

Dunedin Primary and Intermediate Schools Triathlon 2021

Information

Date: Wednesday 10 March

Time: 8.00am to 2.00pm

Venue: Watson Park, Port Chalmers

Cost: \$6.00 per competitor (\$18.00 per team)

Distances:

Year 5/6 – Run 1.5km, Bike 4km, Swim 92 metres (3 laps)

Year 7/8 – Run 2.5km, Bike 6km, Swim 153 metres (5 laps)

Teams – **Either all-female, all-male or mixed**

Entries

Entries are due before 5.00pm on **Friday 26 February**. The teacher in charge will need to complete the registration and ensure consent is gained from each participant's parents/caregiver. A non-refundable \$6.00 entry fee is to be paid to Sport Otago by the teacher in charge before Wednesday 3 March (an invoice will be sent). Any entries that are not received or paid by this date will not be entered.

The numbers in each age group are **limited**, therefore initially we will **only be able to confirm two individuals from each gender age group and up to four team entries from each age group** (e.g. year 5 teams = 1 all female team, 1 all male team and 2 mixed teams). Once the entries are full, we will begin a waiting list, but it is very much first-in, first-served.

Eligibility

This event is aimed at Year 5 to Year 8 students who have the ability to compete strongly over all the distances. We want to establish this event as a high achieving event that students aspire to compete in. The Weet-Bix Kids TRYathlon will also be held the weekend before on Sunday 7 March and would provide a fantastic lead up for students who qualify.

Race Day

Allow enough time to park and walk to the registration desk, check in, be numbered, have bike(s) checked and stickered, and move to the transition area to have bike(s) racked (with goggles) then become familiar with the entries and exists of the transition area. Warm-ups will need to be done before the compulsory race briefing as races will start immediately after. As bikes will be in the transition area, it will not be possible for warm-ups to be done on bikes/ Make sure you have had sufficient breakfast and maintain hydration levels leading up to your race.

Gear List

- Bike
- Helmet
- Shoes
- Goggles – to be left in transition
- Togs/triathlon one-piece suit
- Filled drink bottle
- Bag of dry towel/dry clothes/filled drink bottle to be left at the finish line.

Note: We recommend competitors wear their togs for all legs of the race, however shorts and t-shirts can be worn over the top of their togs for the run and bike leg, and then left in the transition area with their shoes, socks, and bike, before heading to the swim leg.

Registration and Race Numbering

At the registration desk the teacher or parent in charge will collect the school's registration pack. They will check in all their competitors with the race official. They will then write their race numbers on each competitor's left leg and arm. The same number needs to be written on a sticker and placed on each competitor's bike before they head to the bike transition area. Please note transponders will not be used this year as have been in past years, with a new timing system to be used.

Bike Checks

At the registration desk My Ride will be checking bikes and helmets to ensure they meet the Australian/New Zealand Standard AS/NZS 2063 and are in proper working order and mechanically fit for participation in the event. They will give a sticker to each bike once it has been checked. The transition area cannot be entered without this sticker. You will not be able to compete if your bike does not meet the standard. For your convenience, My Ride has kindly offered to do bike checks in-store in advance. We strongly encourage competitors to get their bike checked at least three weeks prior to the event – My Ride, 110 Crawford Street, Dunedin. Please ensure sufficient time is allowed before the event for any repairs that may need to be done.

Transition Area

The transition area (bike rack) is in the Port Chalmers Bowling Club Carpark. Once their bike has been checked and stickered, competitors need to have their bike and goggles in their allocated spot in the transition area by 9.45am. Goggles will be picked up by each competitor as they finish the cycling leg and head through the Port Chalmers Bowling Club to the Port Chalmers Pool for the swim leg. The Port Chalmers Bowling Club have kindly given us access to the perimeter of the bowling green. Competitors are not allowed on the green and must follow the designated path. Transition will be open again between 11.00am – 11.15am for Year 5/6 competitors' bikes to be removed if required.

Day Outline

8.00am – 9.45am	Race registration opens at the Harbour Rugby Club Rooms for one school representative to collect, i.e. the teacher or parent in charge.
8.30am – 9.45am	Transition area opens. All bikes must be in transition area by 9.45am. (Transition closes at 9.45am sharp).
9.45am	Compulsory Year 5 and Year 6 race briefing takes place at Harbour Rugby Club Rooms. Races will start immediately after race briefing (approx. 10.00am).
10.00am	ALL Year 5 boys and girls individual/team races start.
10.15am	ALL Year 6 boys and girls individual/team races start.
11.00am – 11.15am	Transition area opens for Year 5/6 competitors' bikes to be removed if required. Note: A marshal will declare this area open and closed, please check first before you remove your bike.
11.00am	Compulsory Year 7 and Year 8 race briefing takes place at the Harbour Rugby Club Rooms. Races will start immediately after race briefing (approx. 11.15am).
11.15am	ALL Year 7 boys and girls individual/team races start.
11.30am	ALL Year 8 boys and girls individual/team races start.

A brief prizegiving will commence for the top three girls and boys in the individual and team races once all placings have been calculated.

Parents/Teachers

You are not permitted within the bike transition area following 9.45am, unless you wish to remove a bike (Year 5/6) between 11.00am – 11.15am. A transition race official will be assisting children with bikes and will declare the area open for bike collection. The transition area is inclusive of the Port Chalmers Bowling Club; therefore no spectators will be allowed access to this area. There will be a variety of viewing points for spectators to watch competitors which will be clearly marked out. There will be minimal viewing space in the pool area for parents/teachers; this is for safety reasons. There will be plenty of room at the finish line outside the pool. Times will be recorded as soon as a competitor exists the pool although, due to limited space, children will then proceed to cross finish line outside of the pool area. For accuracy of results, it is important that officials are uninterrupted, so parents and teachers are not permitted to enter the race finish area and results zone. Doing so may result in an individual, team, or school disqualification. Please be considerate when parking, there are plenty of nice quiet streets in close walking distance; please allow plenty of time to get where you need to be at the right time. Thank you.

Race Rules

1. All competitors must complete the full distance of each leg or, in a team, the full length of their leg.
2. All competitors must run and cycle in shoes.
3. Competitors are not permitted to share bikes.
4. **No road bikes are permitted.**
5. All competitors must remain on the left-hand side of the bike allocated lane at all times. Any competitor who crosses either over the white line in the centre of the road or onto the right hand side of the bike allocated lane will be disqualified immediately.
6. All competitors must wear swimming togs or triathlon one-piece suits only in the swimming pool. They must use goggles and leave all other gear such as running shoes, socks, shorts and t-shirts neatly in the transition area.
7. All competitors must have their helmet on and done up before they unrack their bikes. They must push their bike to the mount bike line. All competitors must get off their bike at the bike dismount line and push their bikes back to their allocated spot in the transition area. Helmets must remain on and done up until bikes are safely racked again.
8. Only race officials/marshals will be allowed in the transition area while the race is in progress.
9. All competitors' gear must be kept tidy in the transition area.
10. No competitors are allowed on the Bowling Green at any time.
11. All competitors must slow down and walk through the entrance area to the Port Chalmers Pool.
12. Tents will be provided for competitors to get changed after the race has finished. Please ensure you have enough warm clothing ready at the finish line.
13. All marshals/race officials have the final say and all competitors must obey any instruction they are given from a marshal/race official. This is especially important when crossing any roads or around any traffic. Race officials may need to stop competitors and, when directed, they must stop.
14. Any competitors who, for whatever reason, does not complete the race, must let a race official know as soon as possible.

Postponement

If the weather is threatening, postponement will be announced on the Sport Otago website and Facebook page. The event will be moved to Friday 12 March; if this date is not a possibility, a cancellation will be announced on the Sport Otago website and Facebook page.

Your teacher in charge will have the course maps and these will also be available online at:

www.sportotago.co.nz. If you required further information, please contact Isaac Smith at Sport Otago on 021 357 929 or via email: ismith@sportotago.co.nz.