

Enduro

SWIM BIKE RUN



2020 ENDURO ATHLETE MANUAL



Mount Festival
of MULTISPORT



The Mount Festival Charitable Trust is a Registered Charitable Trust chaired by Owen Cooney. The vision for the event is to offer a recreational and sporting event that all members of the local and wider community can participate in and enjoy no matter their age, ability or sporting interest.

All profits made by the Mount Festival of Multisport are donated back into the community. The Mount Festival Charitable Trust is governed by three trustees, Owen Cooney (Chair), Joanna Lawn and Bryan Winters.

Thank you to our Sponsors & Partners



MAYORS MESSAGE

Nau mai, haere mai. Welcome to Tauranga and the 2020 Mount Festival – Aotearoa’s longest-running and most popular Triathlon.

This outstanding event has now clocked up 31 years and in recognition of that milestone, the Tauranga Half has achieved ‘Legacy Event Fund’ status for the first time. That status not only recognises the event’s longevity, but also acknowledges the very positive recreational and economic contributions it makes to our wonderful corner of the Bay of Plenty. Tauranga Half symbolises the healthy approach to life that the city aspires to and that is reflected in the ongoing support it receives through Tauranga City Council’s Event Funding Framework.

During the course of this event, athletes will be passing through some simply outstanding scenery. I hope they have time to enjoy it! We particularly hope you will appreciate the running leg around the superb Mauao base track.

I would like to acknowledge the dedication and determination of all of the triathletes competing in the Mount Festival, and I also acknowledge the phenomenal efforts of the organisers, the Mount Festival Charitable Trust. The Trust’s vision is to offer an event that people of any age, ability or sporting interest can participate in. All profits from the Mount Festival of Multisport go back to the community, which means we are all winners.

Competitors – best wishes for the event. May you reach your personal goals and enjoy the success you have worked so hard for.

Supporters and spectators – enjoy the event, our spectacular environment and the many attractions the city has to offer.

I hope we see you all again in 2021, and beyond.

Nga mihi nui.

Tenby Powell
Mayor of Tauranga



SCHEDULE OF EVENTS

FRIDAY 10TH JANUARY 2020

2.30PM – 6PM RACE REGISTRATION & SPONSORS EXPO

[Registration Tent, Event Village, Pilot Bay](#)

Registration will be held in the Registration Tent at Pilot Bay on Friday 10th January from 2.30pm – 6pm. There will be a sponsor's expo alongside registration which gives you the opportunity to purchase your last-minute race gear and take advantage of great offers and specials from our sponsors.

You must collect your race pack (which includes your timing transponder and race numbers) and complete your registration during these times. If you do not collect your race pack during these times you will not be allowed to start the race. If you are in a team, at least one member must collect your packs. You will be issued with an official race ID band which must be worn until the prize giving. This band is your competitor ID; without this band, you will not be allowed into transition or to start the race.

By collecting your registration pack you and all your team members (if applicable) are attesting that you **have watched and understood** the online safety briefing.

Please ensure you watch this online before race day at mountfestival.kiwi

In the interests of ensuring a smooth and efficient registration process, please register during the following times according to your event or category:

2.30 – 3.30pm:	Tauranga Half Males 45+ and Enduro athletes
3.30 – 4.30pm:	Tauranga Half Females and Enduro athletes
4.30 – 5.30pm:	Tauranga Half Males 18-45 and Höpt Soda AquaBike Athletes
5.30 – 6pm:	Tauranga Half Teams and Höpt Soda AquaBike athletes

PLEASE NOTE: YOU MUST REGISTER BEFORE YOU RACK YOUR BIKE.

3pm – 7pm BIKE RACKING

[Bike Transition, Pilot Bay, Mount Maunganui](#)

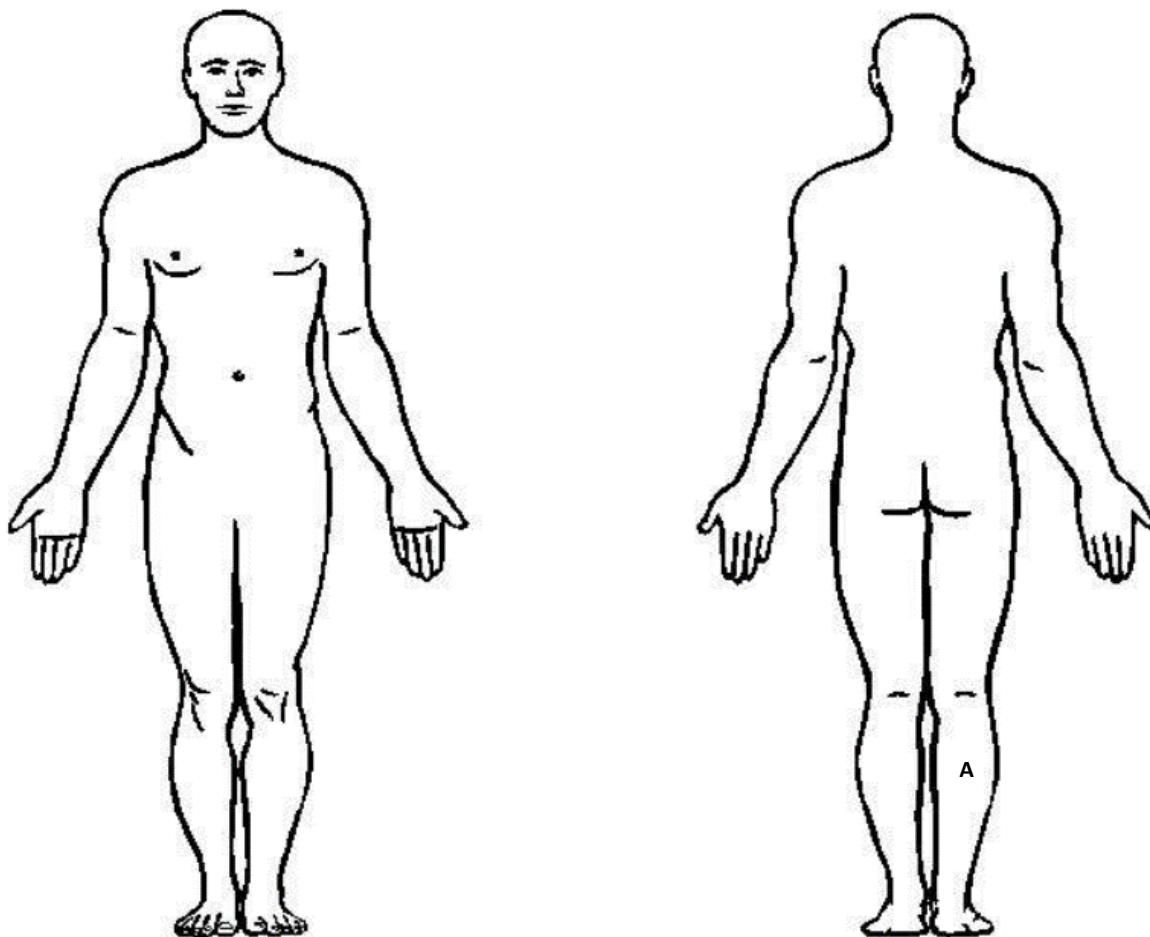
All bikes must be racked in the Bike Transition by 7pm. You must register (as above) before you rack your bike.

You do not need to leave your helmet or race equipment overnight on the Friday however bike & helmet numbers must be applied prior to bike racking & helmets must be worn and done up on entry to transition for checking.

Transition will be open from 5am on Saturday morning to enter and lay out the rest of your race equipment.

BODY MARKING

Your age group letter will be marked on your right calf in transition at registration



SATURDAY, 11TH JANUARY 2020 ENDURO RACE SCHEDULE

- 5:00am – Transition opens for all events
- 5:40am – Enduro swim course opened for warm up
- 5.50am – Transition closes for Enduro
- 6:00am – Enduro Age-group Males
- 6:02am – Enduro Age-group Females
- 8.45am - Swim course cut off
- 1.00pm - Bike course cut off
- 5.00pm - run course cut off

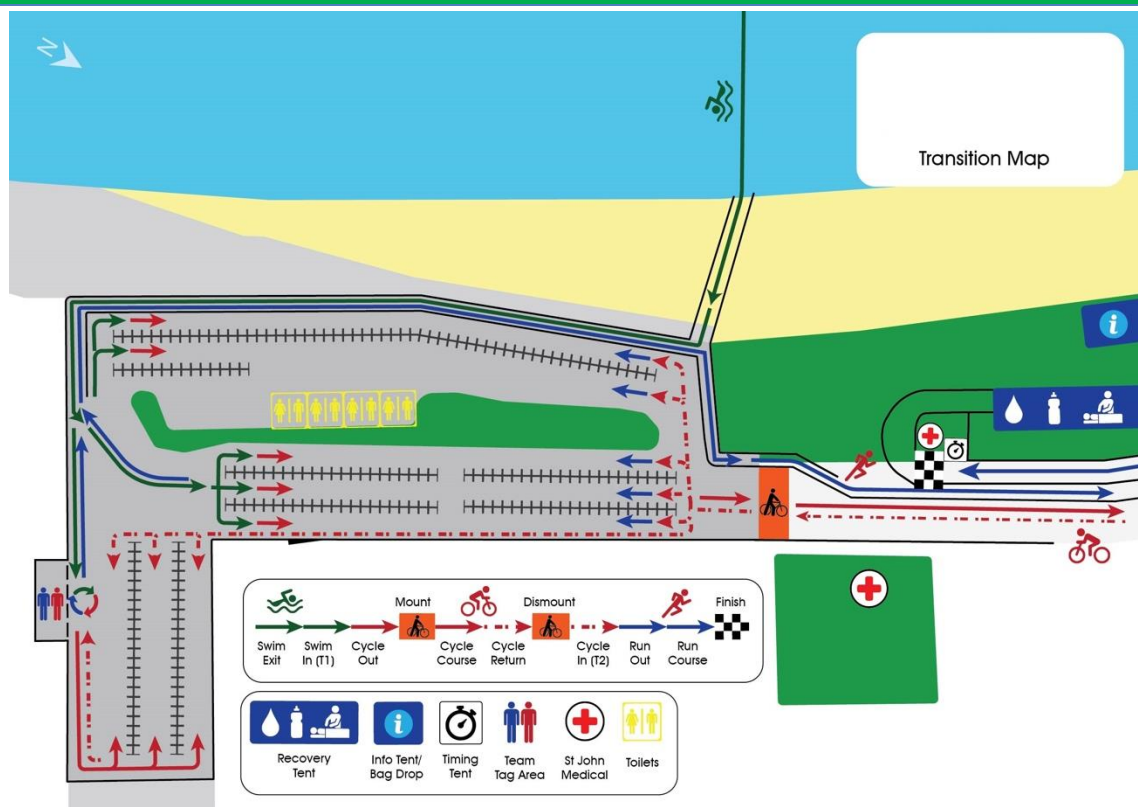
Pre-Event Bike Checks

There are no compulsory bike checks taking place prior to the event.

It is the responsibility of the athlete to ensure that all their equipment, including their bike and helmet are in safe, road worthy condition to complete the race.

Athletes are advised to have their bike serviced leading into the race, or a local bike shop if you require any repairs on arrival in Mount Maunganui

TRANSITION MAP



ENDURO SWIM COURSE

Distance: 3km (250m + 1 small lap + 1 large lap)

Swim cut off: 8.45am for all competitors

The start area will be on the beach near Pacific Ave. All athletes are required to walk through the swim entry chute, over the timing mat and into the swim waiting area to ensure your timing chip is activated.

The swim consists of a 250m straight followed by one 1000m lap and then a larger 1750m lap.

You will be asked to line up in the water. Once the airhorn goes you will head towards Salisbury wharf, you will go between the 2 buoys and turn right. You will then complete a full small rectangular lap and then a larger rectangle lap turning left at the last buoy to head into the beach. Exit the water and head up towards transition

You must not run at any time during the swim and the only section that you can dolphin dive is between the last turn and the beach. You may not dolphin dive along the section that is closest to the beach, this will be grounds for disqualification.

The swim course is patrolled by Surf Life Saving NZ. If you are in any difficulty or distress or see any other competitors in difficulty, please raise one hand above your head.

Any competitor electing not to swim after starting must notify the race director immediately.

PLEASE SEE THE GENERAL SWIM RULES AND REGULATIONS LISTED ON PAGE 23

Top tips for navigating the Tauranga Swim Course...from blueseventy #allfortheswim

The team at blueseventy are all about making the most of the swim – and so if you've taken the time to read this, we hope you have a great swim as a result!

First up, this year the swim will be on an incoming almost high tide...so a few local knowledge tips to help navigate...



Check out where the boats are pointing before you start to get an idea of where the water is heading. (The pointy end of boats always faces into the incoming water).



If its windy or the tide is moving then the direction of the boats may change through your swim, so don't use a boat to sight off.



Swim tight to the buoys both ways. On an incoming tide there is a helpful current that moves fastest in the shallower side of the course...but the closer you swim to the beach the more likely you are to swim further as the bay curves around. (Don't sight off the beach contour)



Make the most of the blueseventy swim fam! the day before and ask our swim experts questions and more tips.



Swim the course the day before with a buddy and use the opportunity to plan your swim route. Swim to the furthest marker at the wharf end, stopping to pick out an easy to spot landmark on the Mount above the furthest buoy at the Mount end.



The straighter you swim, the quicker you will be, you can easily lose time from swimming further than necessary.



Sight more often than usual especially as you approach turns is a must as the current can catch you out and the last thing you want to do is inadvertently swim past a turn or work harder than necessary against the current to make a turn.



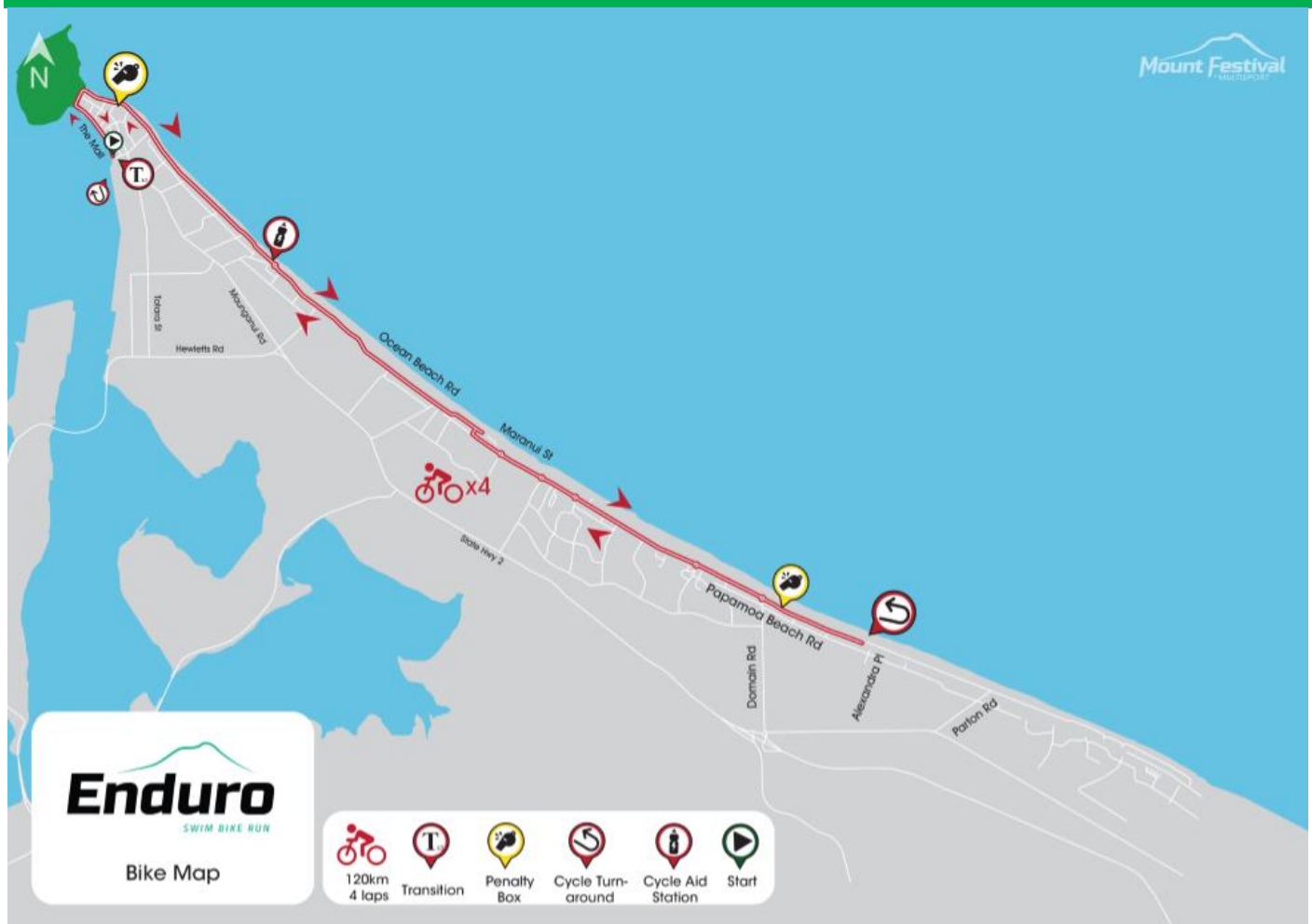
Swim until your hands touch the bottom before standing up/duck diving at the finish (Make the most of the momentum)



Draft off someone faster than you but don't trust their directional skills (and if you are a mid-pack or slower swimmer...you are better to focus on swimming your own straight course than trusting those around you)

And the most important tip of all – when you exit the water, smile for the camera...it makes everything look better!

ENDURO BIKE COURSE



ENDURO CYCLE COURSE

Bike Course

Distance: 120km – 4 laps

Bike cut off: 1pm for all competitors.

Lap 1

Exit transition, progressing along The Mall, veer right into Adams Ave, right into Marine Parade, bike to the end of Oceanbeach Road.

At the end of Oceanbeach Road, turn around in the cul-de sac, turning left immediately into Yale St to access Maranui St and Papamoa Beach Road.

Bike to the intersection of Papamoa Beach Road and Alexander Road, making a U turn and return on Papamoa Beach Road and straight onto Maranui Street.

Turn right onto Yale St, left onto Oceanbeach Road and right into Marine Parade at the roundabout. Turn left onto Adams Ave, turn left onto The Mall, turn left into Prince Ave for the turnaround, then turn right back onto The Mall complete your second and third lap. PLEASE SLOW DOWN AND BE EXTRA CAREFUL WHEN TURNING AROUND IN PRINCE AVE. The road layout has changed meaning there is less space to turn. Please be careful and considerate of other riders.

Lap 2, 3 and 4 as Above.

Note on your fourth lap after the Prince Ave turnaround, turn left into The Mall. Dismount in the dismount area before heading into Transition.

DO NOT CROSS THE CENTRE LINE under any circumstances.

While road restrictions are in place, be aware that residents and businesses will have a right to use the road and there will be official event motorbikes and vehicles on the course.

DRAFTING PENALTIES

This event is a **non-drafting race** and run under Tri NZ rules. These rules are monitored on the day by official Tri NZ technical officials. In this race the drafting penalty is a THREE-minute stand down in the next penalty box (see below).

A drafting penalty will be notified to the competitor by an official showing a **BLUE** penalty pad with their race number in black letters.

There will be **PENALTY BOXES** located on the course (as shown on the map above) at:

- Just after Domain Rd Roundabout on outward legs
- The lay-by adjacent to Mt Drury for the return legs.

Competitors receiving 3 penalties will be disqualified.

Competitors receiving a drafting penalty will be required to stop at the next penalty box after receiving the penalty and stand down for the required THREE minutes.

The following diagrams show the drafting zone and what is considered drafting.

Distance of Drafting Zone for ALL Competitors

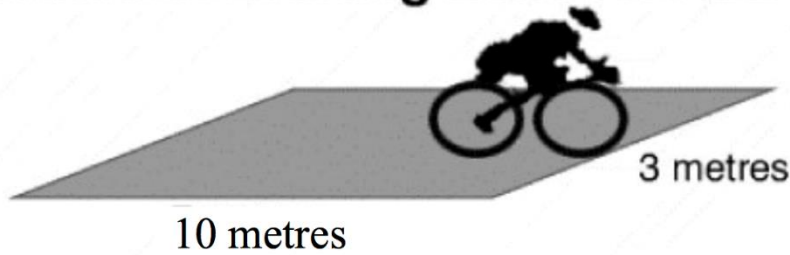
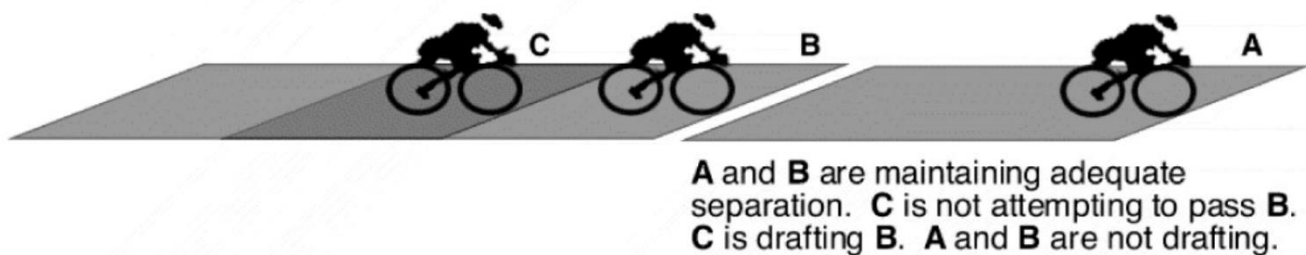


Diagram 4 Drafting and Not Drafting



An athlete may enter the Draft Zone of another athlete but must be seen to be progressing through that zone. A maximum time of 20 seconds will be allowed to pass through the zone of another athlete.

Entry into the bicycle drafting zone:

An athlete may enter a bike Draft Zone in the following circumstances:

- If the athlete enters the Draft Zone, and progresses through it within 20 seconds in the overtaking manoeuvre;
- For safety reasons;
- 100 metres before and after an aid station or transition area;
- At an acute turn;
- If the Technical Delegate excludes a section of the course because of narrow lanes, construction, detours, or for other safety reasons.

Overtaking:

- An athlete is passed when another athlete's front wheel is ahead of theirs;
- Once overtaken, an athlete must move out of the Draft Zone of the leading athlete within 20 seconds.
- Athletes must keep as far to the left of the road as possible or they may be liable for a blocking penalty. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course. The penalty for blocking is the same as for drafting.
- Athletes must overtake to the right of the athlete being passed. Overtaking on the left is not allowed – the penalty for passing on the left is the same as for drafting.
- Athletes must not cross the centre line of the road. The penalty for this is disqualification.

PLEASE SEE THE GENERAL BIKE RULES AND REGULATIONS LISTED ON PAGE 23

CYCLE AID STATION

The bike support station will be positioned approximately 5km, 35km, 65km and 95km into the cycle leg on Marine Parade just after Hart Street. You will have access to this station four times, once on each lap.

Discard your empty bottles at the bottle drop target trailer 100m before the aid station. We care about our environment and community. Discard only at aid stations.

Where ever possible we encourage you to discard recyclable plastic bottles (i.e. bottles you would purchase water or sports drink in that have recycling numbers 1 & 2 listed on them, this will assist us to recycle these post-race).

Move past the bottle drop and prepare to pick up your bottle as you pass the aid station. Be aware of those competitors around you when you are entering the support station. Volunteers are there to assist you, but it is your responsibility to slow down and to ensure your safety and those around you.

The cycle aid station will have the following on offer:

- Liquids – Water and nuun Lemon Lime Electrolyte Hydration drink (in **750ml** bike bottles), coke (in cups)
- Solids – Bananas and Clif Bars – Cool Mint Chocolate
- Others – Vaseline, Invisible Zinc sun block, first aid and portaloos



CYCLE COURSE MECHANICAL SUPPORT

Mechanical support on the bike course will be provided by Cycle Obsession

There will be a stationary Service Crew based at the Cycle Aid Station and a mobile mechanic roaming the course with minimum supplies on board. If you require assistance, please look out for these scooters or stop at the stationary support.

Bike support is provided to enable tubes and tyres to be exchanged for damaged ones and tyre levers and spanners if required. Mechanics on the course cannot help or assist with the repair - it must be done by the competitor alone. Tyres and tubes will only be supplied to competitors carrying used spares to swap. All competitors must start with at least one spare tube. No wheels will be supplied.

Competitors will be required to pay for any tubes or spare parts received during the event. Payment can be made post event. Competitors who do not pay will not be able to participate in the event in the future.



ENDURO RUN COURSE



ENDURO RUN COURSE

Run Course

Distance: 25km - 3 laps

Run cut off: 5:00pm for all competitors

Exit transition to start the run. Run down The Mall (keeping to the left of the cones and beware of cyclist still on the course), turn right (still keeping left of the cones) into Adams Ave, turn right into Marine

Parade, continue to run along the seaward side of Marine Parade until you reach the turnaround point between Banks and Grove Ave (beware of runners in both directions). Head back along the seaward side of Marine Parade, joining the boardwalk where directed to continue around the base track in an anti-clockwise direction. Exit the base track and run back down The Mall towards transition and the turnaround point.

Turn and repeat a second and third lap as above ensuring you head down the finish chute at the end of your 3rd lap only.

You must stay on the seaward side of the road at all times and not cut corners – stay inside the coned lane.

PLEASE SEE THE GENERAL RUN RULES AND REGULATIONS LISTED ON PAGE 23

RUN AID STATIONS

- Liquids - Water, nuun Lemon Lime Electrolyte Hydration drink, Coke
- Solids – Bananas, Clif Bars – Chocolate Chip
- Other - Vaseline and Invisible Zinc Sunblock

Aid Stations 1 and 3 **only** will have Clif gels – Citrus and Razz

Aid Station 2 only will have Clif Bloks – Mountain Berry, Orange, Ginger Ale

Run support stations are located 1.5—3kms apart and are indicated on the course map.

We care about our environment and our community. Discard rubbish only at aid stations.

You will pass support stations 15 times. There will also be refreshments at the finish line.

- Cnr Adams Ave/The Mall—ON WAY OUT
- Marine Parade/Banks Ave—ON WAY OUT & ON WAY BACK
- Base Track Entry—ON WAY BACK
- Base Track Exit—ON WAY BACK



EVENT INFORMATION

GARMIN TIMING



The event will use electronic timing. Each competitor will be issued with a transponder at registration which should be attached by the Velcro band to either ankle.

The band must not be removed during the entire race. If you are forced to withdraw at any stage, you must report to the timing tent at the finish line as soon as possible and return the band. Failure to do so will cause delays in issuing official results. Please do not return to any race volunteers on the course. A NZ\$150 replacement cost will be charged for missing bands.

In the event of your band being lost during the race, you must report to timing personnel at transition before starting the next leg and a replacement will be issued.

ATHLETE TRACKING

Live athlete tracking will be available on www.mountfestival.kiwi/results so your supporters can follow your progress throughout the race. Live tracking will show the time of day an athlete has gone through a timing point and their accumulated performance time till then.

Provisional finish times and placings will be available online as soon as possible on the day.

RACE NUMBERS

You will be supplied with 3 race numbers to be worn/used during the event. Your race bib number must be secured to your upper body clothing or on a race belt. Race numbers must be worn at waist height, on the front on the run leg of the race.

Race bibs **DO NOT** need to be worn during the swim or the cycle, however must be worn for the run.

Your number must be clearly visible at all times. Numbers must not be folded or reduced in size in any way. Numbers must be fully visible throughout the day – on the cycle your numbers will be clearly displayed on your helmet and seat post, on the run your race bib will be visible.

If numbers are not displayed in this way competitors may be disqualified. Make sure you complete your name and medical details on the reverse of your number.



BIKE & HELMET NUMBERING

You will be given two number stickers in your race pack (in addition to your race number). One is for your helmet and the other is your bike number (as pictured). This is to be folded around your seat-post and attached to your bike.

This number is used by the Tri NZ Technical staff and must be visible from a motorbike that will pass on your right



CYCLE and HELMET CHECK-IN

Only bikes and helmets that meet Tri NZ Competition Rules will be accepted into transition and therefore into the race.

All bikes (including team bikes) must be racked by 7pm on Friday 10th January.

Your helmet will be inspected when you check in on Saturday morning. Please have your helmet on and done up as you enter transition to ensure your helmet fits correctly.

Please note these are not a safety inspection; they are to ensure your equipment meets Tri NZ rules.

It is the responsibility of the athlete to ensure that all their equipment, including their bike and helmet are in safe, road worthy condition to complete the race.

Athletes are advised to have their bike serviced leading into the race.

Security will be onsite overnight on Friday 10th January monitoring the transition area.

TRANSITION

Transition will be open from 3pm – 7pm Friday 11th January for bike racking. Place your bike on the rack with your corresponding number. Note bike racks are made to fit 5 bikes per rack, please be courteous to other athletes and keep your items within a small area.

Transition will open from 5.00am on race morning to allow athletes to complete last-minute race preparation. Please note boxes / bags / containers etc. are not allowed to stay in transition and must be removed.

Only official race staff and competitors with an ID band are permitted inside transition. Please assist us by advising your friends and family of this.

Security will be in place overnight on Friday 10th January to monitor bikes.

BAG DROP OFF

We will provide a bag drop off from 5am race day located in the Information & Bag Drop tent, in between transition and the athlete recovery lounge. You will not be able to leave bags/ boxes and unnecessary items in transition as space is limited and you will not be allowed access transition again until the last competitor has finished the cycle course. You will be issued with a bag tag in your race pack. Please attach this to your bag and hand it to our volunteers. These bags will be available for pick up as you finish.

AGE CATEGORIES

The official age categories for both men and women for the Enduro are:

Age groups are: Elite, 18-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Please note your age is calculated as at **31 December 2020**, therefore you could be considered a year older on race day and in some cases, move up an age group.

Age Group prizes will be awarded at the awards ceremony at Coronation Park at 5 45pm on Saturday 11th January.

COURSE CUT OFF TIMES

To ensure the safety of all athletes and volunteers the below cut off times are for all athletes across the event. Should an athlete not be able to reach one of these cut off time, they will no longer be able to continue racing. Results will be classified as Did Not Finish (DNF).

Event personal will assist in transporting the athlete back to the Event Village should assistance be required.

ENDURO SWIM COURSE

All individual swimmers must be in the water by 6.00am.

All swimmers must be out of the water by 8.45am.

Any swimmers still in the water by 8.45am will be assisted to shore by the water safety personal and registered as a DNF.

ENDURO CYCLE COURSE

The cycle course cut off is 1pm for all athletes. Should a rider be overtaken by the Tail End Charlie (TEC) motorbike they will be notified that they need to increase their speed and stay ahead of the TEC to continue on the course. If they are unable to do so their number will be noted, and they will be asked to return to transition.

Any cyclists sent back to transition by the TEC will be registered as a DNF.

ENDURO RUN COURSE

The run course cut off is 5pm for all athletes. Should a runner be over taken by the TEC bike they will be notified that they need to increase their pace and stay ahead of the TEC to continue on the course. If they are unable to do so their number will be noted, and they will be asked to return to transition.

Any runner sent back to transition by the TEC will be registered as a DNF.



POST RACE INFORMATION

ANTI-FLAMME ATHLETE RECOVERY LOUNGE



Athletes are welcome to access Anti-Flamme Athlete Recovery Lounge in the Event Village. Athletes will be directed into the recovery lounge after crossing the finish line.

There will be water, supplements, nutrition and sponsor product as well as massage available from Body in Motion.

BAG COLLECTION

Please leave all gear that you do not need for the race at the Information & Bag Drop tent located in between transition and the athlete recovery lounge before you start. Present your race number at bag drop to retrieve after the race.

BIKE COLLECTION

Bikes cannot be removed from transition until all competitors have started the run course (approx. 1pm). An announcement will be made when transition is open for collection. Only competitors with the official ID band or in possession of a bike collection card will be allowed into transition and you must show your race number / bike collection card in order to remove your bike.

Supporters can collect an athlete's bike on their behalf as long as they have the bike collection card. If you predict your finish time may be close to 5pm please ensure a support person has your bike collection card so they can collect your bike for you.

FINISHER CERTIFICATES

Finisher certificates are available online after your race. Please go to mountfestival.kiwi/results

FINISHERS MEDALS

Medals will be presented to all individual competitors at the finish line who finish within the cut off time.

FOLLOWING THE ACTION

We will be doing our best to keep your friends and family updated throughout the day. We are aiming to have live results on mountfestival.kiwi.

INFORMATION TENT

The information tent is located in between the sponsors tent and the finish line; this is the place to go for any questions prior to and after the race.

PARKING

VIP parking will be located within Coronation Park, with access from Nikau Crescent. Vehicles displaying a VIP parking will be given access to this area. There are parking options within the local streets. Please park respectfully and observe all parking signage. You must not park in Mount Mainstreet for the entire day. Please observe parking restrictions.

PRIZE GIVING

The Awards will be held at 5.45pm at Coronation Park, adjacent to the transition area on Salisbury Ave

PROTESTS AND APPEALS

Any competitor who wishes to lodge a protest must lodge the protest with the Head Referee. The intention must be lodged within 15 minutes of the athlete's finishing time and a protest form must be lodged to the Head Referee within 30 minutes of his / her finishing time. You can contact the Head Referee through officials at the finish area.

RESULTS

Provisional results will be posted outside the information office as soon as possible after the event. Provisional results can be found on the website on mountfestival.kiwi on Saturday afternoon. Results will remain provisional for seven days following the event.



RULES & REGULATIONS

The Enduro is run under Tri NZ rules. See <https://triathlon.kiwi> for more details.

The Head Referee and Technical Officials shall have the authority to disqualify competitors.

Medical personnel shall have ULTIMATE AND FINAL authority to remove a competitor from the race if the competitor is judged to be physically incapable of continuing the race without risk of serious injury or death.

No competitors may use alcohol or any illegal drugs, stimulants, depressants or other substances with the intent to improve their performance, eliminate the sense of fatigue or for any other purpose. For details on banned substances please see triathlon.kiwi.

Good sportsmanlike conduct will be demanded of all competitors. Fraud, theft and acts of grossly unsportsmanlike-like conduct are grounds for immediate disqualification and will result in competitors being prevented from competing in any Mount Festival of Multisport event in the future.

Disqualification is the main penalty for any violation of the rules during any part of the event (this covers from registration until the end of the event). A disqualification may be appealed. Those disqualified during the race may continue in the race but remain disqualified unless the appeal is successful.

If a competitor decides to withdraw from the race at any time, it is their responsibility to notify the Race Director, event personnel or Timing Official. Failure to give notification after withdrawing from the race may result in the competitor being prevented from competing in any Mount Festival of Multisport event in the future and any costs incurred in locating the withdrawn athlete will be passed on directly to the athlete (i.e. search and rescue). This includes anyone who after having racked their bike in transition decides not to start the race.

The Mount Festival of Multisport reserves the right to make rule changes at any time. All competitors will be notified in writing of any changes before the race.

All competitors must watch the online Race Briefing Video before collecting their registration packet.

Competitors may not compete with a bare torso during the bike and run sections.

No use of any device that will distract the athlete from paying full attention to their surroundings. Mobile phones may be carried during the race for the use of tracking apps such as Strava. During the race the communication functions of these devices may not be used. Nor may any device be used to play music, with or without headphones or headsets.

A stop and go time penalty will be enforced for any littering on course. We care about our community and our environment. Discard rubbish only at aid stations.

Competitors must complete the reverse of their race number with important medical and emergency contact information for use in the case of emergency.

If a competitor exits the course they must re-enter the course in the same place to avoid disqualification.

Under no circumstances can a competitor swap timing devices with any other athlete and no competitor must race under any name other than their own.

The responsibility of keeping on the correct course rests with the competitor.

Any athlete failing to stop and serve their penalty on the course, will be disqualified.

The Race Director has the right to remove any competitor from the course after the official cut off time of 5:00pm.

PROTESTS AND APPEALS

Any competitor who wishes to lodge a protest must lodge the protest with the Head Referee. The intention must be lodged within 15 minutes of the athlete's finishing time and a protest form must be lodged to the Head Referee within 30 minutes of his / her finishing time. You can contact the Head Referee through officials at the finish area.

GENERAL SWIM RULES AND REGULATIONS

- Each swimmer must wear the cap provided at registration on the outside and start in the correct allocated start wave and area.
- No fins, paddles, snorkels, flotation devices of any kind are permitted.
- Competitors may not walk at any point in the swim.
- Wetsuit thickness must not exceed 5mm.
- In the interests of competitor safety, race officials reserve the right to reduce either the swim distance or the cut off time if the water conditions are adverse on race day or cancel the swim if the water temperature is below 13°C.
- Wetsuits are compulsory if the water temp is below 16°C and wetsuits are not allowed if the water temp exceeds 22°C.
- A competitor may stand on the bottom or rest by holding an inanimate object such as a buoy or stationary kayak, however a competitor may not use the inanimate object to gain an advantage.

GENERAL CYCLE RULES AND REGULATIONS

- Normal NZ Road Code rules will apply during the event. Cyclists must be aware that residents and visitors will have access to the road at all times.
- Folding, cutting race numbers, intentional alteration of any kind, or failure to wear race numbers is PROHIBITED and may result in disqualification. A race number must be visible on the front of the helmet at all times and a race number must be visible on your bike
- No use of any device that will distract the athlete from paying full attention to their surroundings. Mobile phones may be carried during the race for the use of tracking apps such as Strava. During the race the communication functions of these devices may not be used. Nor may any device be used to play music, with or without headphones or headsets.
- No riding in transition – push bike until/beyond the mount/dismount line.
- All helmets must be approved by a Triathlon New Zealand Technical Official and are required to be worn during the entire bike leg. Helmet must be secured before you remove your bike from the rack and must remain secured throughout the entire cycle course and must not be undone until you have racked your bike.
- DRAFTING is not permitted - Penalty time for the infringement of this rule is THREE minutes at the next penalty compound, with the third offence resulting in disqualification.
- Competitors who DROP OUT at any time on race day must notify the officials in the timing tent at the finish line immediately upon their return.
- Competitors who do not complete the bike course within the time frame and cut-off times may not be able to complete the event. The decision will be made by the Head Referee in the interest of the health and safety and Traffic Management requirements.

GENERAL RUN RULES AND REGULATIONS

- The course will close at 5:00pm.
- Any competitor still on the course after this time will not be eligible for a finisher's medal and may be asked to withdraw from the race for his or her own safety.
- No use of any device that will distract the athlete from paying full attention to their surroundings. Mobile phones may be carried during the race for the use of tracking apps such as Strava. During the race the communication functions of these devices may not be used. Nor may any device be used to play music, with or without headphones or headsets.
- No form of locomotion other than running or walking is allowed – crawling is not allowed
- Race numbers must be placed on the front of the runner where it is clearly visible and must not be obscured from view and must be worn at all times.
- The run is an out-and-back – 2 lap course. Please ensure you take care to avoid oncoming runners.
- Runners are expected to follow the directions and instructions of all race officials and public authorities.
- It is the responsibility of the competitor to know the course.
- You must not accept outside assistance from anyone not taking part in the race. This includes taking nutrition, clothing or other equipment from anyone other than from a race official and being paced or accompanied (either on foot or on a bike) during the run by a supporter who is not taking part in the race themselves. The penalty for this is disqualification.

Full rules are available [here](#).

CONTINGENCY PLAN

A final decision if the swim will proceed will take place at 5:45am or as soon as practicable with daylight. This announcement will be made via the event PA system.

In the event that weather conditions preclude the swim, the race will revert to a Duathlon (run/bike/run) for the Tauranga Half and the Enduro, and a bike only for the Höpt Soda AquaBike.

The race will start at 6.00am (Enduro); 6.30am (Tauranga Half) and 7.30am (Höpt Soda AquaBike) or as soon as practicable in waves for all individuals and teams, (see times below).

- The first run will be 5.3km. Starting in front of transition, run down The Mall, turn right into Adams Avenue and head up the boardwalk to complete the Mount Maunganui base track in an anti-clockwise direction. Exit the base track and run down The Mall between cones and kerb to re-enter transition at the original Swim Exit point.
- Teams may elect for the original swimmer or the team runner to complete this new leg.
- The Höpt Soda AquaBike will become a bike only. Participants will start on the beach and be set off one at a time in 15 sec intervals to run into transition and then follow the original transition flow to head out on to the bike course.
- The remainder of the event remains as per the original race with a 120km bike (Enduro), 90km bike (Tauranga Half) and 120km bike (Höpt Soda AquaBike); and 25km run (Enduro) or 21.1km run (Tauranga Half).

Proposed waves Starts as follows:

- 06:00: START: Enduro Males
- 06:02: START: Enduro Females
- 06:30: START: Tauranga Half Elite Males
- 06:32: START: Tauranga Half Elite Females
- 06:45: START: Tauranga Half < 45 Males
- 06:50: START: Tauranga Half 45+ Males
- 06:55: START: Tauranga Half Females
- 07:00: START: Tauranga Half Teams
- 07:30: START: Höpt Soda AquaBike Males
- 07:35: START: Höpt Soda AquaBike Females

In the event that weather conditions also prevent the bike leg taking place, the event will be cancelled. There is no 'rain-day' replacement event.

CONTACT INFORMATION

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