

An aerial photograph of a tropical island, likely in Samoa, featuring a lush green forest, a sandy beach, and a vibrant turquoise coral reef. The water transitions from shallow, clear turquoise to deeper blue as it extends towards the horizon under a cloudy sky.

Pacific Islands Triathlon Championship

SAMOA—2018



Samoa Triathlon Federation



Samoa Triathlon Federation

Talofa lava Presidents and Federations

INVITATION to P.I.T.C. 2018

It is with great pleasure the Samoa Triathlon Federation (S.T.F.) extends to your Federation and athletes this invitation to attend the 2018 Pacific Islands Triathlon Championship to be held in Apia on 30 November & 1 December. As a newly installed member of the O.T.U. family, S.T.F. embraces this opportunity to welcome you all to Samoa. This is the first time we will play a significant role within the O.T.U. family by hosting P.I.T.C. It is indeed a generous gesture of the Federations to afford Samoa this honour.

At the same time as P.I.T.C. Samoa will host two O.T.U. gatherings, the Presidents' meeting and the O.T.U. athletes' camp.

We are looking forward to putting on P.I.T.C. with the help of Lyndell Murry (Aust) who is our Technical Delegate also for the Pacific Games next year. P.I.T.C. will in part be the test case for the PG that follows in July 2019. All these activities place us entirely in the limelight twice in such a short space of time.

I trust as many athletes as possible from your Federation can make the P.I.T.C. in Nov/Dec. It will be a great showcase of island athletes as we have in the past.

For the O.T.U. family, President Peter Hedge has lobbied well for P.I.T.C. 2018 to carry I.T.U. points. This is a rare and golden opportunity for Island athletes to compete and earn valuable points on the ITU ladder system.

This is an opportunity we are looking forward to with much anticipation.

See you soon in Samoa

Seti Afoa
President, Samoa Triathlon Federation



Your P.I.T.C. Team

Event Management, Samoa Events

Event Director, Seti Afoa—Phone 7603454

Technical Advisor, Lyndell Murray (Australia)

Vice President: Mike Webster

Event Accommodation

Tanoa Tusitala Hotel, 21122

Event Venue

Sogi Reserve (Opposite Tanoa Tusitala Hotel)

Event Dates

30 November, Teams' Aquathlon

1 December, Tamatoa TRI & P.I.T.C. Championship

MEDIA

#pitsamoa

#otu

#itu



PITC 2018 SAMOA—Schedule

Friday, 5.30 pm

TEAMS' AQUATHLON

Venue: Main Event Centre

Sogi Park opposite the Tanoa Tusitala Hotel

Federations can enter more than 1 team

Distances

2km Run

750m Swim

2km Run

3-members—Team must have one female member

Teams can select from outside national Reps

Fee: \$150 per Team

Saturday 1 December

9am Start

Venue: Mulinu'u Peninsula

U13's

500m Swim

10km Bike

2km Run

U8's / U10's

100/200m Swim

2/4km Bike

2km Run

Fee \$50 SAT

Start 1-pm

Pacific Island Representatives & Age Group race

Distances

Swim 750m

Bike 20km

Run 5km

Championship Race - Solo Only

AGR Race - Solo / Teams

Fee \$100 SAT Solo

Team Fee \$140 Team

IMPORTANT

Is your Passport valid? Check that your Passport is valid for more than six months from the date of Travel. If your Passport expires before June 2019—you may need a New Passport to travel to Samoa.

Medical Advice? Check with your GP / Doctor on advice on any medication, protection and / or other cautionary measures you may need before you travel to Samoa.

Have you Registered for your Event? All athletes need to Register online for PITC. Make sure you carefully read Conditions of Entry as part of the Registration process.

Are you fully insured to Compete? Check your insurance policy that you are covered to compete in the Events you have entered. Whilst we provide a safe environment for the races, and we have not had a major incident in the Swimming races since we started six years ago there is no public liability with the events. The risk is yours. Please ensure you have no medical condition that could impact your health during competition.

Medical warning - Samoa has experienced a few cases of Mosquito borne diseases such as dengue fever, Zika and Chikungunya. The last two have largely disappeared from here but dengue has been an issue the last 12 months. Pack an effective Insect repellent and make sure you are sufficiently layered when out and about.

Currency - The currency here is Samoa Tala. \$1 NZD = \$1.66 SAT and \$1 AUD = \$1.95 SAT. You can get currency at the airport on your arrival, at the ATMs or Foreign exchange.

Food - Food at major hotels is on par with most places overseas. Away from the major hotels it is a challenge sometimes to find good food. Pays to pack some treats for yourself such as nuts, trail mix, bars and energy foods that you may need for your races and to supplement your meals on tour.

Transport on Time: Everything will run to schedule. Transport times as listed in the Manual means transport will leave at that time. We will not be waiting around for folks arriving late at pick up point. If you miss transport, you will have to make your way to the next Event site by taxi or other means at your own cost.

Personal Safety: When you are in Apia you will be approached by Street sellers who want you to buy their goods. If you do not want to purchase a simple “No thank you” is enough, you may have to say it twice. We do not encourage walking in Apia or anywhere on your own after dark. Whilst the crime rate is low, there are opportunists who may compromise your safety.

IMPORTANT FACTS

Airport to Apia - Most of you are traveling to Apia on Arrival, and further for Warrior competitors to Lalomanu.

Airport to Apia, 37 km, travel time is 40-45 mins

Speed Limit? Most people drive at 40 km per hr, which is slow and also the speed limit in town.

Taxis and Buses - If you have booked with us, you will be met on arrival and your transport to Events is included. Here is a Taxi guide for fares around town:

Airport to Apia \$60 SAT

Taxi around Apia inside the Town—\$5

Outside Apia to 3 km—\$8

Apia to Lalomanu by Taxi—\$180 SAT

Airport to Lalomanu by Taxi—\$180 SAT

Shopping around Apia? The market is very close to Tanoa Tusitala hotel where most are staying. People around town will also be keen to sell you something—a polite No thank you is often ok in order to be left alone.

Supermarkets There are very good supermarkets around Apia for your grocery needs. You can purchase bulk water from there.

Throwaway Plastic-Free We encourage you to not purchase water sold in single use and throw-away plastic bottles. Please use the Refillable water coolers that we will have on tour. This is filtered and treated water.