

# Indoor Triathlon

**DATE:** Fri 2nd – 12pm – 9pm  
Sat 3rd – 12pm – 6pm

**VENUE(S):** Jellie Park Recreation  
and Sports Centre, 295 Ilam Road

**AGE:** As at 30 September 2009  
30+ Men & Women

**SPORTS FEE:** \$15 per event

**CONTACT:** Brett McGuigan  
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# Indoor Triathlon

Please send this completed sports coupon with the Completed Registration Form.



**Gender**     Male     Female

**Age Groups**     30+     35+     40+     45+     50+     55+     60+     65+     70+

*It is the responsibility of each athlete to book time with the Centre staff.*

- This is a time based Indoor Triathlon event. Each person will row 10 minutes, then cycle 10 minutes, then run/walk (treadmill) 10 minutes. There is a 60 second transition between each activity. Winning is based on the maximum distance attained through all 3 activities.
- You must phone 03 941 6900 to book in for a start time. If you fail to arrive for your scheduled start time you will be disqualified. Numbers are limited to 50 starting slots.
- Individual start times will go every 20 minutes and you will be monitored by facility staff during your race.
- It is recommended that athletes arrive 30 minutes prior to their start time to allow for a warm-up and to set the equipment at the correct height.
- A Concept II rower will be set at Level 6 resistance.
- A Technogym bike will be set at Level 6 resistance.
- Technogym treadmill starting speed will be 8km/hr but athletes discretion will be used from the commencement of the run leg unless deemed unsafe by facility staff.
- All activities undertaken within the Jellie Park Recreation and Sports Centre will be covered by the Jellie Park Normal Operating Procedures and Emergency Action Plans.

For more information see [www.simasters.co.nz](http://www.simasters.co.nz)