

PUKEKOHE DUATHLON

By Auckland City Tri Club since 2009

SCHOOLS ATHLETE GUIDE (v7)

Sunday 22nd August 2021



Thanks to

**Pub
Charity**
Limited



National Duathlon Championships
Age Group | *Schools* | Para Tri



TRIATHLON NZ
NATIONAL SERIES

2021 NZ Schools
Sprint / Para Duathlon



Welcome

On behalf of the team at Auckland City Triathlon Club, we are excited to welcome you to Pukekohe.

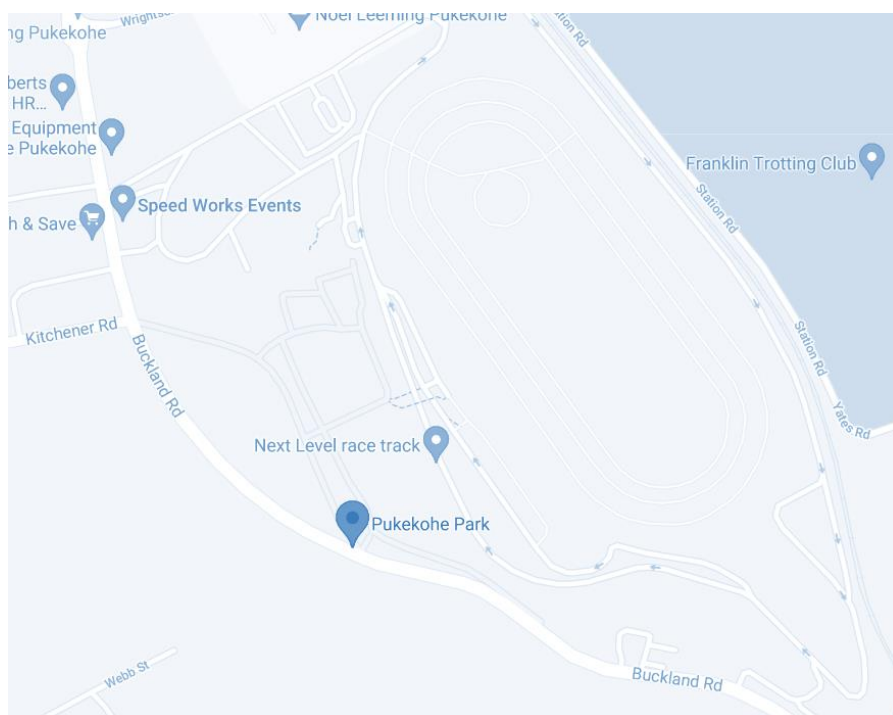
No matter whether you are a first time individual, making the most of being in a team or a seasoned duathlete – welcome, have fun and play fair...

Remember as a participant in this event you are responsible for your own safety and equipment.

- ✓ Please obey all rules.
- ✓ Please undertake everything you do within the race to your own capabilities and run, bike and run in a responsible and fair manner.

Venue

222/250 Manukau Road,
Pukekohe Hill 2120



- The onsite coffee/food caterer will be open

Event Detail | Schools Duathlon

Pukekohe Sunday 22 August 2021



	Start time	First run	Bike	Second run
Regn opens	7.30am	Pack pick up or late event registration.		
Regn Close	8.15am	Closed for Schools race, registration will remain open for National AG race		
Transition Closed	8.30 am			
Race brief	8.30am (compulsory for all). Next to transition			
U12/13	8.45am	1.6km Lap turn	8.4km 3 laps (2 laps para)	0.9km Lap turn
Under 14	9.10am	3km 1 standard lap	11km 4 laps	2.4 km 1 standard lap*
Under 16	9.30am	3.0 km 1 standard	14km 5 laps	2.4km 1 standard lap*
U19 (Open bike)	10.00am	4.6 km 1 standard lap + 1 extra inside track	16.6km 6 laps	2.4km 1 standard lap*
Under 19	10.00am	4.6km 1 standard lap, + 1extra inside track	19.5km 7 laps	2.4km 1 standard lap*
	11.35 am	Expected finish. Transition opens when last competitor completes. No bikes to be removed prior to this. Note National Sprint AG will be racking once transition opens		
Prize Giving	12.00pm (Schools race)			

A separate start for females 2 minutes after the males in each race.



Bike laps may alter dependent on category:

🚲 Championship or Open category See equipment page

🚲 Teams and individual options

✓ Events are draft legal except para categories.

✓ Para Tri events will run concurrently with the National Schools / AG events. Athletes entering the wheeled (non running) categories should advise event organisers and we will provide the course maps.



 U12/13 Turns
 U12/13 Para Athlete turn
 See map for detail



Course Details



- Each standard lap of the run is 3km (*except on final lap, 2.4km)
- Each additional inside cinder track is 1.5km (inner loop)
- Each standard lap of the bike is 2.8km

	Full lap	
Run 	Exit transition, stay on right of track to cinder track entrance. U19 run two laps of the inner cinder track before returning to transition on R1	
Bike lap 	Follow asphalt track around.	Last lap, enter finish via pit lane

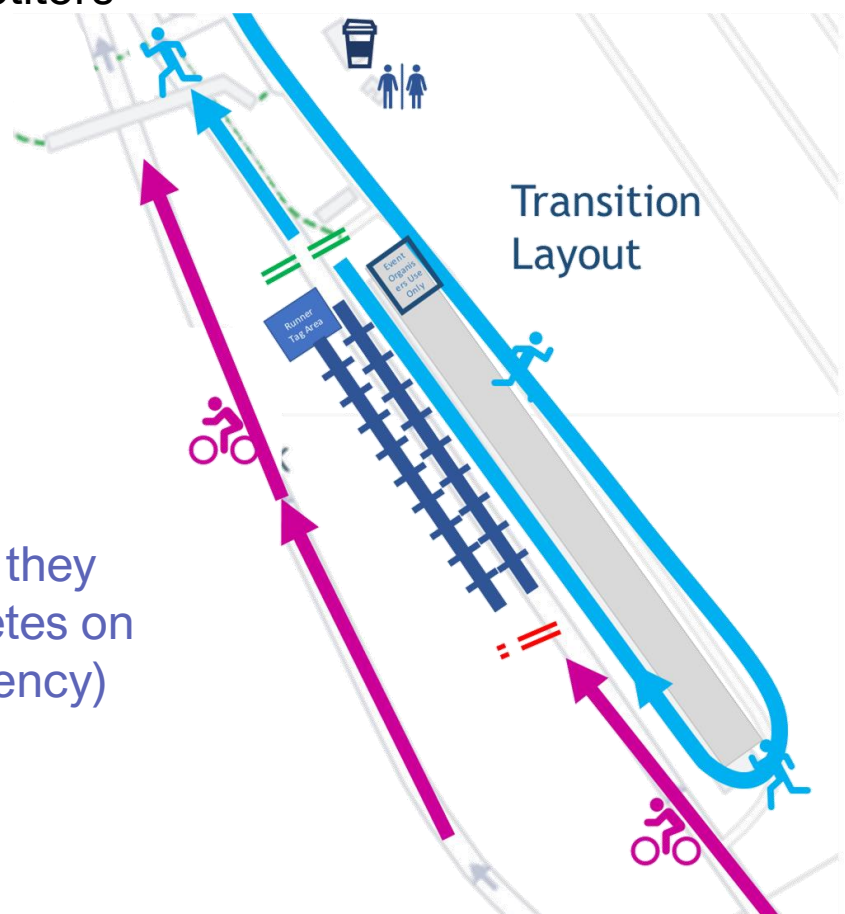


Transition

- Bike racks are laid out by age group block – you must follow the directions of transition director or marshals
- Only competitors are permitted in the transition areas
- Wind trainers must not be used in the transition area
- No boxes or bags to be left in transition.
Only the gear you need for racing to be left in transition
- Please ensure you leave your gear tidy beside your bike.
- Helmet must be fastened before removing your bike from the rack and remain fastened until you re-rack your bike in transition
- Push your bike to the mount line and get on your bike after the mount line
- Dismount before the dismount line and push your bike back to your spot
- You must return your bike to the same place it was racked at the start
- Be considerate of your fellow competitors

Reminder:

We encourage supporters; however, they may not enter transition or help athletes on the course (except in case of emergency)
This is for the fairness of all.



Run Course

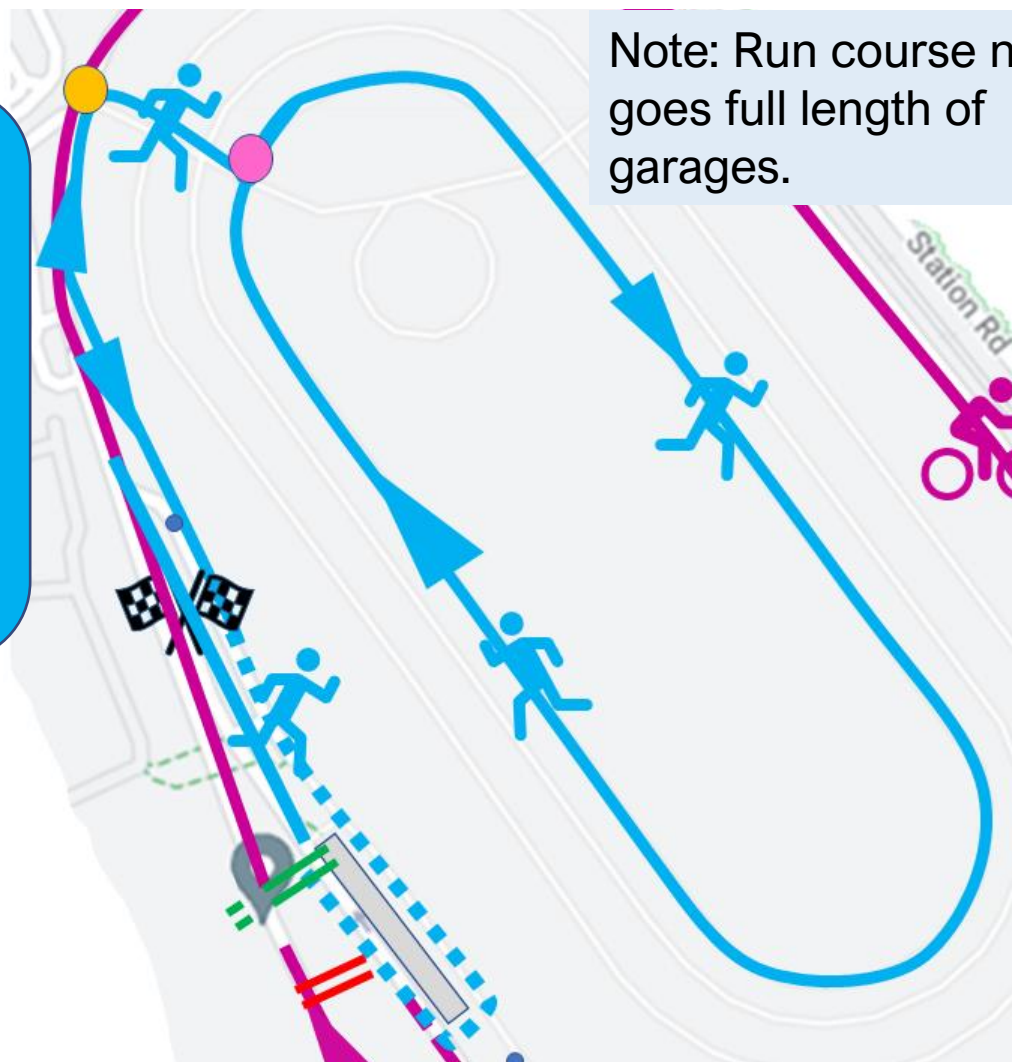
- The run course is clockwise and is predominantly on the inside race track. In the run section, you may walk if you wish.
- Where you are running multiple laps, the additional laps are on the inside (cinder) track.
- Matting *may* be laid between the tracks to reduce contact with mud, please take extra care over this section.
- The Para Tri (wheeled) course is a multi lap course that does not use the inside cinder track section. (we will supply map separately)
- The U12/13 Course turns at the pink mark (inside track junction) ●
- The U12/13 Para athletes will turn at the yellow turn ●

Note: sections of the run course are adjacent to the cycle course, so please stay within the cones and observe any instructions from signs or marshals

Standard lap refers to one full lap of the blue lines.

Extra inside lap refers to the inside circuit starting and finishing at the pink dot

Note: Run course now goes full length of garages.

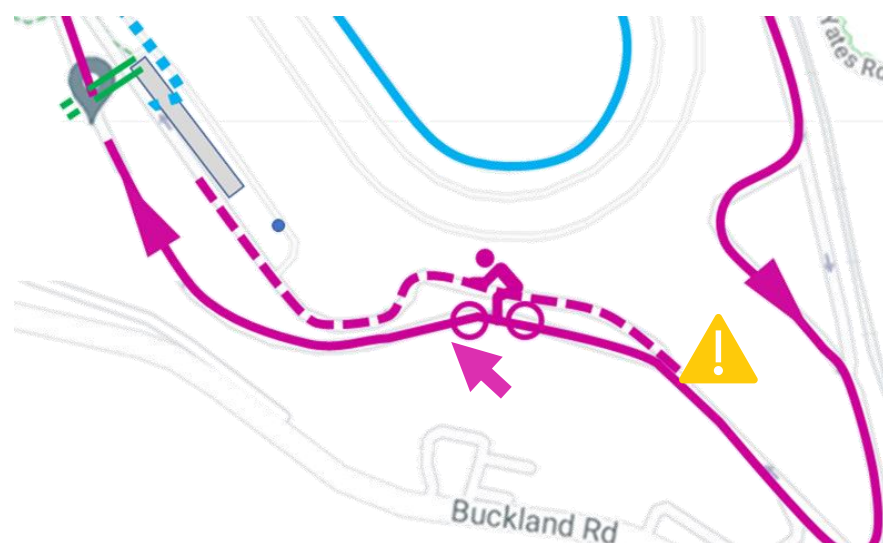


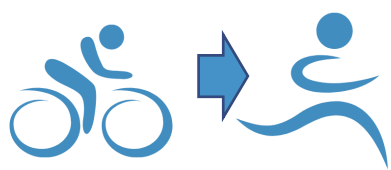
Cycle

- 🚲 Bikes may be.
Championship (generally road style) **or** **Open** - mountain/hybrid bikes. Different categories will be applied in the results, but all athletes start together. : See Cycle Equipment for further information.
- 🚲 Riders follow the course in a clockwise direction. The exit onto the course comes from the right-hand side – take care when entering the main track, looking to your left for other riders already on the course.
- 🚲 Riders must stay left unless passing. This is particularly important on the first section of the course where the track is shared with the runners who will be in a lane of the right. (coned)
- 🚲 Riders may not pass on the left. This is for the safety of all athletes. (and is the same as the road code)
- 🚲 Championship (road bike) is draft legal –between same gender athletes only.
- 🚲 Para athletes and Open bike athletes may not draft and should keep a minimum distance of 6m between riders.

Cycle Laps: Note:

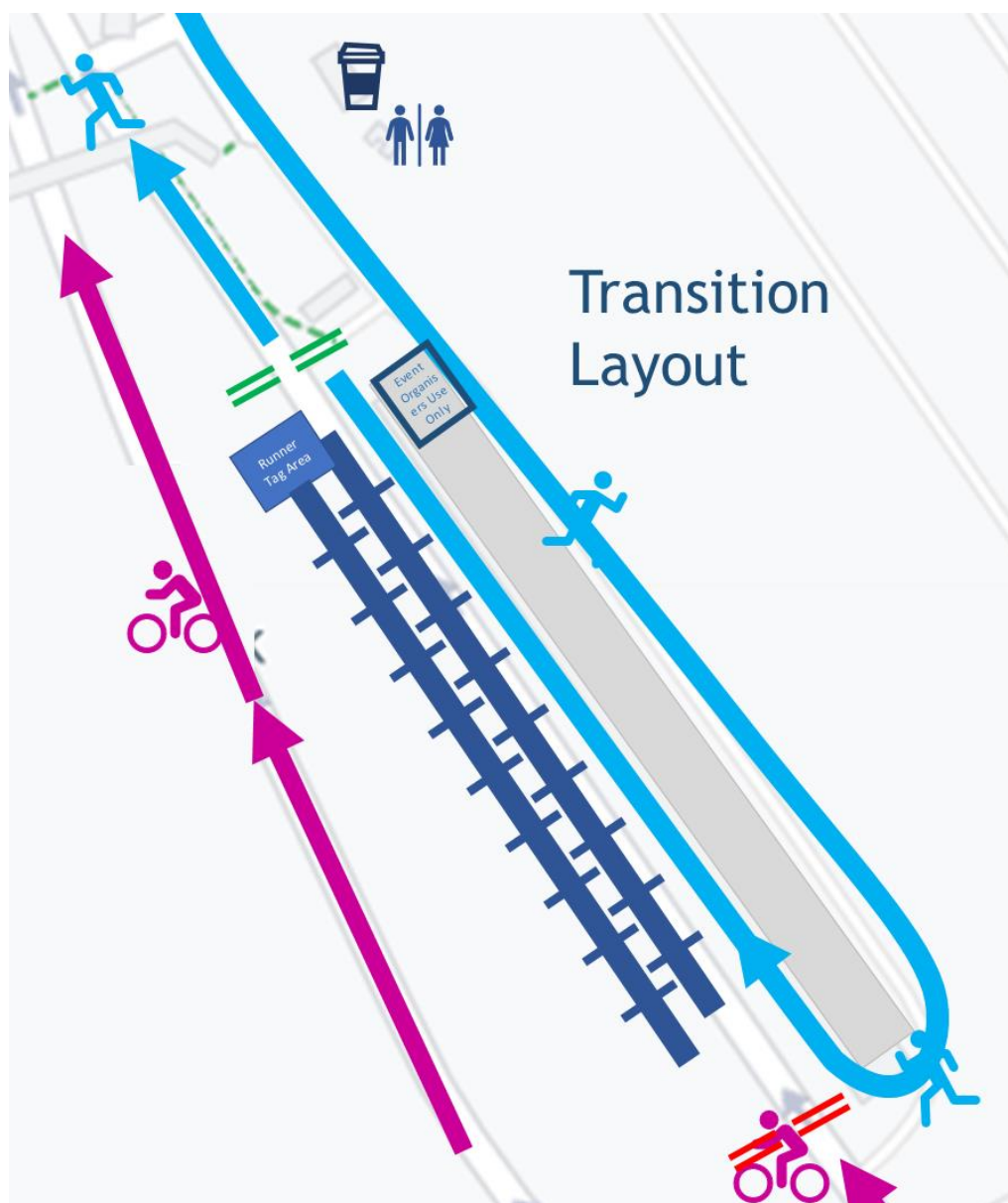
- 🚲 There will be timing mats on the cycle course registering each lap you complete. It is your responsibility to ensure you complete the required number of laps and anyone not completing the required number will be disqualified
- 🚲 *Cycle laps* – on your last lap, exit via pit lane as indicated by signs. (e.g. 3 laps = 2 $\frac{3}{4}$ laps). A marshall will be stationed at exit. You will be exiting on the **right hand** side, take care as you cross the track.





Cycle – Run Transition

- On your last lap of the bike, you will exit the course via the slip lane (follow markings on course). Do not pass under the motorsport gantry on your last lap.
- Ensure you dismount prior to the **dismount** line and mount only after the marked mount line as appropriate
- Ensure you rack your bike in the same place where it was originally racked
- You must rack your bike prior to unfastening your helmet.
- Exit transition in the direction of the start/finish line following the marked course and out onto the run course.
- Transition is set up on the left of the course – take care as runners may be coming through on your right.
- **Individuals are on the left/middle, teams on the right.**





Cycling – Draft legal



- Drafting can be a great option for experienced cyclists.
- This is a new option in our sport so we encourage you to be safe.

Note: it is the riders responsibility to ride within their ability and experience limits

Novice riders

- ✓ Keep left at all times
- ✓ Hold your line and pace, try to be very predictable in your actions. Don't be afraid to call out what you are doing
- ✓ If you are in a group, avoid harder braking where possible, and give yourself some space to the person in front. Have an escape route at all times
- ✓ If you are being passed, hold your line and don't make any sudden changes in lane direction. The bunch will pass you safely on the right.



Indicating a hazard to be avoided



Passing

Experienced riders

(= some experience with formal cycle training (1-2 years) and has been involved in Team Time Trialling and Bunch Training Rides)

- ✓ Give novice riders plenty of room, pass on the right with at least 1m space and do not cut in front of them. Call out when passing novice riders, (*"passing on right!"*). make sure they know where you are.
- ✓ Be predictable in all your movements, no sudden turns or braking.
- ✓ Hold your line and pace. Do not overlap wheels.
- ✓ Point out all hazards and communicate with others in your group (upcoming hazards and what is going on).
- ✓ Look ahead to what is going on (2-3 bikes ahead), not just on the wheel in front of you.



Cycle Equipment

- Bikes must be roadworthy and mechanically sound to ensure you do not cause an accident to yourself or others racing in the field). (check with your bike mechanic before the race)
- Any road (Championship), mountain or city style bike (Open) may be used, tick the correct category so you are racing fair. (See below). Different result categories will apply.
- *No electric bikes or time trial bikes. No aerobars.* Maximum depth of wheel rims is 45mm, no wheel covers may be used.
- This is a draft legal race; however, no drafting may occur between genders. Therefore, no males drafting off females or females off males.
- Ensure your race number is clearly visible from behind throughout the bike leg at all times either using a race belt or pinned to your cycle top
- Helmets must be worn

Choose your category : Championship OR Open



Note no aerobars or TT bikes permitted in either category.

/// Race Numbers & Transponders

- You will be given ONE race number (per individual or team), which must be worn for the entire race.
- Number should be at the front for the run and at the back on the bike
 - ♀ The best way to achieve this is to use a clipped race **belt** (**these will be available for purchase at registration for \$10 cash only**) or a piece of elastic with a couple of safety pins works well.
 - ♀ Alternatively, athletes MAY pin their race number to the front of their top
 - ♀ Teams will find a clip race belt the quickest and easiest to swap when tagging.



- ▶ Transponder should be secured with the Velcro strap around your ankle. (either one is fine)
- ▶ Bike number | to be secured around the seat post as indicated.

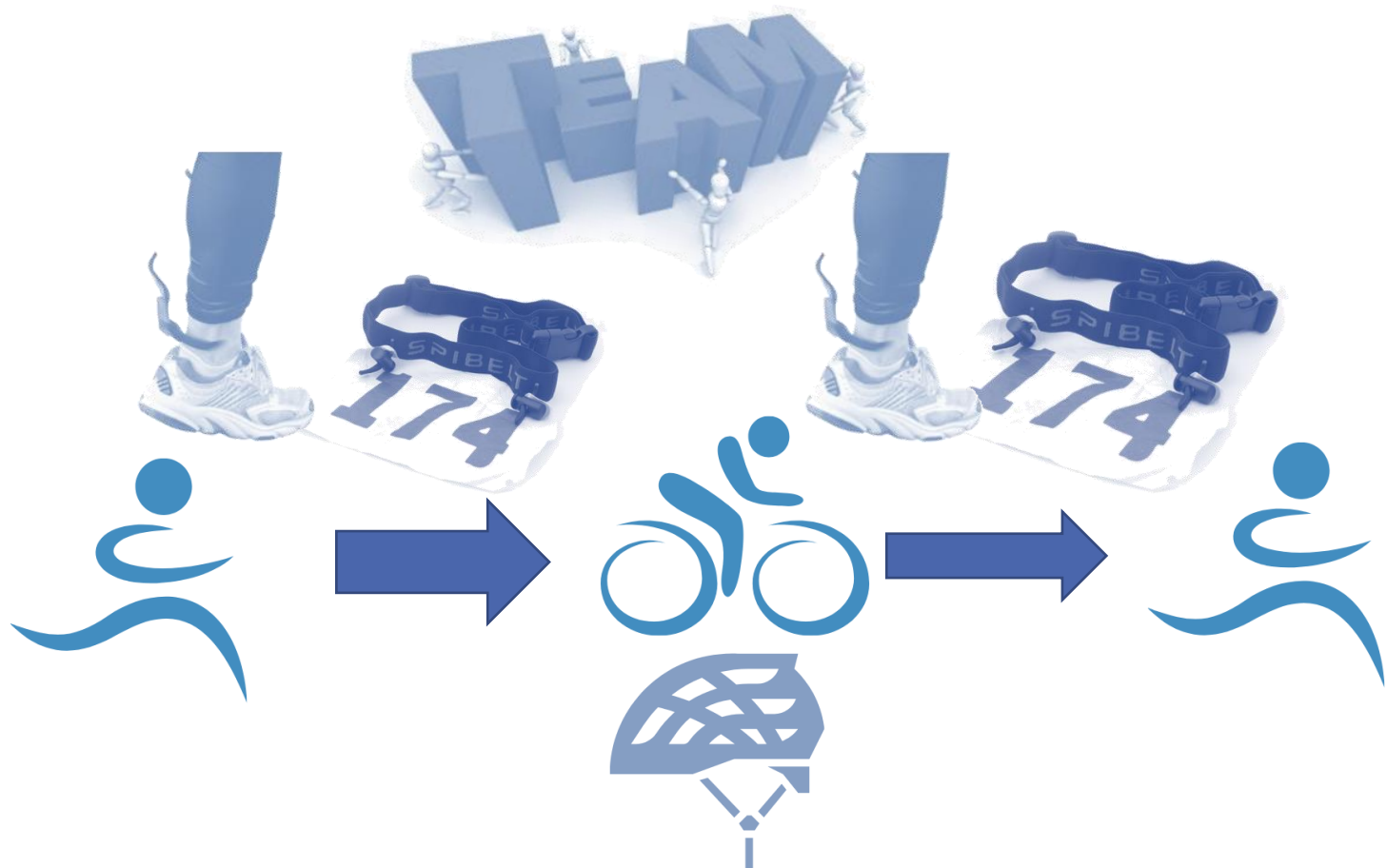


- ▶ Team athletes should complete their tag handover at the bike rack following normal bike instructions.



Team information

- NO warming up on the track after race briefing
- Wind trainers must not be used in the transition area
- Team racks will be on the **right** hand side nearest the sheds in age group blocks (as you face the exit)
- You must swap your timing chip and race number from each person for each leg (see note recommending clipped race belt)
- Cyclist – you may have your helmet on in the transition area, rack to rack helmet requirement still applies.
{Helmet must be worn clipped up when un-racking and racking bike during race.}
- Tag your team mate at the bike rack – taking care not to impede the flow of other athletes. Cyclist may not un-rack their bike until the full tag changeover has been made.





Finishing & Prizegiving

- Once you pass under the finish gantry, you have completed your race ! Well done...
- Come forward to the volunteer team who will assist you with removing your timing chip – these must be removed and returned (you will be charged for any non returned chips)
- Ensure you rehydrate and stay warm after you finish. There will be complimentary *hot soup* immediately after the finish.
There is a coffee and food vendor onsite.
- Bikes and other gear may not be removed from transition until the race is finished and/or the transition director gives permission, This is for the safety of all athletes.
- Get yourself warm, cheer for your mates and return for the prize giving once all competitors have finished and results have been verified.
- Please note: There are two prize giving times – the first for the NZ School Sport Championships (incl Para athletes), the second is for the National Sprint (AG) and Para Athletes.

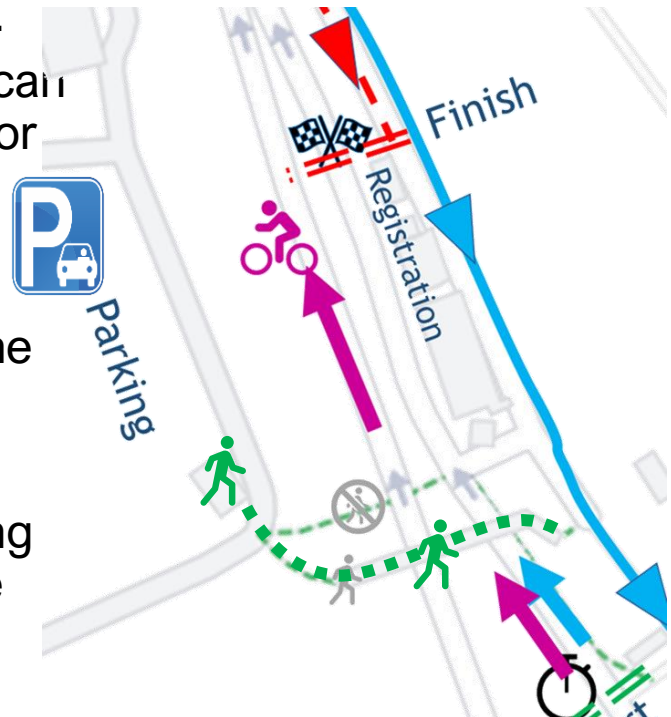




Information for Supporters

Parking

- ✓ Please follow signage/marshal instructions.
- ✓ Ensure all access ways are kept clear. We cannot run the event if an egress is blocked (for emergency reasons.)
- ❑ You may cross the track at anytime using the overhead pedestrian bridge.
- ❑ Access to the transition and racetrack is across the track – this will be **closed** during racing and no one will be able to cross the track until the race is clear.



Viewing

- There is viewing on the grandstand.
- Please stay off the run course and do not go onto the bike track. You may hinder the athletes as well as endangering athletes and yourself



Food and beverages on site

- The onsite coffee and hot food vendor will be open.
- You are welcome to bring a picnic
- ***Please bring your re-usable coffee cup, as we are encouraging a zero waste event.***



Fair Play : Fair Sport

- This is a rubbish free event, please look after our precious place and do not drop litter.
- Once you have finished, please do get out and support / encourage those that are still racing!
- In an emergency see one of the marshals who will be able to assist.
- If you withdraw, please immediately advise event personnel.
- Remember – the spirit of good sportsmanship is an important part of our sport – look out and encourage each other...and race hard and fair.
- Thank a volunteer! Without these people we couldn't put the event on, so take the time to say thanks 😊 and have a terrific day.



Contingency Courses

While we always hope that the sun will be shining, and the wind stays away, and the world stays pandemic free – we need to plan just in case; so

- If the weather (wind, rain or other) makes the conditions unsafe for competitors and volunteers, we will alter the course if possible or it may be cancelled. We will monitor weather forecasts leading up to the event and advise if this is a likely scenario.

Please refer to the Auckland City Tri Club website and Facebook page for further information and updates.

- The event can only proceed at Alert Level 1 in respect to Covid or other Health related guidance.



Keep Covid Safe – *SCAN IN*

A unique QR code will be at the event, all spectators, athletes, volunteers and staff are required to scan in – keep us all safe.

Personal responsibility of participants

- All participants (including athletes, volunteers, spectators, vendors etc) must scan the Covid QR code on arrival at the site.
- If you, or someone you are in close contact with, have symptoms of cold or flu, are unwell or who are waiting on test results for COVID19 please do not attend the event.
- Regularly clean your hands with an alcohol-based hand sanitiser or wash hands with soap and water, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing. Athletes should sanitise their hands after finishing the race.
- Cough into your elbow and avoid touching your eyes, nose, and mouth with unwashed hands.
- If a participant displays COVID19 symptoms (cold and flu) post race, we ask that you notify Auckland City Tri Club and your School (if relevant) as soon as possible.



Scanning in helps
to keep us open

Unite
against
COVID-19

New Zealand Government

The Auckland City Tri Club Duathlon can only operate at Level 1 or below.

Protect yourself and others from COVID-19



Wash your hands
with soap and water
often (for at least 20
seconds). Then dry.



Cough or sneeze
into your elbow or by
covering your mouth
and nose with tissues.



Clean and disinfect
frequently touched
surfaces and objects,
such as doorknobs.



Don't touch your eyes,
nose or mouth if your
hands are not clean.



Put used tissues
in the bin or a bag
immediately.



Stay home if you
feel unwell.

For updates and more information on
keeping yourself safe, visit [Covid19.govt.nz](https://www.covid19.govt.nz)

New Zealand Government

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PROTECT_A4_2020



Onsite Catering Options

<u>Brunch at the Track</u>		PUKEKOHE MOTORSPORT 2020	
<u>Drinks</u>		<u>Open Hours: 7:30am-12:30pm</u>	
	Regular	Large	
Flat White	\$5	\$6	
Latte			
Cappuccino			
Mochaccino			
Hot Chocolate			
Long Black	\$4	\$5	
Short Black			
Earl Gray Tea	\$3	\$4	
English Breakfast			
Flavour Shot	\$1		
Fluffy	\$1		
Soda	\$3.50		
Water		\$5	
<u>Brunch</u>			
Streaky Bacon & Egg on a Bun	\$8		
BLT Sandwich – Bacon, Lettuce & Tomato	\$8		
Toasted Muesli with Berry Yogurt	\$5		
Muffins – Assorted Flavours	\$4		
Slice – Assorted Flavours	\$4		
Hot Chips	\$6		
Battered Hotdog on a Stick	\$5		

Summary of rules

- ✓ All athletes must compete in a sportsperson like manner
- ✓ You must obey race officials at all times and treat other competitors, officials and volunteers with respect and courtesy: there is no race without them
- ✗ Do not accept assistance from anyone not competing in the race
- ✗ You must not use any headsets (for music or otherwise)
- ✗ Do not discard bottles or anything else on any part course or field of play. You can discard in the transition only where your gear is stored. Do not leave gear in access lanes
- ✗ You may not be paced by coaches or supporters
- ✗ You cannot race with bare torso [your upper body must be covered]
- ✗ If you deliberately impede the progress of another competitor, you will be disqualified.
- ✓ The cycle is draft legal. – keep left and be courteous, signalling your intentions well .
- ✓ Protests must be lodged with the race referee within 30 minutes of the race completion. Referee panel is the Race Director. Only the race referee has the authority to deal with protests, do not ask marshals or other volunteers to resolve these issues as they are not able to assist.

Have a great race and enjoy yourself!

This event is conducted with accordance from the Tri NZ rules which can be found at [triathlon.kiwi/rules](https://www.triathlon.kiwi/rules)

National Championships

All athletes in the Championship divisions of the duathlon are eligible for National Championship placings (and medals)

These are awarded to each gender and age group band.

Competition Jury for the Duathlon

Technical Delegate – Brian Lenehan
Race Referee – Annabel Lush
Tri Board Delegate – TBA

Please see Tri NZ rules for
any queries regarding
protests and process

Thanks to Sponsors and partners

Thank you to all the volunteers and sponsors who have made this event happen.

Tri NZ Technical officials/Auckland City Tri Club



**AKL
CTY
TRI
CLB**

Please thank the members of Auckland City Tri Club for enabling this event to happen in 2021 – it is your memberships that have made this event happen.



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