

# Canterbury Primary Schools Triathlon 2023



## **Pre-Race**

- Set up your gear in transition **then leave the area** and line up behind the appropriate age groups signs to get your transponder and your number written on your hand.
- Please ensure bikes are racked on **BOTH** sides of the bike stands so that the stands do not fall over. ie do **not** fill up one side and then the other side.
- Parents and staff are to please stay out of transition – you will NOT be permitted in this area once racing gets underway.
- It would be a good idea to tell competitors to have **2 drink bottles** (one for on their bike in transition and one for after they have completed the course as they cannot go back into transition).
- Please make sure their clothes and towels are **outside** the transition area for after their race.

## **Swim**

You will be able to get into the water for a warmup when you are called to the start line.

- From the start position swim to the large buoy and turn left towards the shore
- Exit the swim up the stoney edge of the lake
  - Years 5 & 6 – course is 100m
  - Years 7 & 8 – course is 150m
- Being a saltwater lake, the water is a little fresh, please remind the children of this
- Wetsuits are allowed but remember it will take time to get them off before you get on the bike.

## **Safety**

There will be 6-8 safety boards on the course with surf lifeguards to assist.

If you get into danger raise your arm and one of the lifeguards will come to your aid as quickly as possible.

There will be a briefing for each wave by Surf Life Saving NZ before the tamariki get into the water.

## **Advice**

- If you are new to Triathlons
  - avoid getting caught up in the start rush
  - don't go too hard at the start
  - if you get out of breath just do some breaststroke and take it easy

## **Bike**

Years 7 & 8 – 10km, Years 5 & 6 – 7km

- It is your responsibility to know the course. There are two turn around points on course, one for year 5 & 6 students and one for year 7 & 8 students.
- Please wait to mount your bike until you have passed the mount line on the road.

## **Course details**

- Out of transition please follow the marshals' instructions.
- Follow the cones and what the marshals are saying.
- Turn at turn cones and return on the same road.
- Get off your bike at the bike dismount line after completing the correct number of laps.

## BIKE COURSE RULES

- General rules
  - Helmets must always be worn during the cycle section.
  - Please do not remove your bike from the rack until your helmet is fastened.
  - Keep LEFT - Blocking or restricting the ability of cyclists to pass is prohibited.
  - No drafting is permitted. Blatant drafting will result in 1 minute being added to your finish time.
  - No aero bars can be used.
  - Do not remove your helmet until your bike is racked.
  - No crossing the centre line.

**\*\*THE NEW ZEALAND ROAD CODE RULES MUST BE OBEYED AT ALL TIMES\*\***

## Run

2 laps of the course = 2km Years 5 & 6, 2.5km Years 7 & 8

- The run follows the road (South Eyre Road) so you will be travelling in the same direction as cars would. The road is closed so there will be no cars on it.
- There is one turn around point for the year 5&6 students and one for the year 7&8 students.
- Please keep left to allow athletes to come past
  - You enter the paddock for the finish through the same gate you leave to get onto the road.
  - The finish is under the finish line as marked on the map.

## Finish

- Your transponder will be taken off your ankle at the finishing area. Any transponders not returned will incur a charge. So please remember to return these.
- **Please do not enter the transition area** until you are told to by an official.
- Please be conscious of other competitors when you have completed your race and are collecting your equipment.

## Results

We hope to have provisional results available as soon as the last finisher in each year group finishes. They will also be on our website [www.primarysportscanterbury.org.nz](http://www.primarysportscanterbury.org.nz) as soon as possible. Certificates for the first three finishers in each year group will be sent to the school during the following week.

Remember the day is about participation and fun first. We look forward to seeing many smiling faces from all involved, throughout the day. Many thanks also for your help in organising your participants, transport, and official helpers. Without these helpers, a large event like this could not take place.

*Michael Wilson and Georgia Thomson.*