



Dear Parents and Caregivers,

### Clarkville School/Community Triathlon

On Wednesday 24th March, we will be holding our School Triathlon! This promises to be a fun day and all students are encouraged to participate, with the focus of the day being teamwork, participation and enjoyment of physical activity.

The programme for the day is as follows:

10.45am - Assemble at Rice Park (Please note starting point is the same as last year)

11.00am – Student Triathlon running order

- MATAWARA
- HOPARA
- TŪHURA
- WHAKAREWA

All students will run in Learning TEAM appropriate groups. Students may enter the triathlon as a team or an individual (not both). A team can be made up of 2-3 members and all MUST be from the same 'learning team' (EG – Aspire, Explore etc).

Both teams and individuals will run at the same time. Whakarewa children will enter as individuals. It is a race they can all do easily.

Each team/individual competitor will begin with the running phase. After the running phase, each *team* biker is to tag their team member who will be waiting at the end of the run. (An individual will simply run straight to pick up their bike). Whakarewa's triathlon is all in the school grounds.

At the conclusion of the biking phase, the cyclist is to bike into the teachers' car park and park their bike at transition point 2, which is the concrete pad and surrounding grass area that is coned off. There will be adult assistance at this point. If they are a team-member, they will need to tag the team member who is waiting behind Aspire, to commence the swimming phase. All swimming phases will conclude in the school grounds at the finish line - outside the MPF.

The following distances apply to each TEAM group –

| Age Group | Swim                                       | Bike                               | Run                |
|-----------|--|------------------------------------|--------------------|
| ASPIRE    | 5 lengths                                  | 6 km                               | 3x Rice Park       |
| EXPLORE   | 3 lengths                                  | 4km                                | 2x Rice Park       |
| DISCOVER  | 2 lengths                                  | 2km                                | 1x Rice park       |
| WHAKAREWA | As appropriate to ability - up to 4 widths | All grass area outside Explore/MPF | Round school field |

#### *Race Day Morning*

Children need to bring their bikes on the morning of race day. We ask that ALL children with bikes FILL UP THE BIKE STANDS first, then when there are no more stands, children are invited to carefully store their bikes BEHIND their own class with their bike equipment (hat, clothing, shoes

etc) in a plastic bag hanging from the handle bars. They can 'stuff' their plastic bag into the cavity under their seat while racing, or give it to the parent help at the transition point. Bikes will be moved to the transition area later in the morning.

### ***HELP!***

To ensure an enjoyable and safe day for all, we require many marshals and helpers on the day to marshal areas and direct children to the correct area etc. The following jobs will need to be filled:

– Helper/Marshals will need to report at 10am on the 17th for a briefing.

\* Marshals on Heywards Road for safety and to direct children when they need to turn back

\* Helpers in the car park to help children put bikes away in coned area.

\* Helpers around the course in Rice Park and in the school grounds to direct children where to go to next.

\* Helpers in the swimming pool to assist safe entry and exit of the area.

\* Helpers at the finish line to assemble and record results.

\* Helpers at the crossing point on Heywards Road.

If you can help in any way, please indicate this on the [online form](#).

Your help will be most appreciated and is vital to the running of this event. You will be given full instructions closer to the day.

### ***Important to note***

We aim to run this event, unless we have severely inclement weather. Should the weather on the day look more favourable in the afternoon, we will change our timing to suit this, and this will be an afternoon event.

Should it be a drizzly day, we will eliminate the biking phase and host a duathlon of a run and a swim. **ALL CHILDREN SHOULD BRING BIKES REGARDLESS OF THIS.**

In the event of severe weather this event will be CANCELLED. Any alteration notices will be sent by the School App.

Kind regards,  
Sue Edwards