

# Indoor Triathlon

Dates: 7<sup>th</sup>/8<sup>th</sup> February 2019

Address for Sport: Splash Centre, Springvale Park, Springvale, Whanganui 4501

Contact: Charlotte Meiklejohn 0800 302019

<b>FACILITIES</b>	There is free parking available in the Splash centre carpark. Other sports will be occurring at the same time, so it is advised to arrive early. There are toilets, showers and changing facilities available.
<b>MEDALS &amp; CEREMONIES</b>	Medals will be awarded at the Games Village after the last athlete has completed the race on Friday 8 <sup>th</sup> Feb and results are collated. This will happen on the stage approx. 4pm.
<b>DIRECTIONS</b>	The splash centre is a 10 minute drive from the Masters Games Village next to Springvale park. Refer to map in Games book for public transport options.
<b>PROGRAMME</b>	Athletes to please book a time between 9am to 3:30pm to compete. Entries close 29 <sup>th</sup> Jan and the draft schedule will be released the following day. We will endeavour to allocate according to your selection. Maximum of two participants per time slot.
<b>FIRST AID</b>	A basic First Aid kit will be available and a qualified first-aid person on-site, as per NZ Masters Games Regulations. A warm up area will be available and it is highly recommended you make use of this. Lifeguards will be present and trained in first aid.
<b>REFRESHMENTS</b>	Please ensure you bring sufficient food and drink to keep yourself rehydrated and replenished. Free water will be available
<b>SPORT SPECIFIC INFORMATION</b>	The event will consist of 30 minute distance trial; 10 minute rower 1 minute rest 10 minute indoor cycle 1 minute rest 10 minute swim Medals are awarded to the competitors in each age grade that "travel" the farthest distance during their race. All competitors must wear closed in shoes for rowing and biking and appropriate swimwear. Competitors must be physically able to compete in high intensity activity.