

Hi Everyone

Please find attached further information for the Triathlon, please read carefully and take note of briefing, times and the map of the course.

Apologies that I haven't received the Start Times or Race numbers yet, they should arrive soon but I wanted to get this notice out so the students all know the distances etc.. Looking at previous years the Yr 5's normally head off about 1.10pm

Children will need to be picked up from school to leave plenty of time to set up their gear at 12.00, transition closes at 12.30.

Thank you to our Marshalls, your briefing is at 12.20 at the start/finish line.(Map Enclosed) We really appreciate your time, we cannot enter our children into these events without you.

* Donna Lowe * Denise King

The most important part to this triathlon is remembering to count your laps, the organisers are really pushing this this year, they suggest some sort of tag system on your bike (any ideas anyone please let me know) only doing 2 laps will be disqualified.

I will be there from 8am to help with the set up so I will have the numbers for you when you arrive also swim caps

Please bring your own safety pin.

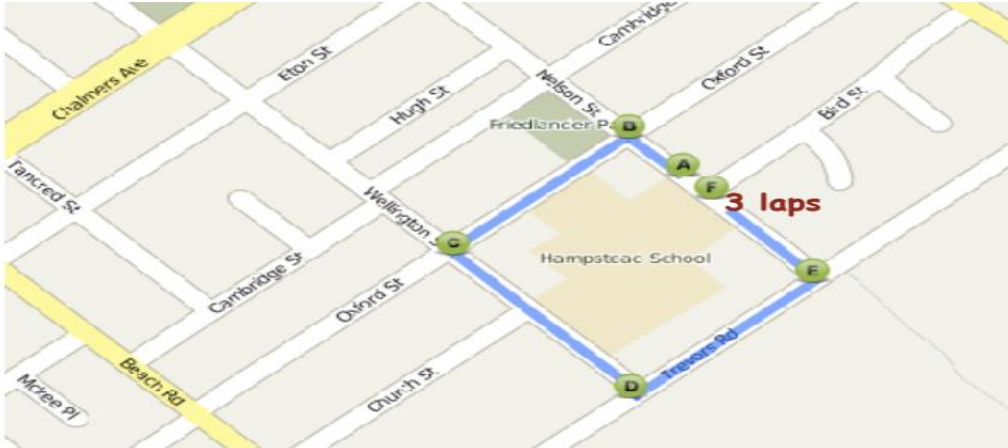
Have fun and good luck.

Rachel
021 89 2209
rbrown@methuen.school.nz

Extra info :

RACE STRUCTURE:

Racing will involve a 50m swim (2 lengths of the Hampstead Pool – A Cold Pool), 3km bike (three laps of the block surrounding Hampstead School and finishing with a 1km run within the Hampstead School grounds).



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).

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 been developed and signage will be provided to ensure competitors safety.

