



Duathlon Championships Entry Information 2023

Dates	Wednesday 28 th June
Venue	Ambury Farm Park, Ambury Road, Mangere Bridge
Age Groups	Junior U14, Intermediate U16, Senior U19 (as at 1 January 2023)
Grades	Boys & Girls Individuals, Boys/Girls/Mixed Teams Para Athlete Boys & Girls Individuals

Entries

- Entries must be submitted online via [EnterNOW](#) by **11.59pm on the 14th June**
- Entries received after the entry closing date may be accepted at the discretion of College Sport.
- Please note – there will be a separate grade for road racing bikes and hybrid/mountain (Open) bikes to enable a fair race open to all.

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.

Officials/Volunteer Marshals

Every school shall provide an adult volunteer to act as a marshal for the day. Marshal responsibilities will be allocated proportionality to School entry numbers* – so some schools may require additional support and those with minimal numbers may be consolidated to help ease the load fairly.

Thank you for helping to ensure that our events are run safely and fairly – and we can continue to provide access to the sport for all.

**Marshal ratios: 1-10 competitors = 1 marshal, 11-20 = 2 marshals, 21+ 3 marshals.*

Para Athletes Grade

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

It is recommended that, Para 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:

<http://www.paralympics.org.nz/Pathway/Classification/Classification-Forms>

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)

Fees

- Refer to information in EnterNOW
- College Sport will invoice schools once the entries have closed.
- Withdrawals after the entry closing date will still be liable for the entry fee.
- \$30 fee for any missing transponders

Registration

- On arrival, the TIC for the day must report to the registration desk to receive their registration pack. This includes all the race tags and 2 waiver forms. Please sign one waiver form and if any details are incorrect make the necessary changes and return to the registration desk.
- Hand out the race tags, 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.
- Two categories of bike style will be on entry form, please nominate correct version. All athletes will start together in their age-related wave, only the results will be differentiated.
- A compulsory race briefing will be held for each age group 20 minutes prior to each race time.
- For safety reasons, ALL bikes need to be tracked by 10am on race day even if the participants do not start until a later wave. Bikes cannot be removed from transition until the last person is off their bike and finished the run.

Start *Subject to change*

Approximate Start times are shown below:

10.30am – Juniors

10.45am – Intermediates

11.00am – Seniors

Distances

Age Group	First run		Bike		Second run	
Junior Under 14	1 lap	2.5km	4 laps	10km	1 lap	2.5km
Intermediate Under 16	1 lap	3.5km	5 laps	15km	1 lap	2.5km
Senior Under 19	2 laps	5km	6 laps	21km*	1 lap	2.5km

*U19 Open Category bike is 15km