

# BOP Schools Triathlon 2026

**Date:** Tuesday 17<sup>th</sup> February 2026  
**Entries close:** Tuesday 10<sup>th</sup> February, 3:00pm  
**Venue:** Port Ohope Reserve, Ohope

## TRIATHLON INFORMATION & RULES

### Entries

Entries can only be made via your School Sports Co-Ordinator.  
Please note that entry fees are not refundable unless you have contacted Luke 24 hours prior to race day.

### Age Groups and Distances

Ages as on the 1<sup>st</sup> of January of race year  
U13 - 250m swim, 10km bike, 2km run  
U14 - 400m swim, 12km bike, 3km run  
U16 - 400m swim, 12km bike, 3km run  
U19 - 600m swim, 20km bike, 4km run

### Rules

- Swim caps must be worn in the swim leg. Wetsuits are optional.
- Raise 1 arm in difficulty in the swim.
- The cycle leg is on the road and all riders must ride in a safe and responsible manner, keeping left of the course at all times.
- Helmets **MUST** be worn at all times, the bike is not racked in Transition.
- The bike leg is “**non-drafting**” for U13 & 14 which means that riders must keep at least 5m gap between themselves and the rider in front unless completing a passing manoeuvre. **The bike will be “draft-legal” for U16 & U19.**
- Team managers please ensure prior to entry, that all athletes are confident swimmers & capable of completing the distance.
- Team Managers are responsible for checking the safety of their competitors during & after the race.
- Team Managers are responsible for ensuring all competitors understand the Rules of the Road. The briefing will explain that the roads are open.
- ALL competitors must attend race briefing, 15 mins before each start.
- Event management & all marshal instructions must be obeyed. Noncompliance could lead to DQ.
- All athletes/supporters will show good sportsmanship & fair play.
- The responsibility of knowing the course & staying on course is the competitors.
- There are to be NO listening devices used during the event.
- In case in accident/injury, please notify the nearest marshal.
- The run will require the athlete to have footwear (no spikes) on & have their upper torso covered.

## **Teams**

May consist of 2 or 3 members.

Changeovers between team members must take place at the designated area.

The oldest person in the team determines the age category of the team. Team members must represent the same school to be eligible or awards.

Teams can be mixed or single gender.

## **Parking**

Park in the designated car park areas at the Ohope Golf Course end of Harbour Road. Please do not park on Harbour Rd or anywhere in front of the Golf Club driveway. We need this area clear & not obstructing the course.

The grass area near the Transition area is available for school tents but entry & exit for vehicles is limited by athletes running & cycling on Harbour Rd.

If you wish to leave the site early, please refrain from doing so whilst the cyclists are on the course. Either leave whilst runners are out or after the completion of that age group race.

## **Registration – 8am – 8.45am only.**

There will be NO opportunity to register late.

Team Managers can collect all entries for one school, or each Individual can collect.

You will be issued with a race number to be worn on the run only and a swim-cap which is compulsory to wear during the swim.

Please check to ensure that your athletes are entered into the correct grade.

Please let registration of any withdrawals.

Course maps will be on display at registration.

## **Event Briefings and Race Start Times**

There will be a compulsory Team Manager's briefing @ 8:45am & there will be no exceptions to the following registration and race briefing times so please plan to arrive early.

A pre-start briefing will be given at the Race HQ area before each race start moves down to the start-line. This will be approximately 15 minutes before the respective starts as you need to walk down to the water.

## **Team Management**

All teams/schools must have a teacher or adult with them on the day. They are to attend the managers briefing. For H&S requirements they also need to be aware of any medical issues relating to their students. They will also help implement the rules & good sportsmanship.

## **Course maps & description**

All maps & descriptions can be found on the Triathlon Tauranga website.  
[www.triathlontauranga.org.nz](http://www.triathlontauranga.org.nz)

## **Race Start Times**

(any variation on start times will be notified on the day over the PA system)

9:30am	U13	Ind & Teams (Teams start 1 min after depending on numbers)
10:30am	U16	Ind & Teams (Teams start 1 min after depending on numbers)
10:40am	U14	Ind & Teams (Teams start 1 min after depending on numbers)
11.45am	U19	Ind & Teams (Teams start 1 min after depending on numbers)

## **Prize Giving**

Prize giving will be held approx 15 minutes after the last competitor finishes each race. Rolling prizegiving's after each race.

Championships medals will be awarded to the 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> eligible individual from BOP region & overall teams (no categories).

## **Enquiries**

These can be directed to Sport BOP - Claire Kersten, email [clairek@sportbop.co.nz](mailto:clairek@sportbop.co.nz) or for course / race info Paul Miller 027 2705300 or email [events@triathlonauranga.org.nz](mailto:events@triathlonauranga.org.nz)



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