



25th February - Ahuriri Beach, Napier

Tri NZ Sprint Championships

Athlete Guide & Detailed Briefing

*Please ensure you are familiar with all the contents to ensure
a fair race and less stress for you on the day.*



Welcome



On behalf of the team at Tri NZ and SB Events we are excited to welcome you to Napier for the Triathlon New Zealand Sprint triathlon Championships . We hope you are excited about being able to experience racing in this stunning location as much as we are. You'll be able to enjoy watching some of the world's best triathletes in the World Triathlon Cup races on Saturday Evening before taking to the same course yourselves on Sunday morning. No matter whether you are a first-time individual, part of a team event or a seasoned athlete - welcome, have fun and play fair!

Thanks – the Triathlon Napier Team



Remember as a participant in this event you are responsible for your own safety and equipment.

- ✓ Please obey all traffic rules.
- ✓ Please undertake everything you do within the race to your own capabilities and swim, bike and run in a responsible and fair manner.



Registration, Briefings & Transition Tours

- ▶ Registration is from 10am-12pm and again from 7:30pm to 8:30pm on Saturday 24th February at The Boardwalk Restaurant and Bar, Hardinge Road, Ahuriri Beach.
- ▶ This document has all the information you need to know and will act as your full race briefing for the event, it must be read by all participants.
- ▶ We will also have a short safety briefing before the start. Please ensure you have checked the time you need to attend these and are present.
- ▶ There will be course maps and schedules displayed at the event

The
Boardwalk

Parking

- ▶ We have designated parking for the event in the Perfume Point Reserve (see picture)
- ▶ Please park as directed to avoid blocking the run course which uses this area.
- ▶ Do not park on the Ahuriri Bypass, Nelson Quay, Hardinge Road or Marine Parade as you will be blocking the course.
- ▶ Vehicles that are obstructing the course may be towed. check for cyclists!





NZ Sprint Triathlon Championships

Event Details

- Location: Ahuriri Beach, Napier,
- Registration:
 - 10am to 12pm and 7:30pm to 8:30pm Saturday 24th February
- Race Start:
 - 8am Sunday 25th February (see next slide for full schedule and wave start times)
- ✓ *Open to anyone aged 16+ (age as at 31 December 2024)*
- ✓ *750m swim, 20km bike (draft legal), 5km run*
- ✓ *Tri NZ Championship medals in 5 year age groups*
- ✓ *Teams can consist of 2 or 3 people (not eligible for national champ medals)*
- ✓ *Sanctioned by Triathlon NZ and run under Tri NZ Competition rules**

* *See Tri NZ website for more details*



Arrival at the Venue and Transition Check In

- ▶ DO NOT park on Hardinge Road, Marine Parade, Ahuriri Bypass or Nelson Quay as you are likely to obstruct the course in which case your vehicle may be towed.
- ▶ Please comply with the directions of the Traffic Management personnel and utilise the parking arrangements at the Perfume Point Reserve
- ▶ Follow the direction of course volunteers when crossing the course so as not to obstruct athletes who are already racing
- ▶ Bike Racks in the Transition area will all be numbered. Please rack your bike in your allocated spot
- ▶ Please follow the instructions of Volunteers and Officials when accessing the transition area and respect the athletes already racing
- ▶ Please remove all bags and boxes from the transition before your race. You will not be allowed back into the transition area until all age group athletes have completed T2 so do not leave any clothing you will need immediately after the race in transition.

NZ Sprint Triathlon Championships

Race Day Schedule, Sunday 25th February



6:30am	Transition opens for all events
7:50am	Age Group Transition Closes
7:55am	Age Group Race Briefing (on beach)
8:00am	Race Start for Age Group Men
8:10am	Race Start for Age Group Women
8:15am	Race Start for Teams
10:00am	Transition Open for clearing bikes
10:30am	Oceania Junior Mixed Relay Starts
12:30pm	Elite Mixed Relay Starts
2:00pm	Medal Ceremony and Prizegiving all events



Swim



- ▶ The swim course is one lap of 750 meters. It is 300 meters to the first buoy.
- ▶ Swim is anti clockwise, with a beach start.(see map)
- ▶ Keep all buoys on your left shoulder.
- ▶ When you have completed your swim exit the swim course, run under the Tri NZ gantry and make your way up the chute to transition
- ▶ You will receive a swim cap in your race pack – ensure you wear this on the outside of any other caps you want to wear
- ▶ No fins, paddles, snorkels or other flotation devices are allowed
- ▶ Surf Lifesaving NZ will be looking after you in the water. They will have paddleboards and IRBs.
- ▶ Wave your swim cap over your head if you are in distress or need assistance
- ▶ Tri NZ rules apply to the use of wetsuits. Expected water temperature is 19 to 22° C, which means wetsuits are optional. If the water temperature is below 16° C wetsuits are mandatory. Wetsuits will not be allowed if the Water Temperature exceeds 22° C.



Swim - 750m Swim Course - 1 Lap - anti-clockwise





Transition

- ▶ Bike racks will be labelled and are laid out in age groups to assist with flow and safety.
- ▶ **NO family or coaches** in transition – athletes only.
- ▶ Follow the directions of Technical Officials and volunteers
- ▶ If you need help, ask the Technical Officials



- ▶ Swim to Bike
- ▶ Return from Bike
- ▶ To Run Course



Transition – rules

- ▶ Bike racks are numbered – you must rack in your allocated position
- ▶ **Helmet must be fastened before removing your bike from the rack and remain fastened until you re-rack your bike. You must not touch the locking mechanism of your helmet until your bike is re-racked in T2**
- ▶ Push your bike to the road and mount after you have crossed the mount line
- ▶ Dismount before you cross the dismount line and push your bike back to your spot
- ▶ You must return your bike to the same position as you started
- ▶ No boxes or bags are to be left in transition – please take these to the bag drop area. Any boxes or bags left in transition may be removed by the Technical Officials.
- ▶ Please keep your area tidy so it doesn't impede other athletes, this includes your cap, wetsuit and goggles.





Bike Course – NZ Sprint Triathlon

Sprint 20km CYCLE Course - 4 laps





Bike Course Description

- ▶ Mount bike after the mount line, head up through the Elite Transition and along Hardinge Road
- ▶ Turn Left onto Marine Parade/SH50 and proceed south until you reach a U-Turn
- ▶ After the U-Turn, return along Marine Parade/SH50, passing the intersection with Hardinge Road.
- ▶ Continue along Marine Parade and Turn right into Bridge Street and then immediately left into Nelson Quay
- ▶ Continue along Nelson Quay to return to the transition area to complete one lap
- ▶ When you have completed four laps, dismount at the dismount line and push your bike back into transition



Bike – Tri NZ Sprint Triathlon

- ▶ The Bike course consists of four laps. Each lap is 5km for a total distance of 20km.
- ▶ **You need to count your own laps!** We will have a timing mat on the course to make sure everyone does the correct number of laps, but it is your responsibility to count them. Failing to complete four laps is a DSQ.
- ▶ As you complete each lap and start your next lap be aware that there may be athletes who are just starting their first lap merging from your left
- ▶ **There will be cones to signify the centre of the course on Marine Parade and you must ALWAYS ride on the left of these cones. You will be disqualified if you go onto the wrong side of the cones**
- ▶ We have restricted access on the roads. So, this means athletes must still expect event vehicles including Motorbikes with Technical Officials, Ambulances, residents and other event vehicles on the course.
- ▶ **Athletes must ride as far to the left as possible. Even though it is a draft legal race you can still be penalised for Blocking if you are not keeping left and you hold up people wanting to pass you. Because it is a multi-lap course it is likely that some athletes will be lapped so you must keep left to allow the faster athletes to pass you safely.**
- ▶ The course will be marshalled and monitored by Tri NZ Technical Officials to keep it safe and fair



Bike



- ▶ The Tri NZ Sprint Distance Championship is a Draft-Legal race, however no drafting may occur between genders. Therefore no males drafting off females or females off males.
- ▶ Your bike must be compliant with the Tri NZ rules for Draft-Legal races. **NO AERO-BARS or DISC WHEELS.** See the next slide and the Tri NZ competition rules <https://triathlon.kiwi/wp-content/uploads/2023/09/Tri-NZ-Competition-Rules-June-2023.pdf> for more information
- ▶ You must wear a helmet at all times during the cycle leg.
- ▶ Race Numbers – You will be given race number stickers for your bike It is optional to wear your paper bib number on the bike but it must be worn during the run
- ▶ Bike Checks – we will not be carrying out any safety checks on your bikes before the race other than a visual check by the Technical Officials to ensure compliance with the rules. We recommend that you head to your local bike shop to have your bike checked and serviced before you race. Remember a clean bike goes faster!
- ▶ If you arrive in New Plymouth and need some assistance the friendly team at My Ride, Taradale will be able to assist you at their shop

Cycle Equipment



AGE GROUP DRAFT LEGAL EQUIPMENT



Disc wheels



Clip on areobars



Short clip on areobars



Handlebars with built in areobars



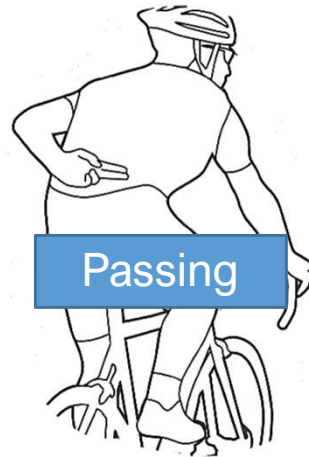
Cycling – Draft legal



Age Group draft-legal triathlon is still relatively new and in New Zealand we have limited opportunities to hold draft legal races. Regardless of whether you are new to this racing or you are an old hand here are some tips to help keep everyone safe

Experienced riders

- ✓ Give novice riders plenty of room, pass on the right with at least 1m space and do not cut in front of them. Call out when passing novice riders, (*“passing on right!”*). make sure they know where you are.
- ✓ Be predictable in all your movements, no sudden turns or braking.
- ✓ Hold your line and pace. Do not overlap wheels.
- ✓ Point out all hazards and communicate with others in your group (upcoming hazards and what is going on).
- ✓ Look ahead to what is going on (2-3 bikes ahead), not just on the wheel in front of you.



Novice riders

- ✓ Keep left at all times
- ✓ Hold your line and pace, try to be very predictable in your actions. Don't be afraid to call out what you are doing
- ✓ If you are in a group, avoid harder braking where possible, and give yourself some space to the person in front. Have an escape route at all times
- ✓ If you are being passed, hold your line and don't make any sudden changes in lane direction. The bunch will pass you safely on the right.



Run



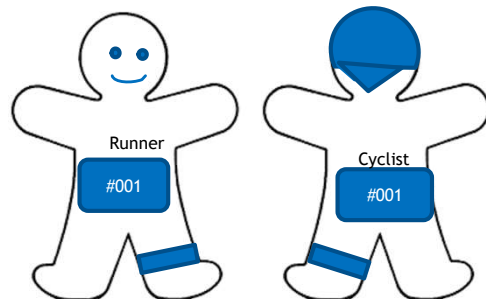
- ▶ The run is two laps of 2.5km
- ▶ After racking your bike, you will head out onto the run course turning left once onto the Boardwalk. The run course is two laps out and back along the Boardwalk with a loop in the Perfume Point Recreation Reserve.
- ▶ After exiting transition turn left onto the run course heading towards the Perfume Point Recreation Reserve.
- ▶ When you reach the access road into the reserve, turn left and complete an out and back loop towards Nelson Quay.
- ▶ After completing this loop turn left and complete a short loop at the end of Perfume Point and then return along the Boardwalk, passing transition to a turnaround point near Marine Parade.
- ▶ Return back along the boardwalk to complete your first lap and continue on to a second lap. On completion of your second lap turn left off the boardwalk to proceed to the Finish Chute
- ▶ You need to count your own laps. We will have a timing mat on the course to check that everyone has done the correct number of laps. Failure to complete 2 laps is DSQ.
- ▶ There will be an aid station which will have cups of water available located on the boardwalk. You will pass this aid station four times during the run. There will also be water available at the finish line. Make sure you discard your cup near the aid station.



Race Numbers

- ▶ Your race pack will include a Bib Number and a set of stickers for your Bike, Helmet and Gear Bag

	Triathlon Individual	Triathlon Team
Bib Number	Must be worn during the run, optional for swim and bike. We recommend using a race belt but if you are pinning the number to your shirt, pin it to the front.	To be worn by the runner in the team
Helmet Stickers	3 stickers, one for each side and one for the front of the helmet	Used by the cyclist in the team. 3 stickers, one for each side and one for the front of the helmet.
Seat Post Label	Sticker wraps around seatpost of bike making a flag at the back	Used by the cyclist in the team. Sticker wraps around seatpost of bike making a flag at the back
Bag Label	Used for your bag for bag drop	Used for your bag for bag drop





Timing Transponders



- ▶ A timing transponder will be allocated to you at registration. You must wear the transponder on your ankle at all times during the race. No transponder means no time recorded.
- ▶ You can wear it on any ankle
- ▶ If you don't race or fail to complete the course you must return the transponder to the timing desk at the finish line. Any transponders that are not returned will result in a \$100 replacement fee. Transponders are non-transferable.
- ▶ For all teams events, you will have one timing transponder per team and this transponder must be passed to the next team member (as in a relay) in your designated changeover area



Summary of rules

This is a sanctioned event and will be conducted under the Tri NZ Competition rules. The following is a summary of the key points but for the full rules see: <https://triathlon.kiwi/wp-content/uploads/2023/09/Tri-NZ-Competition-Rules-June-2023.pdf>

You must obey race officials at all times and treat other competitors, officials and volunteers with respect and courtesy: there is no race without them

- ▶ Do not accept assistance from anyone not competing in the race
- ▶ You may not wear headphones or digital music devices
- ▶ You must not be paced by coaches or supporters
- ▶ You must have your torso covered during the cycle and run sections. This can be in the form of your togs, a singlet or t-shirt etc.
- ▶ Keep your gear close by your bike so others do not trip over or get held up by it
- ▶ The Tri NZ Sprint Champs is a draft legal race. Aerobars and Disc Wheels are not allowed. You may only draft off athletes of the same gender.
- ▶ Do not discard anything on the course, including bottles. You can discard in your transition area only, but please clear your rubbish when you leave.
- ▶ If you deliberately impede the progress of another competitor you will be disqualified.
- ▶ You must have your helmet on and fastened at all times when you are in possession of your bike
- ▶ Protests must be lodged with the Head Referee within 30 minutes of the race completion. Only the Head Referee has the authority to deal with protests, do not ask marshals or other volunteers to resolve these issues as they are not able to assist.
- ▶ ***Have a great race and enjoy yourself!***





Team Specific Details

- ▶ All Teams, regardless of gender will start as the final wave
- ▶ Hand-over between athletes will occur at the team's allocated bike rack.
- ▶ Team Cyclists and Runners should be ready at your bike for the arrival of your team member. It is your responsibility to know when your team member is coming – we will not call you up.
- ▶ Cyclists must re-rack their bike before tagging their runner. Note helmet must be worn when un-racking and re-racking your bike.
- ▶ Each Team member must tag the next team member and change over the timing chip, this is your baton.
- ▶ While you are waiting in the Transition Area for your team member to arrive please respect your fellow athletes by staying out of their way. Remember that the individual athletes are racing for NZ Sprint Championship Medals and selection for the NZ Age Group team.





Finishing and Prizegiving

- ▶ Once you run on the blue carpet and pass under the finish gantry, you have completed your race! Well done...
- ▶ The volunteer team will assist you with removing your timing chip – these must be removed and returned (you will be charged for any non returned chips)
- ▶ There is a water station in the finish area for recovery. There are also plenty of cafes around for food and coffee.
- ▶ Prize giving will be held at 2:00pm – following the Elite Team Relay Medal Ceremonies





Fair play and fair sport

- ▶ We like to look after the environment, please use the rubbish and recycling options we have around the venue.
- ▶ Once you have finished, please do get out and support/encourage those that are still racing! We also encourage you to watch the Oceania Junior Mixed Relay and the Elite Mixed Relay which will be held after your race.
- ▶ In an emergency see one of the marshals who will be able to assist
- ▶ If you withdraw, please immediately advise event personnel
- ▶ Remember – the spirit of good sportsmanship is an important part of our sport – look out and encourage each other...and race hard and fair.
- ▶ Thank a volunteer! Without these people we couldn't put the event on, so take the time to say thanks 😊 and have a terrific day.



Information for Spectators



Parking

Please use the parking at the Perfume Point Reserve.

Viewing

There are many places to watch the action along the course, please be mindful of competitors and follow marshals instructions at all times.

Food and beverages on site

There are multi options for food and coffee at the local cafes around the venue.

You are welcome to bring a picnic.



Contingency courses

While we always hope that the sun will be shining, and the wind stays away – we need to plan just in case; so

- ▶ If the water is choppy but still safe to swim the water safety team may decide to shorten the swim based on their knowledge and ability to safely manage the athletes. The rest of the event will remain the same
- ▶ If the water is too rough to swim the event will become a duathlon event. Participants will complete a 2.5km run instead of the swim section of the event. The rest of the event will remain the same. (This also applies to water quality issues)
- ▶ Should we need to make any of these changes, we will inform you at least 30mins before the start



Results, images and Live Streaming



- ▶ We will be Live Streaming all events around the world. You will be able to tell all your friends and supporters, who cannot make it to Napier, that they can watch online, for free!
We will share this link with you closer to the event.
- ▶ All the results and images will be posted on the Tri Festival Taranaki Facebook Page and Website as soon as they are available and are available live at the following link:
- ▶ <https://www.sportsplits.com/races>



<https://www.facebook.com/triathlonsummerseriesnapier>



admin@sbevents.nz



<https://triathlon.kiwi/worldtriworldcupnapier/>

Huge THANKS to our partners:

