

## Moana Pool Blokefree Triathlon Series, Event 2

NO EVENT IN 2016 OR 2017

TRIATHLON: SWIM 300m / BIKE 15km / RUN 5km

DUATHLON: RUN 2.5KM / BIKE 15km / RUN 5km

&ldquo;NO KNEES&rdquo; DUATHLON: SWIM 300m BIKE 15km10km RUN or WALK

### COURSE INFORMATION

The second event in the Blokefree Triathlon Series is based at Macandrew Bay, Dunedin. It is a Swim / Bike / Run format Triathlon. If you do not wish to swim in the open water there is a Duathlon option. If you do not run you can either walk the run course as part of the full Triathlon, enter the &ldquo;NO KNEES&rdquo; Duathlon option or complete the 10km Run or Walk.

ENTRY &ndash; Pre entry is essential on the official entry form (available November 2012). Entry forms available from Moana Pool, 60 Littlebourne Road, Dunedin or Avantiplus, 110 Crawford Street, Dunedin. Entry forms can be sent by request. There is no online entry form or payment facility available. Entries close on Monday, 11 February 2013 at 5pm.

ENTRY FEE - Triathlon and Duathlon options - \$40 per individual. \$50 per team.

- Run or Walk option - \$20 per individual. (Entry fee must accompany the entry form).

CATEGORIES &ndash; Individuals, 2 person or 3 person Teams:

Open, Veteran (40+), Junior (U20), School age (Year 8 to Year 13)

TRAFFIC MANAGEMENT - The event will be managed in accordance with the &ldquo;Code of Practice for Temporary Traffic Management.&rdquo; At all times, roads will be open to the public and residents will maintain full access to their properties. Signs &ndash; will be erected to caution all traffic of the Triathlon in progress. Cones &ndash; will be placed to highlight the course to traffic. Marshals &ndash; Will be placed on course to direct competitors. Marshals will wear high visibility vests.

EMERGENCY SERVICES &ndash; will be present during the event, based at Ralph Ham Park.

COMPETITOR SAFETY - The organizers retain the right to change distances and / or the course if required. Individuals understand that entry is discretionary and all entrants compete at their own risk.

REGISTRATION AREA &ndash; At Ralph Ham Park (Macandrew Bay). Registrations will start at 8am. Please report early to confirm your entry and receive your event numbers. Bike checks should be done prior to the event (up until Friday, 15th February 2013) at Avantiplus, 110 Crawford Street, Dunedin. Entrants from beyond Dunedin can have Bikes checked on the day at Ralph Ham Park. The organisers retain the right at registration to remove any bike not checked or deemed to be in an unsafe condition.

TRANSITION AREA &ndash; All bikes will be racked in Ralph Ham Park. Supporters may not enter the transition area while the race is in progress.

RACE BRIEFING &ndash; A compulsory race brief will be held at 8.45am in the bike transition area.

RACE START - 9.00am &ndash; From the beach. The first wave of swimmers will start at 9.00am. Swim waves will leave in 2 minute intervals.

SWIM COURSE (300m) &ndash;. The water depth at Macandrew Bay will be between 0.5m and 1.5m. Water temperatures will be 15 &ndash; 18 degrees. Swim caps are essential for the swim. Wetsuits are optional but highly recommended. The course will be triangular, marked by large bouys. The swim will be monitored by a rescue craft. Please raise your arm to signal, if you require assistance.

BIKE COURSE (15km) &ndash; Portobello Road biking North from the transition area at Ralph Ham Park to a turn around point 200m south of 'Happy Hens close to the Portobello township (7.5km) and return. Bike helmets must be worn. Roads are open to public and cyclists must obey all normal road rules. Drafting or riding in bunches is not permitted at any time. Passing must be completed without crossing the centre line of the road.

RUN COURSE (5km) &ndash; For Triathlon and Duathlon - Running on the new cycleway from Macandrew Bay in the direction of Company Bay. Out and back measured course, finishing in the transition at Ralph Ham Park.

FINISHING AREA &ndash; Run down the finishing chute and report to the desk.

Only finishing times will be taken for individuals and teams

**PRIZES** – All entrants are eligible for prizes. All prizes are spot prizes drawn at random on the day. Competitors must be present at prizegiving on the day, to claim any spot prize.

**POSTPONEMENT NOTICE:** Any postponements due to extreme weather conditions will be broadcast on 97.4 MORE FM and associated stations of Radioworks between 6.30am and 8am.