



Duathlon Championships

Wednesday 28 June 2023

Ambury Park, Auckland



Welcome

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

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...

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 run, bike and run in a responsible and fair manner.



Event Overview

Location	Ambury Park
Date:	Wednesday 28 June 2023
Transition Opens	8.30am
Prize Giving	11.45am
Event Completion (expected)	12.30pm

Open to all Auckland Secondary School students

- ✓ Age Under 14 – Under 19 inclusive.
- ✓ Road bike and open bike category (mountain / city style). Separate entry /results categories apply.
- ✓ Teams and individual options

Grade	Run 1	Bike Leg	Run 2
U14 Boys/Girls/Teams (incl U12/ U13)	2.7km	10km	2.5kms
U16 Boys / Girls/Teams	3.5kms	15kms	2.5kms
U19 Boys / Girls / Team	5kms	21km*	2.5kms

Note: U19 Open Category bike is 15kms – please ensure athletes are entered in the correct category.

<u>Time</u>	<u>Section</u>
8.30am	Transition open for racking. Registration open
9.00am	Compulsory Managers and Volunteers meeting (by race registration tent)
9.20am	Race Briefings for all competitors
9.25am	Compulsory safety briefing U14 Athletes
9.30am	U14 Male start followed by Female start +2 min gap
9.45am	Compulsory safety briefing U16/U19 athletes
9.50am	U16 Male start followed by Female start +2 min gap
10.20am	Compulsory safety briefing U19
10.25am	U19 Males start followed by Female start +2 min gap
11.45am	Prize Giving

Teams compete with their gender start.

No mixed teams without prior approval.

Under 14 Race Information

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

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

	Distance	Laps
Run 1	2.5kms	1 lap (see map)
Bike	10kms	1.5 lap (see map)
Run 2	2.5kms	1 lap (Run 2 route)

TRANSITION

Please rack your bike as instructed in the 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)



RUN LEG ONE



Starting at the Start/Finish line, head out through Ambury Park left onto the Watercare path following the signs for the 2.5 kms run. (Clockwise on dark yellow route)

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

Run back into transition.

Duathlon - Run U14 | 2.5km

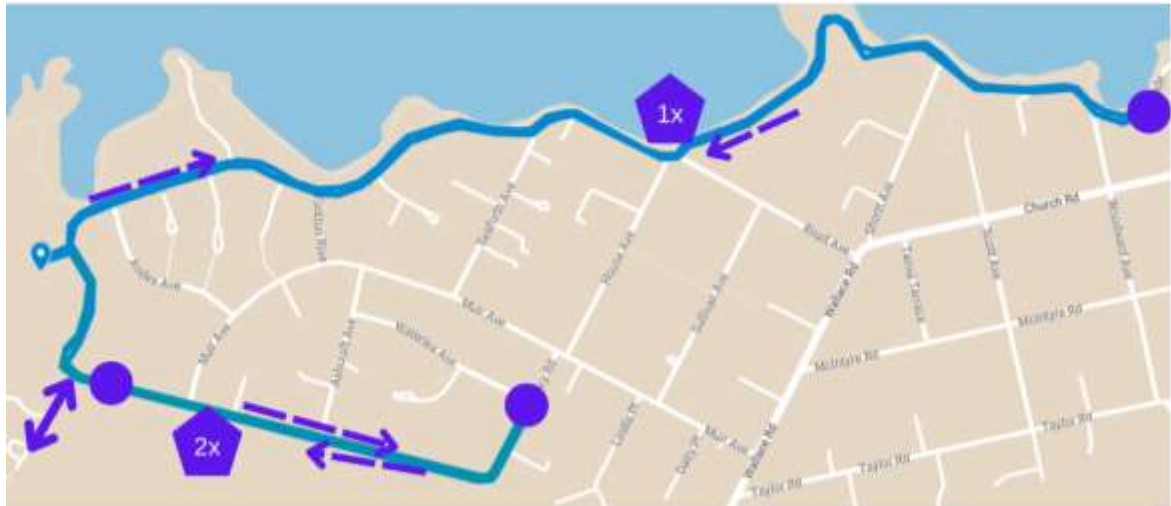


BIKE LEG



Bike course is ONE full lap along Kiwi Esplanade before a U-turn then back past transition before another U-turn along Ambury Park Road.

Just prior to entry back into the park, there is another turn section, go back around to repeat the second half lap.



On the return leg go into the park 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.

*Note: There is **NO PASSING** on the short gravel section inside Ambury Park. Please take care on this section.*

RUN LEG TWO



After racking bike, runners head back out on the run course, turning right and completing the out and back along the off-road coastal section.

On the return leg, finish under the gantry and enjoy the celebrations.



PRIZEGIVING



Please see prize giving section.

Under 16 Race Information



Start time: 9.50am (Boys) and 9.52am (Girls)

	Distance	Laps
Run 1	3.5kms	1 lap (see map)
Bike	15kms	2 laps (see map)
Run 1	2.5kms	1 lap

TRANSITION

Please rack your bike as instructed in the 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)



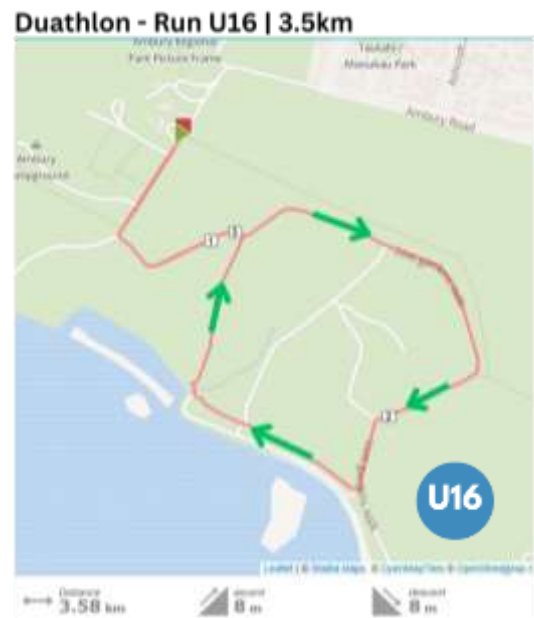
RUN LEG ONE



Starting at the Start/Finish line, head out through Ambury Park left onto the Watercare path following the signs for the 3.5 kms run. (Clockwise on green route)

Complete **ONE full lap** of the run course. (3.5kms)

Run back into transition.



BIKE LEG



Bike course is **TWO** full laps of the course along Kiwi Esplanade before a U-turn then back past transition before another U-turn along Ambury Park



Road. After the second lap head into transition. Do not unclip your helmet until your bike is racked.

- No drafting allowed. Maintain a 10m gap to the person in front of you unless passing!
- 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.

Note: There is NO PASSING on the short gravel section inside Ambury Park. Please take care on this section.

RUN LEG TWO



After racking bike, runners **head** back out on the run course, turning right and completing the out and back along the costal section.

On the return leg, finish under the gantry and enjoy the celebrations.

PRIZEGIVING



Please see prize giving section.



Under 19 Race Information

Start time: 10.25am (Boys) and 10.27am (Girls)

	Distance	Laps
Run 1	5kms	1 lap (see map)
Bike	21kms*	3 laps (see map)
Run 1	2.5kms	1 lap

*(Open Bike 2 laps – separate category applies)

TRANSITION

Please rack your bike as instructed in the 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)



RUN LEG ONE



Starting at the Start/Finish line, head out through Ambury Park left onto the Watercare path following the signs for the 5 kms run. (Clockwise on **Blue route**)

Complete **ONE lap** of the run course. (5kms)

Run back into transition.

Duathlon - Run U19 | 5km



BIKE LEG



Bike course is **THREE** laps along Kiwi Esplanade before a U-turn then back past transition before another U-turn along Ambury Park Road.

After the **THIRD** lap head back into transition. Do not unclip your helmet until your bike is racked.

Open Bike Course is 15kms (TWO Laps) – please ensure you enter the correct category.



- Drafting allowed *except in Open Bike category. Drafting only with the same gender
- 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.

Note: **There is NO PASSING on the short gravel section inside Ambury Park.** Please take care on this section.

RUN LEG TWO



After racking bike, runners head back out on the run course, turning right and completing the out and back along the coastal section.

On the return leg, finish under the gantry and enjoy the celebrations.



PRIZEGIVING




Please see prize giving section.

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

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- Teams are to consist of: 2 competitors for Duathlon (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 Teacher in Charge (TIC) for the day must report to the College Sport registration desk to receive their registration pack. This includes all the race bibs and transponders and 2 waiver forms.

Hand out the race bibs/transponders, 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 runner/cyclist will remove the transponder in the transition area and hand to the next leg team member, 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.

Please note, athletes may only race once on the day either as an individual or in a team – not both.

Parking



Schools and parents 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 park.

Schools may drop off van loads of bikes and students before the event and then in designated parking but will be unable to leave the site prior to prizegiving..

Please do be mindful of the community and residents in the area and do not block their access.

Para Athletes Grade

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

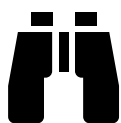
Para participants will compete in their age category (Junior, Intermediate, Senior)

Open Bike Category



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. Ensure athletes are entered into the correct division on EnterNow

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.
- This is a zero-waste event – you must take home anything you bring to site. If you see rubbish, please pick it up and dispose responsibly.



Prize Giving



Prize giving will be held at approximately 11.45am

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

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

Taking care of Ambury Park

We are privileged to be able to use this stunning venue. Things to note:



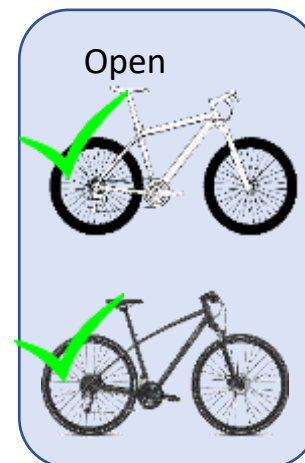
- Do not feed the animals (like us they all have their own diets)
- Please leave your dogs at home
- Ambury Park is smoke free.
- Be courteous – there may be volunteers and others accessing the site to feed animals or undertake other educational activities.



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 or U16 races or Open bike categories – 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.

Non-Drafting (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, 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.

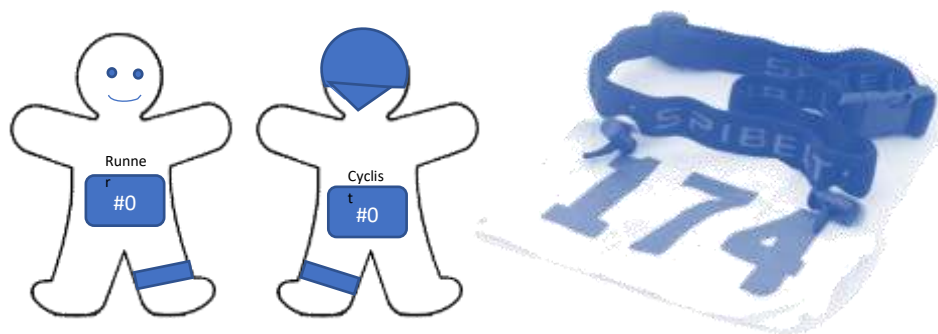
If you don't race or fail to complete the course, you must return the transponder to the timing desk at the finish line. Any transponders that are not returned will result in a \$100 replacement fee. Transponders are non-transferable.

For the Team Tag Duathlon, 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).

Teams will be issued with one race number, and it will need to be passed between team members at the team tag changeover area (easiest way is to have the race number on a race belt)



Transition Guide



- ☑ 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 on the transition rack it was positioned 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 athletes

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. Helmets must be worn and stay fastened when racking and re-racking your bike.
- ☑ Please do not warm up on the course when individuals are racing.



Drafting Tips (U19 Road bikes 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 contact their local Tri club/ ARYC 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 runners and cyclists and can complete the required age group distance.
- Being aware of any medical conditions, including asthma, of all athletes under your supervision.
- Checking the safety of your athletes throughout the entire race, especially at the finish of each leg.
- Ensuring all athletes competitors understand the safety requirements of the Rules of the Road. You They must also instruct your athletes competitors that the roads are open to normal traffic, and to ride or run the designated course.
- All protests must be submitted in writing, by the teacher in charge (TIC) 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 sports coordinator of the school will be contacted once a decision has been made.

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.
- Always practice good sportsmanship and fair play.
- 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 and 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.
- Emergency contact details must be available from the TIC if required.
- Team managers/TICs/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 a tri suit, singlet, or t-shirt.
 - ☑ 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.
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- 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!





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 there is an incident on the course, we reserve the right to alter the course or course length.
- 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.



collegesport.co.nz/



@CollegeSportAuckland



Key Contacts

College Sport
Dean Flyger

Frankly Done
Lynley Twyman

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.

