

Sunday 3rd March 2019

Oamaru Harbour

The 35th annual...

Oamaru Triathlon & Duathlon

Triathlon: 750m Harbour Swim / 20km Cycle (5 laps) / 5km Run (2 laps)

Duathlon: 2km Run / 20km Cycle (5 laps) / 5km Run (2 laps)

Recreational section: 300m Swim or 2km Run / 12km Cycle (3 laps) / 2.5km Run (1 lap)

incorporating the...

* South Island Secondary Schools (SISS) Triathlon & Duathlon Championships

Seniors [U19]: 750m Harbour Swim or 2km Run / 20km Cycle (5 laps) / 5km Run (2 laps)

Intermediates [U16] & Juniors [U14]* : 300m Harbour Swim or 2km Run / 12km Cycle (3 laps) / 2.5km Run (1 lap)

(Please note Principal's authorisation is required with all entries. *Juniors includes Year 7 and 8. Ages as of 1.1.2019)

This race is endorsed by Triathlon New Zealand and sanctioned by the New Zealand Secondary Schools Sports Council

\$35/individual, \$50/team.

Please enter and pay online at: www.sporty.co.nz/oamarumultisportclub

Entries close **Friday 1 March 2019**. Fees must be paid at time of online entry

(online facility includes credit card and debit card options).

A \$10 late fee applies to all entries not in by 1st March 2019.

TIMES TO NOTE:

- 8.30-9.30am All athletes must register in person
(Late entries will be accepted during this time)
- Races start: 10.00am (Junior, Intermediate, & Recreational)
10.15am (Senior Secondary School)
10.20am (Open and Veteran)
- Prizegiving: 1.15pm (approx.)

Further information:

Oamaru Multisport Club, 4 Stoke St, Oamaru

Phone: Diane 03 434 7348 | Mbl: 021 0815 0688

Email: dianetalanoa@gmail.com

Race rules and course details available on our website:

www.sporty.co.nz/oamarumultisportclub



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