

AQUA BIKE

The logo for Aqua Bike features the word "AQUA" in a white, elegant serif font, followed by "BIKE" in a white, bold sans-serif font. A stylized white bicycle wheel is integrated into the letter "B".

2021 Athlete Manual



MAYORS MESSAGE

Nau mai, haere mai. Welcome to Tauranga and the 2021 *Tauranga Half* – Aotearoa’s longest-running and most popular triathlon.

This iconic event has been synonymous with the Mount Maunganui community for the past 31 years, achieving ‘Legacy Event Fund’ status in 2020, for the first time. That status recognises the event’s longevity and 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.

Over recent months, New Zealand’s events calendar has been hard-hit by the COVID-19 pandemic, so it is particularly encouraging to see that events industry is continuing to bring great events to the city, despite the many challenges they have faced.

During the course of this event, athletes will be passing through some simply outstanding scenery. I hope you 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 Tauranga Half, 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.

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.

We hope we see you all again in 2022, and beyond.

Ngā mihi nui

Tina Salisbury
Acting Mayor of Tauranga





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 Shane Lye.

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SCHEDULE OF EVENTS

FRIDAY 22nd JANUARY 2021

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 22nd 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. 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, recovery or to start the race.

By collecting your registration pack you 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:

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 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. Note that it is your responsibility to ensure that your bike and helmet are in good working order. We recommend getting a bike check from your local bike shop prior to racing.

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

SATURDAY 23RD JANUARY 2021

RACE DAY TIMING

AquaBike (3.0km swim, 120km bike)

5:00am – Transition opens for all events

5.40am – Swim course opens for warm up

5.50am – Swim course closes for warm up

6.01am – AquaBike Age Group Male Start

6.03am – AquaBike Age Group Female Start

8.45am - Swim cut off

1.00pm - Cycle Course cut off

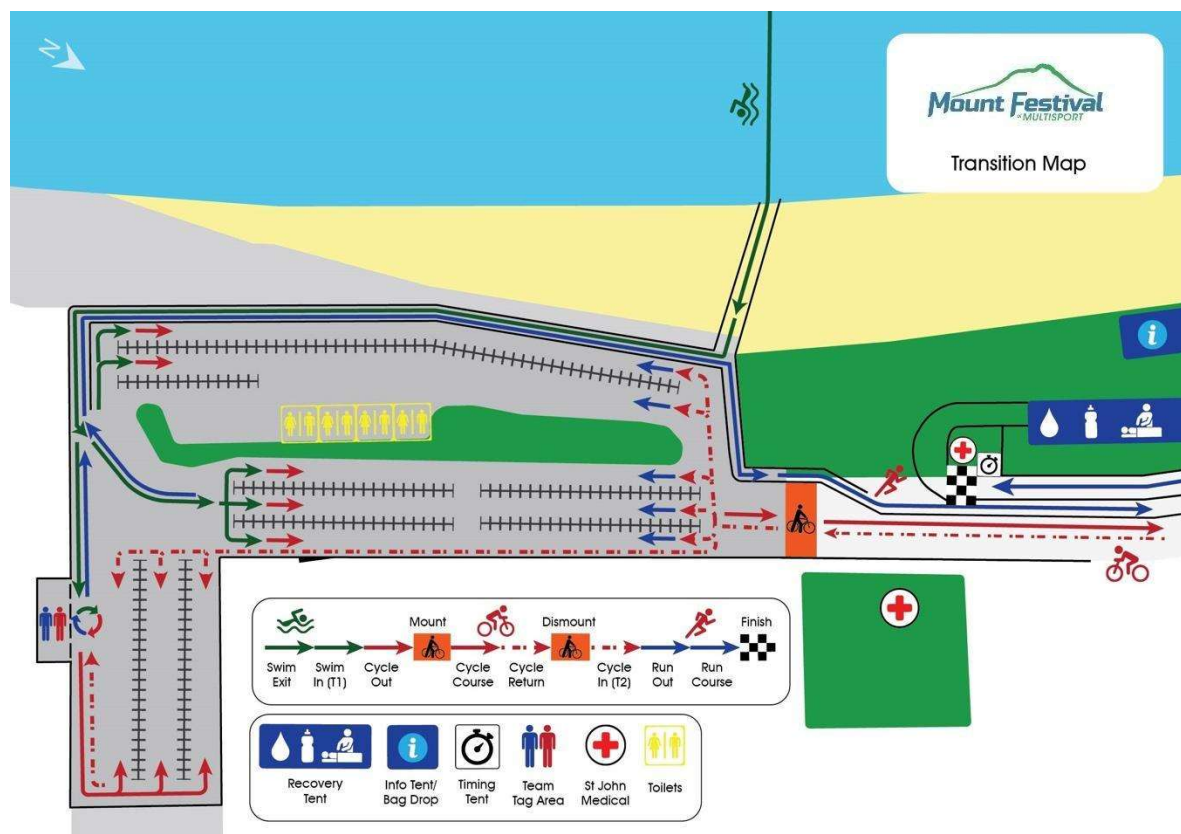
Pre-Event Bike Checks

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

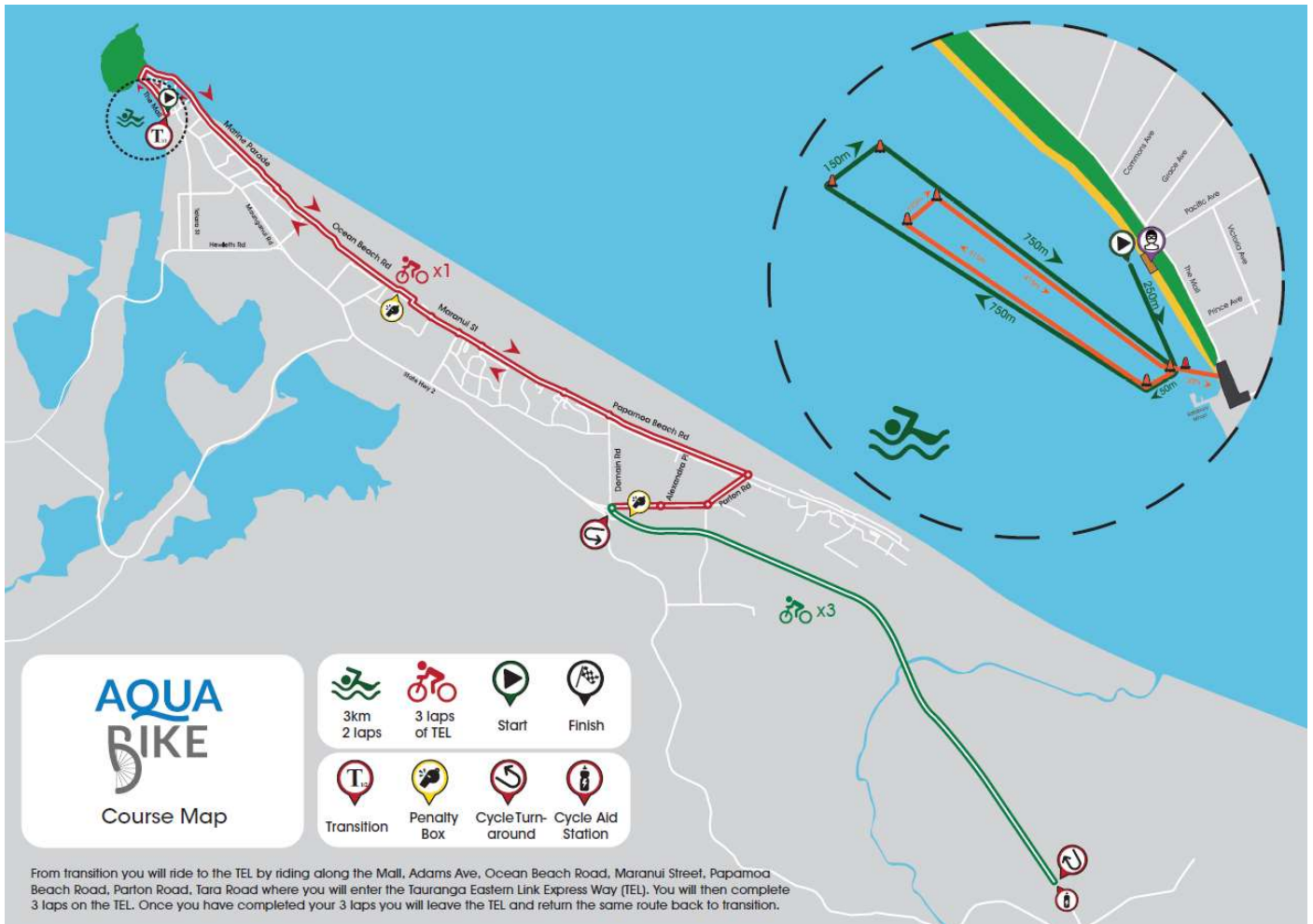
It is the responsibility of the athlete to ensure that all their equipment, including their bike and helmet are in safe, road worthy condition to complete the race.

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



AQUABIKE COURSE MAP



AQUABIKE SWIM COURSE



AQUABIKE SWIM COURSE

Distance: 3.0km (250m + 1 lap 1700m + 1 lap 1050m)

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. If you do not walk over this mat you will not get a finishers time.

The swim consists of a 250m straight followed by one small lap (orange) and then a larger lap (green).

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 must 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 someone from the Event Team immediately.

PLEASE SEE THE GENERAL SWIM RULES AND REGULATIONS LISTED ON PAGE 20

Top tips for navigating the 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!

Here are a few local knowledge tips to help navigate the swim course...

- 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 famil 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/dolphin 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!

AQUABIKE BIKE COURSE



Bike Course

Distance: 115km – 3 laps on the TEL section

Bike cut off: 1pm for all competitors.

Description

Exit transition, progressing along The Mall, veer right into Adams Ave, right into Marine Parade and then onto Ocean Beach Road.

Just before the end of Ocean Beach Road, turn right into Yale St, then left onto Maranui St which merges into Papamoa Beach Road.

Continue along Papamoa Beach Road turning right onto Parton Road, then at the next large round about you will turn right onto Tara Road keep in the far left cycle lane, then left onto the Tauranga Eastern Link Expressway (TEL). You will then complete **3 laps on the TEL** before exiting the course on the same on/off ramp as you entered and return to transition the same way as you arrived.

Important course notes:

- All riders will be on the Southern side of the TEL – this will mean there will be one lane for each direction of cyclists and there will be oncoming cyclists in the opposite lane so as per all triathlon events **DO NOT CROSS THE CENTRE LINE**
- The bike aid station and a penalty box will be located on the TEL as per map

- Except for the TEL, all sections of the course are open to residents, emergency vehicles and event vehicles, so this will mean there will be vehicles on the course at all times.
- Parton Road and Tara Road are **fully open to traffic**. You **MUST KEEP LEFT** at all times and obey all instructions from Marshals and Traffic Management Staff. Take extra care during this section and be mindful of pedestrian islands and busy roundabouts. The roundabouts will be managed by Fulton Hogan, but we need you to be alert!
- The entry and exit from the TEL is narrow, you must ride single file and off your aerobars. **This is strictly a NO PASSING ZONE.**
- On the TEL the only vehicles you can expect are the Tri NZ Technical Officials on Motorbikes, event vehicles and emergency vehicles.
- Once you exit the TEL, onto Tara Road, there is a 500m section that you will be cycling on the **WRONG** side of the road. This will be a designated cycle lane of which you must remain in until you are directed to cross to the correct side of the road near Twin Oaks Drive. **This is strictly a NO PASSING zone.**
- No spectators will be allowed to view the event on the TEL section. Only participants and event vehicles only will be allowed onto this section of the course.
- Please encourage spectators to stay away from Tara Road and Parton Road, to reduce the volume of traffic on these 2 short sections of the course. We appreciate you working with us to bring this unique experience to you for this event.
- For those that have ridden the old course, we will no longer be using the u-turn in Prince Ave or the cul-de-sac at the end of Ocean Beach Road. Just follow the new layout and the directions of the marshals.
- **Riding on the TEL is a privilege thanks to Fulton Hogan and NZTA, and will only occur during the event. Under no circumstances can you train on this section of the course!**

DO NOT CROSS THE CENTRE LINE under any circumstances.

While road restrictions are in place, be aware that residents, businesses and emergency vehicles will have a right to use the residential roads and there will be event vehicles and emergency vehicles on the TEL. You must keep to the left as much as possible, unless passing another athlete.

DRAFTING PENALTIES

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

- On the left as you enter the TEL – note this can only be accessed when you are heading in a Southern direction.
- On Ocean Beach Road on your return towards transition (near Omaha Road)

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.

Your time of arrival will be recorded on a form and when the time is finished the technical officials based at the box will tell you to re-join the race. If you have passed the Ocean Beach Road penalty box on your last

lap the technical official may instead stand you down on the road side or you will need to notify an official in the transition area to serve your penalty.

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

Distance of Drafting Zone for ALL Competitors

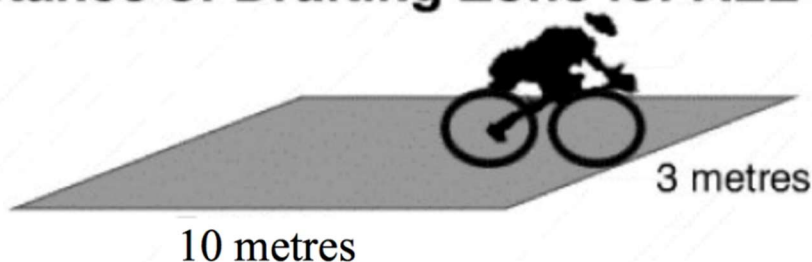
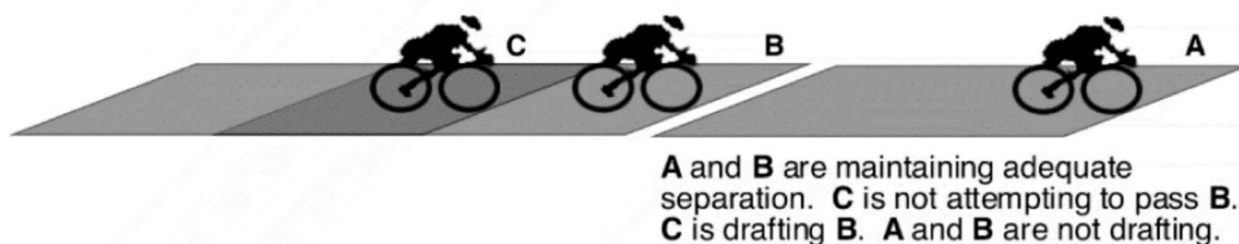


Diagram 4 Drafting and Not Drafting



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 20



CYCLE AID STATION

The bike support station will be positioned on the TEL (when you are riding in a northern direction), which will be approximately at 32.5km, 57.5km, 82.5km into the cycle leg. If you wish to collect nutrition you will be required to ride BEYOND the turn around on the TEL to reach the aid station – this will mean an additional 20m of riding.

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.

Wherever 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).

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 Electrolyte Hydration drink (in **750ml** bike bottles), coke (in cups)
- Solids – Bananas, Clif Bars
- Others – Vaseline, Invisible Zinc Sun Block, first aid and portaloos



CYCLE COURSE MECHANICAL SUPPORT PROVIDED BY

Mechanical support on the bike course is to be provided by Cycle Obsession

There will be a stationary Service Crew based at the cycle aid station and mobile mechanics roaming the course with minimum supplies on board. If you require assistance, please look out for these mechanics 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.

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.

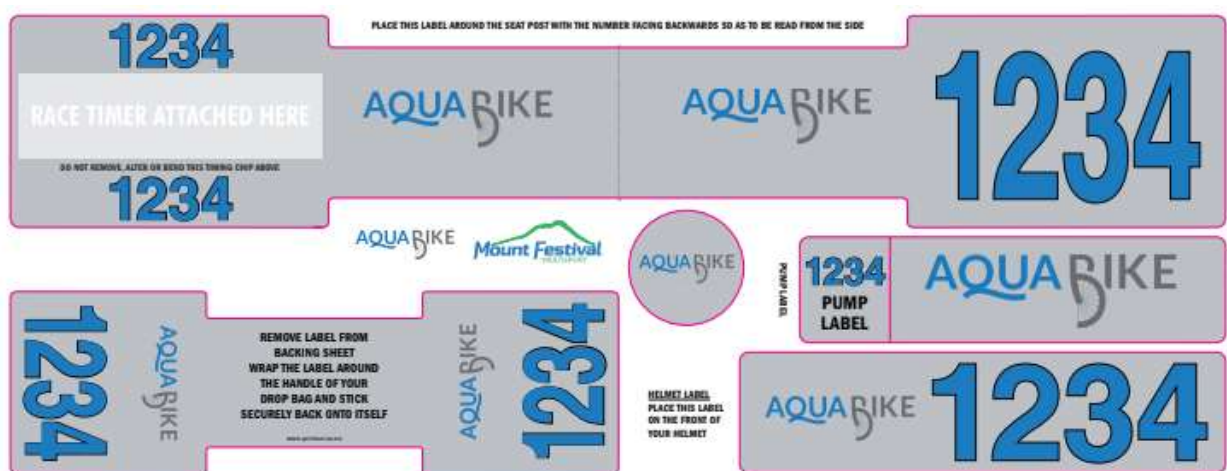
Provisional finish times and placings will be available online as soon as possible on the day.

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 belts must be worn at waist height for the BIKE AND FINISH LINE portion of the event. You do not need to wear them during the swim.

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, and on your bib as you cross the finish line.

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 Standards will be accepted into transition and therefore into the race.

All bikes must be racked by 7pm on Friday 22nd 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 this is 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 22nd January monitoring the transition area.

BIKE TRANSITION

Bike Transition will be open from 3pm – 7pm Friday 22nd 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 22nd 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 found in the expo tent. 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 to 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, by showing your wrist band as identification.

AGE CATEGORIES

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

18-19, 20-24, 22-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Please note your age is calculated as at **31 December 2021**, 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 to be held at Pilot Bay from 545pm alongside the Mount Run prizegiving.

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 on 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.

SWIM COURSE

All swimmers must be in the water by 6:03am.

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.

CYCLE COURSE (AND WHOLE COURSE FOR AQUABIKE)

The cycle course cut off is 1pm for all athletes – this is also the whole course cut off for AquaBike 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.



While we remain in COVID-19 Alert Level system, we will be aligning with the Events Sector Voluntary Code and we are hoping you'll help us by doing your bit to stop the spread of COVID-19.

The Events Sector Voluntary Code has been released to outline what organisers can do to safely deliver events. This includes following best practice expectations, which are based on Ministry of Health guidance to reduce COVID-19 related risks. It will enable our organisation to support the Ministry of Health in contact tracing if an outbreak of COVID-19 were to occur. We've always taken the health and safety of you all as our number one priority, so this is only a touch up on what we already do.

If you've yet to see the Events Sector Voluntary Code, you can view it here.

<https://www.majorevents.govt.nz/assets/Major-Events/new-zealand-event-sector-voluntary-code.pdf>

What is the one thing we are encouraging you to do?

- Scan the QR code using the NZ COVID Tracer App and follow good hygiene principles such as sneeze into your elbows and wash your hands.
- Oh, and if you haven't got it already, we encourage you to download the app before arriving.

So how are we doing our part?

- QR Codes will be made available at all key locations at the event, such as registration, bag drop and toilets.
- There will be additional hand washing and hand sanitization stations onsite.
- We will provide contact details for participants to the Ministry of Health, should they request them within 4 weeks of the completion of the event

To help you, you might also see a couple of new signs around the event which will include:

- Events Sector Voluntary Code Poster;
- QR Code.

We thank you for supporting us and working together to help stop the spread of COVID-19

POST RACE INFORMATION

ANTI-FLAMME ATHLETE RECOVERY LOUNGE

Athletes are welcome to the 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 the expo tent. 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 athletes bike on their behalf as long as they have the bike collection card.

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 large marquee, next to the recovery area; 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 6pm 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 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 AquaBike is run under Triathlon NZ Competition rules. See <http://www.triathlon.kiwi/> for full details. Additional points to rules as follows:

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 for medical reasons 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.

If a competitor decides to withdraw from the race at any time, it is their responsibility to notify the Race Director, event personnel, Technical Official 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 (ie 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 may 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 1:00pm for the cycle and 5:00pm for the entire event.

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. Dolphin diving is only permitted in the last 50m of the course
- 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, businesses 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. Helmets must be secured before you remove your bike from the transition rack and must remain secured throughout the entire cycle course and must not be undone until you have re-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 and Race Director in the interest of the health and safety and Traffic Management requirements.

Full rules are available [here](#).

CONTINGENCY PLAN

A final decision if the swim will proceed will take place at 5:30am 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 straight bike for the AquaBike.

The race will start at 6.00am (Enduro); 6.30am (Tauranga Half), 7:30am (AquaBike) or as soon as practicable in waves for all individuals and teams, (see times below).

- The first run will be 5.3km. Starting near Prince Ave on the boardwalk, run down The Mall using the boardwalk, 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 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 (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: AquaBike Males
- 07:35: START: 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

Event Managers – SMC Events Ltd
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