



Cobham
INTERMEDIATE

Cobham Triathlon / Duathlon 2017

Dear Parents and Caregivers,

Your child has indicated that they would like to participate in either the triathlon or the Duathlon via online registration.

These two separate events will take place on the same day at the same venue. Students who compete in the Triathlon will be eligible to be selected to represent the school in the Canterbury Triathlon Championships and will also be considered for the Canterbury Duathlon Championships. Students who compete in the Duathlon, will only be eligible to be selected for the Canterbury Duathlon Championships

Triathlon - 100m swim, 10.8km cycle (2 laps), 2.3 km run

Duathlon – 10.8km cycle, 2.3 km run

Maps Attached

Date: Monday 13 February

Venue: Pegasus

Time:

8:00am Meet at Sunningvale Lane (rear entrance to Cobham) Miss Lawton will coordinate this on the day. (Please check attached transport allocations)

8:30am Leave school

9:45am race briefing

10:00am First wave

12:30pm (approx.) end of races

12:45pm head back to school in the same car as you came in. Unless arranged with Mr Gibson.

We will be sharing the venue with Chisnallwood but results will be kept separate. Every Student must have on both lower arms and both thighs their competitor number, which will be sent out later in the week. When you finish your race you will need to tell the Cobham Recorder your number not your name.

The event will not be cancelled unless the weather conditions are extreme.

There is a **COMPULSORY** race briefing on Monday 13 February at 9.45am

We have a Traffic Management Plan for the triathlon, which has been accepted and approved by the Local City Council. This includes appropriate signs, cones, marshals etc.

NO ROADS ARE CLOSED - all roads are open. Children will need to be very careful while on their cycles especially. All road rules need to be observed and

children must accept the advice of all marshals. They must give way to all traffic. They may NOT RIDE on the footpath but may walk their bikes if they need to.

We recommend that all bikes are thoroughly checked and if need be this can be done at a Bike Shop. All helmets must be approved to NZ Safety specifications. All helmets will need to be worn correctly when exiting the bike transition or children will not be allowed to cycle. Helmets must remain fastened until the bike has been placed in the bike rack at the cycle / run transition. Shoes must be worn while cycling and running.

Children must only cycle in single file, unless passing.

The course is clearly marked and there are marshals on the course directing children.

Competitors are responsible for tracking the number of laps required for any of the disciplines. To assist with this parents will be positioned on the course and will place a vivid mark over their wrist to indicated the number of completed laps.

All competitors must have their torso covered (girls togs / boys Cobham P.E t-shirt or Tri-Suit is acceptable) while biking and running.

All competitors must only walk/run within any of the transition areas.

Assistance to competitors may only be given by race officials. Parents must not assist competitors in any way, this includes giving them drinks during the race. Parents must not enter the transition area during the competition.

SWIMMING: Please ensure that your child can easily swim the required distance confidently. There will be lifeguards in the water to assist.

There will be no cost associated with this event. Transport is kindly being provided by some parents indicated on the attached transport list.

If you have any queries please email me directly.

Andy Gibson
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