



Turangi Tongariro Sports Foundation Junior Triathlon

Team Entry

Saturday 20 March 2010



Ages	<u>Years 3 – 6 (Primary)</u>	<u>Years 7 & 8 (F1 & F2)</u>
Run	1km	2km
Bike	4km	8km
Swim	100m	200m

PLEASE FILL IN ALL DETAILS & SIGNATURES

Team Coordinator - Name:

Address:Phone:

RUN

Name:
(Surname) (First Name)

Health Problems:

Parent/Guardian:

BIKE

Name:
(Surname) (First Name)

Health Problems:

Parent/Guardian:

SWIM

Name:
(Surname) (First Name)

Health Problems:

Parent/Guardian:

Entry Fee \$6 per Team
(Exact Money Please)

Entries Close: MONDAY 15TH MARCH 2010

(Return to where you collected them or the Council Office)

Contact: Lesley 3867040 NB: EARLY ENTRIES PREFERRED. FIRST 20 IN EACH RACE ACCEPTED

REMEMBER:

- **KEEP ATTACHED INFORMATION FOR RACE DETAILS**
- **PROPER BIKE HELMETS ONLY ARE TO BE WORN**
- **FOOTWEAR MUST BE WORN WHEN RIDING BIKES (NO SANDALS)**



Turangi Tongariro Sports Foundation
Junior Triathlon
Saturday 20 March 2010

KEEP THIS INFORMATION (Any Questions Contact: Lesley 3867040)

Ages	7-8yrs	9-10yrs	11-12yrs	
Run	250m	500m	1km	
Bike	500m	2km	4km	
Swim	25m	50m	100m	
Ages	Years 3 – 6 (Primary)	Years 7 & 8 (F1 & F2)	Whanau Team (9yrs – 12yrs x 2 + 1 Adult -16 & Over)	
Run	1km	2km	2km	
Bike	4km	8km	8km	
Swim	100m	200m	200m	

1. How to Enter

- Complete entry forms available from school or council office and return with your money .

2. Once You Have Entered

- Get your bike & helmet ready. These will be checked by police on the day and if not approved You will be disqualified with no refund.

3. Race Day

- Arrive by **8.45am** to get bike checked and into transition area. Check your name in and get your number.

Get ready. Listen for further instructions to start. **Warm Up Starts at 9am**

Things to Remember

NB ENTRIES PREFERRED BY CLOSING DATE (First 20 Entries in each race accepted)

ENTRIES CLOSE MONDAY 15TH MARCH 2010 -

(Return to where collected or the Council Office with exact amount please)

Race Rules

1. Friends and Family must not assist after start. Fair Play is the guiding rule.
2. Due to safety only entrants displaying numbers are allowed in transition area.
3. Your bike may not be removed until after the completion of each race.
4. Obey marshal's directions on the course.
5. The race director's decision on all matters is final.

Run: Footwear recommended but optional

Bike: Approved Safety Cycle Helmets must be worn, fit correctly and must remain clasped outside the Transition area. **Protective foot wear must be worn at all times, while riding bike !!**
(No Sandals)

NB: Bikes will be checked before the race and disqualified if not of approved standard by the police. On completion of the bike section they dismount **outside** the Transition area, re-enter, replace their bike in the original position, unclasp their helmets, remove shoes and exit onto the swim course.

Swim: Entrants will follow directions at the pool and follow safety rules (no running around the pool or pool area) **Feet may touch the bottom but no walking.**

Swimmers may start in the water (Flutter boards are allowed)

On **leaving the water** entrants walk fast to exit pool, area then run to the finish line.

Gear List:

- Safe Cycle
- NZTA Standard Approved helmet
- Proper Footwear
- Shorts/Top and togs (Goggles/Wet suit Optional)
- Don't forget the Sunscreen or Warm Clothing to put on after the swim!!!**

NB: Genesis Energy Turangi Aquatic Centre Open Only To Competitors & Spectators During the Event (Lap Pool Only in Use)

Have Fun !!!



**Turangi Tongariro Sports
Foundation
Junior Triathlon**

Individual Entry

Saturday 20 March 2010

Ages	7-8yrs	9-10yrs	11-12yrs
Run	250m	500m	1km
Bike	500m	2km	4km
Swim	25m	50m	100m

PLEASE FILL IN ALL DETAILS & SIGNATURES!!!

Name:

.....

.....

..... (Surname) (First Name)

Address:

.....

Phone No: Age: Male/Female:

Health Problems:

.....

Parent/Guardian Consent:

.....

Entry Fee \$2 per entry **Entries Close: MONDAY 15TH MARCH 2010**
 (Return to where collected or Council Office with exact amount please)

**Contact: Lesley 3867040 NB: EARLY ENTRIES PLEASE, LIMITED TO
 FIRST 20 ENTRIES IN EACH RACE**

- REMEMBER:**
- **KEEP ATTACHED INFORMATION FOR RACE DETAILS**
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Whanau Team Entry
(Can be made up of Parents, Grandparents, Brothers, Sisters, Auntie's, Uncles, Cousins- not friends)

<u>Ages</u>	<u>Whanau Team (9yrs – 12yrs x 2 + 1 Adult -16 & Over)</u>
Run	2km
Bike	8km
Swim	200m

PLEASE FILL IN ALL DETAILS & SIGNATURES

Team Coordinator - Name:

Address:Phone:

RUN

Name:
(Surname) (First Name)

Health Problems:

Parent/Guardian:

BIKE

Name:
(Surname) (First Name)

Health Problems:

Parent/Guardian:

SWIM

Name:
(Surname) (First Name)

Health Problems:

Parent/Guardian:

Entry Fee \$6 per team Entries Close: MONDAY 15TH MARCH 2010
(Exact Amount Please)

(Return to where collected or Council Office)
Contact: Lesley 3867040 NB: EARLY ENTRIES PREFERRED AS FIRST 20 ACCEPTED

REMEMBER:

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Contact: Lesley 3867040

	<u>Run</u>	<u>Bike</u>	<u>Swim</u>
<u>Races:</u>			
<u>7-8yrs</u>	<u>250m</u>	<u>500m</u>	<u>25m</u>
<u>9-10yrs</u>	<u>500m</u>	<u>2km</u>	<u>50m</u>
<u>11-12yrs</u>	<u>1km</u>	<u>4km</u>	<u>100m</u>
<u>Years 3 – 6 (Primary)</u>	<u>1km</u>	<u>4km</u>	<u>100m</u>
<u>Years 7 & 8 (F1 & F2)</u>	<u>2km</u>	<u>8km</u>	<u>200m</u>

Whanau Team Race - (9yrs – 12yrs x 2 + 1 Adult (16 yrs & Over))

<u>Run</u>	<u>Bike</u>	<u>Swim</u>
<u>2km</u>	<u>8km</u>	<u>200m</u>

Individual – 13yrs – Adult Open

<u>Run</u>	<u>Bike</u>	<u>Swim</u>
<u>2km</u>	<u>8km</u>	<u>200m</u>

Key: **Run** *250m = around bottom of park *500m = 1 x around park
*1km = 2 x around park *2km = 4 x around park

Bike * 500m = 1 x around the park *2km = around the bottom of Tautahanga Rd & back * 4km = Hirangi Rd Rugby Grounds & back * 8km = End of Hirangi Rd & Back

Swim * 25m = 1 length * 50m = 2 lengths * 100 = 4 lengths *200m = 8 Lengths



**Turangi Tongariro Sports
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13 YRS - ADULT OPEN
Individual Entry

Saturday 20 March 2010

Races:

Run 2km
Bike 8km
Swim 200m

Name:

.....

(Surname)

(First Name)

Address:

.....

Phone No: Age: Male/Female:
(If under 18yrs)

Health Problems:

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Signature – (Parent/Guardian Consent if under 16yrs) :

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Entry Fee \$2 per entry
(Exact Amount Please)

Entries Close: MONDAY 15TH MARCH 2010

(Return to where collected or Council Office with exact amount please)

Contact: Lesley 3867040

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FIRST 20 ENTRIES IN EACH RACE**

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