



3 kms



4 kms



4 kms

plus



50 metres

## WAITARIA BAY CLASSIC TRI-PLUS RED DEER JUNIOR TRI

SUNDAY 7 FEBRUARY 2016 (Mon 8 Waitangi Day public holiday)  
AFTERNOON FUNCTION AND SPOT PRIZE GIVING

### WHY HAVE A TRI+SWIM AT WAITARIA BAY?

Because it is a good idea and it is a great place to hold such an event where everything is at our front door. Unlike traditional triathlons our Waitaria Tri has a swim added to it.

This is our seventh event and we plan on it being a relaxing and fun day for all. The others have been enjoyed by all who took part.

The main aims of our events:

- Provide the opportunity for individuals and families or groups to experience physical activity in a fun way.
- For participants to set themselves a goal.
- To have fun and enjoy the benefits of being active and then being able to laugh about their experiences.

### MAIN EVENT INFORMATION

This includes challenges for the two trophies - \* MATEEN JENKINS TROPHY - 1<sup>st</sup> individual woman to finish  
\* RADZIK/TAKACS FAMILY CHALLENGE CUP - 1<sup>st</sup> family to finish  
\* ZIEGLERS CUP - 1<sup>st</sup> individual man to finish

CATEGORIES - individual (female/male) / mixed team / family team up to 4 (at least 1 member must be 18 yrs or younger) / 60+ yrs team (up to 4 members to a team permitted)

- Please note child must be 12yrs or older to kayak in the Tri
- Entry fee on the day or enclose with attached entry form.
- Registration/check-in is on Sunday 7 February 2016 between 8.45 and 9.30 am.
- Event briefing will be at 9.45 am - you must be there.
- Event start at 10.00 am - on foreshore opposite 5732 Kenepuru Road - (½ km on from school towards St Omer).
- Your entry number will be written on your arm and leg with felt pen. This has to still be readable at the finish.
- Water station and toilet - Water station will be at the start/finish of run, and half-way point of run. Toilet is available at Waitaria Bay Hall. (Please use this - not the bush).
- Spot prizes for this event - you must be at the Waitaria Bay Hall at 1.30 pm to receive your prize

### JUNIOR TRI INFORMATION

(10 yrs and over)	2km bike	1km run	50m swim
(less than 10 years)	bike circuit	run circuit	50m swim

- Start in the grounds of Waitaria Bay Estate - opposite the starting point of the main event
- Under 6 yrs of age either individual or 3 members to a team
- Event starts 11.30 am
- Water station at change over
- Entry is free
- Spot prizes for this event - you must be at the Waitaria Bay Hall at 1.30 pm to receive your prize

## **PRIZES AND FUN DAY INFORMATION – for all to enjoy (not just competitors)**

- Prizes are all spot prizes as these events are to encourage participation
- Results will be available
- BBQ and tea/coffee will be available at the Waitaria Bay Hall from 12.30 pm (charge for BBQ food)
- Juice and soft drink sales / complimentary tea and coffee / BYO alcohol
- Spot prizes presented to competitors of both events at the social afternoon at the Waitaria Bay Hall 1.30 pm
- **NB** You must be present to receive your spot prize
- Adjacent swimming pool for use (children must be supervised)
- Waitaria Bay School showers are available for competitors' use

## **MAIN EVENT**

Start at the foreshore opposite 5732 Kenepuru Road, Waitaria Bay

**KAYAK** from foreshore across the Bay and around the pink buoy

**CYCLE** on sealed road up Manaroa Road to turning point and back to Waitaria Bay transition area.

**RUN** along foreshore on sealed road towards Braeburn to turning point and then return to transition area.

**SWIM** is from this area out and around buoys and then return - finishing in transition area.

## **MAIN EVENT EQUIPMENT REQUIREMENTS – YOU NEED**

- Your own kayak and lifejacket. These must be seaworthy and in good condition.
- Your own bike. This must be in good roadworthy condition (safe). You must wear an approved safety helmet.
- It's in your interest to have footwear and gear in good overall condition.
- For the swim you are asked to use your common sense and be aware of the other swimmers.
- It is advisable to have a change of clothing to change into after the event.

## **GENERAL REQUIREMENTS AND INFORMATION FOR MAIN EVENT**

- Participants must obey officials at all times otherwise disqualification is automatic.
- Every team must have a name.
- You must be at the race briefing.
- You must adhere to all rules and safety requirements.
- At all times competitors must behave in a manner that is safe and is fair sports conduct.
- Please give assistance to fellow competitors if it is needed eg injury, mishap.
- All participants are responsible for their own equipment and sports gear.
- Road/traffic rules must be obeyed. **Please remember all roads are open to normal traffic.**
- If you pull out of the event at any stage please advise officials at finish point ASAP.

## **JUNIOR TRI EQUIPMENT**

- Participants must obey all instructions and follow all markers
- Bike and bike helmet must be in good condition and an approved bike helmet must be worn for the bike ride
- Must wear good footwear as the ground is uneven
- Togs or shorts for the swim - which is parallel to the foreshore (waist height) - flutter boards available
- Parents/guardians are responsible for the safety of their own children

## **TRANSITION AREA**

- You must only walk in this area.
- As soon as you have handed over to the next team member this area must be cleared.

**ENTRY FORM** This can be either brought with you on event day, or mailed to Dianne & John Dixon,  
5788 Kenepuru Road, Waitaria Bay, RD 2, Picton 7282  
(Pre-entry would be appreciated for BBQ catering purposes)

**ENTRY FORM DETAILS**

**CLEARLY INDICATE CATEGORY COMPETING IN**

NAME IND. / TEAM LEADER .....

**INDIVIDUAL FEE** \$15 .....  
MALE/FEMALE INDIVIDUAL

TEAM NAME .....

**TEAM FEE** \$20 .....  
FAMILY/ MIXED /60+ YEARS TEAM

PHONE# .....

**JUNIOR TRI** N/C  
UNDER 10/10 YEARS AND OVER

EMAIL .....

**TOTAL** .....

(Please make your cheque payable to Waitaria Bay Fitness Group  
Or direct credit WAITARIA BAY FITNESS GROUP 03 0703 0697350 00 (plz include your name/ph# as reference)

I agree to abide by event rules and I enter this event accepting all risks and liabilities to be my own responsibility  
The safety and wellbeing of my child is my responsibility during this event

**Main Event individual or team member** .....

**Parent/guardian of Junior Tri competitors** **NB \*\* this form must be signed**

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