

# CANTERBURY AIMS & CANTERBURY PRIMARY SCHOOLS DUATHLON 2020

Date: Monday 23 March 2020

Time: **9.15am** final reporting time for all participants

Location: Ruapuna Park, Hasketts Road, Christchurch

## EVENT SCHEDULE

Order:	Year 6 boys: 9.45am	Year 6 girls: 9.50am
	Year 5 boys: 10.20am	Year 5 girls: 10.25am
	Year 8 boys: 11.05am	Year 8 girls: 11.10am
	Year 7 boys: 11.50am	Year 7 girls: 11.55am

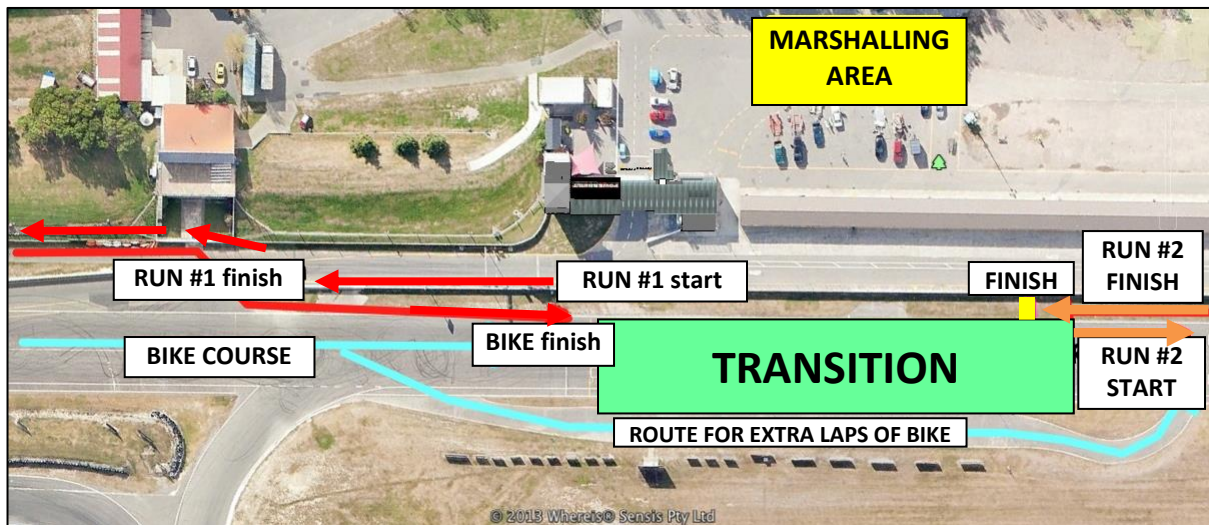
## NOTES FOR PARENTS & CHILDREN

- Toilets – both portaloos and permanent available
- Parking – in the gate off Hasketts Road
- Rules- see Sports Directory (in all schools) and our website
- We are using a timing system with transponders to track and time all participants. **This means there can be no changes on the day, so schools will need to check the entrants' lists which will be sent to all schools entered after entries close.**

## TRANSITION

- Racks will be divided into year groups
- No parents are allowed in the transition area
- Bikes **cannot** be collected until all races are completed. That will be at approximately 1.30pm

# PRIMARY SPORTS CANTERBURY DUATHLON MAPS



## COURSE DETAILS

The duathlon is run/bike/run in that order

**RUN #1**- 2km. All years do the same course/distance.

Start – children will be assembled into year groups in the car park and proceed to the start area. The course follows alongside the race track with athletes staying to the right of cones. There is a turn point at the 1km mark. Athletes turn here and run between the cones and the track. As the athletes approach the main straight they will be directed behind the main wall and run down the footpath behind it. On the approach to the pit lane area athletes will be directed onto the race track and into transition.

Please refer to maps for exact route

### **BIKE**

Years 5 and 6 = 6km (2 laps)

The exit is the opposite end of transition to the run entry.

Out of transition athletes do two full laps of the track

At the end of lap #1 athletes veer right past transition into a side road and carry on for the 2<sup>nd</sup> lap.

At the end of lap #2 athletes proceed straight to transition.

Years 7 and 8 = 9km (3 laps)

The bike course is the same as the Years 5 and 6 except athletes do 3 laps in total.

**Athletes are responsible for counting the correct number of laps.** The transponders will count the correct number, however if the wrong number of laps are completed the athlete's result will show as DNF (Did Not Finish) or DQ (Disqualified).

Please refer to maps for exact route

**RUN #2**- 1km. All years do the same course/distance.

Athletes exit transition the opposite end to where they entered from the bike & run #1. The course runs along the main straight with athletes staying on the left of the tarseal (right on the edge with the grass) and following the cones. The course goes to the end of the main straight, around the corner to a turn point and returns on the same route but along the main straight athletes run on the grass verge up against the pit lane wall to the finish line.

Please refer to maps for exact route