sailing

## Transition

When the athletes exit the water, they run up the slipway and turn immediately right on to a footpath. The transition is set up c.30 down this path. Each athlete will have a labelled box in which to discard their wetsuit etc and to put on runners etc.

If a child needs assistance from their designated parent/guardian e.g. removing their wetsuit, this can be done in the designated area before the aquathlon transition.

## Run

The run starts on the footpath beside transition. The run takes place in a public space and other users may be on the footpath at the same time. Please stay to the right hand side of the footpath to allow walkers room to pass. There will be marshals to direct you on the course. There will also be directional arrows on the route. Cars may occasionally enter the pier and recycling area. Please heed the instructions of the marshals.

When you encounter oncoming competitors on the run route please pass to the left of each other.

Numbers must be worn on the front.

### **Age 11-12 / 13-14**

#### **(Map 2)**

1. Runners will complete one full lap – see map 2.
2. Head north on the footpath towards the pier.
3. Run down the ramp at the end of the footpath – stay on the left hand side on the ramp.
4. Run across the head of the pier towards the public changing room block. Cars occasionally enter the pier and recycling area. Please heed the instructions of the marshals.
5. Continue on the footpath after the changing room block (don't take a left up the hill). The footpath takes you past the outdoor gym machines, a play area and tennis courts (keep these on your right). The path takes you clockwise around this section of parkland and rejoin the outward path after completing this loop. Turn left as you rejoin the path and retrace your route past the changing room block, across the head of the pier and back up the ramp to the footpath and back to the finish.
6. The finish is just before the transition area.
7. After the finish you will be guided back into transition and holding area. Here, your parent/ guardian who was with you at registration will be able to collect you.
8. There will be a water station at the start of the run.

### **Age 15-16, 17 (Map 2)**

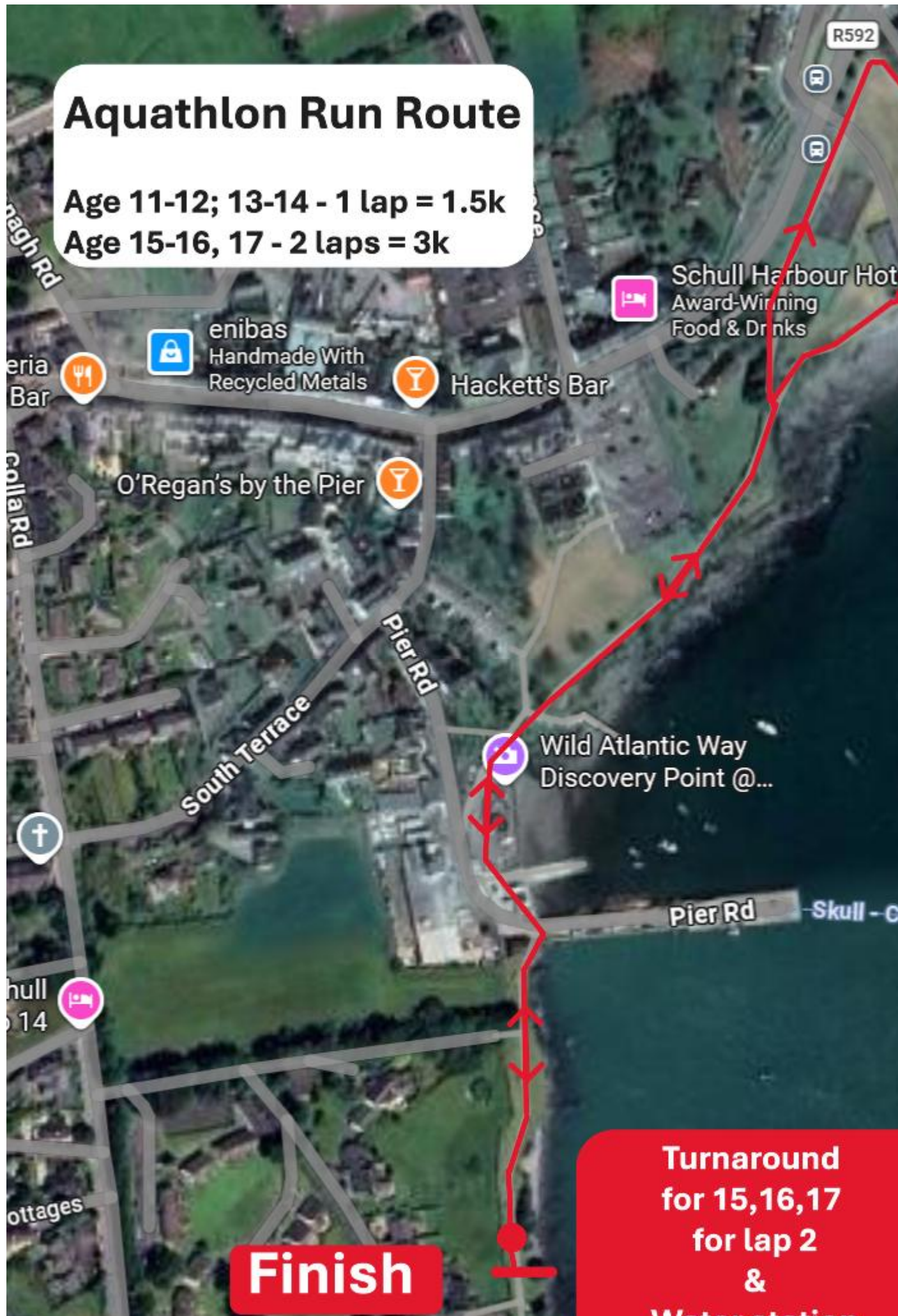
1. Runners will complete two full laps – see map 2.
2. Head north on the footpath towards the pier.
3. Run down the ramp at the end of the footpath – stay on the left hand side on the ramp.

4. Run across the head of the pier towards the public changing room block. Cars occasionally enter the pier and recycling are. Please heed the instructions of the marshals.
5. Continue on the footpath after the changing room block (don't take a left up the hill). The footpath takes you past the outdoor gym machines, a play area and tennis courts (keep these on your right). The path takes you clockwise around this section of parkland and back to rejoin the outward path after completing this loop. Turn left as you rejoin the path and retrace your route past the changing room block, across the head of the pier and back up the ramp to the footpath and back towards the finish.
6. Just before the finish there will be a turnaround cone (red dot on map 2).
7. Head back out on the course and complete another full lap (as per step 5)
8. The finish is just before the transition area.
9. After the finish you will be guided back into transition and holding area. Here, your parent/ guardian who was with you at registration will be able to collect you.
10. There will be a water station at the start of the run / turnaround point.

## **Map 2 – Run route**

# Aquathlon Run Route

Age 11-12; 13-14 - 1 lap = 1.5k  
Age 15-16, 17 - 2 laps = 3k



**Finish**

**Turnaround  
for 15,16,17  
for lap 2  
&  
Water station**

## Finish

- All finishers will receive a finishers medal.
- Timing chips will be collected at the finish area.
- Competitors must stay in the transition area after completing their race until their designated parent/guardian comes to collect them.
- Parents must show their matching number when collecting their child(ren) from transition.
- Competitor transition kit boxes are to be returned to the designated point outside the registration office.

## First Aid

We will have the Red Cross in attendance at the event.

## Prizegiving

Shortly after last competitor finishes c. 09:45. Prizegiving will take place at the Fastnet Marine and Outdoor Education Centre.

## Have Fun!