

MID CANTERBURY SCHOOLS TRIATHLON 2018

VENUE: Hampstead School

DATE: Thursday 22 Feb
PP: Friday 23 Feb

START TIME: 12.30PM

ENTRIES DUE: Thursday 15 Feb, 5pm

RACE STRUCTURE:

Racing will involve a 50m swim (2 lengths of the Hampstead Pool), 3km bike (three laps of the block surrounding Hampstead School – exiting onto Nelson Street and turn left into Oxford Street, left into Wellington Street, left into Trevors Road and left back onto Nelson Street and complete second and third lap of the same course (please see map on following page), and finishing with a 1km run within the Hampstead School grounds.

TIMING:

Competitors will be timed against others from their same year group (eg Year 5 boys, Year 5 girls, etc). Schools with a roll of under 200 students are eligible to enter up to 4 students per event/gender (eg up to 4 Junior Year 5/6 girls and up to 4 Junior Year 5/6 boys).

Schools with a roll of 200+ student are eligible to enter up to 6 students per event/gender.

REGULATIONS:

All competitors **MUST** be capable of completing the distances for the race and have a road worthy bike and helmet, running shoes and a T-shirt to put on after the swim section (must be worn during the cycle and run legs).

Timetable

12:00pm	Competitors arrive to set up their gear in transition (this is located behind the Basketball Stadium)
12:30pm	Race briefing
12:45pm	Racing begins – children will be sent in designated waves starting with: Senior Boys (Year 7/8), Senior Girls, Junior Boys (Year 5/6) and Junior Girls
2:15pm	Approximate race finish
2:30pm	Race results

Each school **MUST** send two adults with competitors to assist with marshalling at the event. Please ensure that the names of marshals are included on your school's entry form.

We are using public roads and will require marshalls at all corners. A traffic management plan has been developed and signage will be provided to ensure competitors safety.

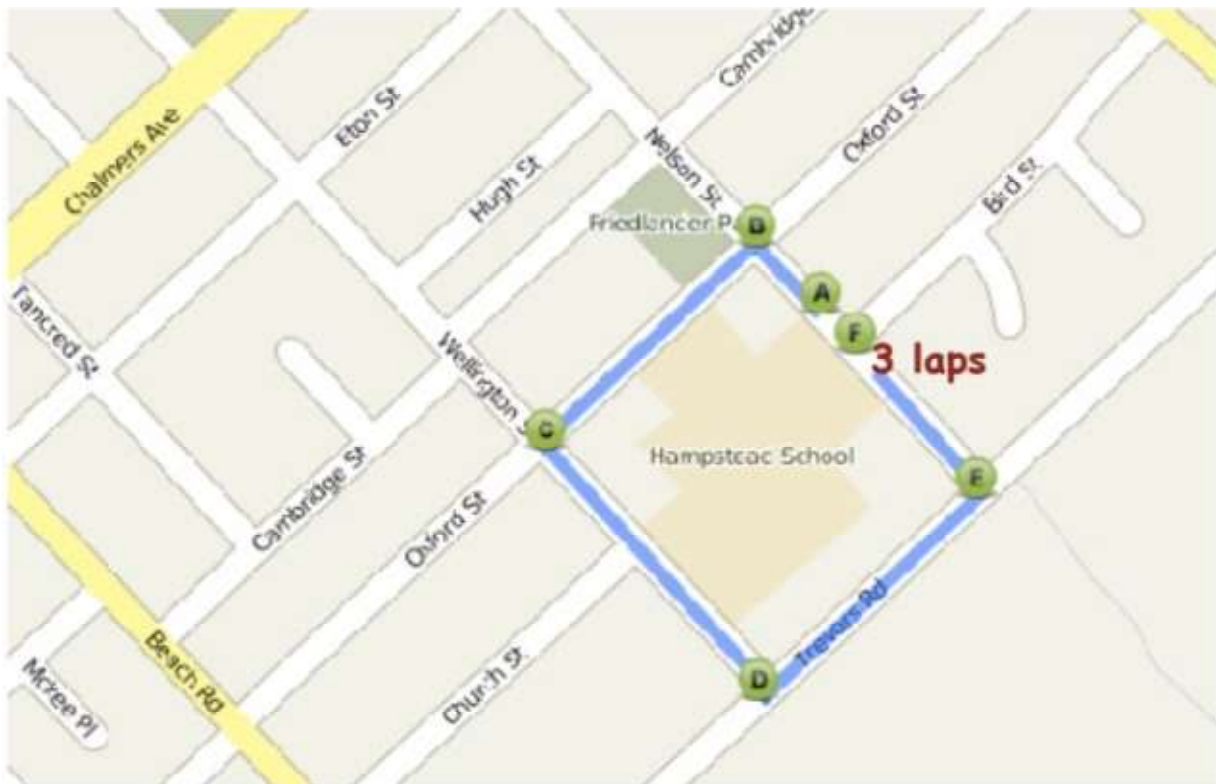
Entries are to be submitted on the form attached with this email and emailed to

Brooke (midcanterburyprimarysports@gmail.com).

**NO FAX OR POSTAL ENTRIES WILL BE ACCEPTED – EMAIL ONLY
ENTRIES MUST BE RECEIVED BY THURSDAY 15 FEBRUARY, 5PM**

NO LATE ENTRIES WILL BE ACCEPTED.

Further information for competitors will be sent out the week before the event. This information will include your race number and information about how the wave starts will work. If you have any questions or queries in the meantime please contact Brooke Morshuis - midcanterburyprimarysports@gmail.com



Cycle leg map – 3 laps starting on Nelson Street (A), left turn onto Oxford Street (B), left turn onto Wellington Street (C), left turn onto Trevors Road (D), left turn onto Nelson Street (E), continue around the same course until THREE laps have been completed. Children will be asked to dismount their bikes at the end of the third lap at (F) on the map (the Trevors Road side of the pedestrian crossing).