



VeloSport 
performance cycling

Waikato/BOP Schools
Duathlon Individual
Championships (and teams)
Thursday 28th May 2009
Lake Karapiro, Cambridge

FEATURING:

Social Competitors

2km run › 8km bike › 1km run - **Start** 10.30am

Waikato/Bay of Plenty Year 7 and 8 Schools Individual Championships

Y7 2km run › 8km bike › 1km run - **Start** 10.30am

Y8 2km run › 8km bike › 1km run - **Start** 10.30am

Team distances same as Individuals, however not Championship

Waikato/Bay of Plenty Secondary Schools Individual Championships

U14 3km run › 12km bike › 2km run - **Start** 11.00am

U16 4km run › 16km bike › 2km run - **Start** 11.30am

U19 5km run › 20km bike › 2km run - **Start** 12.00pm

Team distances same as Individuals, however not Championship

Where: Lake Karapiro Domain, Cambridge | **Registration:** From 8.30am-9.45am

Entries close: Monday 25th May | **Entry Fee:** \$15.00 Individual | \$20 Team

Late Entry Fee: A late entry fee of \$10 will be charged on ALL entries received after 25th May. NO ENTRIES ON RACEDAY.

Prizegiving: 1.30pm (approx)

Enquiries: Errol Newlands 0274 769 373 or email: errol@onyabike.co.nz



Event Information

- Rules, Information and Results are can be accessed on www.sportwaikato.org.nz
- Entries close Monday 25th May at 5.00pm
- Registration 27th May at VeloSport, between 4-6pm. 28th May at Lake Karapiro between 8.30-9.45am.
- Race Briefings – a general race briefing will take place at transition before the commencement of Year 7&8 Schools races, and Secondary Schools races. A specific briefing will take place at the start line 5 minutes before each race begins.
- All roads will be open so normal road rules apply.
- Bike and Helmet checks should be done at a bike store before coming to the event. Checks will take place at transition entry and unsafe or un-roadworthy equipment will not be allowed into transition. Helmets must be hard shell Ansi/Snell Approved and the shell must not be cracked or broken.
- Tri NZ and Secondary Schools rules apply. These include:
 - All race equipment must be left in transition (i.e. helmets) not discarded on the course.
 - Race numbers must be worn and visible on the athletes front at all times on the bike and run legs.
 - There is to be NO DRAFTING on the bike leg, except when overtaking. Riders must be single line and 6 metres behind bike in front. You have 15 seconds to overtake.
 - No bare torso is allowed on the bike or run leg (i.e. boys must wear a top)
 - Shoes must be worn on the bike and run leg. No running spikes are permitted.
- Helmets must be fitted and buckled before bikes are removed from the rack and must remain fitted and buckled until bikes are place back on the rack at the completion of the bike leg.
- Athletes must not interfere with the equipment of, or impede the progress of any other competitor, either accidentally or intentionally.
- Special requirements for **school event competitors**:
 - Disc wheels, tri spokes, wheel covers or deep rimmed wheels over 45mm (when measured from rim edge) are not permitted.
 - All wheels must have a minimum of 12 spokes.
 - Tri bars / aero bars are permitted.
- Race Referee's will rule on any infraction of technical rules and apply time or other penalties as they see fit.
- Any appeals/disputes must be lodged in writing with race referee or race director within 15 minutes of the athlete finishing. Protestor is allowed one representative to support them at the hearing. The decision of the Race Referee and Race Director is final.
- Access to the Domain and parking will be restricted after 9am. Parking will be sign posted.
- First Aid will be available on site.
- Medals will be awarded to the first 3 finishers in each category, male and female.
- Prize Giving will be held at the Lake at the completion of the days racing (approx 1.30pm).

TimeTable

10.00am	Race Briefing
10.30am	Y7,8 & Social Boys Y7, 8 & Social Girls
11.00am	U14 Boys U14 Girls
11.30am	U16 Boys U16 Girls
12.00pm	U19 Boys U19 Girls
1.30pm	Prizegiving



Enquiries to Errol Newlands 0274 769 373 or errol@onyabike.co.nz

EntryForm

RETURN THIS FORM WITH ENTRY FEE TO:

Waikato Cycling Sports Academy, PO Box 84, Cambridge 3450

>> TEAM ENTRY FORM: Male Team Female Team **PLEASE FILL OUT**

Runner Name: _____

Email: _____

Cyclist Name: _____

Email: _____

>> INDIVIDUAL ENTRY FORM: Male Female **PLEASE FILL OUT**

Name: _____

Email: _____

>> ALL ENTRIES - **PLEASE FILL OUT**

School: _____ Manager: _____

Phone: _____ Mobile No. _____

CATEGORY (Tick age group/class at 1 January 2009)

Year 7 Year 8 U14 U16 U19

ENTRY FEE: \$15 individual (please tick) \$20 Team (please tick)

\$10 Late Entry Fee (All entries received after 25 May 2009)

Waiver and release - to be signed by a parent of each competitor, team or individual.

I _____ parent/guardian and on behalf of _____

accept that the following conditions of entry apply_

- Athletes will compete and abide by the rules and instructions of the event, Triathlon NZ and the NZ Road Rules.
- Any competitor who behaves dangerously or breaches the event rules may be immediately disqualified.
- In the event of any "Act of God" conditions causing the cancellation of the event, in full or part, there will be no refund of entry fee's or athlete costs.
- Neither the Organisers, the Sponsors nor other parties associated with the event shall have any responsibility, financial or otherwise, which might arise whether or not by negligence from any direct or indirect loss, injury or death that might be sustained by an athlete/athletes or any party directly or indirectly associated with them, from their intended or actual participation in the event or its related activities.
- I authorise my name, voice, picture or information on this entry form to be used without payment in any broadcast, article or any other means pursuant to the Privacy Act 1993

Signed: _____

Name: _____