



## Frequently Asked Questions – Secondary Schools Tri

### **Can anyone enter?**

- Yes, if you are at School, Year 7 and above and aged over 10 years old, then you are welcome to enter. We encourage all School students to try out some of their local races beforehand...or maybe make up some practice events with friends or other students.

### **Do I need to qualify?**

- No, this race is open to all Year 7 - 13 School students, so provided you feel you have the skills to complete the event (i.e. competent swimmer and cyclist), then you may enter. We do encourage entrants to make the most of challenging themselves in local races prior to competing at this event.

### **What age do I have to be?**

- The minimum entry age is 10 years as at 1<sup>st</sup> January 2019.

### **Do I need my Schools permission to enter?**

- Yes, ask your School Sports coordinator or Head of Sports to sign your form (unless your School is entering you on behalf)
- You will need this document to upload when you enter the event (there is a link on the website with a proforma for schools – this is an NZ School Sport requirement.)

### **How do I know what age group to enter?**

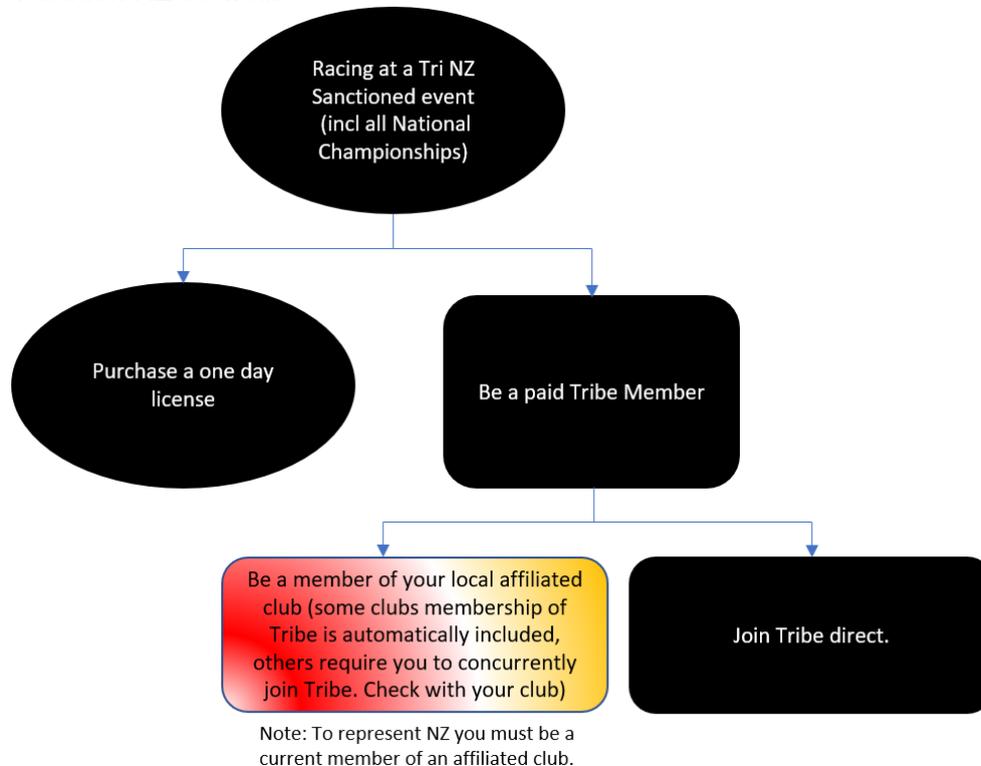
- Once you put your date of birth in the website your age will be automatically calculated, and you will be automatically entered in the correct category. Your age is as at 1<sup>st</sup> January of the year of event (i.e.2019)

### **Do I have to enter through my school?**

- No, some Schools with established triathlon programmes or Sports Departments will do this for you and arrange all the team logistics, however, if you only have you or a couple of you – then you are welcome to enter directly – just be sure to get your School sign off on the form which will be required when you enter (and let them know so they can support what you are doing...)

### Do I need to be a member of my local Tri club or Triathlon NZ to enter?

- As this is a National Championship event, if you are not a member of your local club, then you will need to purchase a one-day race license (this contributes to Triathlon NZ being able to develop and support the sport). It's always a great idea to [join your local club](#) as they generally have good Junior membership offers and often have great Junior training programmes as well. Club members will automatically be registered with Triathlon NZ as well.



### I'd really like my child to participate, but they are nervous. What can I do?

- Kids usually are more willing to try something new if they have a friend to do it with. Talk to other parents and get a group of your children to sign up – they will have more fun and be more relaxed on race day. As with anything, familiarity breeds comfort. Finding times to get out and practice in advance of race day is incredibly helpful. (Try out some local races first)

### What equipment do I need to bring?

- The very basics include: swim Cap (we provide this), goggles, tri suit or swim suit, bike, bike helmet, bike shoes (if you are wearing these), running shoes and an elastic race belt (can be some 20mm wide elastic and safety pins), warm clothes, a drink bottle and sunscreen. You may also consider a run cap.



### What do I get in registration pack?

- Your race numbers (one for your bag, bike number and race numbers for your tri suit)
- A race commemoration gift – we have designed some awesome bike socks...

### Do I get a medal?

- 🏆 Tri NZ medals will be awarded to participants/teams who place in the top 3 of the national championship events (Triathlon on Friday morning, individual and eligible teams and also the eligible teams in the Tag Team Relay on the Saturday). Other non-championship events will receive a certificate if placed in the top 3.
  - 🏆 Trophies are awarded to the male and female winners of the U12 (year 7), U13 (year 8), U14 (junior), U16 (intermediate) and U19 (senior) categories
  - 🏆 Trophies are also awarded to the overall top boys school, top girls school, and top co-ed school (this is based on a points system)
  - 🏆 Gold, Silver and Bronze Medals are provided for the individual, transition event and team relay (both mixed and female/male only teams) in the same categories as listed above

### Where can I can some help/guidance with training?

- If your School doesn't have an existing programme, then get in touch with your local Tri Club as they will have someone who will be only too happy to give some Junior guidance. Often the [Tri Clubs](#) run training sessions specifically for Juniors...and you'll meet others making it more fun too!

### What are the rules?

- The Triathlon will be run under both Triathlon NZ rules and those of the NZ Secondary Schools Sports Association. This covers things such as drafting, equipment and more. Most of the key points will be covered in the athlete handbook and pre-race briefing. It is the athlete's responsibility to be aware of and obey all rules. If you're not sure – please ask!

### When do I need to register at the event?

- Check the Event Schedule – registration will be open the day before and we encourage this, so you can be ready and relaxed for your event.

### What is the Transition race (T1T2 race)?

- This is an exciting new initiative that is all about testing athlete's ability to handle the fast paced but important part of the race – transitioning from one sport discipline to another



(like our Commonwealth Games athletes did at the Gold Coast in 2018). So the run, bike and run parts are all very short and fast.... So you really need to practice for this one! Its all about your skills in transition and this will win the race. Note that although this is not a stand-alone national championship event the points do count towards the overall school trophy

### **Who can be in a team?**

- There are two types of team race with different formats.
  - o Relay teams are made up of four team members – each completing all three disciplines. These teams can be either all boys, all girls or two girls and two boys.
  - o Teams in the non-relay section need to be of the same age and gender. (There are no mixed teams in the National Schools competition). You may have pupils from different schools provided they are similar age and either both female or male. One team member swims, one bikes and one runs.
  - o Additionally to qualify for the Tri NZ points and medals, team members must be from either the same school or up to two schools from the same region. (This applies to both the team race and the relays)

### **What kind of bike do I need to have?**

- You may race on any mechanically sound/ roadworthy bike that also meets the criteria set out in the race rules (and in the race briefing guide). A road bike is what most people will use for this type of event but a mountain is also fine. The athlete guide has more detail on this.

### **Do I need a wetsuit?**

- Generally the water temperature in New Plymouth at this time of the year is 19 degrees C, and your swim is between 200m and 600m (depending on your age) so a wetsuit is not necessary, but you may choose to wear one if you wish.

### **How long before the race do I need to be there?**

- Allow yourself plenty of time to familiarise yourself with the course, get parked and have everything set up in transition before your race... how long you need is up to you. You may want to do a warm up beforehand....

### **When do I need to rack my bike?**



- Transition will be open at various times on the day of your event (check the event Schedule). You must have all your equipment including your bike ready to go in transition at that time.

### **What should I wear for a triathlon?**

- We recommend arriving to the race site with your swim suit or tri suit on, and comfortable clothes over the top, as changing space is usually limited. (Plus you want to stay warm) During the race, you should wear something you are comfortable swimming in, that would also work while you are biking and running.
- You must wear something on the top half of your body for the cycle and run sections of the triathlon for safety reasons (we want to avoid road rash if there are any falls). A t-shirt or athletic shirt works well, as does a swimsuit. (if you're not wearing a tri suit). You may also wish to wear a hat to help provide shade on the run course. (Some Schools require their pupils to be wearing School Sports uniforms at the event – please check with your School Sports coordinator if you're not sure)
- Triathlons take place in all types of weather, so please stay tuned to our website for updates and the latest weather conditions! This should help you decide what is appropriate to wear on race day.

### **What should I eat on race morning? What about during the race?**

- It is very important to eat a good, but light, breakfast on race morning. Make sure you do not eat anything you are unfamiliar with on race day, as this might affect your stomach during the race. Most athletes eat some type of cereal or toast, light fruit, milk, juice, or an energy bar. Also remember to hydrate and drink water before the race!
- You may wish to have a water bottle in the transition area filled with water. Some athletes find this helps them stay hydrated in between events. For this distance of race, you probably do not need to have food, but talk with your parents or coach about what is appropriate and healthy for you.

### **Advice for Parents**

- Ok parents, we know you want to be involved but this is time for the kids to shine! Parents will not be allowed in the transition zone.
- This is an individual event and a chance for kids to demonstrate their independence. Event personnel will be on hand to help each if something goes awry; we know chains fall off, shoelaces get stuck and helmets cannot be found. Ultimately all participants need to be able to deal with most things themselves!
- The best thing parents can do on the day is get the athletes to the race in time and be the best side-line supporter they can be – encouraging all competitors to do their best.



### **What can I leave in transition?**

- In transition should only be the things you need for the race...so your bike shoes, running shoes and a running cap (if you choose to wear one). Anything else should be left in your gear bag for after the race.
- When you finish the swim, your cap, goggles and wetsuit (if you wear one) need to be left tidily in your area. It is an excellent idea to **name** everything so if things get mixed up that can be returned.

### **Do I need to stay for prizegiving?**

- Ideally yes, it is a show of good sports to acknowledge the performance of everyone who has competed. (and you never know – you may win a great spot prize!)

### **Can my School set up a tent or Gazebo to support our team?**

- Space for School gazebos or shelters available on first come basis near transition. Please ensure weighted appropriately for the wind.

### **What are the cut off times?**

- Triathlon NZ sets cut off times to ensure your safety. Generally these include a swim cut-off to ensure you don't get too cold. This will be 15 minutes for 300m or less and 25mins for 600m. We encourage all athletes to finish their race – this is about your achievement.

### **What are the distances?**

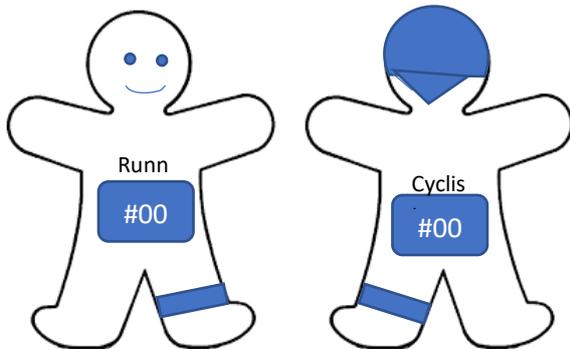
- Each race is different depending on your age and the style of race.
- Check the race distance chart for details.

### **Is there somewhere I can leave my gear (that I don't need in transition)?**

- Yes, we have a bag drop area for these.

### Do I need to wear my race number?

- Yes, you must wear your race number throughout the race, it must be visible from the back on the bike and from the front on the run. An elastic race belt is ideal for simplifying this (then you can just turn it around) or wear two numbers, one at the front and one on the back.



### Can I use equipment assistance in the swim (paddles, fins etc)?

- No, apart from the race provided coloured cap, goggles and maybe a wetsuit, you may not use anything else. To compete you should be confident in your ability (and have practiced) swimming in the open water for at least 600m.

### What are the main rules to consider

- No drafting (except for U16 and U19 Triathlon and Team Relay)
- Helmet on before you remove your bike from the rack
- Do not cross the centre line of the course on the bike
- No cutting the corners
- Be nice to other competitors
- Don't litter
- Do check the race briefing manual and the race rules – this is your responsibility!

### Are there aid stations on the course?

- Yes there will be an aid station on the run course and one at the finish. We will provide you with water on the run course and with electrolytes and water at the finish.

### Do I need to wear my School Tri / Club Tri kit / School sports kit?

- Check with your School if this is a requirement. It always creates a great sense of team and camaraderie if you are wearing the same team kit – if you're not part of a big school



team – maybe consider your Tri Club kit if you are part of a local club. However, from our perspective – this is not compulsory so wear what is appropriate for your race.

### **What if the weather is bad, will it be cancelled?**

- If the weather is a potential danger to your safety, we will look at altering/changing the event to try and allow you to have a race of some sort. These contingencies are all planned prior to the event and there are contingencies for rough water, extreme wind on the bike etc. Any changes will be notified to you at the race registration or on race morning.

### **What if the sea is rough?**

- Surf Lifesaving NZ will help us to decide whether the water is safe for you to swim. The area where you will swim is very sheltered due to the Port. If the water becomes too rough, we will either opt to shorten the swim or change the event to a duathlon. Full details will be available to you if this should happen.

### **What do I do when I have finished the race?**

- Once you have crossed the finish line, returned your timing chip; have a drink and maybe something to eat and put on some warm clothes. (especially if it's cool). Stay on the finish line area and support other competitors racing – they'll appreciate the support.
- You may not remove your bike or any equipment until the official in charge of transition has reopened transition officially.

### **Can I help another competitor on the course?**

- Sportsmanship is important in racing and if you see someone who requires medical assistance please inform one of the marshals about it so they can get medical there as quickly as possible.

### **Tri NZ have strict rules around helping other athletes – this is directly from their rules:**

- Athletes competing in the same race may assist each other with incidental items such as nutrition and drinks after a water station and pumps, tubular tyres, inner tubes and puncture repair kits. Athletes must undertake any repairs to their equipment themselves without physical assistance from event personnel, other athletes or any other person.
- Athletes may not provide any item of equipment to an athlete competing in the same race which results in the donor athlete being unable to continue with their own race. This includes but is not restricted to complete bicycle, frame,



### **How do I get points for the Schools trophy?**

- 🏆 Points are allocated for each age group across individual and teams events
- 🏆 Individuals accumulate points in the individual triathlon for their school
- 🏆 Schools accumulate points in the team events for their schools
- 🏆 Points in each division are allocated from 5 for first to 1 for fifth.

### **What trophies can I compete for?**

- 🏆 This is a National Championship event, so there are medals for first, second and third in each age group. Additionally there are trophies for age group categories and an overall School performance trophy.

### **When will the results be available after the event?**

- We will have live results throughout the day. We will have details of this link on our social media, website and handbook closer to the event.

### **Can we see the event on live streaming?**

- YES!! This will be a first ever for the NZ Schools Triathlon event so please share the link with all your friends and family so they can watch you from far and wide. It will be free to watch and we will share the link with you closer to the event.