

2 March 2021



Your child has trialled and has been chosen to represent St Joseph's School at the South Canterbury Primary Schools Triathlon

FRIDAY, 12 MARCH there is NO postponement date. If the weather is unsuitable the event will be cancelled and you will receive an email.

TIME 10.00am to 12.30pm

Please have students, bike and helmet at Ashbury Park by 10.00am

They will be dressed in togs and have school sports top and sports shoes (shorts optional) to put on after swimming.

Registrations close: 10.30am

Race briefing: 10.30am

Races start: 11.00am

VENUE Ashbury Park off Park View Terrace. (Registration on grass area in south east corner).

PARKING Please encourage those providing transport to use parking areas ALL around Ashbury Park. There will not be enough parking in Park View Terrace alone.

This triathlon is competitive and the distances are in line with events around the district.

It is not a team event. This means that each participant is required to swim, bike and run. However individual scores for each school are added together at the end of the day to find the winning school team.

Event 1 Year 7/8 Boys

Event 2 Year 7/8 Girls

Event 3 Year 5/6 Boys

Event 4 Year 5/6 Girls

FITNESS This is a championship event and only those students who have been suitably prepared and have a high level of fitness should be competing. All competitors **MUST** be able to swim the **WHOLE DISTANCE** required, as this event finishes at the deep end of the pool. Course marshals will be empowered to withdraw any competitor from the race, who is showing obvious signs of distress, at any stage.

OFFICIALS This type of event cannot happen without the assistance of marshals scattered throughout the bike and run courses. Each school is required to supply at least one person to act as officials (not supervisors). If we can supply more, that would be very much appreciated. It is important that name of the official is shown on each entry form.

CLOTHING As there are limited facilities available, competitors should arrive early, ready to participate and have with them warm and waterproof clothing for before and after their race. Suitable footwear and clothing is essential.

REGISTRATION On arrival, all competitors need to report to the recorder's tent to register and receive their race number, which will be written on their arm.

TRANSITIONS Once registered, all competitors "rack" their bikes in the designated transition area, which is near the registration tent. During the event the only people permitted within the transition area are competitors beginning and ending the bike section. Bikes must be walked at all times in the transition area.

Students and bikes will need to be picked up from Ashbury Park and return to school at 12.30pm.

COURSE Approximate distances...

Year 5/6 Description Swim 50m (1 x length C-Bay outdoor pool), Run 1.5km (Run from pool to Bike transition), Bike 3km (2 laps of 1.5km loop on grass)

Year 7/8 Description Swim 100m (2 x lengths C-Bay outdoor pool), Run 2.0km (Run from Pool to Bike transition), Bike 4.5km (3x 1.5 lap on grass)

Map has been given to team members if they want to familiarise themselves over weekend

Any questions call or email Ali ali.talbot@stjosephstimaru.school.nz Ph 0272057604

Regards
Ali Talbot
Sport Coordinator