



Triathlon Championships



Tuesday 20 February 2024

Maraetai Beach, Auckland

Welcome

On behalf of the team at College Sport, we are excited to welcome you to Maraetai.

A big thank you to Triathlon NZ and Auckland City Triathlon Club for ensuring this event happens!

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

Thanks - the team at College Sport

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

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



Event Overview

Location	Maraetai Beach
Date:	Tuesday 20 February 2024
Transition Opens/Closes	Approx 08.45am until 09.10am
Prize Giving	12.00pm
Event Completion (expected)	12.20pm

Open to all Auckland Secondary School students

- ✓ Age Under 14 – Under 19 inclusive.
 - ✓ Do it all or gather a team. This is the perfect start to the school year.
 - ✓ No wetsuits allowed for U14 or U16 swim. If the water is 20degrees or above, then there will be no wetsuits for U19.
 - ✓ Mountain bike or Road bike (separate categories). Closed roads.
 - ✓ Run is on a mix of hardpacked trail and footpath.

Grade	Swim Leg	Bike Leg	Run Leg
U14 Boys/Girls/Teams (incl U12/ U13)	250m	8km	3km
U16 Boys / Girls/Teams	500m	16km	4km
U19 Boys / Girls / Team	750m	16km	5km

08.45	Transition opens for racking. Registration open
09.00am	Compulsory Managers and Volunteers meeting (by race registration tent)
09.10am	Transition closes
09.15am	Race Briefings for all competitors
09.25am	Compulsory safety briefing U19 (500m / 16 kms / 5km)
09.30am	U19 Males start followed by Female start +2 min gap
09.55am	Compulsory safety briefing U16 athletes (500m / 16kms / 4km)
10.00am	U16 Male start followed by Female start +2 min gap
10.25am	Compulsory safety briefing U14 Athletes (250m / 8km / 3km)
10.30am	U14 Male start followed by Female start +2 min gap
12.00pm	Prize Giving (or when last athletes safely off the course)

Under 14 Race Information

Information provided applies to U12, U13 and U14 categories starting together.

Start time: 10.30am (Boys) and 10.32am (Girls)

	Distance	Laps
Swim	250 m	1 lap (see map)
Bike	8kms	1 lap (see map)
Run	3kms	1 lap

TRANSITION

Please rack your bike as instructed in the College Sport U14 section.

- Bike racks are laid out in age groups to assist with flow and safety. Do not impede any other athlete's gear.
- Ensure your race bib is either on a race belt or pinned to your race top.
- *NO parents or coaches* in transition – athletes only.
- If you need help, ask the marshals or the Transition Director (who will be wearing a high vis vest)



SWIM LEG



- Ensure you are at the start area on the left side of the jetty (as shown) at least 5mins before the start time.
- Ensure you have your goggles, cap, and transponder on.
- The team will be keeping an eye on you, if you are nervous or unsure, chat to the swim director at the start.

Swim anticlockwise diagonally out across the water to the yellow buoy. Swim around the buoy, and head directly back into the shoreline.

Exit the swim course and make your way up the ramp to transition



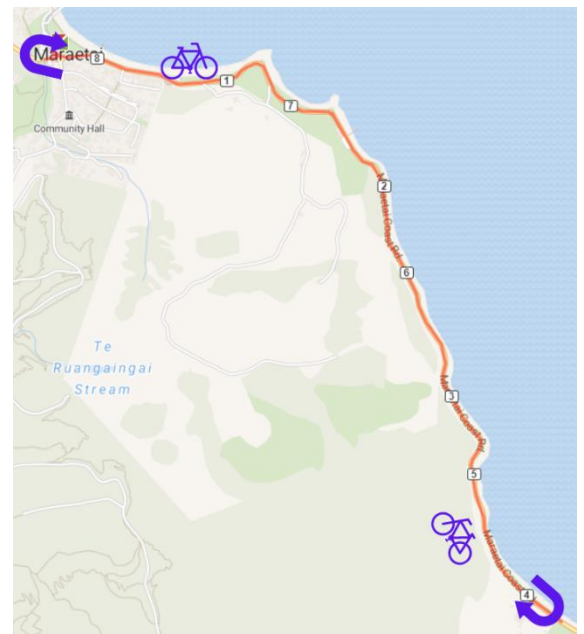
BIKE LEG



Bike course is **ONE** lap along Maraetai Beach Rd, before a U-turn just prior to the Umupuia Marae (*It is approx. 4km in each direction*)

On the return leg, go around the round about and follow back to transition. Do not unclip your helmet until your bike is racked.

- No drafting allowed.
- Please assume road is open at all times.
- You must **NEVER** cross the centreline of the road.
- Keep left at all times.
- Road or Mountain/city bike (open) categories. See equipment.



RUN LEG

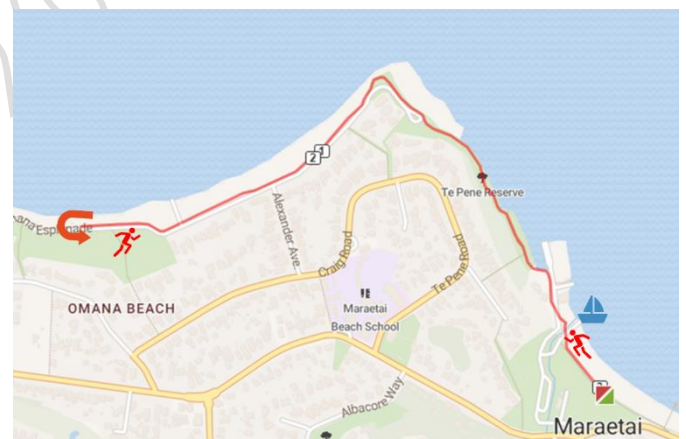


After racking bike, runners head out onto the run course, heading North towards the boat ramp and out towards Omana Beach Reserve.

Complete **ONE** full lap of the run course.

Take care crossing the boat ramp area and obey any marshall instructions.

Finish under the gantry and enjoy the celebrations.



PRIZEGIVING



Please see prize giving section.

Prize Giving starts at 12.00pm (or when last person safely off the course)

Medals awarded to 1st, 2nd, and 3rd in each individual category. Winning teams will receive a certificate.

Under 16 Race Information



Start time: 10.00am (Boys) and 10.02am (Girls)

	Distance	Laps
Swim	500 m	1 lap (see map)
Bike	16kms	2 laps (see map)
Run	4kms	1 full lap + one part lap

TRANSITION

Please rack your bike as instructed in the College Sport U16 section.

- Bike racks are laid out in age groups to assist with flow and safety. Do not impede any other athlete's gear.
- Ensure your race bib is either on a race belt or pinned to your race top.
- NO parents or coaches in transition – athletes only.
- If you need help, ask the marshals or the Transition Director (who will be wearing a high vis vest)



SWIM LEG



- TWO LAP swim
- Ensure you are at the start area on the left side of the jetty (as shown) at least 5mins before the start time.
- Ensure you have your goggles, cap, and transponder on.
- The team will be keeping an eye on you, if you are nervous or unsure, chat to the swim director at the start.

Swim anticlockwise diagonally out across the water to the yellow buoy. Swim around the buoy, and head directly back into the shoreline before rounding the exit buoy and swimming an additional lap. No running along the beach.

On final lap exit the swim course and make your way up the ramp to transition



BIKE LEG



Bike course is **TWO** laps along Maraetai Beach Rd, before a U-turn just prior to the Umupuia Marae (It is approx. 4km in each direction)

On the return leg, go around the roundabout and back out along the same course.

On completing the second lap follow back to transition. Do not unclip your helmet until your bike is racked.

- No drafting allowed.
- Please assume road is open at all times.
- You must **NEVER** cross the centreline of the road.
- Keep left at all times.
- Road or Mountain/city bike (open) categories. See equipment.



RUN LEG

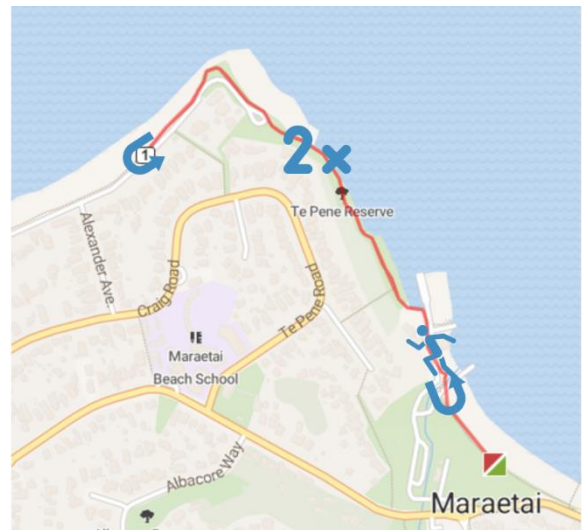


After racking bike, runners head out onto the run course, heading North towards the boat ramp and out towards Omana Beach Reserve.

Complete **TWO** full laps of the SHORT course turning at the U16 sign on the run course.

Take care crossing the boat ramp area and obey any marshall instructions.

Finish under the gantry and enjoy the celebrations.



PRIZEGIVING



Please see prize giving section.

Prize Giving starts at 12.00pm (or when last person safely off the course)

Medals awarded to 1st, 2nd, and 3rd in each individual category. Winning teams will receive a certificate.

Under 19 Race Information

Start time: 9.30am (Boys) and 9.32am (Girls)

	Distance	Laps
Swim	500 m	3 laps (see map)
Bike	16kms	2 full laps (see map)
Run	5kms	1 full lap + one short lap

TRANSITION

Please rack your bike as instructed in the College Sport U19 section.

- Bike racks are laid out in age groups to assist with flow and safety. Do not impede any other athlete's gear.
- Ensure your race bib is either on a race belt or pinned to your race top.
- NO parents or coaches in transition – athletes only.
- If you need help, ask the marshals or the Transition Director (who will be wearing a high vis vest)



SWIM LEG



- THREE LAP swim
- Ensure you are at the start area on the left side of the jetty (as shown) at least 5mins before the start time.
- Ensure you have your goggles, cap, and transponder on.
- The team will be keeping an eye on you, if you are nervous or unsure, chat to the swim director at the start.

Swim anticlockwise diagonally out across the water to the yellow buoy. Swim around the buoy, and head directly back into the shoreline before rounding the exit buoy and swimming each additional lap. No running along the beach.

On final lap exit the swim course and make your way up the ramp to transition



BIKE LEG



Bike course is **TWO** laps along Maraetai Beach Rd, before a U-turn just prior to the Umupuia Marae (*It is approx. 4km in each direction*)

On the return leg, go around the roundabout and back out along the same course.

On completing the second lap follow back to transition. Do not unclip your helmet until your bike is racked.

- Draft legal – please ride within your ability.
- Please assume road is open at all times.
- You must **NEVER** cross the centreline of the road.
- Keep left at all times.
- Road or Mountain/city bike (open) categories. See equipment.



RUN LEG

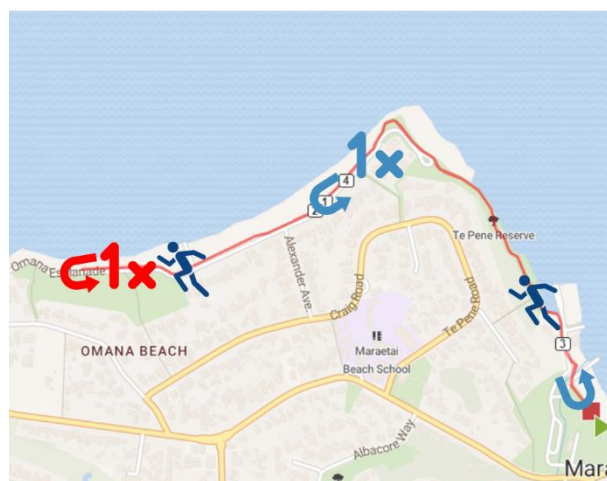


After racking bike, runners head out onto the run course, heading North towards the boat ramp and out towards Omana Beach Reserve.

Complete the **first lap** to the long lap turn before returning and at the transition area, turn and head back out for your **second lap** to the short turn and head back to the finish.

Take care crossing the boat ramp area and obey any marshall instructions.

Finish under the gantry and enjoy the celebrations.



PRIZEGIVING



Please see prize giving section.

Prize Giving starts at 12.00pm (or when last person safely off the course)

Medals awarded to 1st, 2nd, and 3rd in each individual category. Winning teams will receive a certificate.

Information and Race Rules

Age groups

- Juniors - Under 14 years on 1 January in the year of competition (Includes U12 and U13)
- Intermediates - Under 16 years on 1 January in the year of competition
- Seniors - Under 19 years on 1 January in the year of competition

Team events



- Teams are to consist of: 2 or 3 competitors for Triathlon (individuals complete one discipline then tag their team member).
- Changeovers between team members must take place inside the transition designated area.
- The oldest person in the team determines the age category of the team.
- Team members must represent the same school to be eligible for awards.

School Team Management

All teams must have a teacher or adult with them on the day. This person is to sign in the school's participants and attend a manager briefing before the races start. They need to be aware of any medical problems of their school's participants, implement the rules of the competition, and supervise their students. Teams without supervision may not be able to participate.

Registration

On arrival, the TIC for the day must report to the College Sport registration desk to receive their registration pack. This includes all the race tags and 2 waiver forms. Please sign one waiver form with any details that need changing/scratchings etc. and return to the registration desk.

Hand out the race bib, swim caps (if reqd), record any scratchings, incorrect spelling etc. and return the signed waiver form, any unused race tags back to the registration desk before the manager and race briefings.

Race Transponders

Please give the correct numbered transponder to the corresponding person. The transponders are on Velcro straps and are to be worn around the competitor's ankle.

Teams: The swimmer will remove the transponder in the transition area and hand to the runner, who must secure it on their ankle before leaving transition. These must be taken off after crossing the finish line and put in the return box.

Any missing transponders will be charged for (\$100+GST). Please note, athletes may only race once on the day either as an individual or in a team – not both.

Swim Leg Information



- Swim caps to be worn (please supply your own), we may have some spares at registration.
- Wetsuits are optional.
- No fins, paddles, snorkels, or other flotation devices are allowed.
- Water safety craft includes kayaks and powered craft.
- Swim may be with or without wetsuit. Expected water temperature is 19° C.

Parking



Schools are advised to find parking away from the designated course and reserve. Please do not park inside the ground, those trying may be directed back out of the school. Schools may drop off van loads of bikes and students before the event and then park elsewhere.

Para Athletes Grade

As part of College Sport Auckland's ongoing commitment to inclusion, there is a Para category for the Triathlon for both individuals and teams as part of the College Sport Auckland Triathlon Series.

Participants in the Para-teams section may be from the same or different schools. If the participants are from different schools, they may enter a composite team as per the College Sport application form for any sports.

It is recommended that, Para Triathlon participants must:

- Have a provisional classification
- Train and compete regularly in their chosen discipline(s) for this event

Forms to apply for a Provisional classification can be found [here](#):

If you have any questions, please contact the Paralympics New Zealand Classification Manager at classification@paralympics.org.nz

Para participants will compete in their age category (Junior, Intermediate, Senior)

Open Bike Category



Open Bike)

An 'Open Bike' category is also available to encourage more students to participate. Participants may race on a mountain bike or city style bike for the biking leg of the race. Electric bikes will not be allowed. Please choose the appropriate category when entering students in ENTERNOW (Either Road Bike or

Prize Giving

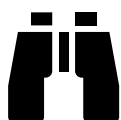


Prize giving will be held at approximately 12pm

- Place getters (only) are recognised at the prize giving.
- Medals are awarded to 1st, 2nd, and 3rd in each individual championship.
- In team events, medals are awarded to 1st place only.

A full set of results will be available on College Sport Auckland web site www.collegesport.co.nz

Spectator Viewing



There are many places to watch the action along the course, please be mindful of competitors and follow marshals' instructions at all times.

Parents and teachers are encouraged to come and support; however, they may not enter transition or help athletes on the course (except in case of emergency). This is for the fairness of all.

Food and beverages on site



There will be a coffee van on site, please bring your own reusable cup.

You are welcome to bring a picnic.



Bike 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, mountain, or city style bike (open) may be used, tick the correct category so you are racing fair.
- ☑ No electric bikes.
- ☑ Only U19's may draft; however, no drafting may occur between genders. Therefore, no males drafting off females or females off males. (No drafting in Under 14 race – a gap of 10m from bike in front)
- ☑ Ensure your race number is always clearly visible from behind throughout the bike leg either using a race belt or pinned to your cycle top.
- ☑ Helmets must be worn with helmet sticker clearly visible at the front.

Non-Drafting (U14/U16)



U14

U16

Draft legal racing (U19)



U19

Race Equipment

Clothing

We encourage competitors to wear their appropriate School sports uniform and be part of a team. (Tri suits, togs, singlets etc)

Timing Transponders

A timing transponder will be allocated to you at registration. You must wear the transponder on your ankle at all times during the race. No transponder means no time recorded.

If you don't race or fail to complete the course, you must return the transponder to the timing desk at the finish line. Any transponders that are not returned will result in a \$100 replacement fee. Transponders are non-transferable.

For the Team Tag Triathlon, you will have one timing transponder per team and this transponder must be passed to the next team member (as in a relay) in your designated changeover area in transition (by bike racks).

Race Numbers

You will be allocated a printed race number which you must wear for the bike and run. A simple way of wearing this is to use a race belt or a piece of wide elastic and pin it to the elastic (so you can have the number turned to your back on the bike and the front on the run.) There will be safety pins at registration if required. (You can of course just pin to your top).

A race number helmet sticker must be applied to the front of your helmet.



Drafting Tips (U19 only)



Drafting can be a great option for experienced cyclists. For many riders, this may be a new experience, and we encourage you to ride safe. Note: it is the rider's 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.



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.

We encourage athletes to contact their local Tri club for more information on cycling workshops on offer: triathlon.kiwi/find-a-club/

Race Guidelines & Safety



Team Managers are responsible for the following:

- Ensuring prior to entering your athletes into the competition, they are confident swimmers and can complete the required age group distance.
- Checking the safety of their competitors throughout the entire race, especially at the finish of each leg.
- Ensuring all competitors understand the safety requirements of the Rules of the Road. They must also instruct competitors that the roads are open to normal traffic, and to ride or run the designated course.

Competitors responsibilities

- Must attend the Compulsory Race Briefings.
- Obey all event organiser and marshals' instructions, non-compliance of these rules may lead to a time penalty or disqualification.
- All protests must be submitted in writing, by the school sports coordinator or appointed representative to the event organiser; protests included the conduct of another competitor, race marshal decisions or condition of the course. This must occur within 30 minutes of the competitor finishing their race. The event organiser will investigate and let the TIC know the outcome as soon as possible; if a decision cannot be made on the day, the SC of the school will be contacted once a decision has been made.
- All competitors and supporters are to practice good sportsmanship and fair play at all times.
- You are responsible for your own safety and the safety of others.
- Keeping on and knowing the course.
- Headphones, radio sets etc are not permitted while competing in the event.
- If a person near you is injured, please provide assistance and inform the nearest race marshal.

All events are approved/endorsed by College Sport Auckland, are attended by a First Aid unit, have council approved standards for water and road safety (where necessary).

Heat/ Dehydration/ Medical Conditions/ Hyperventilation

- It is recommended that adequate fluids are consumed 24 hours before the event.
- Team managers must be aware of any medical conditions, including asthma of all competitors under their supervision.
- Emergency contact details must be available from the team manager if required.
- Team managers / parents must advise competitors about dealing with hyperventilation, heat stress, or dehydration as a result of competing in this event.



Race Rules

The race will be guided by Triathlon NZ rules.



- ☑ You must always obey race officials 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 may not wear headphones or digital music devices.
- ☑ You must not be paced by coaches or supporters

- ☑ You must have your torso covered during the cycle and run sections. This can be in the form of your togs, a singlet or t-shirt etc.
- ☑ Keep your gear close by your bike so others do not trip over or get held up by it.
- ☑ Remember in the U19 race, you may only draft with same gender athletes. U14 and U16 athletes may not draft.
- ☑ Do not discard anything on the course, including bottles. You can discard in your transition area only, but please clear your rubbish when you leave.
- ☑ If you deliberately impede the progress of another competitor, you will be disqualified.
- ☑ No personal equipment is to be removed from transition until the transition technical official opens transition (for each event)
- ☑ Protests must be lodged with the race director within 30 minutes of the race completion. Only the race director in association with College Sport 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.

- 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.

Have a great race and enjoy yourself!





Transition Rules

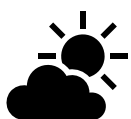
- ☑ Bike racks are laid out by age group block – you must follow the directions of transition director or marshals.
- ☑ Only competitors are permitted in the transition areas, parents and teachers may not enter this area.
- ☑ Wind trainers must not be used in the transition area.
- ☑ Your helmet must 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 (flags and a line on the ground will mark these)
- ☑ After the cycle leg dismount your bike 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.
- ☑ 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 is tidy beside your bike. Be considerate of your fellow competitors (including wetsuit, goggles, and caps)

Team Tag Area

Teams are a great way to be involved and try the sport out... so make the most of it:

- ☑ Teams will start with the same gender and age group as individuals.
- ☑ Team members must tag between each member and change over the timing chip.
- ☑ Team members must wait in the allocated team tag area, cyclists may wear their helmets while they wait.
- ☑ Cyclists must re rack their bike before tagging their runner. Note helmet must be worn when racking and re-racking your bike.
- ☑ Please do not warm up on the course when individuals are racing.





Contingency Courses

- ☑ While we always hope that the sun will be shining, and the wind stays away – we need to plan just in case; so
- ☑ If the water is choppy but still safe to swim the water safety team may decide to shorten the swim based on their knowledge and ability to safely manage the athletes. The rest of the event will remain the same.
- ☑ If the water is too rough to swim the event will become a duathlon event. Participants will complete a 500m run instead of the swim section of the event. The rest of the event will remain the same. (This also applies to water quality issues)
- ☑ If there is an incident on the cycle course the event will become a swim/run also known as an Aquathlon. Participants will complete the swim section of the event and then transition to their running equipment (skipping the cycle).
- ☑ Should we need to make any of these changes, we will inform you at least 30mins before their start.



Communication and Results

All the results and images will be posted on the College Sport Instagram Page and Website as soon as they are available.

Also check out the Facebook page for photos and more.



collegesport.co.nz/



@CollegeSportAuckland



Key Contacts

College Sport
Hamish Muirhead

Frankly Done
Lynley Twyman and a team from
Auckland City Tri Club and
associated.

Thank You

Events like these just can't happen without the generous gift of time by a whole raft of people – so take the time to acknowledge and thank them if you have a chance.

On behalf of us... THANK YOU to.

- Schools including the Sports Department teams.
- Parents / Teachers
- College Sport
- Our Event Organisers (Frankly Done)
- Support from Triathlon New Zealand and Auckland City Triathlon Club
- Volunteers (including many friends from the Triathlon club community and the event organisers)
- Athletes for making it possible.



What's coming up next?

Date	Event	What	Where
Tues 12 March	College Sport Aquathon	Swim, Run	St Kentigern's College
21/22 March	NZ Schools Tri Champs	Individual Tri and Mixed Team Relays	Mt Maunganui
Tues 11 June	College Sport Duathlon	Run, Bike, Run	Ambury Park
Sun 4 August	NZ Schools Duathlon	Run, Bike, Run	Ambury Park