



# Duathlon Championships Tuesday 11 June 2024



**Pukekohe Park, Auckland**

## Welcome

On behalf of the team at College Sport, 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...

### *Thanks - the team at College Sport*

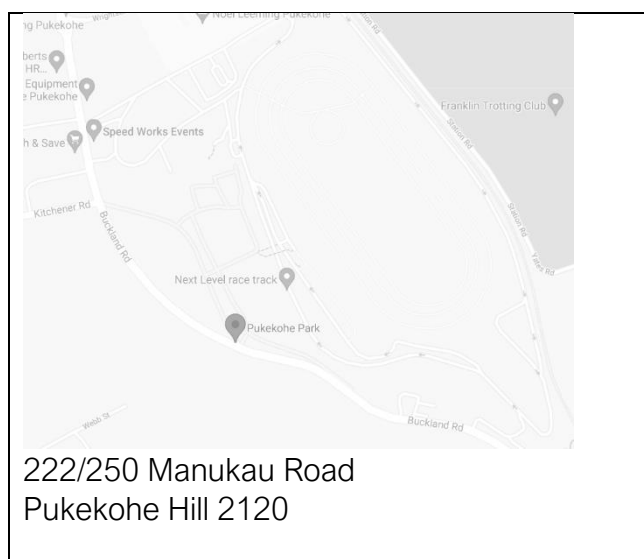
Remember as a participant in this event you are responsible for your own safety and equipment.

- ✓ Please obey all 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

- Schools are encouraged to bring tents and set up in designated area opposite registration.
- The onsite coffee cart will be open, please bring your re-usable cup.
- It can be cold at Pukekohe; ensure you bring a windproof jacket and warm clothes



## Event Overview

Location	Pukekohe Park
Date:	Tuesday 11 June 2024
Transition Opens	Approx. 9.30am
Transition Closes	10:50am
First race	11am
Prize Giving	1.00pm
Event Completion (expected)	1.30pm

Open to all Auckland Secondary School students

- Age Under 14 – Under 19 inclusive.
- ✓ Do it all as an individual or gather a team.
- ✓ Mountain bike or road bike (separate categories). Closed bike course.
- ✓ Run is on a mix of hardpacked cinder /gravel and asphalt.

Grade	Run Leg 1	Bike Leg	Run Leg 2
U12/U13/U14 Boys/Girls/Teams	3km	11km	2.4km
U16 Boys / Girls/Teams	4.6km	14km	2.4km
U19 Boys / Girls / Team	4.6km	19.5km	2.4km
U19 Boys / Girls / Team (incl. OPEN non-road bikes)	4.6km	16.6kms	2.4km

9.30am	Transition opens for racking. Registration open
10.30am	Compulsory Managers and Volunteers meeting (by race registration tent)
10.45am	Transition closes
10.45am	Race Briefings for all competitors
10.55am	Compulsory safety briefing U19
11.00am	U19 Males start followed by Female start +2 min gap
11.25am	Compulsory safety briefing U16 athletes
11.30am	U16 Male start followed by Female start +2 min gap
11.55am	Compulsory safety briefing U14 Athletes
12.00pm	U14 Male start followed by Female start +2 min gap
1.15pm	Prize Giving (or when last athletes safely off the course)

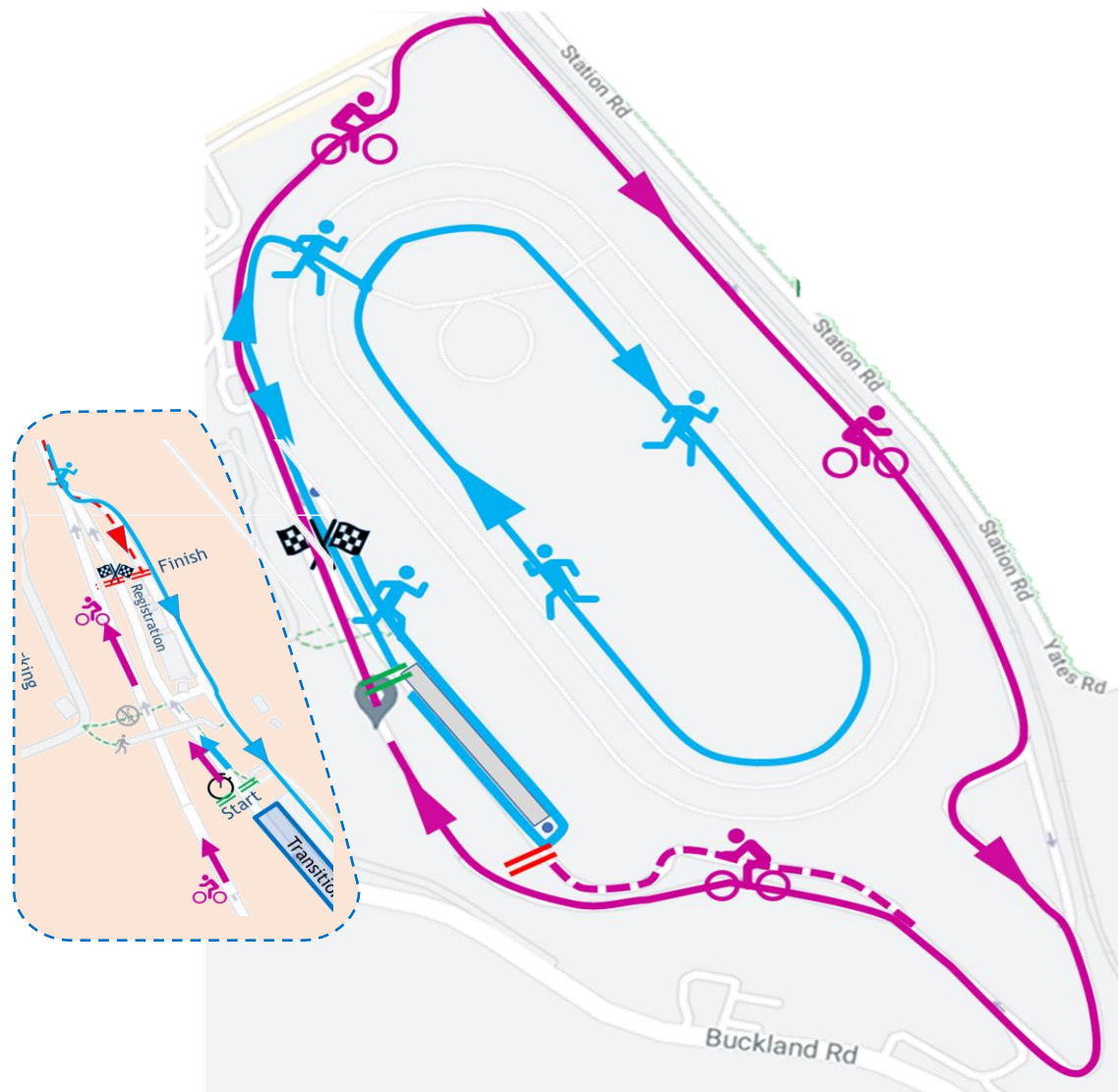
*U14 wave will include any U12 and U13's who will race the same course.*

*A separate start for girls 2 minutes after the boys in each race. Teams will start with their gender wave. Mixed teams will start with the girls' wave.*

## Course Details

The course is on the closed ex Motorsport circuit and horse training circuits at Pukekohe Park.

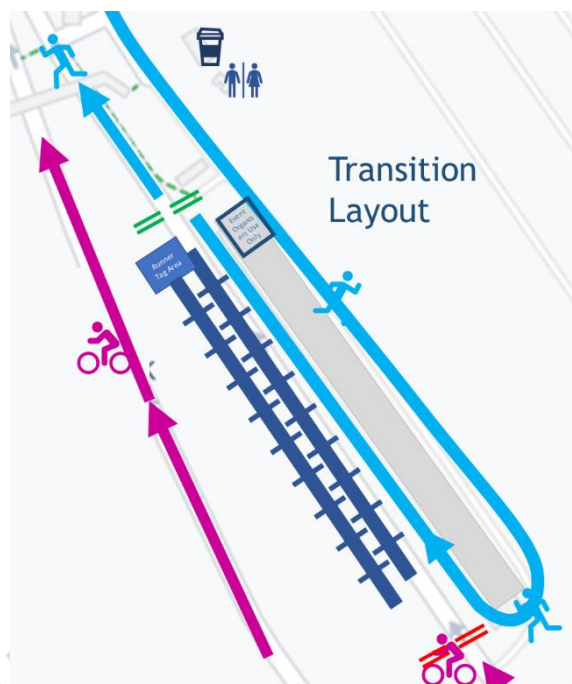
- 🏃 Each full standard lap of the **run** is 3km (\*except on final lap, 2.4km)
- 🏃 Each additional cinder track loop on **run** is 1.5km (inner loop)
- 🚴 Each standard lap of the **bike** is 2.8km





## Transition

- Bike racks are laid out by age group block – you must follow the directions of transition director or marshals. Teams have a dedicated area.
- Only competitors are permitted in the transition areas. No parents or coaches.
- 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.
- Do not impede any other athlete's gear.



## Before the race

- Ensure your bib is either on a race belt or pinned to your race top.
- Ensure you have your transponder on
- Ensure you are at the start are **at least** 5 mins before the start time.

START TIMES:	Boys	Girls and mixed teams
U12, U13, U14	12:00	12:02
U16	11:30	11:32
U19	11:00	11:02



## RUN ONE

- From the start line, stay on the right-hand side of the track as you head towards the cinder track. It will be well marked.
- Turn right at cinder track entrance.
- Run clockwise around cinder track.

RUN ONE	LAPS	Distance
U12/ U13/ U14	1 Full lap	3km
U16	1 Full lap plus one extra lap of the inner cinder track	4.6km
U19	1 Full lap plus one extra lap of the inner cinder track inner cinder track	4.6km

## RUN TO CYCLE TRANSITION

- Helmet must be fastened before removing your bike from the rack
- Push your bike to the mount line and get on your bike **after** the mount line.
- Be considerate of your fellow competitors.



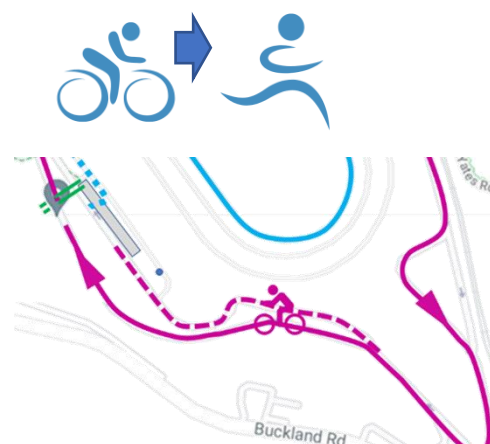
## BIKE LEG

- You will need to count the number of laps you have done.
- Keep left at all times.
- On the last leg, head down the slip lane back to transition.
- Ensure you dismount before the line.
- U12/ U13/ U14/ U16-No drafting allowed.
- U19 draft legal (see rules)

BIKE	Laps	Distance	Drafting?
U12, U13, U14	4	11km	X
U16	5	14km	X
U19	7	19.5km	✓
U19 Open (no road bikes)	6	16.6km	✓

## CYCLE TO RUN TRANSITION

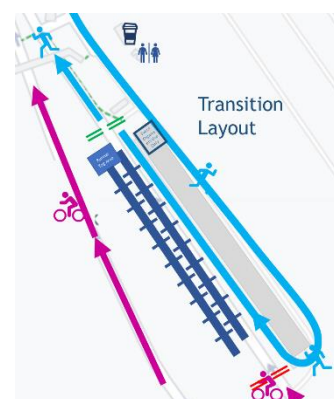
- On your last lap of the bike, you will exit the course via the slip lane (follow markings on course). Do not pass under the motorsport gantry on your last lap.
- Dismount **before** the dismount line and push your bike back to your spot.
- Take care as runners may be coming through on your right.
- Do not unclip your helmet until your bike is racked.
- Ensure you rack your bike in the same place where it was originally racked.
- Exit transition in the direction of the start/finish line following the marked course and out onto the run course.



## RUN TWO



- After racking bike in transition, head back out onto the run course.
- Keep on the right of the track as cyclists will still be riding
- **All** age groups complete **ONE** full lap of the run course.
- Run back onto the track.
- Just after leaving the track, look out for the finish line and cross in style..



## PRIZEGIVING



*Please see prize giving section.*

*Prize Giving starts at 1.00pm (or when last person safely off the course)*

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

**U14**

## Under 14 Race Information

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

**Start time:** 12.00pm (Boys) and 12.02pm (Girls)

	Distance	Laps
Run 1	3kms	1 full lap (see map)
Bike	11km	4 laps
Run 2	2.4kms	1 lap

## Under 16 Race Information

**U16**

**Start time:** 11.30am (Boys) and 11.32am (Girls)

	Distance	Laps
Run 1	4.6kms	1 full lap + 1 lap of cinder track (see map)
Bike	14kms	5 laps
Run 2	2.4kms	1 lap

## Under 19 Race Information

**U19**

**Start time:** 11.00am (Boys) and 11.02am (Girls)

	Distance	Laps
Run 1	4.6kms	1 full lap + 1 lap of cinder track (see map)
Bike (Std)	19.5kms	7 laps
Bike (Open non road)	16.6kms	6 laps
Run 2	2.4kms	1 lap



## Race Information

### 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 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) in charge (TIC) 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 bibs, 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 will remove the transponder in the transition area and hand to the cyclist, 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.

## Parking and Access



Parking is available on the entrance side of the track. No parking on the inside.

Note: Due to the removal of the overbridge, we will have the track gate closed between races, there will be no crossing of the track between races for the safety of all athletes and spectators.

## 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](mailto: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. Please choose the appropriate category when entering students in ENTERNOW (Either Road Bike or Open Bike)

### Prize Giving



Prize giving will be held at approximately 1pm

- 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](http://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.



## 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).

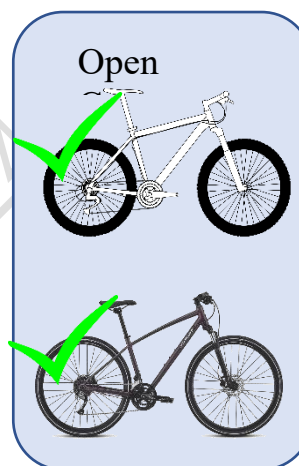
A race number helmet sticker must be applied to the front of your helmet.



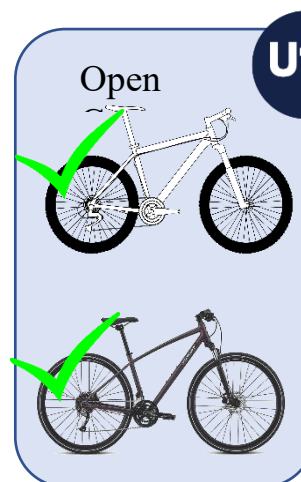
## Bike Equipment and guidelines

- ☑ Bikes must be roadworthy and mechanically sound to ensure you do not cause an accident to yourself or others racing in the field.
- ☑ Any road, mountain, or city style bike may be used, tick the correct category so you are racing fair.
- ☑ No electric bikes.
- ☑ Only U19's may draft; however, no aero bars are allowed.
- ☑ U16,U14,U13,U12 are NON-drafting. Maintain a gap of 10 meters between you and the 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)



### Draft legal racing (U19)



## 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/](http://triathlon.kiwi/find-a-club/)

## Race Guidelines & Safety

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



### Team Managers are responsible for the following:

- Prior to entering your athletes into the competition, ensure they can complete the required age group distance.
- Check the safety of your competitors throughout the entire race, especially at the finish of each leg.
- Ensure all competitors understand the safety requirements of the Rules of the event.
- Must be aware of any medical conditions, including asthma, of all competitors under your supervision.
- Emergency contact details must be available from the team manager if required.
- Team managers / parents must advise competitors about dealing with hyperventilation, cold, heat stress, or dehydration as a result of competing in this event.

### Competitors responsibilities:

You are responsible for your own safety and the safety of others. You:

- Must attend the Compulsory Race Briefings.
- Must know the race rules.
- Know and keep on the course.
- Obey all event organiser and marshals' instructions, non-compliance of these rules may lead to a time penalty or disqualification.
- In an emergency see one of the marshals who will be able to assist
- If a person near you is injured, please provide assistance and inform the nearest race marshal.
- If you withdraw, please immediately advise event personnel.
- Do not drop litter.

Remember – the spirit of good sportsmanship is an important part of our sport – look out and encourage each other...and race hard and fair.

Once you have finished, please do get out and support/encourage those that are still racing!  
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!***

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## 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.
- U19 can draft but only with same gender athletes. Therefore, no males drafting off females or females off males.
- U12/13/14 and U16 athletes may not draft. Maintain 10m distance.
- 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 (including the conduct of another competitor, race marshal decisions or condition of the course) must be lodged with the race director within 30 minutes of their 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. 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.



## 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.
- ☑ Mixed teams will start with the female start.
- ☑ 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.



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## 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.)

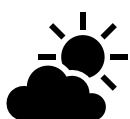
Access to the transition and racetrack is across the track – this will be **closed** during racing, and no one will be able to cross the track until the race is clear.

### 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

- There will be a coffee van on site for purchase of beverages.
- You are welcome to bring a picnic or BBQ.
- *Please bring your re-usable coffee cup, as we are encouraging a zero-waste event.*



## Contingency Courses

While we always hope that the sun will be shining, and the wind stays away, we need to plan just in case.

- 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 College Sport website and Facebook page for further information and updates.



## 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/](http://collegesport.co.nz/)



@CollegeSportAuckland



## Key Contacts

**College Sport**  
Shani Clark

**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
Sun 4 August	NZ Schools Duathlon	Run, Bike, Run	Ambury Park