



Aquathon Championships



Wednesday 22 March 2023

St Kentigern's College, Auckland

(V3 – Corrected)

Welcome

On behalf of the team at College Sport, we are excited to welcome you to St Kentigern's College.

Thank you to the College for hosting this event, we hope you enjoy being part of something special

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



Event Overview

Location	St Kentigern College
Date:	Wednesday 22 March 2023
Transition Opens	8.30am
Prize Giving	11.00am
Event Completion (expected)	11.30am

Open to all Auckland Secondary School students

- ✓ Age Under 14 – Under 19 inclusive.
- ✓ Teams and individual options

Grade	Swim Leg	Run Leg
U14 Boys/Girls/Teams (incl U12/ U13)	400m	4km
U16 Boys / Girls/Teams	500m	4km
U19 Boys / Girls / Team	750m	6km

- 08.30am Transition open. Registration open
- 9.00am Compulsory Managers and Volunteers meeting (by race registration tent)
- 9.05am Race Briefings for all competitors
- 9.20am U19 Males followed by Female start +2 min gap (Teams race with their gender)
- 9.45am U16 Males followed by Female start +2 min gap (Teams race with their gender)
- 10.10 am U14 Males followed by Female start +2 min gap (Teams race with their gender)
- 11.00am Prize Giving

Note High Tide is at 9.54am

Shared Run course uses a public path, and signs will be displayed advising that racing is happening. We will do our best to marshall and manage any public interaction.

Please note your times carefully.

Under 14 Race Information

Information provide applies to U12, U13 and U14 categories starting together

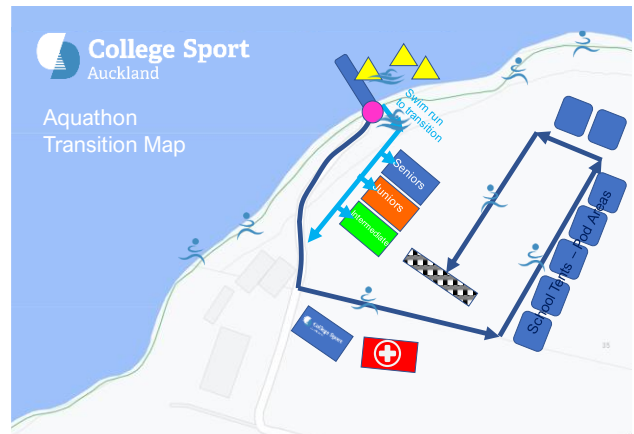
Start time: 10.10am (Boys) and 10.12am (Girls)

	Distance	Laps
Swim	400 m	1 lap (see map)
Run	4kms	1 lap

TRANSITION

Please place your gear as instructed in the College Sport U14 section

- Ensure your race bib is either on a race belt or pinned to your race top. (See note re race belts)
- 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 assembled near the pontoon 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 directly out across the water to the yellow buoy. Swim clockwise around the buoys, and head directly back into the shoreline.

Exit the swim course and make your way up the grass hill to transition (do not head up the gravel path)

Note: Pontoon entry. Exit will be a land exit – with carpet laid over the cobbles. Course will be set up in the morning and will be either rectangular or triangle course

RUN LEG



After completing transition, run west out of transition, down the gravel path and then hard left at the bottom heading onto the shared rotary path.

Complete ONE full lap of the run course.

Finish under the gantry and enjoy the celebrations.

PRIZEGIVING



Please see prize giving section.

Prize Giving starts at 11.00am

Medals awarded to 1st, 2nd, and 3rd in each category.



Under 16 Race Information



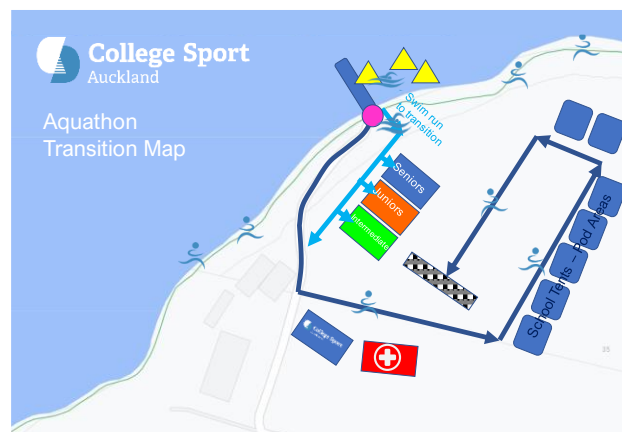
Start time: 9.45am (Boys) and 9.47am (Girls)

	Distance	Laps
Swim	500 m	1 lap (see map)
Run	4kms	1 lap

TRANSITION

Please place your gear as instructed in the College Sport U16 section

- Ensure your race bib is either on a race belt or pinned to your race top. (See note re race belts)
- 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 assembled near the pontoon 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.



(Note swim buoys will be adjusted between age group races)

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

Exit the swim course and make your way up the grass hill to transition (do not head up the gravel path)

Note: Pontoon entry. Exit will be a land exit – with carpet laid over the cobbles. Course will be set up in the morning and will be either rectangular or triangle course

RUN LEG



After completing transition, run west out of transition, down the gravel path and then hard left at the bottom heading onto the shared rotary path.

Complete ONE full lap of the run course.

Finish under the gantry and enjoy the celebrations.

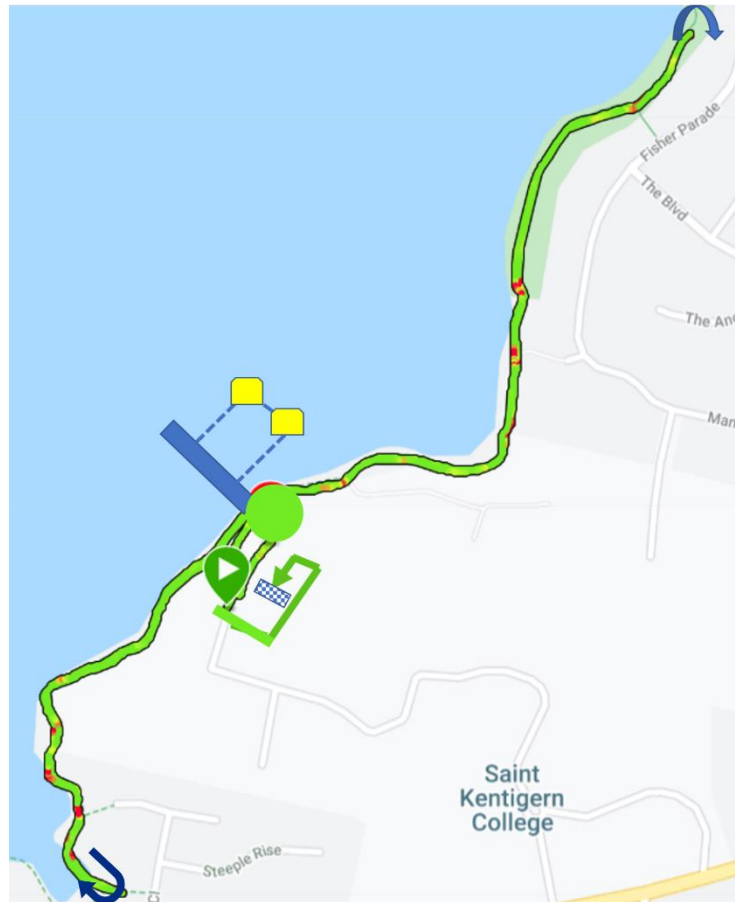
PRIZEGIVING



Please see prize giving section.

Prize Giving starts at 11.00am

Medals awarded to 1st, 2nd, and 3rd in each category..



Under 19 Race Information

U19

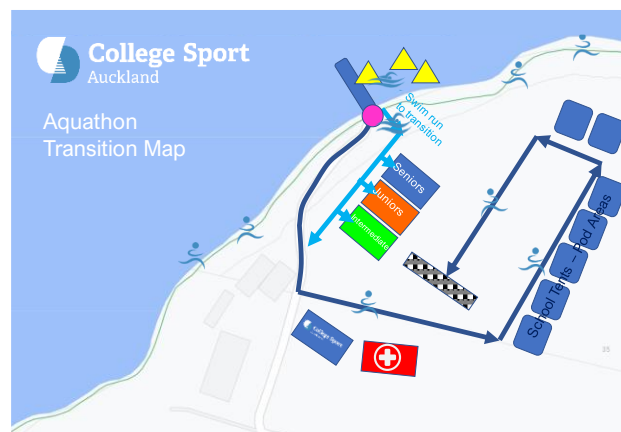
Start time: 9.20am (Boys) and 9.22am (Girls)

	Distance	Laps
Swim	750 m	1 lap (see map)
Run	6kms	1 5 laps

TRANSITION

Please place your gear as instructed in the College Sport U19 section

- Ensure your race bib is either on a race belt or pinned to your race top. (See note re race belts)
- 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 assembled near the pontoon 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.



(Note swim buoys will be adjusted between age group races)

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

Exit the swim course and make your way up the grass hill to transition (do not head up the gravel path)

Note: Pontoon entry. Exit will be a land exit – with carpet laid over the cobbles. Course will be set up in the morning and will be either rectangular or triangle course (and will be adjusted between races)

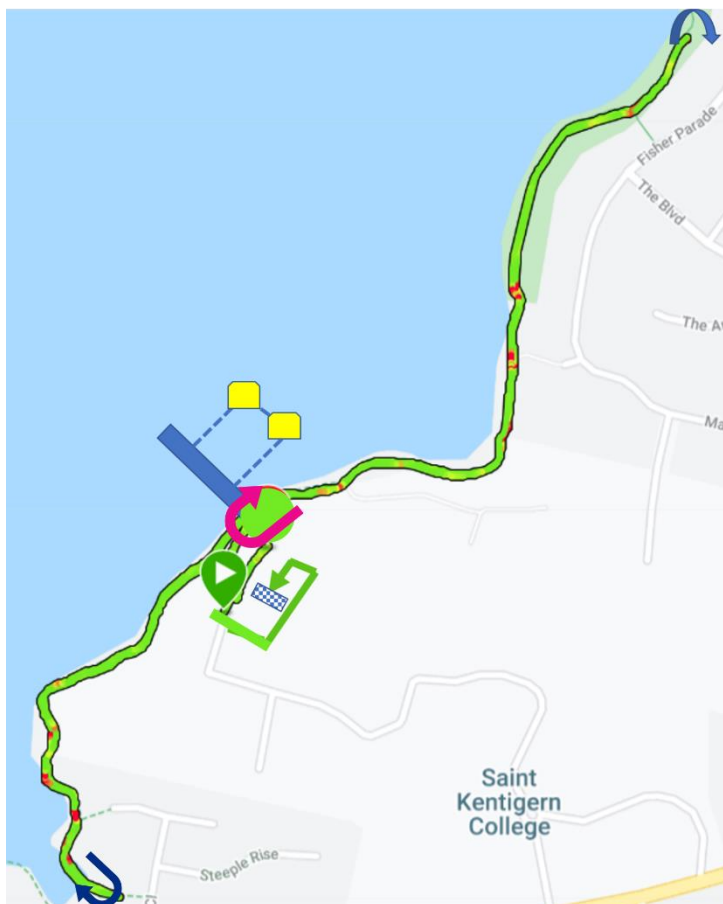
RUN LEG



After completing transition, run west out of transition, down the gravel path and then hard left at the bottom heading onto the shared rotary path.

Complete ONE full lap of the run course. Then turn by the pontoon and repeat the second HALF of the course before heading back up the gravel path towards and around to the finish.

Finish under the gantry and enjoy the celebrations.



PRIZEGIVING



Please see prize giving section.

Prize Giving starts at 11.00am

Medals awarded to 1st, 2nd, and 3rd in each category.

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 competitors for Aquathon (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 tags (race bib), swim caps, 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 are compulsory. Please provide your own.**
- Wetsuits are optional (not exceeding 5mm thickness)
- 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

- ⚠ All participants must be competent swimmers and be confident over their age group distance.
- ⚠ **Swim wear must be appropriate for sea swimming;** no pockets, jeans, tee shirts, board shorts, or any other items of negative buoyancy are permitted. The Race Director reserves the right to withdraw any competitor for unsafe swim wear.
- ⚠ No sharp rings are permitted on hands, to avoid injury to others.
- ⚠ Position your swim start according to your ability. Slower swimmers should start at the side or back of the group.
- ⚠ Should you have difficulty in the swim or wish to withdraw, raise one arm directly above your head or splash water; water safety will come to your aid.
- ⚠ Competitors must swim around the buoys or marked turnaround points.
- ⚠ **A cut-off time will apply in the swim leg;** any competitor in the water twice the time of the first swimmer can expect to be withdrawn by the Race Officials.

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 equipment incl. school tents 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 Aquathon 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 Aquathon 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)

Prize Giving



Prize giving will be held once all athletes have finished, and results are tallied.

- 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.

Schools may bring pop up tents for shade and camaraderie.

Food and beverages on site



You are welcome to bring a picnic.

We encourage you to bring your own drink bottles with plenty of extra.

The Coffee Guy will be onsite – please bring your reusable cup.



Please take all your rubbish home with you and recycle responsibly.

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

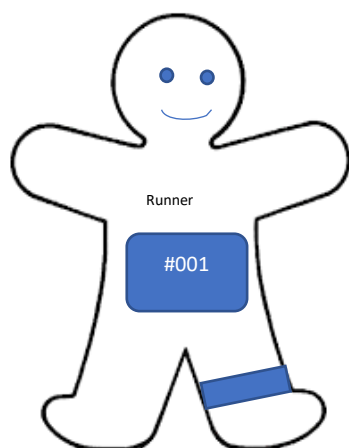
A timing transponder will be allocated to you at registration. You must wear the transponder on your ankle at all times during the race. No transponder means no time recorded.

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 Aquathon, 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 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 under your wetsuit in the swim and on the front on the run.) There will be safety pins at registration if required. (You can of course just pin to your top).



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 event. They must also instruct competitors that the shared path is open to the public.

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.
- Keeping on and knowing the course.
- Headphones, radio sets etc are not permitted while competing in the event.
- You are responsible for your own safety and the safety of others. 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 run sections.
This can be in the form of your togs, a singlet or t-shirt etc.
 - ☑ 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

- ☑ Only competitors are permitted in the transition areas, parents and teachers may not enter this 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 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.(by transition)
- ☑ 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 run 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)
- ☑ 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.

Results will also be available on Peoplestri.co.nz.
Also check out the Facebook page for photos and more.



collegesport.co.nz/



@CollegeSportAuckland



Key Contacts

College Sport
Dean Flyger

Medical and On Water Safety
Event Medic Safety - Chris Griggs

Frankly Done
Lynley Twyman
Katie Gormley (Transition)
Jillian Walker (Swim Director)
Timing – MyTime
Bart Muylie

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)
- Volunteers (including many friends from the Triathlon club community and the event organisers)
- Athletes for making it possible

