

The Wawa Challenge - Warrington and Waitati Triathlon

(Open to all 3 Peaks Cluster Schools)



When: Low tide at mid-day, February or March

What: Beach Triathlon – cycle, run and surf wading

Venue: Warrington beach

Who: Team events at all year levels and an individual **Wawa Shield** Race

Year 1&2 - 10.00

Year 3&4 - 10.20

Year 5&6 - 10.40

Year 7&8 - 11.10

Individual event - **Wawa Shield** using the Years 7&8 team course - 11.40

All times approximate and **Wawa Shield** race may run at the same time as the year 7-8 team race.

The Wawa shield for best athlete will be awarded to the fastest athlete entering the individual race.

Start adjacent to surf club. Ride bike towards end of spit and around cone on seaward side first before returning. Tag runner at start zone who will run towards a cone towards rocks then return. Tag swimmer at beach flag who enters the water around human marker swim/wade along shore parallel to the beach around second human marker then run to start/finish line.

All markers and water depth adjusted to suit ages.

Bike riders will need their parents to drop their bikes and helmets at the beach ready for start.

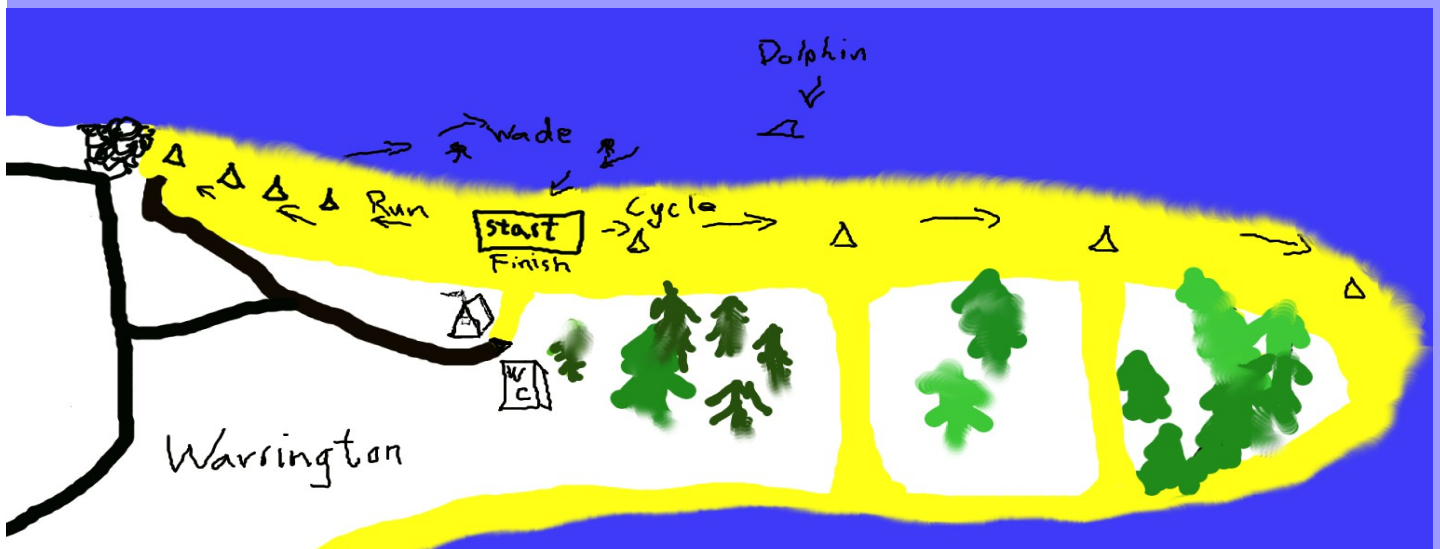
We will need assistance from parents on the day to be markers along beach and also in the water. If weather or surf inclement the event will be postponed.

Equipment:

4 red cones , 4 green cones, 2 moon hoppers (bouys), beach flag, rope and poles (barrier)

Cones for cyclists – start of pines, first and second sea break through and end of spit

Cones for runners – 2 evenly spaced before rocks, at rocks and before point rocks



Possible parent information:

Your child _____ chose to enter the team/individual event as the cyclist/runner/swimmer

Cyclists will need to have a road worthy bike, helmet, footwear and shorts

Runners will need shorts

Swimmers will need togs, towel and warm clothing to change into