



Waikato BOP Schools Duathlon St Peter's School, Cambridge 3rd June 2010

(Now using private roads so includes Year 5 – 6 students)

Entry Information and Rules

- Entry Fee:** \$20.00 payable with entry.
(\$30.00 for ALL entries/payments received after 1st June 2010)
Entry fee's MUST be received by the 1st June or a Late Fee WILL be charged.
- Entry Forms:** a) these must be completed and posted to PO Box 84, Cambridge and received by 1st June 2010
b) or an email with ALL required information sent to errol@onyabike.co.nz
c) or fax a copy to 078270489

Confirmation of Entry

Once we have received your payment we will email you confirmation of entry.

Location: St Peter's School, Cambridge. Registration and transition are in front of the sports fields to the south of the main entrance near the equestrian centre. Follow the arrows.

Parking: On the grass verge opposite the sports fields. Follow the arrows.

Equipment:

- Approved hard shell helmets must be worn and they must be in sound condition.
- All bikes must be roadworthy. Unsafe bikes will not be allowed to start. Get them checked.
- Minimum 12 spokes per wheel, maximum 45mm rim dept.

Registration: 8.00am until 9.15am Numbers will be in "School Lots" and may be collected by the team manager or nominated person.

Gearing: There are no gear restrictions for Duathlon

Race Numbers

- Numbers will be issued at registration and must be worn on the front torso.

GENERAL

- The award ceremony will be at the conclusion of all racing – approx 1.30pm.
- Racing is under TRINZ rules which may be viewed at www.triathlon.org.nz
- Entries close Tuesday 1st June 2010. Late entries, if accepted will incur a late fee of \$10/individual.
- Entries must be made on the attached entry form.

Briefing: Briefing for all age groups is at 9.15am.

Distances and Start Times

Age Group	Distances	Start Time
Year 5/6 Boys and Girls	1km run/ 5km bike/ 1km run	1.00pm
Year 7 Boys & Girls	1.5km run/ 10km bike/ 1.5km run	12.45pm
Year 8 Boys and Girls	1.5km run/ 10km bike/ 1.5km run	12.15pm
U14 Boys and Girls	1.5km run/ 12.5km bike/ 2.5km run	11.30am
U16 Boys and Girls	2.5km run/ 15km bike/ 2.5km run	10.30am
U19 Boys and Girls	5km run/ 20km bike/ 2.5km run	9.30am

Inter School Points Challenge

The WAIKATO/BOP TOP SCHOOL in Year 7/8 or Secondary School's will be awarded based on top 5 finishing places and participation numbers across the age groups.

Schools must have at least 1 athlete in each in each Year/Age Group to qualify for points.

