



WP TRIATHLON



Dear Athlete and Parent

2015 WPTA TRIATHLON CHAMPIONSHIPS - 7 December 2014

Thank you for entering the event.

The Val de Vie Estate, Paarl - Franschhoek Valley once again will host this event. Val de Vie also have their Market on the day – which is from 10:00. So bring the family along too.

Please note:

We need to respect the rules of the Estate with particular reference to noise, speed, security and parking in designated areas within the Estate. (Please do not enter any properties)

Paarl Sunday 7 December - Partly Cloudy



33 °C

Precipitation: 0% Humidity: 39% Wind: 13 km/h

1. Important info

All vehicles **will** enter via the Contractors entrance and park in the designated areas. Route boards and marshals will direct all. (Contractors Gate will open at 05:00)

Registration will be at the Transition area which is close to the dams.

NOTE: Short walk from the parking to the start (swim)/transition. ***There is no parking available at the swim/transition area.***

NON DRAFTING event for age groupers

TT bikes allowed for age groupers

Decision by the Technical officials will be taken Sunday morning with regard to Disc wheels – please bring standard wheels with you as refs decision will be final

Please note: Online early entries are closed

2. REGISTRATION:

It is preferred that Age Group athletes pre register as it will be an unnecessary rush otherwise.

Entrants can register on Thursday 4 December 2014 between 15: 00 – 18:00 at Sportsman’s Warehouse, Tygervally.

Registration Times on the day

Age groupers	between 05:45 and 06:45
Junior athletes 16 to 19	between 05:45 and 06:45
Junior athletes 12 to 15	between 08:30 and 10:00
Children 6 to 11	between 08:30 and 10:00
Fun Teams and Individuals	between 08:30 and 11:30

***TEAMS:** Can be either 2 or 3 individuals and can also be mixed

Early online entries will receive:

- Race pack containing: race number and elastic/pins
- Goodie bag

Medals and T Shirts to all finishers at the finish

3. TEMPORARY LICENCE for WPTA/TSA

Non WPTA/ TSA registered athletes must pay temporary Licence fee R30 for all events up to sprint distance (includes teams) and R100 for Olympic/Standard distance (Age Groupers)

4. START TIMES and DISTANCES:

AGE GROUP	DISTANCE	START
Age Groupers	swim 1500m - cycle 40 km – run 10 km	MALES and FEMALES Between 06:45 and 7:30 depending on start wave
16 to 19 (born 1996- 1999) & Para Athletes	swim 750m - cycle 20 km - run 5 km	09:15
Fun ADULT event Individual and teams	swim 750m - cycle 20 km - run 5 km	9:30
Fun ADULT event Individual and teams	swim 400m - cycle 10 km - run 2,5 km	11:00
12 to 15 (born 2000 - 2003)	swim 400m - cycle 10 km – run 2,5 km	11:10
9 to 11 (born 2004 - 2006)	swim 200m - cycle 5 km – run 1km	11:30
6 to 8 (born 2007 - 2009)	swim 50m - cycle 2 km - run 500m	11:50
PRIZE GIVING 13:00		

5. TRANSITION /BIKE RACKING: No exceptions

AGE GROUP	BIKE RACKING
Age Groupers	05:30 to 06:15
16 to 19 and Para athletes	08:15 to 08:45
Fun event Individual /Teams	08:15 to 08:45
Children 12 to 15	10:30 to 11:00
Children 6 to 11	11:00 to 11:20

6. RACE NUMBERS

All athletes must compete with their issued race number on the day. This race number **must be displayed in the front during the run and at the back during the cycle.**

7. Race briefing

TD will do this with all groups 15 minutes prior to start of each event.

8. BODY MARKING – race day

Body marking will take place prior to entering transition.

9. PODIUM MEDALS/ PRIZE GIVING

This takes place at 13:00 at the Pavilion and recipients must be present.

As this is the WPTA TRIATHLON CHAMPIONSHIPS only **2015 WPTA /TSA registered athletes** 12 and older qualify for **WPTA TRI CHAMPIONSHIP medals** in all official age groups.

10. MARSHALS/ MEDICS / LIFESAVERS /ROUTES

Marshals/ Medics/ Lifesavers - these are there to assist with safety of all

Route - route maps available at registration and route marking (signage) will be visible on all routes

11. SPECTATORS

We need to ask all supporters, parents etc to please adhere to all marshals, security officials, refs to ensure a fair and safe event for all.

A BIG BIG thank you to all involved

HINTS:

- 1. Photographers will be present.*
- 2. Sun protection recommended. Drink and keep hydrated.*
- 3. Feel free to bring your own umbrellas as there is NO shade in the horse paddock we are using. We will also not be supplying any chairs so please bring your fold up chairs.*