



Bay Radiology NZ Schools Triathlon Championships
Mount Maunganui
25-27 March 2026

Athlete Guide





NZ SCHOOLS NATIONAL CHAMPS

TRIATHLON & AQUATHLON INDIVIDUAL & TEAM INFORMATION Thursday 26th March

Welcome



On behalf of the NZ Schools Triathlon Team, we are excited to welcome you to Mount Maunganui. We hope you are just as excited as we are about this wonderful sport & location. The home of the World Triathlon Grand Final 2028.

We come together for these two days of racing & hope to see some hard, fair, yet competitive racing. It's great to be back in Mt Maunganui, as we host an amazing event at a stunning location.

Please enjoy your time in Tauranga/Mt Maunganui.

NZ Schools Triathlon Team





NZ Schools– Event Details

- Location: Mount Maunganui Beach, Mount Drury, Marine Parade
- Registration from 3pm to 7pm Wednesday 25th March at Mount Drury.
 - A swim & run course reccie will be available at 4pm Wednesday
- Events:
 - Thursday 26th March from 8:45am – NZS Individual and Team Triathlon & Aquathlon National Champs
 - Open to all School students from year 7 through to Year 13
 - Must be a minimum of 10 years old as at 1st January 2026
 - NZ Schools age groups are as at 1st January 2026
 - Road bikes and mountain bikes allowed
 - Sanctioned by Triathlon NZ & School Sport NZ
 - Friday 27th March from 9:00am Regional Team Relay Triathlon (4 person teams)
 - Mixed (2 male/2 female)
 - Register your interest to compete during the entry process (with payment) & with your Regional Co-Ordinator at the event

Entries and Registration



- ▶ You can enter online [here](#) before midnight on Sunday 22nd March on the Tri NZ platform GameDay. Enter early or you'll incur the \$10 late fee at Registration on Wednesday .
- ▶ Registration will take place Wednesday 25th March at Mt Drury, Mount Maunganui, (for Individual Tri & Aquathlon), located at the corner of Marine Parade and Pacific Ave from 3pm-7pm. We ask that you attend this registration to collect your race-pack, which will include:
 - ▶ Race number
 - ▶ Timing transponder
 - ▶ Swim cap
- ▶ If you are unable to make this time, someone else may register on your behalf. If no one can collect your race pack for you we can make arrangements for the race pack to be collected on Thursday between 7:00am-8:00am. Please [email](#) or phone 027 2705300.
- ▶ Late entries will be taken at the registration on Wednesday with a late fee of \$10. There are no late entries taken on race day.
- ▶ You are able to transfer your entry to another athlete but this will incur an Administration Fee of \$15
- ▶ Team entries age group, will be the age of the oldest member of the team.
- ▶ With your entry to the NZ Schools Triathlon, you also get a 10% discount to Marra Triathlon, hosted by Triathlon Tauranga on March 29th at Pilot Bay. Enter [here](#) & use code **NZSCHOOL**

Entries and Registration



- ▶ You can collect your race number & timing chip for the **Aquathlon** on Wednesday afternoon, or up until 12:30pm on Thursday
- ▶ **Regional Mixed relay** entries can be taken/confirmed up until 5pm Thursday. You will collect. These entries will be collected by the Regional Co-Ordinator
 - ▶ Race number
 - ▶ Timing transponder
 - ▶ Swim caps will be the same throughout the whole event
- ▶ Any Mixed Relay team changes due to injury etc, need to be made prior to racing starting at 9am Friday morning.
- ▶ There is NO Open Water swim at this event
- ▶ You are able to transfer your entry to another athlete but this will incur an Administration Fee of \$15
- ▶ Team entries age group, will be the age of the oldest member of the team.

Race Distances Triathlon & Aquathlon

Age Group		Swim		Bike		Run	
NZ Schools Champs	Transition closes 15 minutes before each race start						
	Safety Briefing for all athletes will be on the beach 10 mins before each race start						
U19 Triathlon	Individuals & Teams	1 Lap	750m	4 Laps	20km	4 Laps	5km
U16 Triathlon	Individuals & Teams	1 Lap	500m	3 Laps	12km	3 Laps	3.75km
U14 Triathlon	Individuals & Teams	1 Lap	300m	2 Laps	8km	2 Laps	2.5km
U12/U13 Triathlon	Individuals & Teams	1 Lap	200m	2 Laps	6km	2 Laps	2.5km
U19 Aquathlon	Individuals & Teams	1 Lap	750m			3 Laps	3.75km
U16 Aquathlon	Individuals & Teams	1 Lap	500m			2 laps	2.5km
U14 Aquathlon	Individuals & Teams	1 Lap	350m			2 Laps	2.5km
U12/U13 Aquathlon	Individuals & Teams	1 Lap	250m			1 Laps	1.25km

Prize Giving for Thursday races will be near the finish line at Mt Drury at approximately 4:15pm

See the separate section at the end of this document for the Schedule for the Team Relays on Friday





Briefings

- ▶ 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.
- ▶ Before each race starts there will be a short safety briefing. All athletes **MUST** attend the safety briefing so please ensure you have checked the time you need to attend these and are present.
- ▶ The safety briefing will not go into detail about the course so make sure you have read this document. There will be marshals and officials on course but it your responsibility to know the course, which way you need to go and how many laps you need to do. There will be course maps and schedules displayed at the event.
- ▶ Maps & schedules will be on display during the event at the Registration tent.



Timing & Race numbers

- ▶ You will receive a timing transponder at registration. Please wear the transponder on the Left ankle. No transponder = no time, NO result.
- ▶ Teams will receive one transponder per team. The transponder is passed to the next member & fastened to the ankle. The changeover will occur in the assigned area.
- ▶ Please return ALL transponders, either as you have finished or if you fail to finish then returned to the Registration tent. You will be charged for any unreturned transponders.
- ▶ If you turn upon race day without your transponder, please see the Registration tent, as they will be able to swap, but you will still need to return **BOTH** transponders, or be charged.
- ▶ You will be provided a race number (bib). These can be displayed on a racebelt, or pinned to your race top. It must be visible & not hidden under other layers of clothes.
- ▶ Race number (bib) must be worn on the run & displayed to the front. In the Team the runner must where the bib.
- ▶ You will provided with a sticker sheet. Helmet stickers on helmet & a seatpost sticker wrapped around the bike seatpost.
- ▶ DO NOT alter (cut) your race bib or stickers in anyway. This could result in disqualification.

Race number sheet



NZ SCHOOLS 2024 LABEL YELLOW

CAUTION: REMOVE LABELS FROM THIS SHEET CAREFULLY

PLACE THIS LABEL AROUND THE SEAT POST
WITH THE NUMBER FACING BACKWARDS
SO AS TO BE READ FROM THE SIDE



449



SEAT POST LABEL

449

BAG LABEL

BAG LABEL



449

HELMET LABEL



449

SIDE OF HELMET LABEL



449

SIDE OF HELMET LABEL

HELMET LABEL



449

FRONT OF HELMET LABEL

Race bib



Race Day, Triathlon Schedule, Thursday 26th March



Time		Swim		Bike		Run	
7:30am	Transition Opens for ALL athletes						
8:30am	Transition closes for U19 athletes only						
8:35am	Safety Briefing for U19 athletes at the start line (on the beach)						
8:45am	Race Start U19 Male	1 Lap	750m	4 Laps	20km	4 Laps	5km
8:48am	Race Start U19 Female	1 Lap	750m	4 Laps	20km	4 Laps	5km
8:51am	Race Start U19 Teams	1 Lap	750m	4 Laps	20km	4 Laps	5km
10:00am	Transition closes for U12 and U13 athletes only						
10:05am	Safety Briefing for U12 and U13 athletes at the start line (on the beach)						
10:15am	Race Start U12/U13 Males	1 Lap	200m	2 Laps	6km	2 laps	2.5km
10:18am	Race Start U12/U13 Females	1 Lap	200m	2 Laps	6km	2 Laps	2.5km
10:21am	Race Start U12/U13 Teams	1 Lap	200m	2 Laps	6km	2 Laps	2.5km

Race Day Tri Schedule continued, Thursday 26th March

Time		Swim		Bike		Run	
10:45am	Transition Closes for U14 athletes only						
10:55am	Safety Briefing for U14 athletes at the Start line (on the beach)						
11:05am	Race Start U14 Male	1 Lap	300m	2 Laps	8km	2 Laps	2.5km
11:08am	Race Start U14 Female	1 Lap	300m	2 Laps	8km	2 Laps	2.5km
11:11am	Race Start U14 Teams	1 Lap	300m	2 Laps	8km	2 Laps	2.5km
11:30am	Transition closes for U16 Athletes						
11:35am	Safety Briefing for U16 Athletes at the start line (on the beach)						
11:45am	Race Start U16 Males	1 Lap	500m	3 Laps	12km	3 laps	3.75km
11:48am	Race Start U16 Females	1 Lap	500m	3 Laps	12km	3 Laps	3.75km
11:51am	Race Start U16 Teams	1 Lap	500m	3 Laps	12km	3 Laps	3.75km

Prize Giving for Thursday races will be near the finish line at Mt Drury at approximately 4:15pm

See the separate section at the end of this document for the Schedule for the Team Relays on Friday



Transition Clearance/Racking



- The bike racks will be numbered. You must rack your bike in your allocated spot
- Because racing is continuous you will not be able to retrieve your bike immediately after you finish
- Periodically we will announce that transition is open for you to remove your equipment. At all other times the transition area will be closed. Please follow the instructions of the volunteers and technical officials.
- We recommend you use the bag drop for any equipment or clothes you want immediately after you finish. Remember you may not be able to immediately return to your bike rack.
- When you are in transition, please respect your fellow triathletes and follow instructions of officials to make sure you do not obstruct anyone who is racing

Swim



- Swim is anti clockwise with a beach start.(see map) . Note that the buoys will be moved between races to get the correct distance
- Please keep all buoys on your left shoulder.
- When you have completed your swim exit the swim course, run up the beach and make your way up to the chute to transition
- You will receive a swim cap in your race pack – please 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.
- Raise one arm above your head if you are in distress or need assistance
- Swim may be with or without wetsuit. Expected water temperature is 18 to 20 C



Swim Course Map – U12 / U13 / U14



- U12/U13 swim is 1 lap of 200m – approx 50m to first swim buoy
- U14 swim is 300m – approx. 100m to first swim buoy

Swim Course U16/U19



- The U16 Swim course is one lap of 500m – approx 200m to first buoy
- The U19 Swim course is one lap of 750m – approx. 325m to first buoy



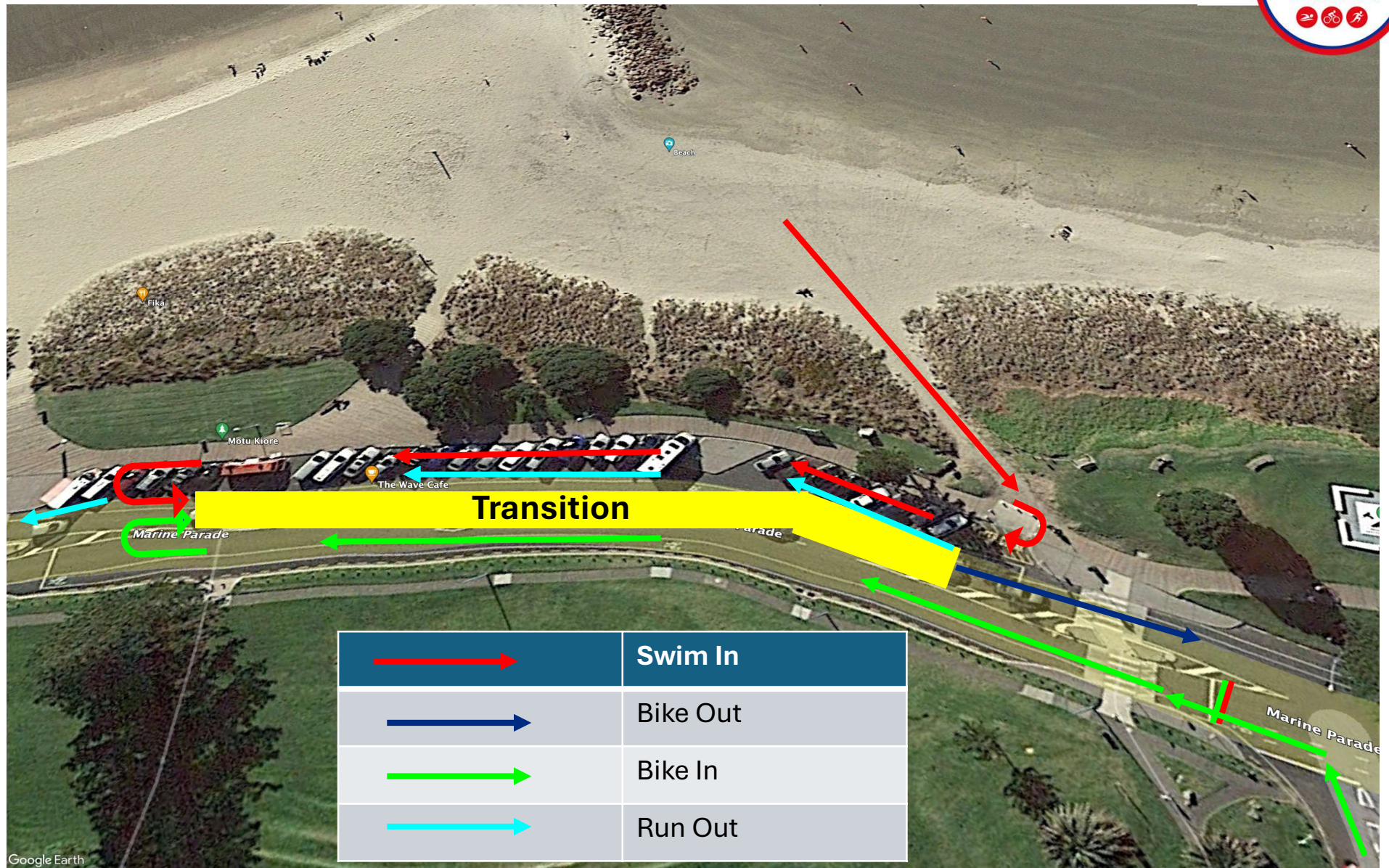
Transition

- ▶ Transition will flow the same for all Triathlon events.
- ▶ Bike racks will be labelled and are laid out in age groups to assist with flow and safety.
- ▶ NO parents or coaches in transition – athletes only.
- ▶ Parts of the transition area may be “live” with athletes who are racing while you are racking or removing your bikes. Please respect your fellow triathletes athletes by making sure they are not obstructed and follow the instructions of the Volunteers and Technical Officials.
- ▶ If you need help, ask the Volunteers, Technical Officials or the Transition Manager (who will be wearing an event t-shirt)

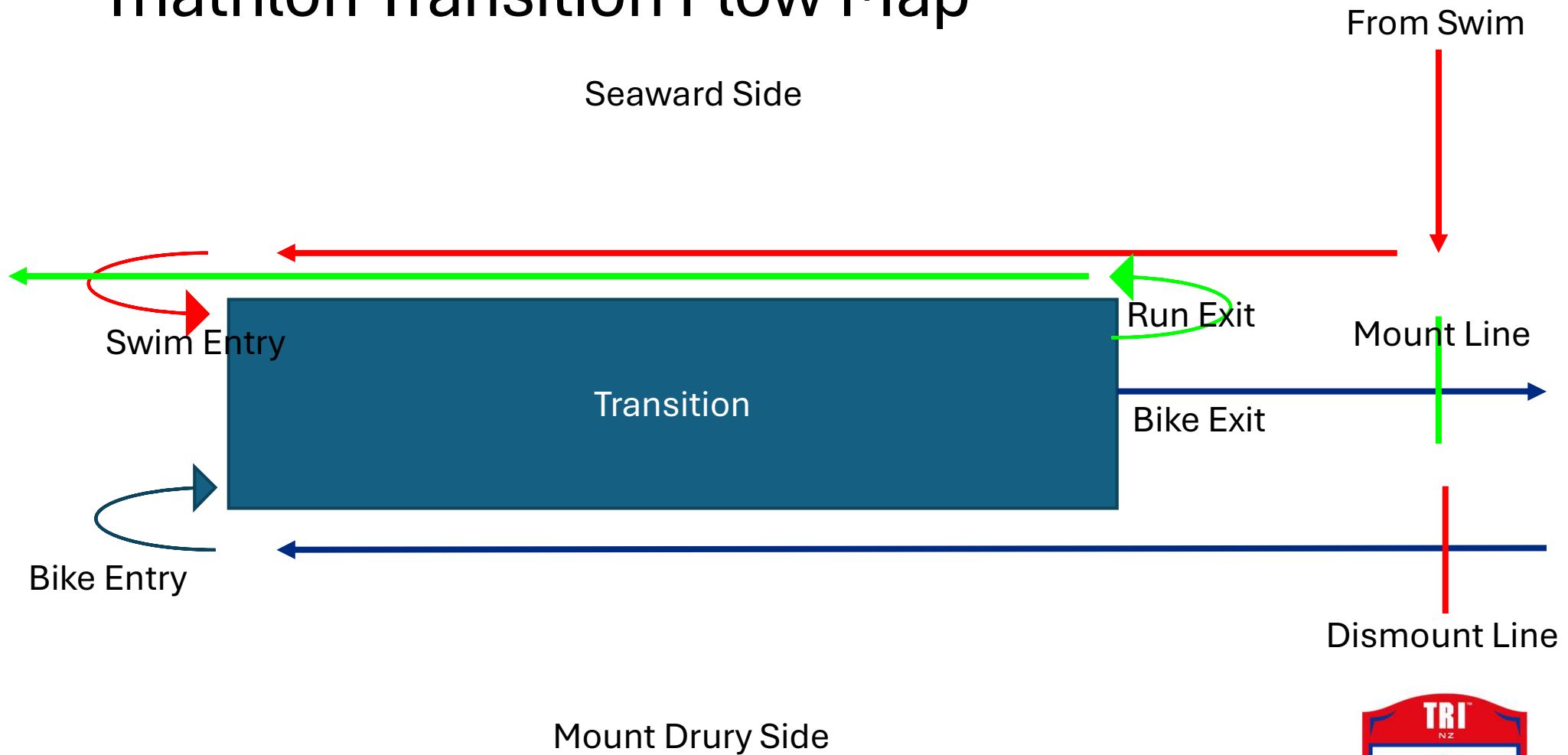
Transition Flow – see map next page

- Enter Transition, via chute next to transition (you will enter from the Mount/Western end)
- Put on your helmet and collect your bike
- Exit transition at the Eastern end, push your bike to the mount line
- Mount your bike and proceed on the bike course
- When you have completed the required number of laps dismount at the dismount line and run along the chute next to transition (Mt Drury side) and enter transition from the Western end
- Re-rack your bike and exit on to the run course at the eastern end, make a U-turn into the swim/run chute and run along transition to get onto the run course, running towards the Mount.

Transition Flow



Triathlon Transition Flow Map



Transition Rules

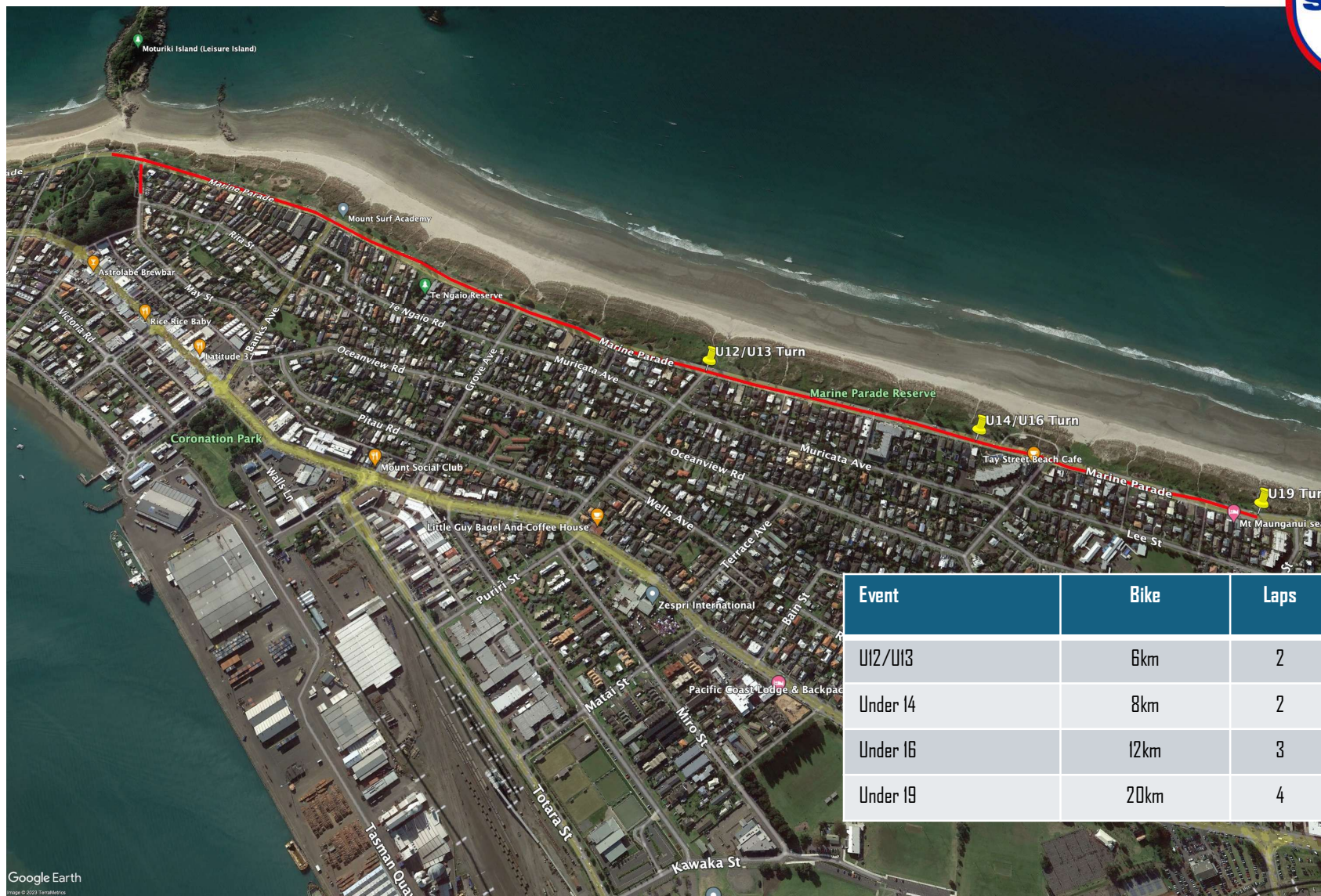


- ▶ Bike racks are numbered – you must rack in your allocated position
- ▶ **Helmet must be fastened before removing your bike from the rack and remain fastened until you re-rack your bike. You must not touch the locking mechanism of your helmet until you have re-racked your bike in T2**
- ▶ Push your bike out of transition and mount after you have crossed the mount line
- ▶ When you return after the bike ride, 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 keep your area tidy so it doesn't impede other athletes, this includes your cap, wetsuit and goggles. There will be a bag drop available.
- ▶ Do not leave clothing that you will need immediately after the race in the transition area – you will not be able to get back into transition until everyone in your section of the transition area has started on the run course.





Bike Course Map



Event	Bike	Laps
U12/U13	6km	2
Under 14	8km	2
Under 16	12km	3
Under 19	20km	4



Bike Course – Lap procedure

- At the end of each lap, you will return along Marine Parade and then turn left into Pacific Ave
- You will proceed along Pacific Ave to a U-turn (approx. 75 meters from Marine Parade)
- You will then return back to the intersection of Marine Parade and Pacific Ave:
 - If you have more laps to complete turn right onto Marine Parade and continue with your next lap
 - If you have completed all your laps, turn left into Marine Parade, dismount at the dismount line and push your bike into T2
- See Map on next page for details



Bike Course Map – Laps



	Laps
	Finish

Google Earth

Bike – All Age Groups



- ▶ The Bike course consists of out and back laps on Marine Parade.
- ▶ The turn-around point varies depending on your age group. The turn-around points will be clearly marked
- ▶ The turn around at the Mount Maunganui end is in Pacific Ave as described in the previous two slides
- ▶ **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.
- ▶ There will be cones to signify the centre of the course 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
- ▶ Athletes need to take special care as they turn to complete each lap. Be aware you may merging with athletes who are just joining the course at the start of their first lap.
- ▶ We have a closed road, however athletes must still expect event vehicles including Motorbikes with Technical Officials, Ambulances and other event vehicles on the course.
- ▶ With this in mind athletes must ride as far to the left as possible and always pass on the right.
- ▶ The course will be marshalled and monitored by Technical Officials to keep it safe and fair

Bike - Rules



- U12, U13, U14 and U16 – are non-drafting races. You must keep 12m between your front wheel and the rear wheel of the person in front of you unless you are passing them.
- Although the U12, U13, U14 & U16 are non-drafting, **NO** aero (TT) bikes or equipment is allowed. All bikes must be of a Road/MTB bike nature. Check the following slide.
- U19 races are draft legal, however, **NO** drafting may occur between genders. Therefore, **NO** males drafting off females or females off males.
- You must wear a helmet at all times during the cycle leg.
- Remember to have your torso covered during the cycle section – this can be togs, tri-suit, t-shirt etc
- 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 and 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 Mount Maunganui and need some assistance the Ride, 37 Totara Street, Mt Maunganui will be able to assist you at will also be onsite to assist with minor repairs or adjustments.



Cycle Equipment – For ALL ages



AGE GROUP DRAFT LEGAL EQUIPMENT



Disc wheels



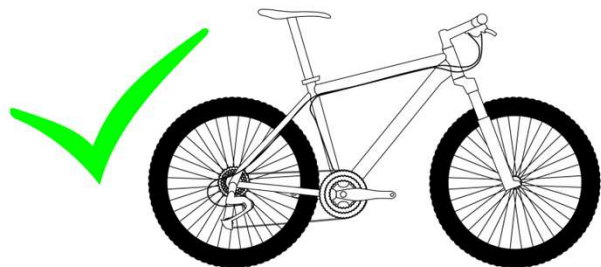
Clip on areobars



Short clip on areobars



Handlebars with built in areobars



Note that the maximum depth of wheel allowed is 55mm for all age groups except U19

Cycle Equipment



For all ages, drafting or Non drafting

- Cycle equipment for all age groups are the same
 - No Disc Wheels or Tri Spokes
 - No aerobars of any length
 - Road bikes
- Mountain Bikes are allowed
- Maximum depth of wheels is 55mm

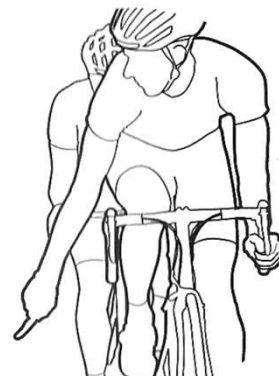
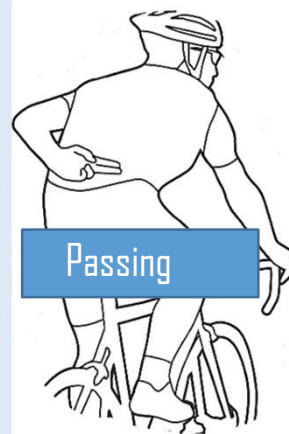
Cycling – Draft legal (U19 only)

- Drafting can be a great option for experienced cyclists.



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.

*Thanks to the coaching team
for these tips*



Run – all Age Groups



- After racking your bike, you will head out onto the run course through the swim/run chute
- The run is a lap of 1.25km which you will complete multiple times depending on your age group:
 - U12, U13 and U14 athletes complete 2 laps of 1.25km for a total of 2.5km
 - U16 athletes complete 3 laps of 1.25km for a total of 3.75km
 - U19 athletes complete 4 laps of 1.25km for a total of 5km
- After exiting transition run along Marine Parade towards Mount Maunganui, turn around and return along Marine Parade, turning right into Grace Ave.
- Turn left off Grace Ave into Mount Drury Reserve and follow the clearly marked pathway back to Marine Parade
- If you have more laps to do, continue onto Marine Parade for your next lap
- If you have finished your laps turn right and go to the finish on the grass in front of Mount Drury
- 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.
- As you finish your final lap head across onto the grass and under the finish arch
- There will be an aid station which will have cups of water available at the end of each lap as well as water available at the finish line. Make sure you discard your cup near the aid station
- You must be wearing your racebib on the front during the entire run leg
- Remember to have your torso covered during the run section – this can be togs, or tri-suit or a t-shirt
- The run is a mixture of road and pathway. The finish is on the grass at the foot of Mount Drury

Run Course Map – Anti clockwise



Race Equipment



- **Clothing**

- We encourage competitors to wear their appropriate School sports uniform and be part of a team. (tri suits, swimsuits, singlets, t-shirts etc).
- **Tri NZ Age Group uniforms or NZL logoed kit are not to be worn.**
- Remember that you must have your torso covered during the bike and run legs. During the swim section males may wear just jammers/togs but need to put some sort of top on before leaving transition on the bike.

- **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.
- 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
- 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.

Summary of rules



The race will be conducted under Tri NZ rules found [here](#). This is a sanctioned event.

- 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
- Obey all traffic rules
- 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 trisuit, swimsuit, 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
- In the U12, U13, U14, U16 races you may not draft during the bike. You must remain 12 meters behind a cyclist in front of you unless you are passing them
- In the U19 race you may only draft but only with athletes of the same gender.
- In all races while on the bike you must keep to the left of the road unless you are passing.
- 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.
- No personal equipment is to be removed from transition until the transition technical official opens transition (for each event)
- Protests must be lodged with the Head Referee within 30 minutes of the race completion and you must advise the Head Referee of your intention to protest within 15 minutes of finishing. 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. Protest must be accompanied by a deposit of \$50 which will be returned if the protest is successful
- ***Have a great race and enjoy yourself!***





Details for the Triathlon Team event

- This event is for 2 and 3 person teams and is held in conjunction with the individual races for each age group.
- Each team member will complete one or two of the three triathlon disciplines.
 - Teams will start 3 minutes after the individuals in each age group.
 - Team members must wait in the allocated team tag area, cyclists may wear their helmets while they wait.
 - Cyclists must re-rack their bike before tagging their runner. Note helmet must be worn when un-racking and re-racking your bike.
- For all team events, each Team member must tag the next team member and change over the timing chip, this is your baton
- Only the two team members who are tagging can be involved in the exchange of the timing chip.
- It is your responsibility to be ready and waiting in the team tag area for your change over. We will not call you up.





Parking

- There will be some parking restrictions in place on Marine Parade and Grace Avenue. Please respect these restrictions as failing to do so will compromise the safety of the course and may result in your vehicle being towed.
- You should be able to find parking in the side streets off Marine Parade. Maybe walk or ride to the event venue.
- If events have started please listen to Marshals instructions as to when & where you can cross the course. Please check for vehicles & bikes!

Food & Drink

- There are some food caravans alongside the transition area, with coffee & food
- There is also the Mount Main Street & Café Corner (1 Marine Parade) for more food options
- Also Tay Street has coffee & food



Medical & Safety

- Surf Lifesaving guards will be present during ALL swim legs of the races. Swim warm ups should only be undertaken when guards are present or you are under the strict management of your coach or manager
- St John Medical will be onsite & present during both race days. They will be positioned alongside the registration tent. Look for the Medic flag
- The course will have many marshals present. They are there to assist you but you must know the course & laps yourself.
- There are fresh water showers at the toilet block at Mt Drury & also at the toilet block in the middle of Mt Main Beach. Also some are positioned along the coastal pathway towards Papamoa.
- If you are sick prior or during the event, please take caution to not attend.



NZ SCHOOLS

AQUATHLON

INFORMATION

Thursday

27th March

Race Day Aquathlon Schedule, Thursday 26th March

Time		Swim		Bike		Run	
1:25pm	Transition closes for U19 athletes only						
1:30pm	Safety Briefing for U19 athletes at the start line (on the beach)						
1:40pm	Race Start U19 Male	1 Lap	750m			3 Laps	3.75km
1:42pm	Race Start U19 Female	1 Lap	750m			3 Laps	3.75km
1:44pm	Race Start U14 Teams	1 Lap	750m			3 Laps	3.75km
2:05pm	Transition closes for U12 and U13 athletes only						
2:15pm	Safety Briefing for U12 and U13 athletes at the start line (on the beach)						
2:25pm	Race Start U12 Males	1 Lap	250m			1 laps	1.25km
2:27pm	Race Start U12 Females	1 Lap	250m			1 Laps	1.25km
2:29pm	Race Start U12 Teams	1 Lap	250m			1 Laps	1.25km



Race Day Aquathlon Schedule, Thursday 26th March

Time		Swim		Bike		Run	
2:35pm	Transition closes for U14 athletes only						
2:40pm	Safety Briefing for U14 athletes at the start line (on the beach)						
2:50pm	Race Start U14 Male	1 Lap	350m			2 Laps	2.5km
2:52pm	Race Start U14 Female	1 Lap	350m			2 Laps	2.5km
2:54pm	Race Start U14 Teams	1 Lap	350m			2 Laps	2.5km
3:05pm	Transition closes for U16 athletes						
3:10pm	Safety Briefing for U16 athletes at the start line (on the beach)						
3:20pm	Race Start U16 Males	1 Lap	500m			2 laps	2.5km
3:22pm	Race Start U16 Females	1 Lap	500m			2 Laps	2.5km
3:24pm	Race Start U16 Teams	1 Lap	500m			2 Laps	2.5km

Prize Giving for Thursday races will be near the finish line at Mt Drury at approximately 4:15pm

See the separate section at the end of this document for the Schedule for the Team Relays on Friday



Swim Course Map – U12 / U13 / U14



- U12/U13 swim is 1 lap of 250m – approx 50m to first swim buoy
- U14 swim is 350m – approx. 100m to first swim buoy

Swim Course - U16 / U19



- The U16 Swim course is one lap of 500m – approx 200m to first buoy
- The U19 Swim course is one lap of 750m – approx. 325m to first buoy

Run Course Map – Anti clockwise





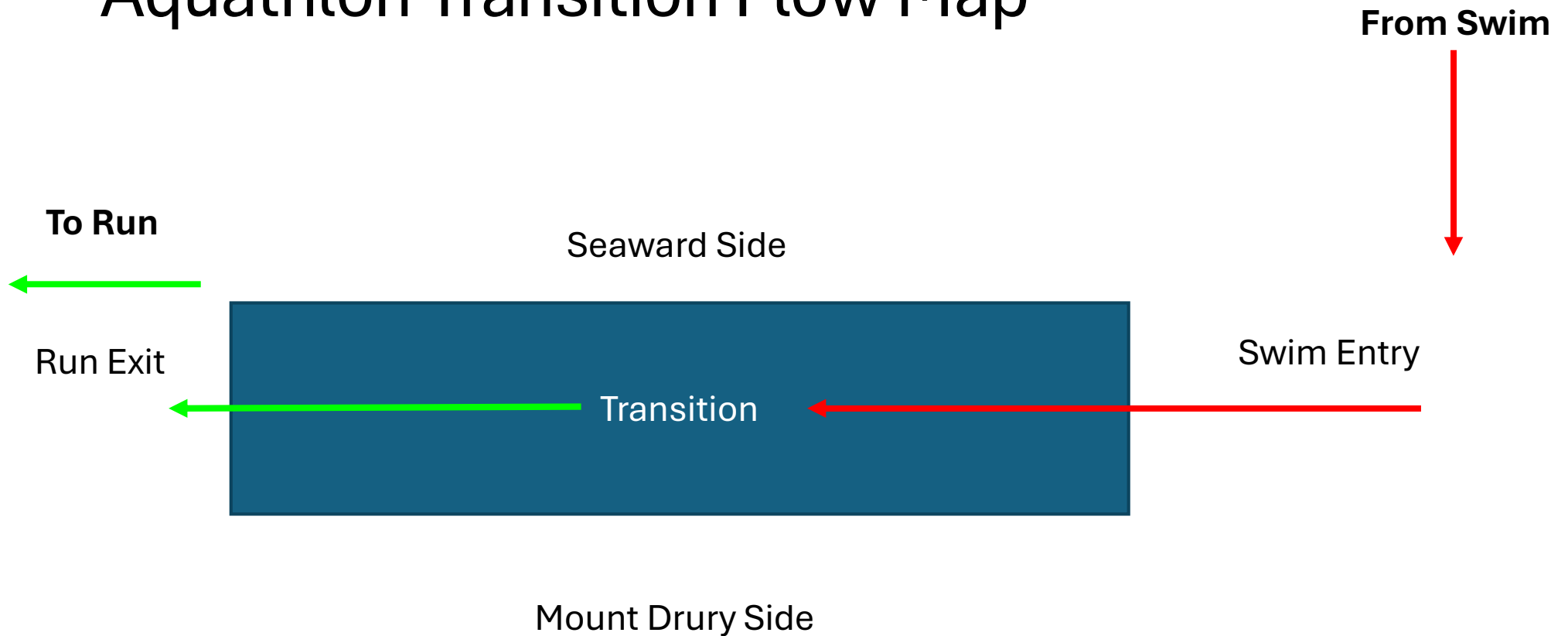
Transition

- ▶ Transition will flow different for the Aquathlon event.
- ▶ Shoes will be placed under the bike racks where your Triathlon number is.
- ▶ NO parents or coaches in transition – athletes only.
- ▶ Parts of the transition area may be “live” with athletes who are racing while you are racking or removing your bikes. Please respect your fellow triathletes athletes by making sure they are not obstructed and follow the instructions of the Volunteers and Technical Officials.
- ▶ If you need help, ask the Volunteers, Technical Officials or the Transition Manager (who will be wearing an event t-shirt)

Transition Flow – see map next page

- Enter Transition straight off the beach from the Papamoa/Eastern end
- Remove wetsuit & swimcap
- Exit transition at the Western end onto the run exit chute
- Proceed onto the run course
- When you have completed the required number of laps head towards the finish line on the grass at Mt Drury

Aquathlon Transition Flow Map





Run/Rules – all Age Groups



- After your transition to the run, you'll exit out the run exit & onto the run course
- The run is a lap of 1.25km which you will complete multiple times depending on your age group:
 - U12, U13 athletes complete 1 laps of 1.25km for a total of 1.25km
 - U14 athletes complete 2 laps of 1.25km for a total of 2.5km
 - U16 athletes complete 2 laps of 1.25km for a total of 2.5km
 - U19 athletes complete 3 laps of 1.25km for a total of 3.75km
- After exiting transition run along Marine Parade towards Mount Maunganui, turn around and return along Marine Parade, turning right into Grace Ave.
- Turn left off Grace Ave into Mount Drury Reserve and follow the clearly marked pathway back to Marine Parade
- If you have more laps to do, continue onto Marine Parade for your next lap
- If you have finished your laps turn right and go to the finish on the grass in front of Mount Drury
- 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.
- As you finish your final lap head across onto the grass and under the finish arch
- There will be an aid station which will have cups of water available at the end of each lap as well as water available at the finish line. Make sure you discard your cup near the aid station
- You must be wearing your racebib on the front during the entire run leg
- Remember to have your torso covered during the run section – this can be togs, or tri-suit or a t-shirt
- The run is a mixture of road and pathway. The finish is on the grass at the foot of Mount Drury

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.
- All NZ Schools Championship Individual entry athletes are eligible for the Suzuki prize draw
- Prizegiving for the Triathlon & Aquathlon Individual & Teams races will take place on Thursday afternoon once racing is completed for the day





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!
- 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

Do not park on the course on Marine Parade, Pacific Ave and Grace Ave – vehicles will be towed.

Viewing

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

Food and beverages on site

There will be coffee and food available for purchase on site

You are welcome to bring a picnic.

School tents on site

There will be areas at the venue for school tents. Please ask so no underground cables or pipes are broken

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 run instead of the swim (distance based on their age) 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
- We envisage the bike course should be safe to compete on regardless of the weather. Distances could be shortened.





REGIONAL MIXED RELAY INFORMATION Friday 27th March



Team Relay Registration

- Friday 27th March – Mount Maunganui
- Registration: Mount Drury, Wednesday 20 March between 3pm and 7pm
- **Regional Mixed relay** entries can be taken/confirmed up until 5pm Thursday.
You will collect
 - Race number
 - Timing transponder
 - Swim caps will be the same throughout the whole event
- Any Mixed Relay team changes due to injury etc, need to be made prior to racing starting at 9am Friday morning.
- Confirm each team is eligible for Championship, with 2 Male & 2 female of the same age group (or lower) & from the SAME Region. Regional Co-Ordinators to confirm.



Team Relay Competition

- Friday 27th March – Mount Maunganui
- Registration: Mount Drury, Wednesday 20 March between 3pm and 7pm
- Please can we only have the Regional Co-Ordinator come & collect the racebibs etc, from Registration. They will then handout to the regional teams.
- Regional Teams
 - Mixed - two Female & two Male from the same region (not school)
 - U12, U13, U14, U16, U19



Team Relay Race Schedule

Time		Swim		Bike		Run	
7:30am	Transition Opens for ALL athletes						
8:45am	Transition closes for U12, U13, U14 athletes						
8:50am	Safety Briefing U12, U13, U14 athletes at the start line (on the beach)						
9:00am	Race Start U14 MR Teams	1 Lap	200m	1 Lap	3km	1 Laps	1km
9:05am	Race Start U12/U13 MR Teams	1 Lap	200m	1 Lap	3km	1 Laps	1km
10:30am	Transition closes for U16 and U19 athletes						
10:35am	Safety Briefing for U16 and U19 athletes at the start line (on the beach)						
10:45am	Race Start U19 MR Teams	1 Lap	200m	2 Laps	5km	1 Lap	1km
10:50am	Race Start U16 MR Teams	1 Lap	200m	2 Laps	5km	1 Lap	1km

Prize Giving for Friday races will be near the finish line at Mt Drury at approximately 12:50pm

Transition Clearance/Racking



- The bike racks will be numbered. You must rack your bike in your allocated spot
- Because racing is continuous you will not be able to retrieve your bike immediately after you finish
- Periodically we will announce that transition is open for you to remove your equipment. At other times the transition area will be closed. Please follow the instructions of the volunteers and technical officials.
- We recommend you use the bag drop for any equipment or clothes you want immediately after you finish. Remember you may not be able to immediately return to your bike rack.
- When you are in transition, please respect your fellow triathletes and follow instructions of officials to make sure you do not obstruct anyone who is racing

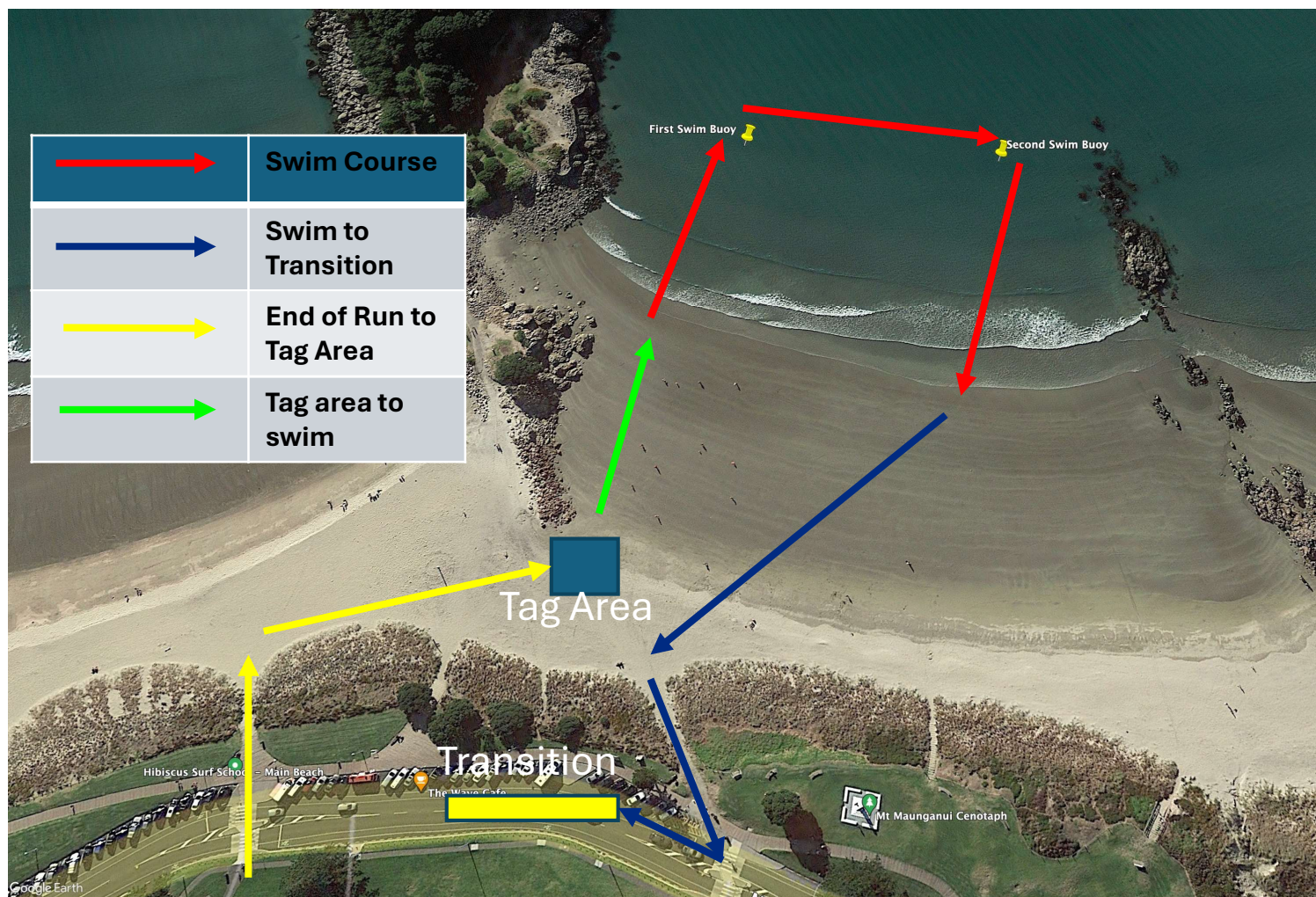
Swim



- Swim is clockwise with a beach start.(see map) . Distance to the first buoy will be approximately 50 meters
- Please keep all buoys on your right shoulder.
- When you have completed your swim exit the swim course, run up the beach and make your way up to 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.
- Raise one arm above your head if you are in distress or need assistance
- Swim may be with or without wetsuit. Expected water temperature is 18 to 20 C



Swim Course – Team Relay – All Age Groups



Transition



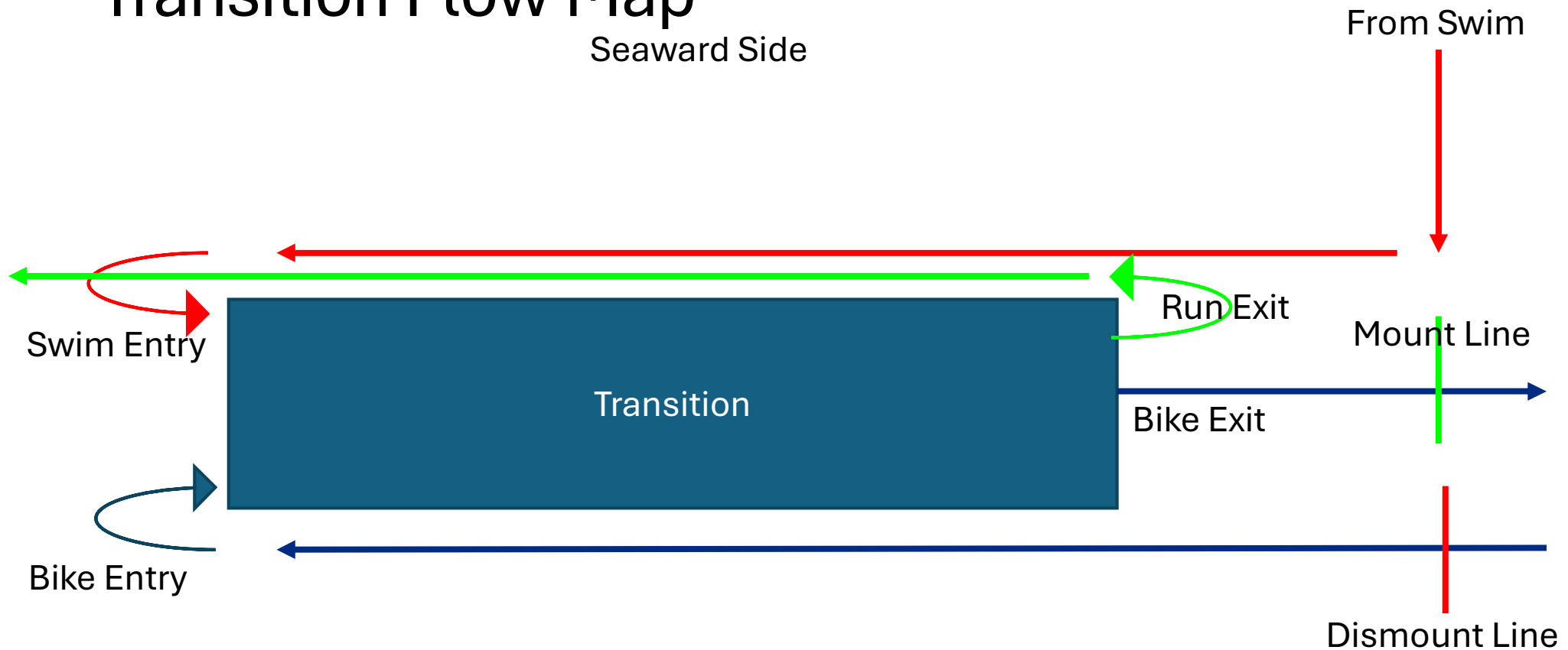
- ▶ Bike racks will be labelled and are laid out in age groups to assist with flow and safety.
- ▶ NO parents or coaches in transition – athletes only.
- ▶ Parts of the transition area may be “live” with athletes who are racing while you are racking or removing your bikes. Please respect your fellow triathletes athletes by making sure they are not obstructed and follow the instructions of the Volunteers and Technical Officials.
- ▶ If you need help, ask the Volunteers, Technical Officials or the Transition Manager (who will be wearing an event t-shirt)

Transition Flow – see map next page

- Enter Transition, via chute next to transition (you will enter from the Mount/Western end)
- Put on your helmet and collect your bike
- Exit transition at the Eastern end, push your bike to the mount line
- Mount your bike and proceed on the bike course
- When you have completed the required number of laps dismount at the dismount line and run along the chute next to transition (Mt Drury side) and enter transition from the Western end
- Re-rack your bike and exit on to the run course at the eastern end, make a U-turn into the swim/run chute and run along transition to get onto the run course, running towards the Mount.

Transition Flow Map

Seaward Side



Mount Drury Side



Transition Rules

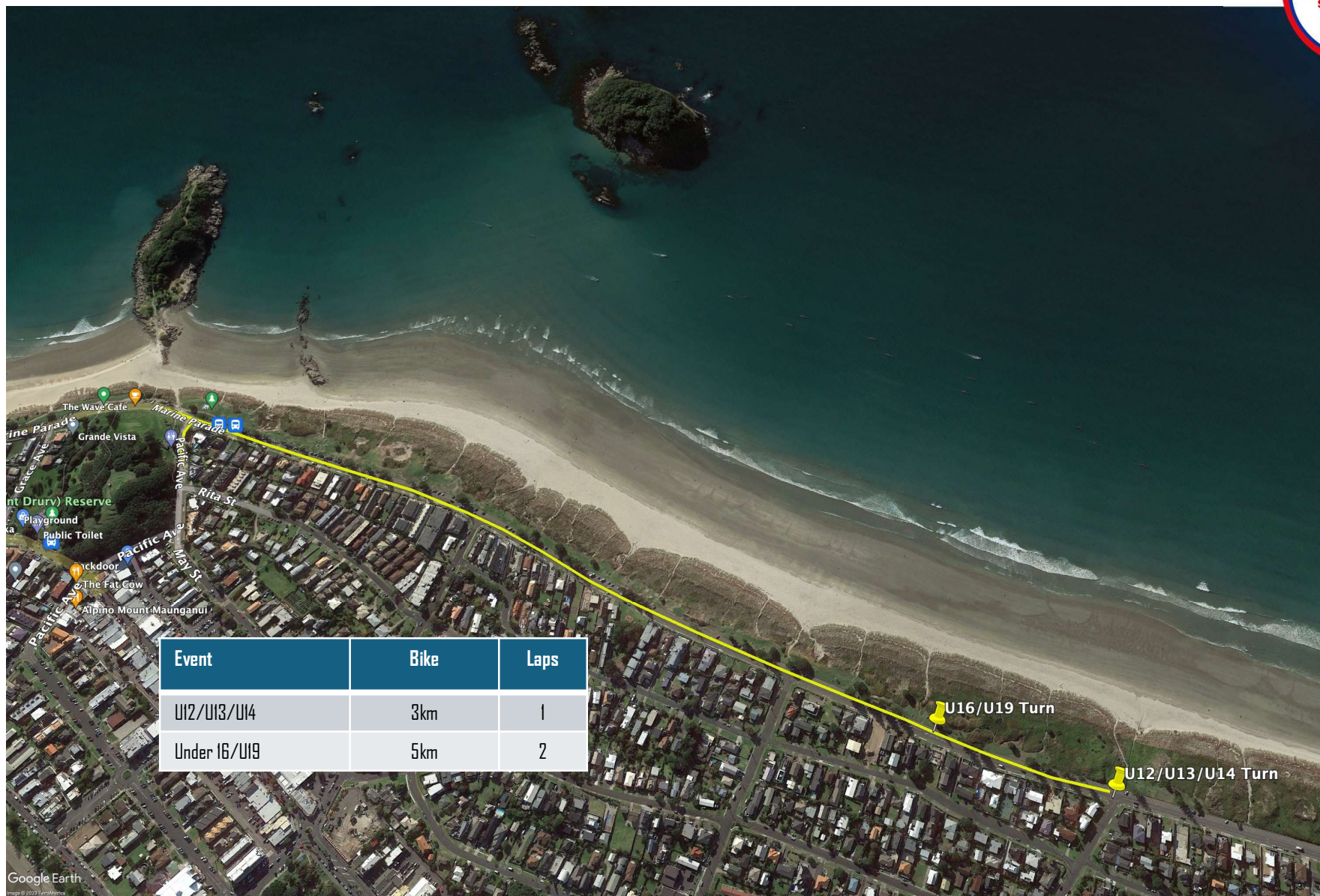


- ▶ Bike racks are numbered – you must rack in your allocated position
- ▶ **Helmet must be fastened before removing your bike from the rack and remain fastened until you re-rack your bike. You must not touch the locking mechanism of your helmet until you have re-racked your bike in T2**
- ▶ Push your bike out of transition and mount after you have crossed the mount line
- ▶ When you return after the bike ride, 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 keep your area tidy so it doesn't impede other athletes, this includes your cap, wetsuit and goggles. There will be a bag drop available.
- ▶ Do not leave clothing that you will need immediately after the race in the transition area – you will not be able to get back into transition until everyone in your section of the transition area has started on the run course.





Bike Course Map





Bike Course – Lap procedure

- U12, U13 and U14 Athletes
 - You have only one lap on the bike
 - As you return to Transition you will turn left into Pacific Ave
 - You will proceed along Pacific Ave to a U-turn (approx. 75 meters from Marine Parade)
 - You will then return back to the intersection of Marine Parade and Pacific Ave and turn left to the dismount line
- U16 and U19 Athletes
 - You have two laps on the bike course
 - As you return at the end of the first lap you will turn left into Pacific Ave, proceed to a U-turn and then return to Marine Parade. You will then turn right onto Marine Parade to complete your second lap
 - At the end of your second lap turn left from Pacific Ave onto Marine Parade and dismount at the dismount line
- See Map on next page for details



Bike Course Map – Laps (U16 and U19 only)



Bike – All Age Groups



- ▶ The Bike course consists of out and back laps on Marine Parade.
- ▶ The turn-around point varies depending on your age group. The turn-around points will be clearly marked
- ▶ The turn around at the Mount Maunganui end is in Pacific Ave as described in the previous two slides
- ▶ U12, U13 and U14 have only one lap. After turning in Pacific Ave turn left back into Marine Parade and return to transition.
- ▶ **U16 and U19 complete two laps of the bike course. 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.
- ▶ There will be cones to signify the centre of the course 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
- ▶ U16 and U19 Athletes need to take special care as they turn to start their second lap. Be aware you may merging with athletes who are just joining the course at the start of their first lap.
- ▶ We have a closed road, however athletes must still expect event vehicles including Motorbikes with Technical Officials, Ambulances and other event vehicles on the course.
- ▶ With this in mind athletes must ride as far to the left as possible and always pass on the right.
- ▶ The course will be marshalled and monitored by Technical Officials to keep it safe and fair

Bike - Rules



- U12, U13, U14 and U16 – are non-drafting races. You must keep 12m between your front wheel and the rear wheel of the person in front of you unless you are passing them.
- U19 races are draft legal, however no drafting may occur between genders. Therefore no males drafting off females or females off males.
- You must wear a helmet at all times during the cycle leg.
- Remember to have your torso covered during the cycle section – this can be togs, tri-suit, t-shirt etc
- 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 and 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 Mount Maunganui and need some assistance the friendly team at My Ride, 37 Totara Street, Mt Maunganui will be able to assist you at their shop, they will also be onsite to assist with minor repairs or adjustments.



Cycle Equipment – All age groups



AGE GROUP DRAFT LEGAL EQUIPMENT



Disc wheels



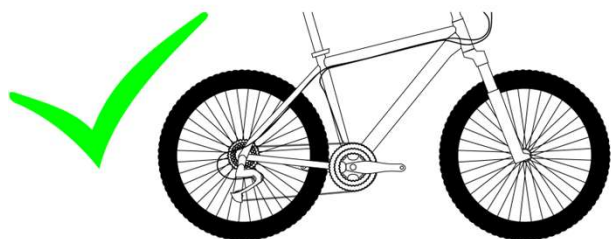
Clip on areobars



Short clip on areobars



Handlebars with built in areobars



Note that the maximum depth of wheel allowed is 55mm for all age groups except U19



Run – all Age Groups



- After racking your bike, you will head out onto the run course.
- The run is a single lap of 1km for all age groups
- For the MR event you are running the opposite direction to the Individual Tri
- After exiting transition turn sharp left & onto the clearly marked Mt Drury pathway. At the end turn right onto Grace Ave.
- Turn left off Grace Ave into Marine Parade & run towards the Mount. Turn at the turnaround & make your way back towards transition
- If you are athlete one, two or three in your team continue on Marine Parade, & take the boardwalk down onto the beach and proceed to the Team Tag area to tag the next athlete in your team.
- If you are athlete **four** in your team turn right before you get to the boardwalk and go down the finish chute. Don't go down on the beach. Head onto Mt Drury & the finish.
- Your team members can join you for the run down the finish chute but take care not to impede other teams
- There will be an aid station which will have cups of water available at the start & finish of each lap as well as water available at the finish line. Make sure you discard your cup near the aid station
- Remember to have your torso covered during the run section – this can be togs, or tri-suit or a t-shirt
- The run is a mixture of road and pathway. The run from Marine Parade to the Team Tag area is on sand. The finish is on the grass at the foot of Mount Drury



Triathlon Relay Racing Rules

- There are some specific rules that apply to triathlon Relay Races
- The current order for the Mixed relay (two females, two males) must be female, male, female, male.
- In the Team Tag zone only the two athletes involved in the Tag can be involved. You cannot have help swapping the timing transponder.
- Keep the tagging area clear – only enter the tagging area when you see your team-mate approaching
- If you lose your timing chip, your team will serve a 30 second penalty at each exchange for which the transponder is missing (to be served on the spot in the Tag zone)



Run Course Map



Race Equipment



- **Clothing**

- We encourage competitors to wear their appropriate School sports uniform and be part of a team. (tri suits, swimsuits, singlets, t-shirts etc)
- Remember that you must have your torso covered during the bike and run legs. During the swim section males may wear just jammers/togs but need to put some sort of top on before leaving transition on the bike.
- **Tri NZ Age Group uniforms or NZL logoed kit are not to be worn.**

- **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.
- 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
- 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.

Summary of rules



The race will be conducted under Tri NZ rules found [here](#). This is a sanctioned event.

- 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 trisuit, swimsuit, 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
- In the U12, U13, U14, U16 races you may not draft during the bike. You must remain 10 meters behind a cyclist in front of you unless you are passing them
- In the U19 race you may only draft but only with athletes of the same gender.
- In all races while on the bike you must keep to the left of the road unless you are passing.
- 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.
- No personal equipment is to be removed from transition until the transition technical official opens transition (for each event)
- Protests must be lodged with the Head Referee within 30 minutes of the race completion, and you must advise the Head Referee that you intend to protest within 15 minutes of finishing. 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. Protests must be accompanied by a deposit of \$50 which will be returned if your protest is successful.
- ***Have a great race and enjoy yourself!***



Finishing and Prizegiving



- Once you 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.
- Prizegiving for the Mixed Relay race will take place on Friday once racing is completed for the day

