

# NZSS TRIATHLON CHAMPS 2025

GLENDHU BAY WANAKA

# Athletes Guide



#### NZSS TRIATHLON CHAMPS 2025

### NZSS Triathlon Championships

Glendhu Bay, Wānaka 27-28 March 2025

Brought to you by Pacific Radiology
Proudly hosted by Southland Triathlon and Multisport Club
Sanctioned by School Sport NZ & TRI NZ

#### Welcome

On behalf of the team behind the Pacific Radiology NZ Secondary Schools Triathlon Championships, we are excited to welcome you to Glendhu Bay on the shore of the stunning Lake Wānaka. We hope you are excited about being able to experience racing in this stunning location as much as we are. No matter whether you are a first-time individual, part of a team event or a seasoned athlete - welcome, have fun and play fair!

Thanks - the Southland Triathlon & Multisport Club

**Location:** Glendhu Bay Motorcamp 1127 Mt Aspiring Road, Glendhu Bay Wānaka

#### Athlete Guide

Please ensure you are familiar with the contents of this guide before race day to ensure a fair race for all and less stress for you on the day.

- Open to all school children Year 7 through to Year 13 no qualification needed anyone can enter
- Must be a minimum of 10 years old and maximum of 18 years old at 1st January 2025
- Road Bikes and Mountain Bikes allowed.
- Sanctioned by School Sport NZ & Triathlon NZ.

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#### — EVENT INFORMATION —

#### **Event Parking**

 We have parking for competitors within the campground. Please park where told by our parking crew. Please <u>do not park on the road outside</u> of the campgrounds as this will create a hazard for the race.

#### **Food and Drink**

- There may be food and coffee carts at the venue.
- There is limited food to buy at the campground store.
- A basic kitchen will be available to use.

#### Medical

• There will be first response medical personnel on hand and on the course at all times.

#### Hoodies and T-Shirts (to be updated very soon)

- Event Hoodies and T-Shirts are available to purchase from ProBrands. All ordering is done through their website and will be sent to you. (TBC)
- Order through this link <a href="https://pbco.co.nz/southlandtriathalon">https://pbco.co.nz/southlandtriathalon</a>
- Black, charcoal and navy options in many different sizes.



#### **Showers and Toilets**

• There will be showers and toilets available at the venue. The showers are \$1 for 6 mins.

#### Tri NZ

- This is a sanctioned event so Triathlon NZ rules apply. A copy of the rules can be found here.
- A Triathlon NZ membership is required to enter. A one-day membership can be purchased for \$5. (This will cover both days of competition). Team events only require one person from the team to have a membership.

#### **Spectators**

Most parts of the courses will be either taped or fenced off. We ask that spectators stay
behind these fences at all times. Please do not go onto any part of the course or into the
transition area.

#### Covid-19

• We will be following Covid-19 guidelines issued by the Ministry of Health. If you are sick please follow the current guidelines.

#### Fair Play and Fair Sport

- We like to look after the environment, so please use the rubbish and recycling options we have around the venue.
- Once you have finished, please do go and support/encourage those who 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.

#### **School Sport NZ Eligibility Regulations**

Please make sure that you are eligible for competing by checking out the School Sport New Zealand link below

• https://www.schoolsportnz.org.nz/Sport-1/Events/eligibility-regulations-1

#### - ENTRIES -

- Entry is via our registration provider GameDay. Payment is due at the time of registration. You can register multiple students at a time.
- Entry links
  - o Individual triathlon or aquathon
  - o Team triathlon or aquathon
  - Regional Mixed Relay (if not entering through an individual or team event as well)
- You need permission from your school principal to enter. A form can be found in the appendix. Please email it to southlandtrimulticlub@gmail.com
- Every individual athlete must have a Tri NZ membership or purchase a one-day membership for \$5 to be able to compete. Only one person within a team needs this membership. One \$5 membership will cover both days of competition.

#### **Entry Fees**

	Early	Regular	Late or onsite
	(ends 20/12/24)	Until 19/03/25	from 20/03/25
Triathlon - Individual	\$45.00	\$50.00	\$60.00
Triathlon - Team	\$70.00	\$75.00	\$85.00
Super Sprint Tri Team	\$55.00	\$60.00	\$70.00
Aquathlon - Individual	\$25.00	\$30.00	\$40.00
Aquathlon - Team	\$40.00	\$45.00	\$55.00
Open Water Swim			\$25.00
One-Day Membership	\$5	\$5	\$5

#### — ATHLETE INFORMATION —

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

- Please obey all traffic rules.
- Please race within your own capability and compete in a fair manner.

#### Registration

#### Registration – Individual/ Teams Triathlon

- Registration will be in our main tent at Glendhu Bay Motorcamp between 3:30 pm and 6:00 pm on Wednesday 26th March or between 7:00am and 8.30am on Thursday 27th March.
- You will collect your race numbers, swim cap and timing chip.
- There will be course familiarisation from 5pm to 6.30pm on Wednesday 26th March.

#### Registration – Aquathlon Individuals/Teams

- Registration will be in our main tent at Glendhu Bay on Thursday 27th March from 12.00pm until 12.45pm.
- You will collect your race numbers and timing chip.

#### Registration - Regional Mixed Relay

- Late entries will be taken on Thursday for the Regional Relay
- You will collect your race numbers, wrist bands and timing chips on Thursday 4:30 pm until 5:30 pm from the registration tent.

#### Registration – Open Water Swim

- This event is not in the championship events. It is run by the Southland Triathlon Club and will be run weather and entries dependent. We will have medals for 1st, 2nd and 3rd place getters.
- Registration will be in our main tent at Glendhu Bay on Friday 28th March between 7.30 am and 8.30 am or from 11:30 am until 11:55 am.
- You will collect your race numbers, and timing chip.

#### **Briefings**

- It is your responsibility to know the course.
- There will be a short briefing before the start of each event which you must attend.
- Maps and schedules will be displayed at the registration tent.
- The safety briefing will not go into detail about the course so make sure you have read this
  document. There will be marshals and officials on course but it is your responsibility to know
  the course.

#### **Race Equipment**

#### Clothing

- We strongly recommend you wear your appropriate school sports uniform and be part of a team (tri suits, togs, singlets, t-shirts, etc).
- Tri NZAge Group uniforms are not to be worn
- Remember you must have your torso covered on the bike and run legs. During the swim males may have a bare torso but must put something on before leaving the transition.

#### **Timing**

- 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 or race result.
- Timing transponder to be worn on your left ankle.
- For all team events, 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
- 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 not returned will result in a \$100 replacement fee. Transponders are non-transferable.
- If you have lost or left your transponder at your accommodation, you MUST see the TD as soon as possible before your race to see if a replacement can be activated for you.

#### Race numbers

- You will be given race numbers for each event that you enter. Details of these are as follows:
- For the bib numbers, you can put these on a race belt or alternatively just pin straight to your top.
- DO NOT alter your race number in any way as this could result in your disqualification.

	Triathlon Individual	Triathlon Team
Bib Number	Must be worn during the run, optional for the swim and bike. We recommend using a race belt but otherwise pin it to the front of your top.	To be worn by the runner in the team. We recommend using a race belt but otherwise pin it to the front of your top.
Helmet Sticker	One sticker for the front of the helmet.	Used by the cyclist in the team on the front of the helmet.
Seat Post Label	Sticker wraps around the seatpost of the bike, making a flag at the back.	Used by the cyclist in the team. Sticker wraps around the seatpost of the bike, making a flag at the back.
Bike Pump Label	To be wrapped around your bike pump if carried.	To be wrapped around your bike pump if carried.
Bag Label	Used for your bag at bag drop.	Used for your bag at bag drop.

#### **Transition Clearance/Racking**

- Because racing is continuous throughout the morning and afternoon you may not be able to retrieve your bike immediately after you finish.
- Periodically we will announce that transition is open for you to remove your equipment. At other times the transition will be closed. Please follow the instructions of the volunteers and Technical Officials.
- We recommend you use the bag drop area for any equipment or clothes you want immediately after your finish. Remember you may not be able to immediately return to your bike rack.
- When you are in transition please respect your fellow triathletes and follow instructions of officials to make sure you do not obstruct anyone who is racing.

#### **Transition Rules**

- Bike racks are numbered you must rack in your allocated position.
- Helmet must be fastened on your head before removing your bike from the rack and remain fastened until you re-rack your bike.
- Push/run your bike to the road and mount after you have crossed the mount line.
- When you return after the bike ride, dismount before you cross the dismount line and push/run your bike back to your allocated spot.
- You must return your bike to the same position as you started. If you rack your bike in another athlete's position, it may result in you receiving a disqualification.
- No boxes or bags to be left in transition please keep your area tidy so it doesn't impede
  other athletes. This includes your cap, wetsuit and goggles. There will be a bag drop area
  available.
- Do not leave clothing that you will need immediately after the race in the transition area you
  will not be able to get back into transition until everyone in your section of the transition area
  has started on the run course. Use the bag for the bag drop area.

### — EVENT SCHEDULE —

Wednesday 26 March, 2025	
3:30 PM	Registration Opens
6:00 PM	Registration Closes
5:00 to 6:30 PM	Course Familiarisation

Thursday 27	March, 2025
7:00 AM	Registration Opens
8:30 AM	Registration Closes
8:55 AM	Race Briefing - U19
9:00 AM	Individual Triathlon - U19 Male Start
9:03 AM	Individual Triathlon - U19 Female Start
9:06 AM	Team Triathlon - U19 Team Start
10:25 AM	Race Briefing - U12 / U13
10:30 AM	Individual Triathlon - U12 / U13 Male Start
10:33 AM	Individual Triathlon - U12 / U13 Female Start
10:36 AM	Team Triathlon - U12 / U13 Female Start
11:00 AM	Race Briefing - U14
11:05 AM	Individual Triathlon - U14 Male Start
11:08 AM	Individual Triathlon - U14 Female Start
11:11 AM	Team Triathlon - U14 Team Start
11:40 AM	Race Briefing - U16
11:45 AM	Individual Triathlon - U16 Male Start
11:48 AM	Individual Triathlon - U16 Female Start
11:51 AM	Team Triathlon - U16 Team Start
12:00 PM	Registration Opens for Aquathon
12:45 PM	Registration Closes
12:55 PM	Race Briefing - U19
1:00 PM	Aquathon - U19 Male Start
1:03 PM	Aquathon - U19 Female Start
1:06 PM	Aquathon - U19 Team Start
1:45 PM	Race Briefing - U12 / U13
1:48 PM	Aquathon - U12 / U13 Male Start
1:51 PM	Aquathon - U12 / U13 Female Start
1:54 PM	Aquathon - U12 /U13 Team Start
2:30 PM	Race Briefing - U14
2:33 PM	Aquathon - U14 Male Start
2:36 PM	Aquathon - U14 Female Start
2:39 PM	Aquathon - U14 Team Start
3:15 PM	Race Briefing - U16

3:18 PM	Aquathon - U16 Male Start
3:21 PM	Aquathon - U16 Female Start
3:24 PM	Aquathon - U16 Team Start
4:15 PM	Prizegiving
4:30 PM	Registration for Regional Team Relay
5:30PM	Registration closes

#### **Event Schedule continued**

Friday 31 March, 2023		
7:30 AM	Registration Opens - Open Water swim	
8:30 AM	Registration Closes	
8:55 AM	U19/U16 Briefing	
9:00 AM	U19 Tri NZ Champs Teams Start	
9:05 AM	U16 Tri NZ Champs Teams Start	
10:45 AM	U12/U13/U14 Briefing	
10:50 AM	U14 Tri NZ Champs Teams Start	
10:55 AM	U12/U13 Tri NZ Champs Teams Start	
11:30 AM	Registration - Open Water Swim	
11:55 AM	Registration Closes	
12:00 PM	Race Briefing - U12 / U13	
12:05 PM	Open Water Swim - U12 Start	
12:08 PM	Open Water Swim - U13 Start	
12:40 PM	Race Briefing - U14	
12:45 PM	Open Water Swim - U14 Start	
1:30 PM	Race Briefing - U16/U19	
1:35 PM	Open Water Swim - U16 Start	
1:38 PM	Open Water Swim - U19 Start	
2:30 PM	Prizegiving	

NB: All times are subject to change at the discretion of Tri NZ and the Event Organisers - Southland Triathlon and Multisport Club.

#### RACE INFORMATION

#### — TRIATHLON —

#### Registration – Individual / Team Triathlon

- Registration will be in our main tent at Glendhu Bay between 3:30 pm and 6:00 pm on Wednesday 26th March or between 7:00am and 8.30am on Thursday 27th March.
- You will collect your race numbers, swim cap and timing chip.
- There will be course familiarisation from 5pm to 6.30pm on Wednesday 26th March.

Triathlon Distances			
	Swim	Bike	Run
U12/U13	200m	6km	2km
U14	350m	10km	2.5km
U16	500m	12km	3.75km
U19	750m	20km	5km

#### **Swim**

The swim for all individual and team events will be one lap in the lake beside the shoreline of Glendhu Bay Motor Camp. Competitors will walk down the beach to the swim start, and all will be a beach start.

- You will receive a swim cap in your race pack which must be worn.
- If you received a gold TRI NZ regional champion swim cap you may wear this for the swim.
- Please keep all buoys on your right shoulder.
- When you have completed your swim, exit the swim course at the exit via the boat ramp and head into transition.
- Teams will transition/transponder handover in the area after the timing mat.
- No fins, paddles, snorkels or other flotation devices are allowed.
- There will be a water safety team out on the lake to look after you on paddleboards, kayaks and IRBs.
- Raise one arm above your head if you are in distress or need assistance.
- The expected water temperature is 16 degrees, so have your wetsuits with you.

#### Bike Course

- The Bike course consists of an out and back lap on Wanaka Mount Aspiring Road.
- U12/U13 will do one lap of the 6km course
- U14 will do one lap of the 10km course
- U16 will do one lap of a 12 km course
- U19 will do two laps of the 10km course
- A timing mat will be used to make sure everyone does the correct number of laps but it is your responsibility to count them as if short, you will get a DQ. If you complete too many laps, we cannot deduct time off your final result.
- There will be cones to signify the centre of the course and you must ALWAYS ride on the left of these cones, or you will be disqualified.
- Athletes need to ride within their ability in order to turn safely, especially if it is wet.

- We will have a closed road during the races, but athletes need to be aware of any vehicles on course, event or public. These roads will be opened between age groups.
- Athletes must ride as far to the left as possible and always pass on the right.
- The course will be marshalled and monitored by Technical Officials to keep it safe and fair.
- No bike checks you must make sure your bike is in good condition for the event.
- Before Race Day if you need some assistance when arriving in Wanaka, please see the friendly team at Racers Edge, Ardmore Street.



#### **Bike Rules**

- This is a sanctioned event so TRI NZ rules apply. A copy can be found here.
- U12/U13, U14 and U16 are non-drafting races. You must keep 10m between your front wheel and the rear wheel of the person in front of you.
- U19 races are draft legal. However no drafting may occur between genders. Therefore no males drafting off females or females off males.
- You must wear a helmet at all times during the cycle leg.
- Remember to have your torso covered this can be togs, tri-suit, t-shirt etc.
- Race numbers you will be given race number stickers for your bike. It is optional to wear your paper bib number on the bike but it must be worn during the run.

# Cycle Equipment - U12/U13/U14/U16 Draft Illegal + U19 Draft Legal

As per TRI NZ's rules that can be found here.

#### U12/U13/U14/U16

Your races are Draft Illegal but only draft-legal equipment is permitted. This is illustrated in the following graphic but the key points are:

- a. You may NOT have aerobars on your bike.
- b. Your wheels must have a minimum of 12 spokes, so disc wheels and trispokes are not allowed.
- c. The NZSSS rule in regard to the maximum rim depth of your wheels applies your rims may be no deeper than 45mm.



#### U19

New Zealand Schools U19 Athletes and All Athletes in the Tri NZ South Island Sprint Championships.

- 1. These races are Draft Legal. The rules for Draft-Legal races apply in respect of cycling equipment. This is illustrated in the following graphic but the key points to note are:
- a. Wheels must have at least 12 spokes, so no disc wheels or tri-spokes are allowed.
- b. Aerobars are not allowed. This includes the very short ones that don't extend beyond the brake-hoods.

#### **Run Course**

- Do not take your helmet off until your bike is racked, then you will head out on the run course. The run is a 1.25km loop which you will do multiple times depending on your age group.
- You need to count your own laps as with the bike leg.
- As you finish your final lap head across the red carpet and under the finish gantry in the middle of the transition area.
- There will be an aid station which will have cups of water available at the end of each lap as well as water stations available at the finish line. Please ensure you discard your cup near the aid station.



- Remember to have your torso covered during the run section.
- The run is a mixture of tarseal and tracks.

#### **Summary of Rules**

- The race will be conducted under Triathlon NZ rules. This is a sanctioned event.
- You must obey race officials at all times 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 may not wear an NZL race suit
- 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 to your bike so others do not trip over or get held up by it.
- Remember in the U19 age group, you may only draft with same gender athletes.
- Do not discard anything on the course, including bottles. This can result in your disqualification. 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 Head Referee within 30 minutes of the race completion. Only the Head Referee has the authority to deal with protests - do not ask marshals or other volunteers.

#### **Triathlon Teams**

- This event is for 2 and 3 person teams and is held in conjunction with the individual races for each age group, but only teams of 3 will gain points and qualify for medals. Note all members must be from the same school, the same gender and in the same age category.
- Each member will complete one or two of the three triathlon disciplines.
  - Teams will start 3 minutes after the individuals start.
  - 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 unracking and re-racking your bike.
- For all team events, each team member must tag the next member and change over the ankle timing chip this is your baton.
- Only the two members who are tagging can be involved in the exchange of the timing chip.
- It is your responsibility to be ready and waiting in the team tag area for your change over. We will not call you up.

#### **Finishing and Prizegiving**

- Once you complete your run and pass under the finish chute, you have completed your race! Well done!
- The volunteer team will assist you with removing your timing chip these must be removed and returned (you will be charged for any non returned chips).
- There is a water station in the finish line for recovery.
- Prize giving will be held at approx 4:15pm on Day 1 for both the Individual Triathlon, Team Triathlon and Aquathon. Regional shield for relay Day 2 will be awarded as soon as racing has finished and points calculated.

#### — REGIONAL MIXED TEAM RELAY —

Regional Mixed Teams Relay Triathlon			
	Swim	Bike	Run
U12/U13	200m	2.8km (4 laps)	1km (2 laps)
U14	200m	2.8km (4 laps)	1km (2 laps)
U16	200m	4.9km (7 laps)	1.5km (3 laps)
U19	200m	4.9km (7 laps)	1.5km (3 laps)

#### **Teams**

Teams must have 2 male and 2 female entrants in the same age category. Team members can be from any number of schools as they are representing their region.. In the situation where someone cannot find a team in their age category they can race up an age in which case the team shall compete in the age category of the oldest team member. Regional leaders will make contact with those that indicated that region during the entry process approx. 3 weeks prior to the event to start making teams. Teams will be finalised after day 1 events take place (due to late entrants, injuries, etc.).

- Each team member will complete the swim, bike and run before tagging the next team member. The order will be female male female male.
- All team members must have their bikes racked by the transition close time. You will rack
  your bikes as a team so you will all be next to each other.
- You will each receive a bib number and regional wrist band which must be worn at all times during the cycle and run section (wrist band also in the swim). You will each receive the same number but it will have A, B, C, D on it. A means the first person in your team and D means the last person in your team.
- The team tag area is the chute beside the finish chute (closest to the lake) where you will need to wait for your team member that you are tagging. Only the next team member to start may be waiting in this area. Please refer to the map for more details.
- This is a sanctioned event so TRI NZ rules apply. A copy can be found here

#### **Swim Course**

- The swim for all will be one 200m lap. Competitors will walk down the beach to the swim start. All will be a beach start. Swim out 50 metres, along 100 metres and back in 50 metres.
- Please keep all buoys on your right shoulder (refer to the above map).
- When you have completed your swim, exit the swim course at the exit via the boat ramp and head into transition.
- Teams will transition/ chip handover in the area after the timing mat.
- You will receive a swim cap in your race pack which must be worn.
- No fins, paddles, snorkels or other flotation devices are allowed.
- There will be a water safety team out on the lake to look after you on paddleboards, kayaks and IRBs.
- Raise one arm above your head if you are in distress or need assistance.
- Expected water temperature is 16 degrees so bring your wetsuit.

#### **Bike Course**

The bike course will be all within the grounds of the motor camp. Most of the course will be tarseal with a small portion of hard packed gravel. It is a 700m loop. It is up to you to count your own laps. A timing mat will be used to make sure everyone does the correct number of laps but it is your responsibility to count them. This is the yellow line on the map.

# Cycle Equipment - U12/U13/U14/U16 Draft Illegal + U19 Draft Legal

As per TRI NZ's rules that can be found here.

#### U12/U13/U14/U16

Your races are Draft Illegal but only draft-legal equipment is permitted. This is illustrated in the following graphic but the key points are:

- a. You may NOT have aerobars on your bike.
- b. Your wheels must have a minimum of 12 spokes, so disc wheels and trispokes are not allowed.
- c. The NZSSS rule in regard to the maximum rim depth of your wheels applies your rims may be no deeper than 45mm.



#### **U19**

New Zealand Schools U19 Athletes and All Athletes in the Tri NZ South Island Sprint Championships.

- 1. These races are Draft Legal. The rules for Draft-Legal races apply in respect of cycling equipment. This is illustrated in the following graphic but the key points to note are:
  - a. Wheels must have at least 12 spokes, so no disc wheels or tri-spokes are allowed.
  - b. Aerobars are not allowed. This includes the very short ones that don't extend beyond the brake-hoods.

#### **Run Course**

The run course will be all within the grounds of the motor camp. Most of the course will be hard packed gravel with a small portion of tarseal. It is a 500m loop. It is up to you to count your own laps. A timing mat will be used to make sure everyone does the correct number of laps but it is your responsibility to count them. Everyone will complete 2 laps of the run course. This is the red line on the map.

#### - AQUATHLON -

Aquathlon		
	Swim	Run
U12/U13	250m	1.25km (1 laps)
U14	350m	2.5km (2 laps)
U16	500m	2.5km (2 laps)
U19	750m	3.75km (3 laps)

#### **Teams**

Aquathlon teams of 2 in all age categories. Note all members must be from the same school, the same gender and in the same age category.

#### **Swim Course**

Competitors will walk down the beach to the swim start. All will be a beach start.

- Please keep all buoys on your right shoulder.
- When you have completed your swim, exit the swim course at the exit via the boat ramp and head into transition.
- You will receive a swim cap in your race pack which must be worn.
- No fins, paddles, snorkels or other flotation devices are allowed.
- There will be a water safety team out on the lake to look after you on paddleboards, kayaks and IRBs.
- Raise one arm above your head if you are in distress or need assistance.
- Expected water temperature is 16 degrees so bring your wetsuit.

#### **Run Course**

The run course will be all within the grounds of the motor camp. Most of the course will be hard packed gravel with a small portion of tarseal. It is a 1.25km loop. It is up to you to count your own laps. A timing mat will be used to make sure everyone does the correct number of laps but it is your responsibility to count them.



#### - OPEN WATER SWIM -

Open Water Swim	
U12/U13	500m
U14	1000m
U16	1500m
U19	2000m

#### **Swim**

The swim will be a 500m lap. Competitors will walk down the beach to the swim start. All will be a beach start.

- Please keep all buoys on your right shoulder.
- When you have completed your swim, exit the swim course at the exit via the boat ramp and follow the red carpet into transition.
- You will receive a swim cap in your race pack which must be worn.
- No fins, paddles, snorkels or other flotation devices are allowed.
- There will be a water safety team out on the lake to look after you on paddleboards, kayaks and IRBs.
- Raise one arm above your head if you are in distress or need assistance.
- Swim may be with or without a wetsuit. Expected water temperature is 16 degrees.

#### - EVENT SPONSORS -

Putting on an event like this would be impossible without the generous support of our sponsors.









Sanctioned By





#### - ADDITIONAL INFORMATION -

#### Accommodation

- There are some cabins, caravan and tent sites available for hire at the Glendhu Bay Motorcamp <a href="https://glendhubaymotorcamp.co.nz/">https://glendhubaymotorcamp.co.nz/</a>
- More options can be found here https://www.lakewanaka.co.nz/plan-your-trip/accommodation/

#### **Dinner Options**

• Check out the awesome options for dining out or takeaways in Wanaka here https://www.lakewanaka.co.nz/things-to-do/food-and-drink/

## **Principals Sign Off Form**

EN/ENIT.				Start Date:					Allekee	
EVENT:					Location:					
TEAM ROSTER DETA	ease complete	this form and return to:							SCNOOL	
Name of School:				City/Town:					Sport NEW ZEALAND NZSSSC	
TEAM PERSONNEL			NON-DOMESTIC & HOME SCHOOLED STUDENTS.							
			<ul> <li>a) Domestic students are defined a NZ Citizen, the holder of a residence permit, an Australian citizen, a NZ passport holder (e.g. Cook Islands), a dependent of a work permit holder, refugee, diplomat or whateve definition the Ministry of Education currently applies. Any Non-Domestic student must have been enrolled in and have commenced their attendance at the school of representation on or before the first day of the term in which the event or qualifier is held.</li> <li>b) Home Schooled students may be eligible to represent member schools under specific conditions. Please see full School Sport NZ eligibility criteria for details.</li> </ul>							
Surname			First Name	Date of Birth	Indicate Non	-Domestic Students or				
				Level		Home Schoo	led (see note above).			
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Please insert more rows if required.										
We consent to the tea	tudents being ir	ncluded in livestreaming/broa	dcast or pl	notos used for promo	tional purpose	s (Choose one option)	Į.	YES	NO	
Submitted by							Position			
Phone							email			
		hat all students listed abor ol and their details as prov			Principals Name:					
Attestation	):		chool records.	on our	- Time paid Traine.					
ricestation			nat all persons associated voor the School Sport NZ Inte			will be	Principals Signature:			
							Date:			