



# BLACK SANDS TRIATHLON CLUB

## Athlete Information

Congratulations on signing up for the Rick Wells Trophy Triathlon to be held at Coyle Park, Point Chevalier on Friday 10th November 2017.

Please take the time to read this information and explain to the entrant as it contains important information about the day.

## Registration

When you arrive at Coyle Park a representative from the school will need to head to the registration tent to collect the race packs for all the students. These will contain a race number which must be worn on the front of the athletes' togs or t-shirt (whichever they will be wearing when they finish the run). Please ensure that you do not mix these numbers up as they are allocated to each specific athlete and are how we will work out the Rick Wells Trophy. The bag will have the name of the student on it and will also contain a swim cap that must be worn during the swim.

If you have any health conditions that we should be aware about and you have not included these on the entry form, please ensure you inform one of the registration team before the start of the race.

## Schedule

The following is the schedule for the event:

Time	Details
11.15 am	Transition Opens
11.45 am	Race Briefing (Yr 5 Boys)
12.00 pm	Year 5 Boys Start
12.15 pm	Race Briefing (Yr 5 Girls)
12.30 pm	Year 5 Girls Start
12.45 pm	Race Briefing (Yr 6 Boys)
1.00 pm	Year 6 Boys Start
1.15 pm	Race Briefing (Yr 6 Girls)
1.30 pm	Year 6 Girls Start
2.30 pm	Prizegiving (completed approx. 3.00 pm)

## **COURSE MAPS**

Each athlete will complete a Triathlon event which will consist of the following:

### **SWIM**

Starting in waist deep water the swim will be 100m parallel with the shore. Athletes will be able to touch the ground at all times but will be encouraged to swim, not run. Surf Lifesaving NZ will be present to manage the water safety, if you get into difficulty, either stand up, or raise one arm above your head and the lifeguards will come to your assistance. Once the swim is complete you will follow the footpath up to the transition area.

### **TRANSITION**

Once in the transition, you will need to put your shoes and helmet on, and a t-shirt if you are wearing one. Push your bike outside the transition area then get on your bike where the sign says "mount". We will also have a marshal at this point assisting you

### **BIKE**

The bike is 1 lap (return) of a 2-km course (1 km out and back) along the roads:

1. Exit Coyle Park and cycle 230 metres up Pt Chevalier Road
2. Turn Right and cycle 80 metres along Joan Street
3. Veer left around the corner into Harbourview Road and cycle for 684 metres
4. You will make a U-Turn at the top of Harbourview and Raymond Street
5. Cycle back down the course the way you rode out: (Harbourview-Joan St-Pt Chevalier Road)

For a total ride of 2-km. It is ridden in a clockwise direction, following the road rules-cycling on the left-hand side of the bike course at all times.

There will be blue flags to direct you off Coyle Park and onto the road. There will be a lead cyclist on course at all times to direct you around the course with help from marshals also. You will be followed by a Tail-End-Charlie, who will ride behind the very last rider in every race. When you finish your lap, you will be asked to hop off your bike before pushing it back into transition where you can then remove your helmet and head out onto the run course.

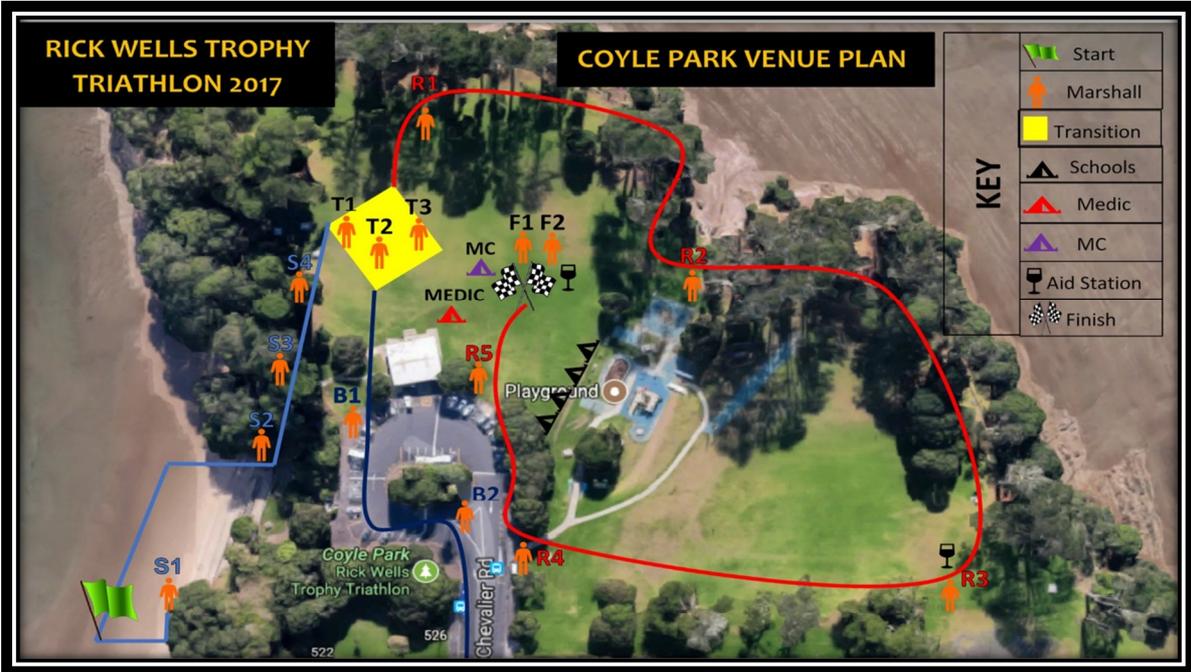
### **RUN**

This run is a loop on the inside perimeter of Coyle Park and goes in a clockwise direction. There will be Red Flags and orange cones to direct you around the course. It is 1 lap finishing under the Finish Arch. There is water available on the run course and when you finish.

- Please be aware that the course is on a public park and there could be other people in the area during our event. Always watch where you are going on your bike, be aware of other athletes around you and public using the park.



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**Race Briefing**

This is compulsory for all athletes and will be held 11.45 near the transition area (see race schedule for exact times). You will also receive more information when you are on the start one about the swim.

**Bike Checks**

If you are bringing your own bike and helmet for the event, please ensure that you have had these checked by your local bike shop to ensure that they are safe to ride and your helmet doesn't have any cracks. We will not have anyone to check bikes at the event so this must be done prior to arriving.

**Transition**

You will only need to bring into transition anything that you will use during your race. Make sure you leave your warm clothes etc. by your school tent. You will be told when you are allowed into the transition area to setup your gear.

**Race Numbers**

Everyone will receive a race number and pins in their race packs at registration. This needs to be pinned to the FRONT of your T-shirt or your togs if you are only wearing togs. Make sure you do not pin the 2 layers of your t-shirt together - it makes it difficult to put on!

**Prize Giving**

After the last race has finished we will have a short prize giving. This will be located by the finish line and school tents.

**Food & Coffee**

We will not have any coffee or food at the venue. Please ensure you come prepared with what you need, or make use of the surrounding local businesses.

**Parking**

There is plenty of parking in the surrounding streets near Coyle Park. Please ensure that you DO NOT park in a bus stop as you will be towed. Please also do not block any driveways around the course or close to the venue. The driveways at the park are used as emergency vehicle access and we require access to them at all times.

**School Tents**

There is plenty of room at the event to bring your school tent and we recommend this in case it is wet. The Triathlon will happen in any weather so please come prepared with appropriate clothing for all conditions.

**First Aid**

St Johns will be at the event, if you require any first aid or medical assistance please speak to one of the event team, marshals or go straight to St Johns who will be able to assist. During the swim, we will have Surf Lifesaving NZ who will manage this part of the event to ensure everyone is looked after during the swim.

If you have any medical conditions that we should know about, please ensure you inform the registration team when you collect your race pack.

**Rick Wells School Trophy**

This will be awarded at the Prize Giving to the school that has accumulated the most points across the events, which is why it is important to ensure each athlete has the correct race number. Make sure you cheer on your class mates to try and gain the most points to win the prize for your school!

Thank you to the following groups who have supported this event to help make it possible.

