

BOPSS Triathlon 2023

Date: Tuesday 21st February 2023
Entries close: Tuesday 14th February, 3:00pm
Venue: Port Ohope Reserve, Ohope

TRIATHLON INFORMATION & RULES

Entries

Entries can only be made via your School Sports Co-Ordinator.
Please note that entry fees are not refundable unless you have contacted Luke 48 hours prior to race day.

Age Groups and Distances

Ages as on the 1st January of race year
U13 - 250m swim, 10km bike, 2km run
U14 - 400m swim, 12km bike, 3km run
U16 - 400m swim, 12km bike, 3km run
U19 - 600m swim, 20km bike, 4km run

Rules

It is the responsibility of the athlete to know the course and follow it correctly.
Swim caps must be worn in the swim leg. Wetsuits are optional.

The cycle leg is on the road and all riders must ride in a safe and responsible manner, keeping left of the course at all times.

Helmets **MUST** be worn at all times, the bike is not racked in Transition.

The bike leg is "non-drafting" for U13 & 14 which means that riders must keep at least 5m gap between themselves and the rider in front unless completing a passing manoeuvre. The bike will be "draft-legal" for U16 & U19.

The run will require the athlete to have footwear on & have their upper torso covered.

Teams

May consist of 2 or 3 members.

Changeovers between team members must take place at the 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 or awards.

Teams can be mixed or single gender.



Parking

Park in the designated car park areas at the Ohope Golf Course end of Harbour Road. Please do not park on Harbour Rd or anywhere in front of the Golf Club drive-way. We need this area clear & not obstructing the course.

The grass area near the Transition area is available for school tents but entry & exit for vehicles is limited by athletes running & cycling on Harbour Rd.

If you wish to leave the site early, please refrain from doing so whilst the cyclists are on the course. Either leave whilst runners are out or after the completion of that age group race.

Registration – 7.45am – 8.30am only.

There will be NO opportunity to register late.

Team Managers can collect all entries for one School or each Individual can collect.

You will be issued with a race number to be worn on the run only and a swim-cap which is compulsory to wear during the swim.

Please check to ensure that your athletes are entered into the correct grade.

Course maps will be on display at registration.

Event Briefings and Race Start Times

There will be a compulsory Team Manager's briefing @ 8:15am & there will be no exceptions to the following registration and race briefing times so please plan to arrive early.

A pre-start briefing will be given at the Race HQ area before each race start moves down to the start-line. This will be approximately 15 minutes before the respective starts as you need to walk down to the water.

Race Start Times

(any variation on start times will be notified on the day over the PA system)

9:00am	U13	Ind & Teams (Teams start 1 min after)
10:00am	U14	Ind & Teams (Teams start 1 min after)
11:00am	U16	Ind & Teams (Teams start 1 min after)
12:00pm	U19	Ind & Teams (Teams start 1 min after)

Prize Giving

Prize giving will be held approx 15 minutes after the last competitor finishes (expected to be 1.40pm)

Championships medals will be awarded to the 1st 2nd and 3rd eligible individual or team this will depend on entry per event

Enquiries

These can be directed to Luke Frame or email lukef@sportbop.co.nz or for course / race info Paul Miller 027 2705300 or email events@triathlontauranga.org.nz