2019 Waikato School Events

Information Rules and H&S Sheet

WAIKATO SCHOOLS INDIVIDUAL DUATHLON

Date:	31st July
Location:	Mighty River Domain, Lake Karapiro, Cambridge
Eligibility:	ANY school/home schooled student enrolled in Year 5 – Year 13 may enter.
Programme:	See page 3
Medals:	Championship Medals – 1st, 2nd and 3rd place medals for male and female individuals from schools within the Sport Waikato administered Region Visitors Medals – Any individual from outside of the Sport Waikato Region that places either 1st, 2nd or 3rd will receive medals equivalent to their placing
Parking:	Gate 2 or 3 and as directed by signage and marshals
Registration:	Schools with multiple entries will receive a pack containing ALL race numbers, start list and pins. Schools with individual entries will receive their numbers from the registration desk on arrival
Transition:	Lower Camp Ground on the northern side of the Sir Don Rowlands Centre

Entries: www.redevents.co.nz or enternow.co.nz/sportwaikato

1. **Online Entries** Close: 26th July at 5.00pm
   - ❖ $35.00 per individual
   - ❖ School login and password are required. Please contact Aby at abigailw@sportwaikato.org.nz
   - ❖ An invoice is generated automatically when you confirm entries. Please print and pay as per the instructions before the event.
2. **Late Entries** accepted until 9.30am on the date of the event
   - ❖ $40.00 per individual paid in cash at registration
   - ❖ Email entries are treated as Late Entries and will be charged at $40.00 per individual
3. **Entry Fees** are not refundable but may be transferred to another event in the current year series
4. **Age Groups:** Multisport Age Groups are determined by the following for this event:
   a) Year 5 – Year 8 students compete by Class Year
   b) Year 9 – Year 13 students compete in Triathlon NZ Age Groups which are based on age as of 1st January 2019
5. **Competition Categories Male, Female, Mixed:**
   - Year 5 2019 School Year
   - Year 6 2019 School Year
   - Year 7 2019 School Year
   - Year 8 2019 School Year
   - U14 Younger than 14 years of age on 1st January
   - U16 Younger than 14 years of age on 1st January
   - U19 Younger than 14 years of age on 1st January

6. Distances

- Year 5 800m run/7km bike/800m run
- Year 6 800m run/7km bike/800m run
- Year 7 1km run/7km bike/1km run
- Year 8 1km run/7km bike/1km run
- U14 1.6km run/12km bike/3.2km run
- U16 3.2km run/15km bike/3.2km run
- U19 3.2km run/15km/3.2km run

7. Programme

- 8.30 Registration Opens
- 9.30 Late entries close ($75.00 cash only)
- 9.45 Registration Closes
- 9.45 Event Briefing
- 10.00 Year 5 & 6 Boys and Girls start
- 10.30 Year 7 & 8 Boys start
- 10.35 Year 7 & 8 Girls start
- 11.15 U14 Boy start
- 11.20 U14 Girls start
- 12.00 U16 & U19 Girls start
- 12.05 U16 & U19 Boys start

8. **Maps:** Download from www.redevents.co.nz

9. Rules:

General

a) Please note that Mighty River Domain is a Smoke Free and Dog Free Venue. Please respect these requirements.

b) Race Numbers are to be worn on the front the shirt or on a timing belt facing forwards so they are visible to timing staff and announcer.
c) It is the responsibility of the competitors to know the course and complete it correctly.
d) Marshals will be positioned to monitor safety, traffic control and directions at key positions on the course only.
e) Start lists, maps and programme will be on display from 8.00am at registration. Maps and programme will be available from www.redevents.co.nz from 7th February
f) Parking is widely available throughout the Domain – enter via Gate 2 or 3. If parking adjacent to the event HQ please be aware that you can't remove your vehicle while racing is taking place.

Bike Specific Rules

1. All cyclists are riding on the road and it is the responsibility of parents and schools to ensure their riders are capable and competent to do so.
2. Bikes must be road worthy and the organisers reserve the right to withdraw teams deemed to have unsafe equipment (no refund or transfer will be provided in this instance).
3. The course is out and back and riders must keep safely to the left of the road at all times except when turning.
4. All NZ Road Rule Apply
5. Cyclists must have their helmet on their head and buckled at all times that their bike if OFF the rack.
6. Mount and Dismount lines will be sign posted. Bikes must be pushed to and from these designated points.
7. The cycle leg is NON-DRAFTING i.e. no following closely behind another rider to gain advantage from their slip stream

8. Equipment: No disc wheels, no deep section rims over 45mm, no outside assistance

Run Specific Rules

1. Competitors will have their numbers on the front of their shirt
2. Running shoes must be worn (no bare feet)
3. All competitors must wear a top – shirt, t-shirt, singlet, tri top….
4. Competitors must keep to the right of the driveways through the Domain at all time to avoid vehicles that may be operating within the Domain.

Prize Giving

- Year 5 – Year 8 will be held at 11.45am
- U14 – U19 will be held at 1.15pm or the conclusion of racing whichever is earlier

Cancellation or Postponement:

- This will occur only if the world ends or the organisers are hospitalised.
- If it is raining, cold or windy the event will proceed
- Changes to format will be made to accommodate any extreme weather or safety events.