

Moana Pool Blokefree Triathlon Series, Event 1

NO EVENT IN 2016 OR 2017

TRIATHLON: RUN 5km / BIKE 15km / SWIM 150m

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

“NO KNEES” DUATHLON: BIKE 15km / SWIM 150m 10km RUN or WALK

COURSE INFORMATION

The first event in the Moana Pool Blokefree Triathlon Series and the Christmas Cracker Kids Triathlon is based at the Mosgiel Community Pool. They are Run / Bike / Swim format Triathlons, a Run / Bike / Run Duathlon, or a 'NO KNEES' Bike / Swim Duathlon option. The Blokefree event will also include a 10km Run or Walking option.

ENTRY – Pre entry is essential on the official entry forms (available now). 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 Friday, 7th December 2012 at 5pm.

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

- Run or Walk option - \$20 per individual.

- Christmas Cracker Kids Triathlon - \$10 per ind. \$20 per team. Family 3+ \$20.

CATEGORIES – Blokefree Tri: Individuals, 2 person or 3 person Teams:

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

- Christmas Cracker Kids Tri: Ages: 6 - 8yrs, 9 - 11yrs.

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

EMERGENCY SERVICES – will be present during the event, based at the Mosgiel Pool.

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 – Blokefree Tri: In front of the main entrance to the pool. Registrations will start at 8am. Registration for the Christmas Cracker will be on Memorial Park starting at 10.30am. Please report early to confirm your entry and receive your event numbers. Bike checks should be done prior to the event (up until Friday, 7th December 2012) at Avantiplus, 110 Crawford Street, Dunedin. Entrants from beyond Dunedin can have Bikes checked on the day at the Mosgiel Pool. The organisers retain the right at registration to remove any bike not checked or deemed to be in an unsafe condition.

TRANSITION AREA – Blokefree Tri - All bikes will be racked on the paved area in front of the main entrance to the Pool. Supporters may not enter transition while the race is in progress. Christmas Cracker Kids Tri - On Memorial Park close to the Pool car park.

RACE BRIEFING – Blokefree Tri - A compulsory race brief will be held at 8.45am in the bike transition area.

Christmas Cracker Kids Tri - Before the start of each age group event.

RACE START - Blokefree Tri - 9.00am – All entrants should assemble for a mass start on the Silverstream Track behind the pool at 9.00am. Christmas Cracker Kids Tri - approx. 11.30am start time. Depending on numbers age groups starts will be 6 - 8 yrs boys then girls, 9 - 11 yrs boys then girls. Teams will be allocated their start time on the day.

BLOKEFREE TRI: RUN COURSE 1 (1 lap = 5km) – From the Mosgiel Pool, along the Silverstream Track, onto a clearly marked route on Peter Johnstone Park and Memorial Park. Marshals will direct runners.

BIKE COURSE (2 laps x 7.5km = 15km) – From the Mosgiel Pool transition, left onto Gordon Rd, left into Hartstonge Ave, right into Reid Ave, left into Factory Rd, left into Wingatui Rd, left into Dukes Rd, left into Gordon Rd and

return past pool to cycle second lap. Marshals will direct cyclists. 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.

SWIM COURSE (6 x 25m = 150m) –.Participants will be directed to enter the water on the left side of pool and swim in the marked lanes in a zig zag pattern through lanes 6,5,4,3,2,1. Goggles are optional. Lifeguards will patrol the swim.

DUATHLON ONLY RUN COURSE 2 (1 lap = 2.5km) - for Duathlon entrants only – From the Mosgiel Pool, along the Silverstream Track, onto a clearly marked route on Peter Johnstone Park and Memorial Park.

10KM RUN and WALK COURSE - (2 laps = 10km) – From the Mosgiel Pool, along the Silverstream Track, onto a clearly marked route on Peter Johnstone Park and Memorial Park then returning to Silverstream Track. Marshals will direct runners.

CHRISTMAS CRACKER KIDS TRI: 6 - 8 yrs: Run 500m / Bike 1km / Swim 2 widths (approx. 20m)

9 - 11 yrs: Run 1km / Bike 2km / Swim 4 lengths (approx. 100m)

(running and biking are exclusively on Memorial Park - swimming and finishing at the pool)

FINISHING AREA - Exit water from lane 1 and report to finishing desk. Duathlon entrants run through the main entrance to pool to finishing desk. Runners and Walkers will finish in car park transition area. 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.