


Nanjing  
2014



TEAM GB



Team GB Handbook 



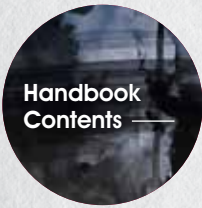
16<sup>th</sup> — 28<sup>th</sup> August, Nanjing, China

**ARCHERY / BOXING / CANOEING / EQUESTRIAN / CYCLING / ARTISTIC GYMNASTICS / TRAMPOLINE /  
JUDO / MODERN PENTATHLON / ROWING / SAILING / SWIMMING / TAEKWONDO / TRIATHLON**



# WELCOME TO THE NANJING 2014 YOUTH OLYMPIC GAMES

16<sup>TH</sup> — 28<sup>TH</sup> August, Nanjing, China



Nanjing is the capital of the Jiangsu province in Eastern China and its name means "Southern Capital".

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Yue Jianglou, Nanjing City



# WELCOME FROM BOA CEO



**O**N BEHALF OF THE BRITISH OLYMPIC ASSOCIATION I AM DELIGHTED TO WELCOME YOU TO THE 2014 YOUTH OLYMPIC GAMES IN NANJING.

The Opening Ceremony of Nanjing 2014 will bring together around 3,800 young competitors from over 200 nations around the world and, as one of the 33 selected athletes from Team GB, I congratulate you on that achievement.

The Youth Olympic Games provides a fantastic opportunity to experience a global multi-sport event as well as the chance to embrace Olympic life through Village living and the Culture and Education Programme. For Team GB, the London 2012 Olympic Games were a huge catalyst for inspiration across the country and its legacy is embodied in you and the country's other young athletes in Nanjing.

The British Olympic Association place great importance on the development and preparation of future Olympic talent and Nanjing 2014 is a platform for us to achieve this. We are hugely proud to be sending a team to China that covers such a wide variety of sports and this in itself further proves the growing success of Olympic sport in the UK.

I hope you all enjoy the fantastic experience that Nanjing 2014 is set to offer and embrace the opportunity to develop as young Team GB athletes. I wish you all the very best of luck.



**Bill Sweeney**  
CEO, British Olympic Association

# WELCOME FROM CHEF DE MISSION



**W**ELCOME TO TEAM GB AND CONGRATULATIONS ON YOUR SELECTION FOR THE SECOND SUMMER YOUTH OLYMPIC GAMES AT NANJING 2014.

It's a huge honour for me to be your Chef de Mission for these Youth Olympic Games (YOG) and I, along with the rest of the team, hope to lead and inspire you all to achieve your team and personal ambitions in China.

For many, this will be the first time you will have competed in a multi-sport Games and worn the Olympic rings. Remember to enjoy this moment and look to do yourself justice in competition.

The development of our young athletes is at the core of what we stand for at the British Olympic Association (BOA) and the YOG in Nanjing represents a fantastic opportunity for you to develop your talent and sporting future with Team GB.

Spanning across 14 disciplines, this is the most diverse team that we have put together for an Olympic Youth event and this is testament to the hard work that you, your coaches, families and clubs, as well as everyone at the BOA HQ have put in. London 2012 looked to inspire a generation and this team represents that legacy more than any other.

Nanjing 2014 aims to boost self-discovery, active participation and creativity and I hope you take this wonderful opportunity to embrace the Games.

I wish you all the very best of luck and have every confidence that you will represent Team GB with pride and passion.



**Sarah Winckless**  
Team GB Chef de Mission, Nanjing 2014

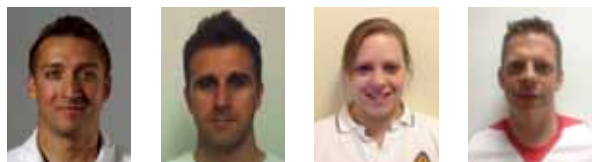
# TEAM GB HQ STAFF



*left to right*  
**Bill Sweeney**  
 - BOA CEO  
**Sarah Winckless**  
 - Chef de Mission  
**Max Betteridge**  
 - Young Ambassador



*left to right*  
**Mike Hay**  
 - Deputy Chef de Mission  
**Mahdi Choudhury**  
 - Deputy Chef de Mission  
**Corinne Syed**  
 - HQ Operations  
**Kay Finch**  
 - HQ Operations

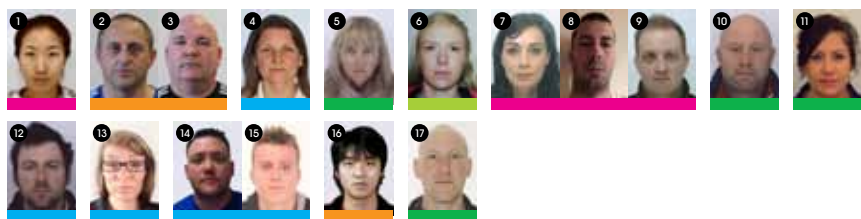


*left to right*  
**James Moore**  
 - Chief Physiotherapist  
**Eduard Mias**  
 - Team Physiotherapist  
**Jaclyn Coleman**  
 - Team Physiotherapist  
**Andy Walling**  
 - Team Physiotherapist



*left to right*  
**John Rogers**  
 - Chief Medical Officer  
**Laura Meech**  
 - Media Officer  
**Ben Baker**  
 - Sportsbeat Reporter

## TEAM OFFICIALS



1. Songli Woo – **Archery** 2/3. Gary Hale, Martin Utley – **Boxing** 4. Dee Paterson – **Canoeing** 5. Corinne Bracken – **Equestrian** 6. Becca Wood – **Golf** 7/8/9. Claire Starkey, Peter Etherington, Brian Camp – **Gymnastics** 10. Gary Edwards – **Judo** 11. Laura Gomersall – **Modern Pentathlon** 12. Robin Dowell – **Rowing** 13. Filip Foulds – **Sailing** 14/15. Nathan Hilton, Euan Dale – **Swimming** 16. Hyun Goo No – **Taekwondo** 17. Robert Harvey – **Triathlon**

# WELCOME TO NANJING



**ATURDAY 16TH AUGUST 2014 MARKS THE START OF THE SECOND SUMMER YOUTH OLYMPIC GAMES AND WILL BRING TOGETHER AROUND 3,800 ATHLETES FROM MORE THAN 200 NATIONS AND REGIONS FOR THE NANJING 2014 OPENING CEREMONY.**

The 11 days of competition that follows will see athletes compete in over 220 events in 28 different sports across eight venues as Nanjing welcomes the world's best young sporting talent to the city.

Nanjing itself is the capital of the Jiangsu province in Eastern China and its name means "Southern Capital". Asia's longest river, the Yangtze, flows through its centre and the city boasts a total population of around 8 million – a similar number to London – and has long been seen as one of China's most important urban areas.

Nanjing has a prominent place in Chinese history and culture, having been the capital of six different dynasties since 3 AD – most recently from 1946-49 – and is recognised as one of the Four Great Ancient Capitals of China.

Nanjing was announced as the host for the Youth Olympic Games (YOG) at the 122nd session of the International Olympic Committee (IOC) in 2010, the same year that Singapore held the first edition of the Games following their establishment by the IOC in 2007.

All 28 summer Olympic sports are represented at Nanjing 2014 and the Games strive to prepare young athletes for appearances at future Olympics through Village life, international

multi-sport competition and Olympic traditions such as Ceremonies and the athlete's parade.

As well as promoting the development of sporting talent, Nanjing 2014 has also created an integrated Culture and Education Programme that will focus on discussions around education, Olympic values, social challenges, and cultural diversity. The YOG aims to spread the Olympic spirit and encourage sports participation.

The British Olympic Association hugely values the importance of the YOG for the development of young Team GB athletes and their preparation as future Olympians. The Games also represent an introduction to the Olympic values of friendship, respect and excellence.



The Yangtze River

# TEAM GB AT SINGAPORE 2010



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# PERFORMANCE TOP TIPS



## Travelling

- Plan your travel items well in advance, make sure you travel in comfortable, loose fitting clothing and bring with you items to help you relax and manage any boredom.
- Make sure you are well rested the week before to help with adaptation to the time zone.
- Bring your flight socks!
- During the flight, stretch and walk around the cabin every 45 minutes when not asleep to help prevent Deep Vein Thrombosis.
- Drink water regularly throughout the flight, try and avoid caffeinated drinks.
- Change your watch to local Nanjing time as soon as you get on the flight (GMT+7 hours).

## Jet Lag

- We will land in Nanjing at approximately 13:00 local time (05:00 UK time), with a two hour transition to the Village. Make sure you go for a walk and a stretch in the afternoon between 16:00-18:00 to regulate your body clock.
- Sleep in a dark room and avoid early morning sunlight to help you to adapt.

## Acclimatisation

- Avoid unnecessary exposure to the sun outside of training and competition.
- Wear a hat, use sun screen, avoid direct sunlight, and

seek shade where possible.

- Adjust your warm up or cool down strategies to take account for the climate change.
- Keep well hydrated by sipping water little and often to help you perform at your best, be careful not to overhydrate either.
- Use hand cooling techniques like putting your hands in a bucket of cold water.

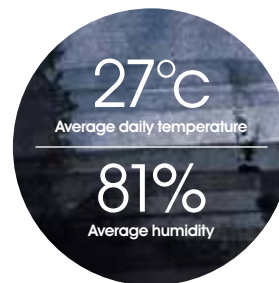
- Use insect repellent generously, and keep bare skin covered.
- Be considerate to your team mates, and keep a high standard of personal hygiene at all times.

## Injury

- Report any injuries or niggles to the Team Doctor or Physiotherapist as soon as possible.
- Do not introduce any new training or treatment techniques / strategies into your routine at the YOG.

## General

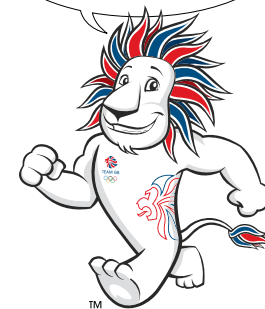
- Avoid over-eating and if the food looks undercooked DON'T eat it.
- Clean out drinks bottles regularly - bacteria love sugar.
- Change and clean your kit regularly.



## Medical and Health

- Report all illnesses to the Team Doctor or Physiotherapist as soon as possible.
- Wash your hands with hot soapy water before and after you eat, or use the bathroom.
- Carry anti-bacterial hand gel with you at all times and use it in addition to washing your hands, not instead of washing your hands.
- Use bottled water at all times - do not drink the tap water, or eat any food that has been washed in tap water.

KEEP WELL HYDRATED BY SIPPING WATER LITTLE AND OFTEN TO HELP YOU PERFORM AT YOUR BEST.



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# COMPETITION SCHEDULE



Schedule August 2014	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th
Opening Ceremony															
Diving															
Swimming															
Archery															
Athletics															
Badminton															
3-3 Basketball															
Boxing															
Canoeing															
Cycling															
Equestrian															
Fencing															
Football															
Golf															
Artistic Gymnastics															
Rhythmic Gymnastics															

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Schedule August 2014	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th
Handball															
Hockey															
Judo															
Modern Pentathlon															
Rowing															
Rugby															
Sailing															
Shooting															
Table Tennis															
Taekwondo															
Tennis															
Triathlon															
Beach Volleyball															
Weightlifting															
Wrestling															
Closing Ceremony															

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# NANJING/TEAM GB FACTS & FIGURES

## NANJING 2014



**3,808 ATHLETES FROM 204 NATIONS.  
222 EVENTS ACROSS 28 SPORTS.  
8 VENUES HOSTING 11 DAYS OF COMPETITION.**

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## TEAM GB

**33 ATHLETES ACROSS 13 SPORTS.  
LARGEST SQUAD IS SWIMMING WITH 8 ATHLETES.  
SMALLEST SQUADS ARE SAILING & EQUESTRIAN WITH 1 ATHLETE EACH.  
AGED 18 YEARS & 180\* DAYS FRANCESCA SUMMERS (MODERN PENTATHLON) IS OUR OLDEST ATHLETE.  
AGED 15 YEARS & 263\* DAYS HANNA BRANT (SAILING) IS OUR YOUNGEST ATHLETE.  
AT 188CM SWIMMER DUNCAN SCOTT IS OUR TALLEST ATHLETE.  
AT 162CM GYMNAST ELLIE DOWNIE IS THE SHORTEST MEMBER OF OUR TEAM.**

\*Correct as of August 12th 2014

Happy Birthday  
Martyn Walton, Swimmer, 17  
on 17th August

Sports  
Overview

14	ARCHERY
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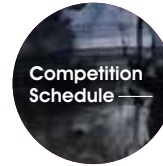
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# ARCHERY

Using a combination of skill, technique and a steady nerve, archers aim to shoot arrows as close to the centre of a target as possible from 60m away. The target that athletes aim at in Olympic archery is 122cm in diameter and has 10 concentric scoring zones.



## Competition Schedule

### Friday 22nd August

09:00-10:50  
Ranking Round Men's/Women's  
Ranking Round field  
15:00-17:00  
Last 16 Elimination Mixed Team  
Ranking Round field

### Saturday 23rd August

09:00-12:44  
Individual Elimination Last 16  
Men's/Women's Ranking Round  
Field  
14:00-17:44  
Individual Elimination Last 16  
Men's/Women's Ranking Round  
Field

### Sunday 24th August

09:30-11:38  
Mixed Team's Elimination  
Quarter Final Field  
14:30-17:00  
Mixed Team's Final Rounds  
Quarter Final, Semi Final &  
Medal Matches Finals Field

### Monday 25th August

09:30-11:22  
Quarter Final Individual Women's  
Field  
15:00-17:10  
Quarter Final, Semi Final, Bronze  
and Gold Finals Individual  
Women's Finals Field

### Tuesday 26th August

09:30-11:22  
Quarter Final Individual Men's  
Finals Field  
15:00-17:10  
Quarter Final, Semi Final, Bronze  
and Gold Finals Individual Men's  
Finals Field

## Competition Format

There are three archery events at Nanjing 2014: men's individual, women's individual and mixed team.

In the individual competitions, athletes shoot 12 ends of six arrows to complete the ranking round. Following this is the Olympic round where individuals are entered into an elimination phase with the draw dependant on the ranking round results. The knock-out competition continues until the medal places are decided.

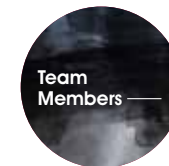
The mixed team event consists of the individual qualified athletes of different gender and from different or the same National Olympic Committee. The athletes are paired up according to the ranking of each gender in the ranking round – i.e. rank one from the boys will pair with rank 32 in the girls. The teams are then ranked based on combined ranking round score and then placed in the elimination round.



Paul Gilham

## Sport Overview

No. of Team GB Athletes (Male / Female)	2 (1 Male / 1 Female)
Competition dates	22nd – 26th August
Competition venue	Fangshan Archery Field
Training venue	Fangshan Archery Field
Age group	Born between 1st Jan 1997 & 31st Dec 1999



## Team Members



**Bradley Denny**  
[@bradley\\_denny](#)  
Age: 17  
Born: Kettering  
Lives:  
Wellingborough

2014 European  
Championships Cadet  
Team gold medalist



**Bryony Pitman**  
[@BryonyPitman](#)  
Age: 17  
Born: Brighton  
Lives:  
Shoreham-By-Sea

2012 World Field Junior  
Women's Team gold medalist

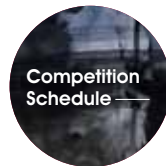




# BOXING

Boxing is a combat sport that mixes strength, speed, reflexes and endurance. Women's boxing will make its Youth Olympic Games debut at Nanjing 2014 as 12 youth boxers compete across three weight categories.

They will be joined by 50 male youth boxers who are set to compete in 10 weight categories at the Nanjing International Expo Centre.



## Saturday 23rd August

14:00-15:30  
16:00-18:00  
19:00-22:30  
Preliminaries

## Sunday 24th August

14:30-15:30  
16:00-18:00  
19:00-22:00  
Preliminaries

## Monday 25th August

14:30-15:30  
16:00-18:00  
19:00-22:00  
Ranking Bouts

## Wednesday 27th August

14:00-18:00  
Mens' Finals

## Competition Format

The boxing competition is a single elimination contest. In the men's competition, each bout is made up of three rounds with each round lasting three minutes, with a one minute rest period between the rounds. The women's competition will be made up of four rounds, each lasting two minutes with a one minute rest period.

Judging will be decided by the International Boxing Association's "Ten Point Must-System". At the end of each round, each of the three judges must determine the winning boxer of that round by awarding a score of 10 points and by awarding nine points or fewer - down to six - to the losing boxer, depending on the judgment as to the degree to which the opponent lost the round. Every round must have a declared winner. The combined score over three rounds will decide the winner.

In the case of ties, judges must record into the scoring-system who, in their opinion, is the winner of the bout.



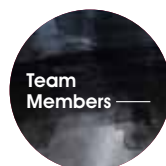
Luke Campbell

## Sport Overview

No. of Team GB Athletes (Male / Female)	3 Males
No. of Events (GB specific)	3 (52kg, 56kg, 81kg)
Competition dates	23rd - 27th August
Competition venue	Nanjing International Expo Centre Hall D
Age group	Born between 1st Jan 1996 to 31st Dec 1997

**NANJING IS GOING TO BE A CHANCE TO BOX WITH THE BEST YOUTH ATHLETES FROM AROUND THE WORLD AGAIN SO IT'S AN IMPORTANT LEARNING CURVE FOR ALL OF US**

- Peter McGrail



**Muhammad Ali**  
Age: 18  
Born: Keighley  
Lives: Keighley

Silver medalist at the 2014 Youth World Boxing Championships in Sofia



**Peter McGrail**  
[@peter\\_mcgrail](#)  
Age: 18  
Born: Liverpool  
Lives: Liverpool

Bronze medalist at the 2014 Youth World Boxing Championships in Sofia



**Vidal Riley**  
[@\\_VRBOXING](#)  
Age: 17  
Born: Hackney  
Lives: London

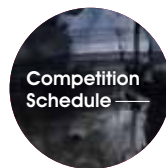
GB champion and silver medalist at the Junior Europeans last year



# CANOEING

There are two canoeing events on the Olympic programme - canoe sprint and canoe slalom.

Within each discipline there are four sets of medals – C1 (canoe) and K1 (kayak) for both men and women. In C1, the paddler kneels in the canoe and uses a single bladed paddle, whereas in K1 the paddler sits in the kayak and uses a double-ended paddle.



## Saturday 23rd August

09:00-11:40  
Canoe Sprint  
Men's and Women's Canoe and Kayak Qualification Heats

15:00-18:00  
C1W, C1M, K1W, K1M  
Repechage  
C1W, C1M, K1W, K1M Last 16  
C1W, C1M, K1W, K1M  
Quarter Final

## Sunday 24th August

15:00-18:00  
Canoe Sprint  
C1W, C1M, K1W, K1M Semi Final  
C1W, C1M, K1W, K1M  
Bronze Medal Final  
C1W, C1M, K1W, K1M  
Gold Medal Final

## Tuesday 26th August

09:00-11:40  
Canoe Slalom  
C1W, C1M, K1W, K1M  
Qualification Heats  
15:00-18:00  
C1W, C1M, K1W, K1M  
Repechage  
C1W, C1M, K1W, K1M Last 16  
C1W, C1M, K1W, K1M  
Quarter Final

## Wednesday 27th August

15:00-18:00  
Canoe Slalom  
C1W, C1M, K1W, K1M Semi Final  
C1W, C1M, K1W, K1M  
Bronze Medal Final  
C1W, C1M, K1W, K1M  
Gold Medal Final

## Competition Format

All competitors must race in both events (canoe sprint and canoe slalom), within their respective discipline (C1 or K1), or risk disqualification.

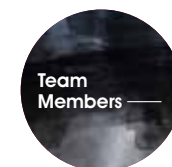
At Nanjing 2014 both the canoe sprint and the canoe slalom race on flatwater. However, whereas the sprinters race in a simple figure of eight, the slalom athletes compete on parallel courses and must negotiate eight buoys along the way. At the halfway point and after four buoys have been negotiated, the athletes enter the Eskimo-roll area, where a roll in either direction must be completed depending on the phase of the competition (quarter final, semi-final and final).

Competitors will race in pairs in both events and progression will depend on race time or race victory depending on the phase of competition. Each race will last one full lap of the course and the competition will continue until the final pair race for the gold medal.



## Sport Overview

No. of Team GB Athletes (Male / Female)	2 (1 Male / 1 Female)
Competition dates	23rd – 27th August
Competition venue	Xuanwu Lake Rowing- Canoeing Venue (XRC)
Training venue	Xuanwu Lake Rowing- Canoeing Venue (XRC)
Age group	Born between 1st Jan 1997 & 31st Dec 1998



**Victoria Murray**  
Age: 15  
Born: Perth  
Lives: Aberfeldy  
Four time J16 Scottish Kayak Champion in 2013

**Paul Sunderland**  
[@paulsunderland](#)  
Age: 17  
Born: Stoke  
Lives: Stoke  
Reached the final of the 2013 ECA Junior Slalom Cup Race in Ceske Vrbne last year

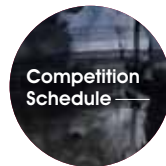


# EQUESTRIAN

There are three equine disciplines on the Olympic programme: dressage, eventing and jumping. At the Youth Olympic Games athletes will compete in jumping, which was the first equine discipline introduced to the Olympic programme back in Paris 1900.

Riders jump a series of obstacles designed to test their skill and the horses jumping ability. Penalties are given for faults such as knocking down an obstacle, refusals and exceeding the time allowed.

All the participating horses will be provided by Nanjing Youth Olympic Games Organising Committee and will be allocated by a draw after the horse inspection.



## Tuesday 19th August

15:30-17:00  
Team Round 1

## Wednesday 20th August

15:30-17:00  
Team Round 2

## Saturday 23rd August

15:30-17:00  
Individual Round A

## Sunday 24th August

15:30-17:00  
Individual Round B

**MY GRANDFATHER  
COMPETED AT AN  
OLYMPIC GAMES  
AND MY AMBITION  
IS TO ONE DAY  
FOLLOW IN HIS  
FOOTSTEPS SO THE  
YOUTH OLYMPIC  
GAMES REPRESENT  
A BIG STEP  
TOWARDS THAT**

– Jake Saywell

## Competition Format

There are two events - the jumping team event and the jumping individual event.

The jumping team event is a continental team competition. Six teams will represent the six continents with a maximum of five rider/horse combinations per team. All teams compete in both round one and round two, with the three lowest penalty scores per team making up their respective total. The lowest combined penalty score over the two rounds wins the gold medal.

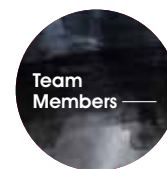
The jumping individual event also consists of two rounds. All riders/horses compete in both round A and round B with the lowest combined penalty scores over the course of both rounds competing for the medals. If two or more riders are tied in a medal position, a jump-off will be used to decide the final places.



Nick Skelton

## Sport Overview

No. of Team GB Athletes (Male / Female)	1 Male
No. of Events (GB specific)	Jumping Team Event Jumping Individual Event
Competition dates	19th – 24th August
Competition venue	Xinzhuang Equestrian Venue(XEV)
Training venue	Xinzhuang Equestrian Venue(XEV)
Age group	Born between 1 Jan 1996 and 31 Dec 1997



**Jake Saywell**  
[@JakeSaywell](#)  
Age: 17  
Born: Nottingham  
Lives: Newark

Team silver at the 2013 Junior European Championships in Spain



# GOLF

Golf makes its return to Olympic competition at the Nanjing 2014 Youth Olympic Games after featuring at the 1900 and 1904 Olympic Games. Golf is a precision club and ball sport in which competing players use many types of clubs to hit balls into a series of holes on a course using the fewest number of strokes.

## Competition Schedule

### Tuesday 19th August

08:30-10:10  
Individual  
1st & 10th holes used

### Wednesday 20th August

08:30-10:10  
Individual  
1st & 10th holes used

### Thursday 21st August

08:30-10:10  
Individual  
1st & 10th holes used

### Sunday 24th August

08:30-09:40  
Team  
1st & 10th holes used

### Monday 25th August

08:30-09:40  
Team  
1st & 10th holes used

### Tuesday 26th August

08:30-09:40  
Team  
1st & 10th holes used

**I'M LOOKING FORWARD TO BEING PART OF A MULTI-SPORT EVENT - IT'S SO DIFFERENT FROM THE USUAL GOLF COMPETITIONS SO THAT'S REALLY EXCITING**

- Annabel Dimmock

## Competition Format

There are three golf events at Nanjing 2014 - men's individual, women's individual, and the mixed team event.

The individual events are each a 54-hole competition and each player competes against the others in a stroke play format. The competition consists of players completing each hole on the course, over three rounds and, after each round, returning a signed scorecard with a gross score for each hole.

The player who has the lowest cumulative score for the three rounds is the winner. A seeded draw will apply for round three, with the leading players teeing-off last.

The mixed team event is a 54-hole mixed gender team competition. Teams are made up of one male and one female player from the same National Olympic Committee. The competition consists of teams completing each hole on the course on three separate rounds.

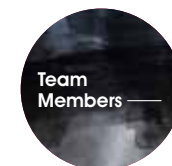
The team competition is all stroke play but different formats are set for each round. The first round will be played as a foursome, the second as four-ball, and in the third both the men's and women's individual scores count. The gross scores for all three rounds will be combined to form the team score with the winners having the lowest score across all teams.



Ian Poulter

## Sport Overview

No. of Team GB Athletes (Male / Female)	2 (1 Male / 1 Female)
No. of Events (GB specific)	3 (Men's, Women's and mixed)
Competition dates	19th-21st individual, 24th-26th mixed
Competition venue	Nanjing Zhongshan International Golf Club
Training venue	Nanjing Zhongshan International Golf Club
Age group	Born between 1st Jan 1996 to 31st Dec 1998



## Team Members



**Annabel Dimmock**  
Age: 17  
Born: Hillingdon  
Lives: Higher Denham

Highest ranked British amateur in the world and two wins this year



**Robert MacIntyre**  
[@bobmac96](#)  
Age: 18  
Born: Oban  
Lives: Oban

2014 Sir Henry Cooper Junior Masters champion



# ARTISTIC GYMNASTICS

Gymnastics mixes strength and agility with style and grace. It provides breath-taking spectacles performed on and using a range of apparatus.

## Competition Schedule

### Sunday 17th August

13:30-16:00  
Men's Qualifications  
19:00-21:30  
Men's Qualifications

### Monday 18th August

11:00-13:00  
Women's Qualification  
14:30-16:30  
Women's Qualification  
19:00-21:00  
Women's Qualification

### Tuesday 19th August

19:00-21:25  
Men's All-Around Finals

### Wednesday 20th August

19:00-21:30  
Women's All-Around Finals

### Saturday 23rd August

19:00-19:25  
Apparatus Final -  
Men's Floor Exercise  
19:25-19:55  
Apparatus Final - Women's Vault  
20:15-20:40  
Apparatus Final -  
Men's Pommel Horse  
20:40-21:05  
Apparatus Final -  
Women's Uneven Bars  
21:05-21:30  
Apparatus Final - Men's Rings

### Sunday 24th August

19:00-19:25  
Apparatus Final - Men's Vault  
19:25-19:55  
Apparatus Final -  
Women's Balance Beam  
20:15-20:40  
Apparatus Final -  
Men's Parallel Bars  
20:40-21:10  
Apparatus Final -  
Women's Floor Exercise  
21:10-21:35  
Apparatus Final -  
Men's Horizontal Bars

## Competition Format

The men compete in seven medal events - individual all-around, floor exercise, pommel horse, rings, vault, parallel bars and horizontal bar. The women compete in five medal events - individual all-around, vault, uneven bars, balance beam and floor exercise.

All gymnasts (42 men and 42 women) compete as individuals and the results of this competition are used to qualify them for the individual all-around finals and the apparatus finals. The gymnasts compete on all six apparatus for men and on all four apparatus for women. The total score on all apparatus qualifies for the individual all-around finals. The score on each apparatus qualifies for the individual apparatus finals and no scores are carried over from the qualifications to the finals.

The best 18 male and female gymnasts from the qualifications proceed to the individual all-around finals. The gymnasts compete again on all apparatus and are ranked based on the total score.

The top eight male and female gymnasts who placed highest on each apparatus in the qualifications compete for the apparatus titles.




## Sport Overview

No. of Team GB Athletes (Male / Female)	2 (1 Male / 1 Female)
Competition dates	17th - 24th August
Competition venue	Nanjing Olympic Sports Centre Gymnasium (OSG)
Training venue	Nanjing Olympic Sports Centre Gymnasium (OSG)
Age group	Males - Born between 1st Jan 1997 and 31st Dec 1998); Females - Born between 1st Jan 1999 and 31st Dec 1999

## Team Members



**Ellie Downie**  
@eliedownie  
Age: 15  
Born: Nottingham  
Lives: Nottingham  
Won Britain's first ever women's all-around European Championship medal

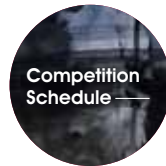


**Giarnni Regini-Moran**  
@GiarnniM  
Age: 16  
Born: Yarmouth  
Lives: Crayford  
Under 16 all-around British Champion and Junior European Champion on floor



# JUDO

The aim of judo is to score an ippon by throwing your opponent to the floor so they land perfectly on their back, thus winning the contest outright. While strength is vital in judo, the winner is often the judoka (competitor) who uses their opponent's strength best against them.



### Sunday 17th August

13:00-16:00  
-66kg Men's Preliminaries/  
Repechage  
18:00-19:30  
-66kg Men's Gold & Bronze  
Medal Match

### Monday 18th August

13:00-16:00  
-63kg Women's Preliminaries/  
Repechage  
18:00-19:30  
-63kg Womens' Gold & Bronze  
Medal Match

*I CAN'T WAIT TO  
GET OUT THERE AND  
GET THE TEAM GB  
KIT ON. IT'S SUCH A  
BIG OPPORTUNITY TO  
LEARN AND  
DEVELOP AS AN  
ATHLETE*

- Lulu Piovesana

### Competition Format

At Nanjing 2014, there are three judo events - men's individual, women's individual and mixed continental team event.

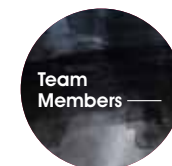
In the individual events, all participants have the opportunity to compete at least twice. Judo will be divided into two tables, A and B. The elimination system will be used to produce two finalists. All judoka defeated after each round of competition will take part in the repechage of their respective table according to the elimination system. The winner of each repechage will compete against the loser of the final of the opposite table for the two bronze medals. The winners of table A and table B will fight off for the gold and silver medals.

In the mixed continental team event, teams are composed of eight judoka (four men and four women) from different continents. The team competition will be run in a direct elimination format without repechage. The losers to the two finalist teams will be awarded a bronze medal each. The two finalist teams compete for the gold and silver medals. The duration of the contests will be four minutes (actual time) for both male and female athletes.



### Sport Overview

No. of Team GB Athletes (Male / Female)	2 (1 Male / 1 Female)
No. of Events (GB specific)	2 (-66kg Male, -63kg Female)
Competition dates	17th - 21st August
Competition venue	Longjiang Gymnasium
Training venue	Nanjing Heavy Athletic Sport School
Age group	Born between 1st Jan 1996 to 31st Dec 1998



**Peter Miles**  
@PeteMiles96  
Age: 18  
Born: Bristol  
Lives: Bristol

Bronze medal at the Cadet World Championships



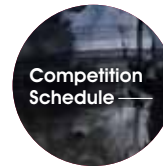
**Lulu Piovesana**  
@Lulu\_Piovesana  
Age: 17  
Born: Sutton Coldfield  
Lives: Birmingham

Bronze medal at the Cadet World Championships



# MODERN PENTATHLON

Modern pentathlon features athletes competing in five sports in a day-long competition. The sport was invented by Baron Pierre de Coubertin, the founder of the modern Games. Team GB have won a modern pentathlon medal in each Olympic Games since Sydney 2000. For the Nanjing 2014 Youth Olympic Games, athletes will compete in four sports in a day-long competition.



### Friday 22nd August

10:00-12:00  
Men's Fencing Round Robin  
14:00-16:00  
Men's Fencing Round Robin

### Saturday 23rd August

14:30-17:50  
Women's Individual Event

### Sunday 24th August

14:30-17:50  
Men's Individual Event

### Tuesday 26th August

08:30-18:20  
Mixed Team Relay Event

**WATCHING THE GAMES IN LONDON TWO YEARS AGO WAS AMAZING AND A HUGE INSPIRATION FOR ME. HOPEFULLY NANJING CAN BE ANOTHER STEP ON MY WAY TO COMPETING AT AN OLYMPICS**

- Francesca Summers

### Competition Format

At Nanjing 2014, there will be three events - men's individual, women's individual, and a mixed relay.

**Fencing** – In the round robin each athlete will fence against all other athletes with an electric épée for one hit within a time limit of one minute. The athletes/teams will then be placed on the ladder board with the first pair to fence made up of the two athletes/teams ranked last in the ranking round. The winner of each bout will be matched against the next best ranked athlete/team. In this way an athlete/team may continue to advance as long as they continue to win matches.

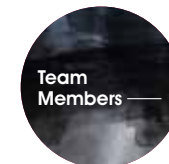
**Swimming** – The swimming discipline is a 200 metres freestyle race. Athletes will be seeded into one of three heats according to their personal best time achieved in the last 12 months in the same discipline.

**Combined Event Running and Shooting** – The combined event running and shooting consists of a 25m run then the first shooting series (five targets to be shot within time limit of 50 seconds) followed by an 800m run. This is repeated three further times so there are four shoots and 4x800m loop in total. Laser pistols and electronic targets will be used in the shooting.



### Sport Overview

No. of Team GB Athletes (Male / Female)	2 (1 Male / 1 Female)
No. of Events (GB specific)	Team Event: Mixed Relay Individual Event: Girls' and Boys' Individual
Competition dates	22nd – 24th & 26th August
Competition venue	Nanjing International Expo Centre (IEC-Fencing) Nanjing Olympic Sports Centre (OSC Swimming & Combined-Event)
Training venue	Nanjing Sports Institute (NSI)
Age group	Born between 1 Jan 1996 and 31 Dec 1999



**Henry Choong**  
@HenryChoong1  
Age: 17  
Born: Farnborough  
Lives: Orpington

Under 16 bronze medal at the 2012 European Championships



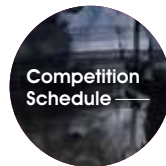
**Francesca Summers**  
@FrankieSummers  
Age: 18  
Born: Guildford  
Lives: Dorking

Under 18 bronze medal at the 2014 World Championships



# ROWING

Rowing requires commitment, teamwork and endurance. Athletes sit in long, narrow boats on sliding seats and use oars to row backwards along a course. For the Nanjing 2014 Youth Olympic Games this course is 1000m in length.



## Sunday 17th August

10:00-12:00  
Heats - Women's Single Sculls Group1-4  
Heats - Men's Single Sculls Group1-4

## Monday 18th August

10:00-12:00  
Reps - Women's Single Sculls Group1-4  
Reps - Men's Single Sculls Group1-4

## Tuesday 19th August

10:00-12:00  
Semis - Women's Single Sculls Group1  
Semis - Men's Single Sculls

## Wednesday 20th August

10:00-12:10  
Finals - Women's Single Sculls  
Finals - Men's Single Sculls

## Thursday 21st August

10:00-13:00  
International Sprint Relay  
All Groups

**NANJING REPRESENTS ANOTHER FANTASTIC LEARNING OPPORTUNITY FOR ME. TEAM GB HAVE ENJOYED SO MUCH SUCCESS WITH ROWING AT OLYMPIC LEVEL SO IT'S GREAT TO BE A PART OF THAT.**

- Chris Lawrie

## Competition Format

There are four events at the Nanjing 2014 Youth Olympic Games - men's and women's single sculls and coxless pairs.

Competition in the single sculls events will start with the heats round, from which crews will qualify directly to the semi-finals (A/B round). The first three crews in each of the two semi-finals will qualify to the A final which will determine medals and places 1-6. Crews ranking 4-6 in the two semi-finals will compete in the B final to determine places 7-12.

In the pair event the competition starts with seeding heats. All crews then proceed to the heats round, based on their rankings in these heats. The winners in the heats round will qualify directly to the A final. The remaining crews will compete in the repechage round, where the first two crews in each repechage will qualify to the A final and the remaining crews proceed to the B final.

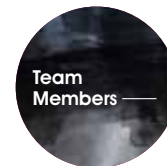
In the single sculls event, crews in the heats which do not progress directly to the semi-finals will compete in the repechage round, which offers a second chance to qualify to the semi-finals round. In the single sculls event, where there are 24 crews, unsuccessful crews from the repechages will continue competing to determine places 13-18 (C final) or 19-24 (D final).



Heather Stanning & Helen Glover

## Sport Overview

No. of Team GB Athletes (Male / Female)	2 (1 Male / 1 Female)
No. of Events (GB specific)	2 - Single Sculls
Competition dates	17th & 21st August
Competition venue	Xuanwu Lake Rowing-Canoeing Venue (XRC)
Training venue	Xuanwu Lake Rowing-Canoeing Venue (XRC)
Age group	Born between Jan 1st 1996 & Dec 31st 1998



**Chris Lawrie**  
@cmjlawrie  
Age: 17  
Born: High Wycombe  
Lives: Bourne End

Competed at the Junior World Championships 2013, placing 10th



**Anna Thornton**  
Age: 17  
Born: Nottingham  
Lives: Nottingham

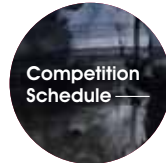
Qualified for the GB v France Match in 2013 and single sculls winner





# SAILING

The sailing competition at the Nanjing Youth Olympic Games comprises of both one person dinghy (Byte C11 class) racing as well as windsurfing. Athletes take to the water to compete in a series of varying courses across five races to determine the medal positions.



### Monday 18th August

11:00-18:00  
Qualification races for Men's and Women's One Person Dinghy and Men's and Women's Windsurfer events

### Tuesday 19th August

11:00-18:00  
Qualification races for Men's and Women's One Person Dinghy and Men's and Women's Windsurfer events

### Thursday 21st August

11:00-18:00  
Qualification races for Men's and Women's One Person Dinghy and Men's and Women's Windsurfer events

### Friday 22nd August

11:00-18:00  
Qualification races for Men's and Women's One Person Dinghy and Men's and Women's Windsurfer events

### Saturday 23rd August

11:00-17:00  
Final / Medal races for Men's and Women's One Person Dinghy and Men's and Women's Windsurfer events

***I'M SO EXCITED TO BE PART OF TEAM GB. I CAN'T WAIT TO GET MY HANDS ON THE KIT AND HAVE THE CHANCE TO COMPETE FOR GREAT BRITAIN - IT'S AN AMAZING FEELING TO HAVE BEEN SELECTED***

- Hanna Brant

### Competition Format

The one person dinghy event at Nanjing 2014 will be made up of five scheduled races with two reserve days if needed. Races are conducted around a course of marker buoys, which are laid out by the Race Committee (RC).

The RC will also decide on how many laps are required immediately prior to each race, which will be dependent on the amount of wind present and the size of the course. The RC alter the course with the aim of each race lasting an approximate length of time (target time). The orientation of the race is always set so the first leg is into the wind.

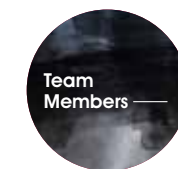
The scoring for the event is a "low point" system where the winner of each race receives one point, second place receives two points, etc. For the final race (medal race) the points are doubled. If all five races are completed then only a boat's best four scores will count. If only four or fewer races are completed then all those scores will contribute towards the final tally. The medal race score must always count. The athlete/boat with the lowest combined score across those races wins the gold medal.



Hannah Mills & Saskia Clark

### Sport Overview

No. of Team GB Athletes (Male / Female)	1 Female
No. of Events (GB specific)	Women's One Person Dinghy
Competition dates	18th - 24th August
Competition venue	Jinniu Lake Sailing Venue (JLS)
Training venue	Jinniu Lake Sailing Venue (JLS)
Age group	Born between 1st Jan 1998 & 31st Dec 1999

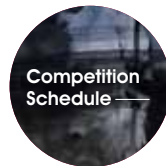


**Hanna Brant**  
[@HannaBrant2](#)  
Age: 15  
Born: Slough  
Lives: Swindon  
Sixth at the World Byte C11 Championships at Fraglia Vela Riva, Riva del Garda



# SWIMMING

Swimmers utilise speed and endurance in four strokes - freestyle, breaststroke, butterfly and backstroke - in events ranging from 50 metres to 1500 metres. The individual events are joined by the exciting relays as four athletes team up to compete in freestyle or medley events.



## Sunday 17th August

10:00  
Men's 400m Freestyle Heat  
Women's 50m Breaststroke Heat  
Men's 100m Backstroke Heat  
Women's 100m Backstroke Heat  
Men's 100m Breaststroke Heat  
Women's 200m Medley Heat  
4x100m Freestyle Mixed Relay Heat

18:00  
Men's 400m Freestyle Final  
Women's 50m Breaststroke Semi Final  
Men's 100m Backstroke Semi Final  
Women's 100m Backstroke Semi Final  
Men's 100m Breaststroke Semi Final  
Women's 200 Medley Final  
4x100m Freestyle Mixed Relay Final

## Monday 18th August

10:00  
Men's 200m Medley Heat  
Women's 100m Freestyle Heat  
Men's 100m Butterfly Heat  
Women's 200m Butterfly Heat  
Men's 200m Freestyle Heat  
Women's 4x100m Medley Relay Heat

18:00  
Men's 100m Backstroke Final  
Women's 200m Butterfly Final  
Men's 200m Freestyle Final  
Women's 50m Breaststroke Final  
Men's 100m Butterfly Semi Final  
Women's 100m Freestyle Semi Final  
Men's 100m Breaststroke Final  
Women's 100m Backstroke Final  
Men's 200m Medley Final  
Women's 4x100m Medley Relay Final

## Competition Format

The swimming competition of the Youth Olympic Games consists of 36 events, including 17 men's events, 17 women's events and two mixed events.

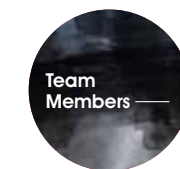
Individual events of 50m and 100m will consist of heats, semi-finals and final. Individual events of 200m, 400m will consist of heats and final. Individual events of 800m will consist of finals (single phase with one or several heats). All the swimmers will be ranked according to their heat results. Relay events will consist of heats and final.



Michael Jamieson

## Sport Overview

No. of Team GB Athletes (Male / Female)	8 (4 Male / 4 Female)
No. of Events (GB specific)	36 (17 Male, 17 Female, 2 mixed)
Competition dates	17th – 22nd August
Competition venue	Nanjing Olympic Sports Centre Natatorium.
Training venue	Nanjing Olympic Sports Centre Natatorium (OSN), Wutaishan Natatorium (WTN)
Age group	Born between 1 Jan 1996 and 31 Dec 1999



**Charlotte Atkinson**  
@charlatkinson  
Age: 17  
Born: Douglas  
Lives: Isle of Man

Broke into the world's top seven in the 100m butterfly in March

**Georgina Evans**  
@Georgie\_Evans\_  
Age: 17  
Born: Liverpool  
Lives: Liverpool

Silver medal at the 2013 World Juniors in Dubai in the medley relay



### Competition Schedule

#### Tuesday 19th August

10:00  
 Women's 50m Butterfly Heat  
 Men's 50m Backstroke Heat  
 Women's 100m Breaststroke Heat  
 Men's 50m Freestyle Heat  
 Women's 200m Backstroke Heat  
 Men's 4x100m Freestyle Relay Heat  
 Women's 800m Freestyle Slow Heat  
 18:00  
 Women's 800m Freestyle Fastest Heat  
 Women's 50m Butterfly Semi Final  
 Men's 50m Freestyle Semi Final  
 Women's 200m Backstroke Final  
 Men's 100m Butterfly Final  
 Women's 100m Breaststroke Semi Final  
 Men's 50m Backstroke Semi Final  
 Women's 100m Freestyle Final  
 Men's 4x100m Freestyle Relay Final

#### Wednesday 20th August

10:00  
 Women's 50m Backstroke Heat  
 Men's 50m Butterfly Heat  
 Men's 200m Breaststroke Heat  
 Women's 200m Freestyle Heat  
 Men's 4x100m Medley Relay Heat  
 18:00  
 Men's 50m Freestyle Final  
 Women's 50m Backstroke Semi Final  
 Men's 200m Breaststroke Final  
 Women's 50m Butterfly Final  
 Men's 50m Backstroke Final  
 Women's 100m Breaststroke Final  
 Men's 50m Butterfly Semi Final  
 Women's 200m Freestyle Final  
 Men's 4x100m Medley Relay Final

### Competition Schedule

#### Thursday 21st August

10:00  
 Women's 50m Freestyle Heat  
 Men's 100m Freestyle Heat  
 Women's 100m Butterfly Heat  
 Men's 50m Breaststroke Heat  
 Women's 4x100m Freestyle Relay Heat  
 Men's 800m Freestyle Slow Heat  
 18:00  
 Men's 800m Freestyle Fastest Heat  
 Women's 100m Butterfly Semi Final  
 Men's 100m Freestyle Semi Final  
 Women's 50m Freestyle Semi Final  
 Men's 50 Butterfly Final  
 Women's 50 Backstroke Final  
 Men's 50m Breaststroke Semi Final  
 Women's 4x100m Freestyle Relay Final

#### Friday 22nd August

10:00  
 Men's 200m Backstroke Heat  
 Women's 200m Breaststroke Heat  
 Men's 200m Butterfly Heat  
 Women's 400m Freestyle Heat  
 4x100m Medley Mixed Relay Heat  
 18:00  
 Women's 50m Freestyle Final  
 Men's 200m Backstroke Final  
 Women's 100m Butterfly Final  
 Men's 100m Freestyle Final  
 Women's 200m Breaststroke Final  
 Men's 200m Butterfly Final  
 Women's 400m Freestyle Final  
 Men's 50m Breaststroke Final  
 4x100m Medley Mixed Relay Final



### Team Members



**Jessica Fullalove**  
 @Fullalove\_

Age: 18  
 Born: Oldham  
 Lives: Oldham  
 Gold medalist at European junior level



**Luke Greenbank**  
 @lukegreenbank97

Age: 16  
 Born: Crewe  
 Lives: Cockermouth  
 Third place finish at the 2014 Commonwealth Games trials



**Amelia Maughan**  
 @AmeliaMaughan

Age: 18  
 Born: Hammersmith  
 Lives: London  
 Won gold and two bronze at the EYOF in Tampere 2009



**Miles Munro**  
 Age: 18  
 Born: Guernsey  
 Lives: Guernsey

National 50m freestyle champion at Under 17/18 level



**Duncan Scott**  
 @Dunks\_Scott  
 Age: 17  
 Born: Glasgow  
 Lives: Alloa

Team GB gold medalist at the 2013 European Youth Olympic Festival



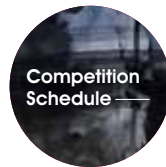
**Martyn Walton**  
 @Martyn\_Walton  
 Age: 16  
 Born: Stevnage  
 Lives: Stevnage

Broke Mark Foster's 27 year English Junior 100m freestyle short course record in 2013



# TAEKWONDO

Taekwondo is a Korean martial art that combines combat and self-defence techniques with sport and exercise. The modern form of the sport was not agreed upon until 1955, yet its history has roots in various Korean martial art forms dating back more than 2,000 years. Taekwondo has been an Olympic event since the Sydney 2000 Games.



## Sunday 17th August

14:00-17:00  
Female -44kg Preliminaries  
& Quarter Finals  
19:00-21:15  
Semi Finals & Finals

## Tuesday 19th August

14:00-17:00  
Male -63kg Preliminaries  
& Quarter Finals  
19:00-21:15  
Semi Finals & Finals

**JADE JONES IS A MASSIVE INSPIRATION FOR ME GIVEN HER SUCCESS AT THE FIRST YOUTH OLYMPICS IN SINGAPORE AND THEN IN LONDON 2012. I REALLY HOPE I CAN FOLLOW IN HER FOOTSTEPS IN NANJING**

- Abigail Stones

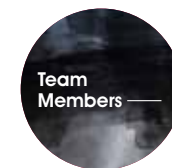
## Competition Format

The Taekwondo competition will be run in a single elimination system. Each match will consist of three two minute rounds with a one minute break between each round. If scores are tied at the end of the three rounds the match will go to sudden death and a decision of superiority should scores be level after sudden death.



## Sport Overview

No. of Team GB Athletes (Male / Female)	2 (1 Male / 1 Female)
No. of Events (GB specific)	2 (-63kg Male, -44kg Female)
Competition dates	17th – 21st August
Competition venue	Nanjing International Expo Centre Hall D
Training venue	Youth Olympic Village Training Venue
Age group	Born between 1st Jan 1997 to 31st Dec 1998



## Team Members



**Christian McNeish**  
@ChrisMcNeish

Age: 17  
Born: London  
Lives: Manchester  
World kickboxing champion before recent move to taekwondo



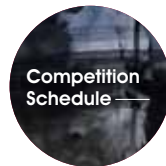
**Abigail Stones**  
@abigailtd98

Age: 15  
Born: Liverpool  
Lives: Liverpool  
Crowned Junior World Champion in March 2013



# TRAMPOLINE

Trampoline is part of the gymnastic programme at the Nanjing 2014 Youth Olympic Games. Athletes perform acrobatics while bouncing on a trampoline that can include single jumps in the pike, tuck or straddle position or more complex combinations comprised of forward or backward somersaults and twists.



### Thursday 21st August

13:30-14:05  
Women's Qualifications  
14:05-14:40  
Women's Qualifications  
14:40-15:10  
Women's Finals

### Friday 21st August

13:30-14:05  
Men's Qualifications  
14:05-14:40  
Men's Qualifications  
14:40-15:10  
Men's Finals

**LIVING IN THE ATHLETES' VILLAGE WILL BE AMAZING AND IT'LL BE A GREAT CHANCE TO LEARN WHAT THE OLYMPICS, AND COMPETING AT THE GAMES, IS ALL ABOUT**

— Zainub Akbar

### Competition Format

The trampoline competition at the Nanjing 2014 Youth Olympic Games comprises two individual medal events - men and women. The competition format is the same for both events, including two competition phases.

A total of 12 individual men and 12 individual women will compete. Each qualification round consists of two routines of 10 skills. In case of ties, the International Gymnastics Federation's (FIG) Tie-Breaking Rules for the Olympic Games will be applied.

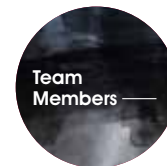
The top eight male and female athletes who placed highest in the qualifications move through to the finals. Each final round consists of one routine of 10 skills. In case of ties, the FIG's Tie-Breaking Rules for the Olympic Games will be applied.



Katherine Driscoll

### Sport Overview

No. of Team GB Athletes (Male / Female)	2 (1 Male / 1 Female)
Competition dates	21st – 22nd August
Competition venue	Nanjing Olympic Sports Centre Gymnasium (OSG)
Training venue	Nanjing Olympic Sports Centre Gymnasium (OSG)
Age group	Born between 1st Jan 1997 & 31st Dec 1998



**Zainub Akbar**  
Age: 17  
Born: Cardiff  
Lives: Cardiff

Silver medalist in the junior team event at the European Junior Championships



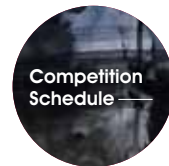
**Zachary Sheridan**  
[@ZachSheridan1](#)  
Age: 17  
Born: Poole  
Lives: Broadstone

Bronze medalist at the 2010 World Age Group Championships in Metz



# TRIATHLON

Triathlon is a multi-sport endurance test which comprises of three disciplines – swim, bike and run, completed in that order with no breaks in between. Triathlon made its first appearance on the Olympic schedule at the Sydney 2000 Olympic Games.



## Sunday 17th August

09:00-10:30  
Women's Individual

## Monday 18th August

09:00-10:30  
Men's Individual

## Thursday 21st August

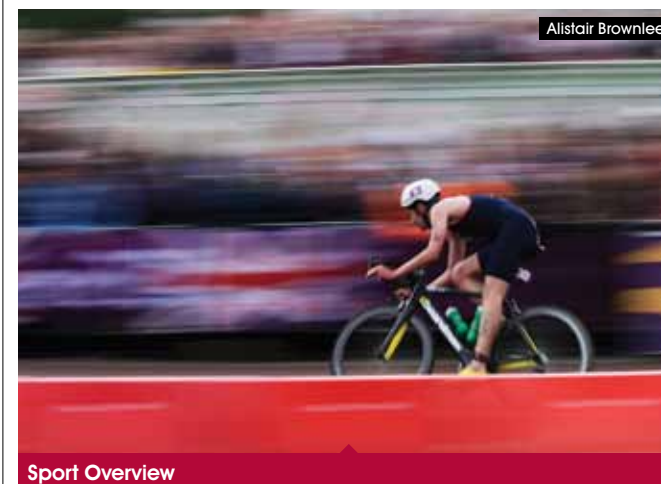
09:00-11:00  
Mixed Team

## Competition Format

There are three events in the Youth Olympic Games triathlon programme - men's individual, women's individual and mixed team relay. 32 men and 32 women will compete in the individual and 16 teams in the team competition.

The competition format for individual events includes a 750m swim in open water, a 20km bike ride (four lap course), and a 5km run (two lap course). The mixed team relay competition is made up of a 250m swim in open water, a 6.6km bike ride (one lap course), and a 1.8km run (one lap course).

For the mixed team competition, continental teams of four athletes (two men and two women) will be formed according to the athletes' finishing position in the individual event (i.e. the first team will be composed of the first two men and first two women from the continent with the best finishing positions, the second team will be composed of the next two men and two women, etc.). All of the remaining athletes who are not assigned to a continental team will be combined into "world teams" according to the athletes' finishing position in the individual event.

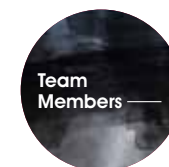


## Sport Overview

No. of Team GB Athletes (Male / Female)	2 (1 Male / 1 Female)
No. of Events (GB specific)	Men's and Women's Individual Mixed Team Relay (2 Male / 2 Female)
Competition dates	17th – 21st August
Competition venue	Xuanwu Lake (XWT)
Age group	Born between 1 Jan 1997 and 31 Dec 1998.

**TRIATHLON HAS GROWN IN POPULARITY HUGELY SINCE THE RISE OF THE BROWNLEE BROTHERS. IT'S A GREAT TIME TO BE INVOLVED IN THE SPORT AS A YOUNG ATHLETE**

– Ben Dijkstra



**Ben Dijkstra**  
@Ben\_Dijkstra  
Age: 15  
Born: Leicester  
Lives: Loughborough

Sixth in ETU European qualifier for the Youth Olympic Games



**Sian Rainsley**  
@Sian\_Rainsley  
Age: 17  
Born: Coventry  
Lives: Coventry

First place finish in the ETU Youth Olympic Games qualifier

# COMPETITION VENUES



## 01 Laoshan National Forest Park

Events: *Cycling (Mountain Biking and Road Race)*

Occupying a surface area of 80 million square metres, Laoshan National Park is 80% forest cover and is commonly known as the "green lungs of Nanjing and shining pearl of Jiangbei". It will host the mountain biking and the cycling road race

## 02 Jinniu Lake

Events: *Sailing*

Jinniu Lake is situated in the Liuhe District, 83 km from the Youth Olympic Village. The lake measures around 6,400m at its widest and stretches to 3,500 at its longest. The average depth is 11m and gets to 27m at the deepest point.

## 03 Longjiang Gymnasium

Events: *Judo, Wrestling*

The gym is 9km from the Village and can hold a capacity crowd of 2,800 people. It has hosted a number of major events, including the judo and taekwondo events of the 2nd Asian Youth Games in 2013.

## 04 Wutaishan

Events: *Football, Table Tennis, 3x3 Basketball*

Wutaishan Sports Centre is based in downtown Nanjing, around 11km

from the Village. Built in 1953, the stadium can hold 18,000 fans for football while the Centre also holds 5,000 people for table tennis and 1,500 for basketball.

## 05 Nanjing Olympic Sports Centre

Events: *Opening/Closing Ceremonies, Athletics, Gymnastics (Rhythmic, Artistic and Trampoline), Swimming, Diving, Modern Pentathlon (Swimming, Running and Shooting)*

Based just 3km from the Youth Olympic Village, the Nanjing Sports Centre is the main events venue for the Games. Built in 2005 and located centrally in Hexi, Nanjing, the venue's athletics stadium can hold up to 26,000 people.

## 06 Nanjing International Expo Centre

Events: *Boxing, Taekwondo, Fencing, Modern Pentathlon (Fencing), Weightlifting*

Much like the Olympic Sports Centre, the Nanjing International Expo Centre is based centrally in Hexi and will house a number of events during the Games as it did during the 2013 2nd Asian Youth Games.

## 07 Xinzhuang

Events: *Equestrian*

Located within the Nanjing International

Expo Centre, the Xinzhuang Equestrian Venue is 20km from the Youth Olympic Village between the scenic Xuanwu Lake and Purple Mountain. The venue can hold around 2,800 people.

## 08 Xuanwu Lake

Events: *Triathlon*

Xuanwu Lake is based in downtown Nanjing and is also known as Sang Lake or Hou Lake in ancient China. It is over 1,500 years old and is the largest imperial lake garden in China. The lake covers a surface area of 3.78km.

## 09 Xuanwu Lake Nanjing

Events: *Rowing, Canoeing*

The Nanjing Rowing-Canoeing School was founded in 1956 and the venue that will be used for the Games was built in 2005. The complex is built along the southern bank of Xuanwu Lake and is made up of training and competition facilities.

## 10 Zhongshan International Golf Club

Events: *Golf*

The club houses a 27-hole golf course and a double-deck driving range with 80 tees, with much of the complex flooded. The club has hosted domestic and

international events for a number of years, including the 2013 2nd Asian Youth Games.

## 11 Nanjing Sport Institute

Events: *Badminton, Tennis*

Based in eastern Nanjing, the Nanjing Sport Institute will host a number of training sessions for various sports including triathlon, modern pentathlon and gymnastics. It's a large complex, covering 40 hectares and a floor area of over 184,000 square kilometres.

## 12 Fangshan

Events: *Archery, Shooting*

Located in the southeast of Nanjing, roughly 25km from the Youth Olympic Village, Fangshan occupies an area of about 195,000 square metres and houses a shooting hall and archery field.

## 13 Jiangning Sports Centre

Events: *Football, Handball*

About an hour's drive from the Youth Olympic Village, the Jiangning Sports Centre will stage all the men's football matches and one women's event as well as all handball fixtures. The total capacity for the stadium is 5,500, while the handball in the gymnasium can hold around 3,400 fans.

# CULTURE & EDUCATION



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**A** S PART OF THE YOUTH OLYMPIC GAMES (YOG), NANJING 2014 WILL RUN A CULTURE AND EDUCATION PROGRAMME (CEP), WHICH LOOKS TO INCORPORATE A VARIETY OF ACTIVITIES AND EXPERIENCES FOR YOUNG PEOPLE DURING THE GAMES. CEP, BASED ON OLYMPIC VALUES AND THE OLYMPIC SPIRIT, PROMOTES A HEALTHY LIFESTYLE AND ENCOURAGES ATHLETES TO BECOME WELL-ROUNDED INDIVIDUALS.

## Athlete Role Models

The International Olympic Committee (IOC) have chosen 38 athletes from all 28 Olympic sports to act as Athlete Role Models (ARMs) at Nanjing 2014. The ARMs will offer mentoring support and advice to the participating athletes, sharing their own experiences and helping the young competitors reach their potential while at the Games.

Team GB Olympic silver medallist Nathan Robertson will take up an ARM role in badminton out in Nanjing.



Nathan Robertson will take up an ARM role in badminton out in Nanjing.

## Young Ambassadors

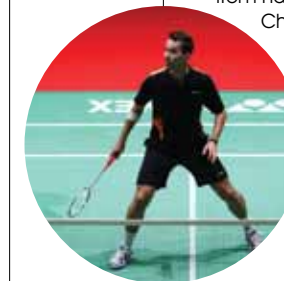
The Young Ambassador programme has selected 104 individuals, aged between 18 and 25, who demonstrate the Olympic values and inspire and empower young people to do the same. These individuals are a variety of athletes, coaches, students and young professionals, whose role is to promote the Youth Olympics in their respective nations. The Young Ambassadors look to encourage the athletes to get the most out of the Games experience by interacting with different sports and cultures, as well as taking part in the activities and workshops on offer.

## Young Reporters

Joining the athletes in Nanjing are 30 Young Reporters who have been selected as part of a YOG initiative to promote sports journalism training. The reporters, aged 18-24, will live alongside the athletes in the Village and receive fantastic access to the venues, in-class training and mentoring services from senior journalists.

## Culture and Education Activities

Throughout Nanjing 2014 an array of added cultural and educational activities will be on offer for the athletes in and around the Village. These range from hands-on offerings such as Chinese cooking classes and opportunities to try out different sports, to the YOG Museum which tells the story of the history of the Olympics and YOG.



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## WORLDWIDE PARTNERS

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## OFFICIAL PARTNERS

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## OFFICIAL PROVIDERS

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JETSET SPORTS

KROW

OLIVER BROWN



TEAM GB



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W1T 2NU

Tel: 020 7842 5700

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