

Scott+**t**
clinic



**SCOTT CLINIC
HB SECONDARY SCHOOLS
INDIVIDUAL TRIATHLON CHAMPS**

SUNDAY 24 MARCH 2019
PANDORA POND, NAPIER

09.00am Start

www.trihb.kiwi

Entries close Friday 22 March 2019 at 1pm

Official Entry Form



(Please tick one)

Junior Boys

Year 9-10

Senior Boys

Year 11-13

Junior Girls

Year 9-10

Senior Girls

Year 11-13

Name

Address

E-Mail

School

Contact
Phone

Please print
both your 1st
and surname
clearly

Post your entry to:

Secondary School Individual Triathlon

PO Box 7162

Taradale

Napier 4141

Phone: 0275601378

Closing date

1 pm Friday 22 March

2019

Payment details

Individual entry fee

\$20.00

Total

Please make cheques payable to: HBMSC

Or pay by direct banking: Quote name and ref HB Schools Tri

Account # 12-3144-0048680-00

Indemnity/Declaration

In consideration of the acceptance of my entry I do hereby for myself, me heirs, executors, administrators and assignees release and forever discharge the sponsors, organisers and all persons involved in the conduct of the Friendly Dental Secondary School Triathlons from all claims of damages or actions whatsoever in any manner arising out of my participation in the event. I attest and verify that I am fully aware of the risks involved in participating in this event and that I am sufficiently fit to complete this triathlon safely. I agree to abide by the organiser's rules and their decision is final. I consent to the use of my name for promotion of this event by organisers and sponsors.

This declaration can be signed by either a parent/caregiver or person of responsibility

Signature:

Enquiries to...



Triathlon Hawke's Bay

Bruce Richardson – Event Manager

Business phone: 0275601378

Email: events@trihb.kiwi

For more information...

www.trihb.kiwi

Information...

Venue: Pandora Pond

Date: Sunday 24 March
2019

Start: 09.00am

Registration: From 08.00am

Cost: \$20.00

Swim Distances:

Juniors: Yr 9-10

Swim – 200m

Bike – 14km

Run – 2km

Seniors:

Yr 11-13

Swim – 750m

Bike – 21km

Run – 5km

RUN COURSE:

The Junior course is an out and back course which heads out along Pandora Road for 1km and return along same route.

The Senior course is a single lap of Pandora Pond. This does include some off road track but the majority of it is on sealed road. Runners must familiarise themselves with the 5km course. There are no drink stations on these run courses.

COURSE MAPS NEXT PAGE:



Run Turn at Cone Direction of Run Transition

SENIORS COURSE DESCRIPTION: (Red Line) Leaving the transition area turn right by the toilets on Humber Street follow the cones until you get to the walkway where you follow the walkway until you get to an old unused road with a bridge on it. Turn **LEFT** until you reach a turnaround cone. Follow the footpath back over the old bridge and before you reach the phone box turn **RIGHT** onto limestone footpath. Follow the footpath to Pandora Bridge where you will join the footpath beside Pandora Road. Follow this to finish line in Humber street

JUNIORS COURSE DECIPTION: (Blue Line) Leaving the rear of transition follow the cones out into Pandora Road and keep running on the footpath until you see run turn around cone then come back the same way. Always stay on the track provided when you are in the DOC reserve. No dogs are allowed to be taken with you and no rubbish is to be left behind.

