



**Central Otago/Otago Triathlon**  
**Thursday 4th April 2019**  
**Cromwell**

**Entries**

- All year group races are separate. All participants need to be able to complete all elements comfortably without stopping.

<b>CATEGORY</b>	<b>INDIVIDUAL QUALIFYING NUMBER – TOP SIX PER ZONE</b>
YEAR 5 GIRLS	6
YEAR 5 BOYS	6
YEAR 6 GIRLS	6
YEAR 6 BOYS	6
YEAR 7 GIRLS	6
YEAR 7 BOYS	6
YEAR 8 GIRLS	6
YEAR 8 BOYS	6
<b>TEAMS</b>	<b>TEAM QUALIFYING NUMBER – TOP THREE PER ZONE</b>
YEAR 5 GIRLS	3
YEAR 5 BOYS	3
YEAR 6 GIRLS	3
YEAR 6 BOYS	3

YEAR 7 GIRLS	3
YEAR 7 BOYS	3
YEAR 8 GIRLS	3
YEAR 8 BOYS	3
YEAR 5 MIXED	3
YEAR 6 MIXED	3
YEAR 7 MIXED	3
YEAR 8 MIXED	3

- Entry fee is **\$3 per child.**
- Each school will be invoiced by COPSSA.
- **No gaps on entry form please, please use drop boxes under category and zone.**

#### Registration

- Registration cutoff date is **Friday the 29<sup>th</sup> of March 2019.**
- On the day;
  - Please pick up your transponders between 09:00am and 09:15am on the day, ensure they are worn on left ankle, write students race number on left wrist, (in case of lost transponder).

#### Course/Venue

- A map of course and new start line is attached please pass this information to the person looking after your students, also note that the run course is now the same for all age groups with year 7 & 8 students doing 2 laps, this is to make it safer for students as they will not be running on Jolly Road.
- The students will be riding on the road under normal road conditions, a comprehensive traffic management plan which will be continuously monitored (by a qualified STMS) will be in place, this follows comprehensive consultation between myself and CODC roading staff to ensure we have the safest course possible.
- Please inform your students / parents that the bike leg is on the road with such obstacles as traffic furniture, traffic calmers, pedestrian crossings, cones and cars which are parked, students will be briefed as usual on these hazards but do make them aware.

### **Course map and transitions**

- Please see further down

### **Distances**

- Year 5 & 6 = 1500m run, 4.5km bike, 100m swim
- Year 7 & 8 = 3000m run, 9km bike, 150m swim

### **Race times (approx.)**

- 09:00am – 09:15am registration at north side of pool in courtyard.
- 09:15am – Marshal briefing in swim centre meeting room.
- 09:45am – Race briefing for Yr 5 / 6 triathletes
- 10:00am – race start for Yr 5 / 6 Girls
- 10:05am race start for Yr 5 / 6 Boys
- 10:10am race start for Yr 5 / 6 Boys Teams
- 10:05 am race start for Yr 5 / 6 Girls Teams
- 10:10 am race start for Yr 5 / 6 mixed Teams
- 11:00 am Race briefing for Yr 7 / 8 triathletes
- 11:10am race start for Yr 7 / 8 Girls
- 11:15 am race start for Yr 7 / 8 Boys
- 11:20 race race start Yr 7 / 8 Boys Teams
- 11:25 race start for Yr 7 / 8 Girls Teams
- 11:30 race start for Yr 7 / 8 Mixed Teams

### **Awards**

- Medals will be awarded after last race

### **Food/Drink**

- Menlove Berries Coffee & Ice Cream
- Mr. Whippy

### **Toilets**

- Located in the pool

### **First Aid**

- Onsite qualified First Aiders
- St. John (on standby)

**Parking:**

- On surrounding streets

**Marshalls:**

- Each school must supply a responsible person for marshal duties. (this must be a person who can follow instructions)
- The marshal's name, cell phone number must be emailed to me the same time as race entry.
- The nominated marshal must be the person who attends marshal briefing.
- The marshal cannot be the same person who is allocated the task of looking after students. (Any school who cannot supply a marshal on the day will not be allowed to race.)
- *Please have your marshals entered on entry form at same time as entering competitors*

Any queries please email

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## Course Map

