

Naas CBS Duathlon 2023

Course: 1.9km Run - 6km Cycle - 1.9km run
When: Friday 12th May 2022

Where: Naas Racecourse
Time: 8.30am

How to Register

Enter **one** of the following:

Individual Event €5
Two Person Team Event €10 (Each team member can pay €5 through school payment App)

- **Pay for event through School Payment App**, €5 per student (if paying for siblings just adjust the amount accordingly)
- **Register for Event through Google Forms.** If doing team event **only one member** of the team needs to fill out details, but make sure **add both team members names** on registration form.
- Pay & Register for event before 8th May, 2023. (cut off time is 4pm)
- **YOU MUST PAY FOR EVENT BEFORE REGISTERING!**

How do I get my bike to the racecourse?

You'll need to sort out transportation for your bike to the course yourself the morning of the Duathlon. Go directly to Naas Racecourse Tipper Road entrance.

What if I forget my helmet?

No bike helmet. No race.

What do I get for my €5 entrance fee?

Entry to the duathlon, chip to track timing, a Naas CBS duathlon t-shirt, snacks and entry to raffle. *And of course a Day off school!*

Is there a sponsorship card this year?

No. Just €5 entry fee

How much does it cost for a team?

€5 for each person on the team, so two person team €10.

How does a team work?

Max **two per team**, one will do running other will do cycle. Each team member pays €5 each. When registering on the app one person fills in details of both team members. Person doing the first run has the chip, when the run is over they pass the chip to the cyclist and then cyclist passes chip back to runner. *Tip: be as fast as you can during all your handovers*

What if my team member doesn't turn up?

Let a volunteer know on the day and you'll have the option to do the individual event on your own.

If we're in a team, do we get a t shirt each?

Yes. Everyone who pays €5 entrance gets a t-shirt, some snacks and entry to a raffle to be held after the Duathlon

We're in a team; do we get a chip each?

No, the chip is for your team. It's to be passed from one member to the next.

What if I lose my chip?

No chip. No time

Can I go home after the Duathlon?

Yes, but you must wait until all events are completed, prizes are handed out and raffle is over.

How will I know when it's my turn to start?

Everyone will be given a chip number when you register in the morning. Listen for your number being called and you'll be put in a group (called a 'wave') and you'll start with that wave. Generally, first years start first, followed by second years etc

How will I know where to go?

There will be lots of volunteers on the day outlining the route.

What if I don't follow the route?

If you do not follow the correct route you will be disqualified.

How do I check my time after the Duathlon?

We will give you details of a website. Results will be available an hour or two after the event.

What are the prizes?

- Trophies and voucher for 1st, 2nd & 3rd place overall individual best time.
- Trophy and Voucher for 1st & 2nd place overall team best time.
- Prizes for individual year categories 1st, 2nd & 3rd place
- Everyone who attends on the day will be entered into a raffle after the duathlon.

There will be lots of volunteers on the day. All will be wearing hi-vis jackets, so any questions on the day, just ask.

Summary:

- Pay for entry through School Payment App.
- Register for event through Google Forms.
- Go directly to Naas Racecourse Tipper Road entrance.
- Arrive early gates will be open from 8.30am.
- Make sure your bike tyres etc are in good health.
- **Don't forget your bicycle helmet (if no helmet you will not be allowed to compete)**
- You will be given a number (chip) before your race.
- Do not leave racecourse until all events are over.
- Prizes and snacks will be given out at end of day.
- We would expect all events to be finished by 1pm