

College Sport Wellington Triathlon Champs

Information Sheet - Students

Monday March 21st 2016

Event Details

The College Sport Wellington Triathlon Champs

- are held on the morning of **Monday March 21st 2016**,
- at **Scorching Bay, Wellington**,
- are open to all secondary school students + Year 7 & 8 students
- have five event options available

Age Group	Course Distance
Athletes with disabilities	Swim 100m, Cycle 6k, Run 2k
Under 12 & Under 13(@ 1 Jan 16)	Swim 100m, Cycle 6k, Run 2k
Junior (under 14 @ 1 Jan 16)	Swim 350m, Cycle 12k, Run 3k
Intermediate (under 16 @ 1 Jan 16)	Swim 500m, Cycle 15k, Run 4k
Senior (under 19 @ 1 Jan 16)	Swim 750m, Cycle 20k, Run 5k

Transition is based at Scorching Bay \

Please note these courses are different from previous years

The swim course for U16 & u19 is based on a 250m lap (U16 does 2 laps, and U19 does 3 laps) contained within Scorching Bay. The U14 swim is an M-shaped course from the beach out to a buoy, return to the beach and then out to a second buoy. The AWD & Year 7 & 8 swim courses are a 100m swim parallel to the shore in waist deep water

The cycle course is an out & back heading north from Scorching Bay , with turning points North of Shelly Bay (for AWD & U12/U13 - 1 lap and U14 for 2 laps), South of Shelly Bay for (U16 - 2 laps) or just north of Burnham Wharf for U19 (2 laps). These are on Quiet roads with no / minimal residential housing or business

The run course heads south from Scorching Bay along the seaward edge of the road on the footpath with turn points north of Karaka Bay wharf (AWD & U13 - 1 Lap & U14 @ laps) or South of the Karaka Bay Wharf (after a road crossing) for the U16 (2 laps) - and half way to Worser Bay for the U19 (2 laps)

For full course details :

Check out website <http://scorching.co.nz/schools-triathlon/>

**For full details & entry forms refer to:
collegesport.org.nz or scorching.co.nz/schools-triathlon/
Or contact your schools sport co-ordinator**

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Information Sheet – Students (cont)

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Event activities

Registration	8:30am - 9:30am	Registration - sign in of all competitors - and body numbering of them all
Transition open from	8:30am	For racking of bikes and inclusion of all gear
Competitor briefing	9:40am	Competitor Race Briefing - held in transition
Race starts from	10:00am	Seniors (U19)
	10:20am	Intermediate (U16)
	10:35am	Juniors(U14)
	10:45am	U13 & U 12
	10:50am	Athletes with Disabilities
		*boys and girls will start in separate waves 1 minutes apart
Prizegiving	After the last participant finishes (approximately 11:30am)	

Basic Race rules:

- the roads are open for all normal road users
- Swimmers must provide their own swim cap
- All Road Rules and directions from Police and race marshals must be obeyed.
- No drafting on cycle leg.
- Approved cycle helmets must be worn on cycle leg.
- Crossing of centre line on cycle leg leads to instant disqualification.
- Competitors are responsible for ensuring that their bicycle is safe and roadworthy.
- Good sporting conduct is expected at all times.

For full Health & safety notes refer to the website <http://scorching.co.nz/schools-triathlon/>

Entry Fees / Payment Details

Entry fees are: \$20 per individual and \$35 per team. All schools will be invoiced post event.
Please note unless there are more than 200 total registration received by the close off date the event will be cancelled

Entries close 4pm on Monday March 14th 2016

Schools Sports Co-ordinators: Please ensure these details are logged into the online registration system by the above close off time

Students: please pass these entry forms back to your Schools Sport Co-ordinator / Multisport Convenor before the above date

Further questions not answered on the website:

Contact the Race Director: Daryl Bloomfield, - Fedude Sports - on 021 662 373 or daryl@fedude.co.nz

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