

# 2022 Athlete Race Manual



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## Thank you to our Sponsors and Partners



# MESSAGE FROM THE TITLE SPONSOR

Roads are our specialty so it is great to be able to help this iconic event use the Toll Road. It's the first time in New Zealand a highway has been closed for an event like this, and we're delighted to be closely involved in making this possible.

It's amazing to witness – and be part of - the Fulton Hogan Mount Festival of Multisport's constant improvement in such a practical, roll-up-your-sleeves kind of way. You'll see many of us Fulton Hogans on the roads helping, and a large bunch competing, too.

Where-ever you're from and whatever your aspirations, good luck to everyone competing. It will be a major personal challenge, and a huge accomplishment!



# MESSAGE FROM THE HOST CITY

Kia ora koutou Mount Festival of Multisport athletes!

The iconic Tauranga Half has been part of the famed Mount Maunganui summer for 32 years, with 2022 being the seventh year that it has sat under the wider festival umbrella. It's therefore a distinct pleasure to welcome you to one of the city's great, home-grown events.

For many people, locals and visitors alike, this event is an absolute highlight – a must-do that brings the competitors back year after year. Events like the Mount Festival of Multisport play a key part in promoting the cultural, social and economic wellbeing of our city. That's why Tauranga City Council is proud to continue its close association with the festival.

On behalf of the community, I extend a very warm welcome to our visitors and our best wishes to all competitors. While you're here, please enjoy our beautiful beaches and delicious local cuisine - and check out the many attractions of New Zealand's fastest-growing city.

Anne Tolley  
Commission Chair, Tauranga City Council





# SCHEDULE OF EVENTS

## FRIDAY 21st JANUARY 2022

### 2.30PM – 6PM RACE REGISTRATION and SPONSORS EXPO

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

As you will know, we will be requiring all participants to be fully vaccinated and show their Vaccination Certificates before entering the designated Event Village area. This also applies to all spectators and support crew who will want to access this area. Please ensure that you have the appropriate passes downloaded or printed prior to arriving onsite.

Registration will be held in the Registration Tent in Pilot Bay on Friday 21<sup>st</sup> 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.

This designated Event Village area includes the finish line, sponsor expo sites and registration area and will be in place for both Registration on Friday and throughout Race Day on Saturday.

All those entering this area will need to scan the QR code and have their Vaccination Passports checked on entry to be issued with a wristband.

You must collect your **own** 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 pack, the other member(s) must come to the event village to scan their vaccine passports. 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](https://mountfestival.kiwi) when it becomes available.

**In the interests of ensuring a smooth and efficient registration process you must register before you rack your bike.**

## 2:40pm – 7pm BIKE RACKING

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

You must register (as per previous page) before you rack your bike.

Bike numbers must be applied prior to your bike before racking.

All bikes must be racked in the Transition by 7pm on Friday. **Do NOT bring your helmet or race equipment on Friday.** Helmet checks will be done on entry to Transition on race day.

**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. We recommend using **Cycle Obsession**, the official cycle support/ mechanic for the Mount Festival of Multisport 2022.



## SATURDAY 22nd JANUARY 2022

### RACE DAY TIMING

**5.30am** Transition Opens\*

**6.05am** AquaBike Swim Course opens for warm-up

**6.20am** AquaBike Swim Course closes for warm-up

**6.34am** AquaBike Male Swim Start

**6.35am** AquaBike Female Swim Start

**8.20am** Swim Course Closes

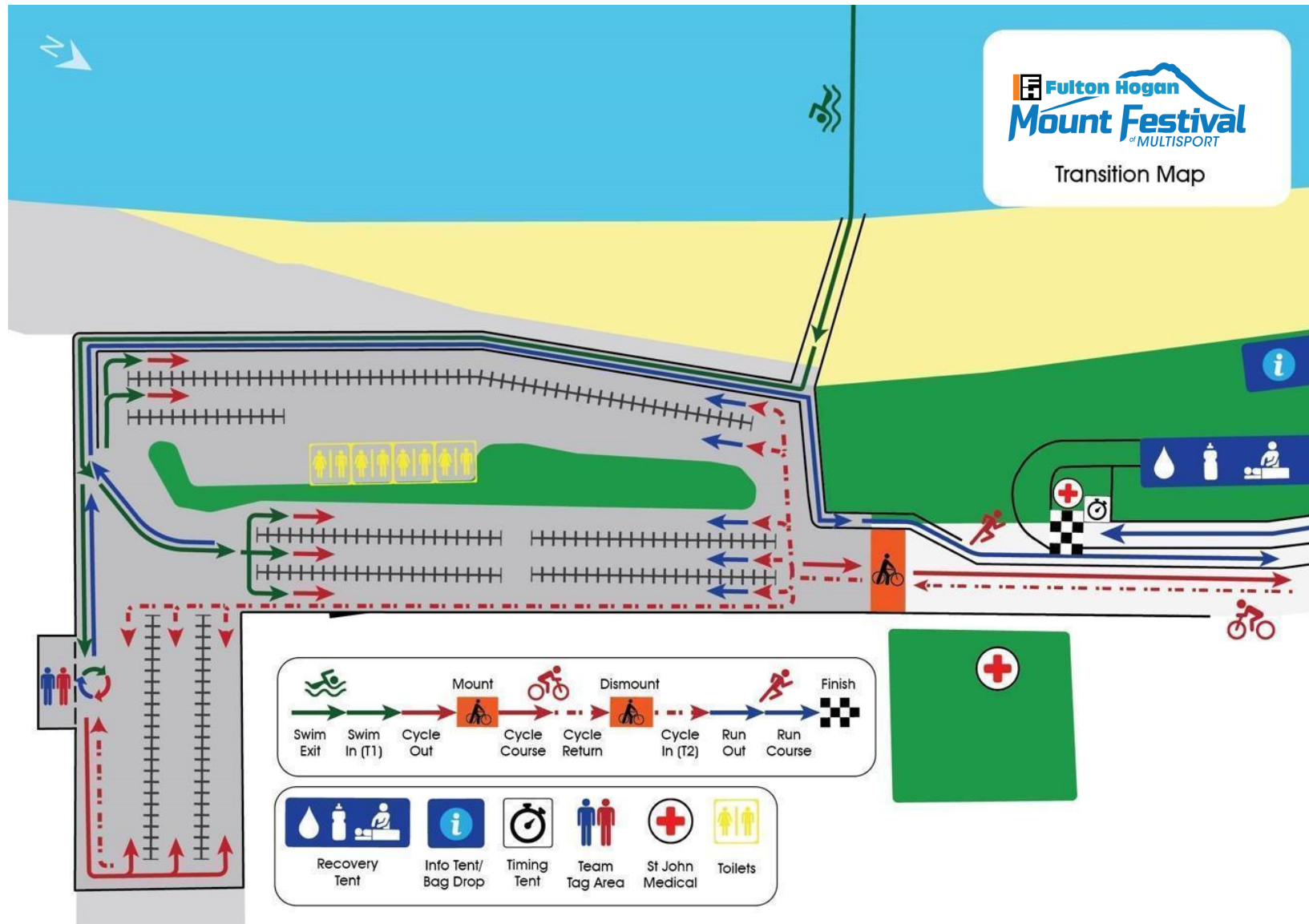
**11.30am** Bike Course Cut-off at the Domain/Tara Road Roundabout

**12.30pm** Bike Course Closes

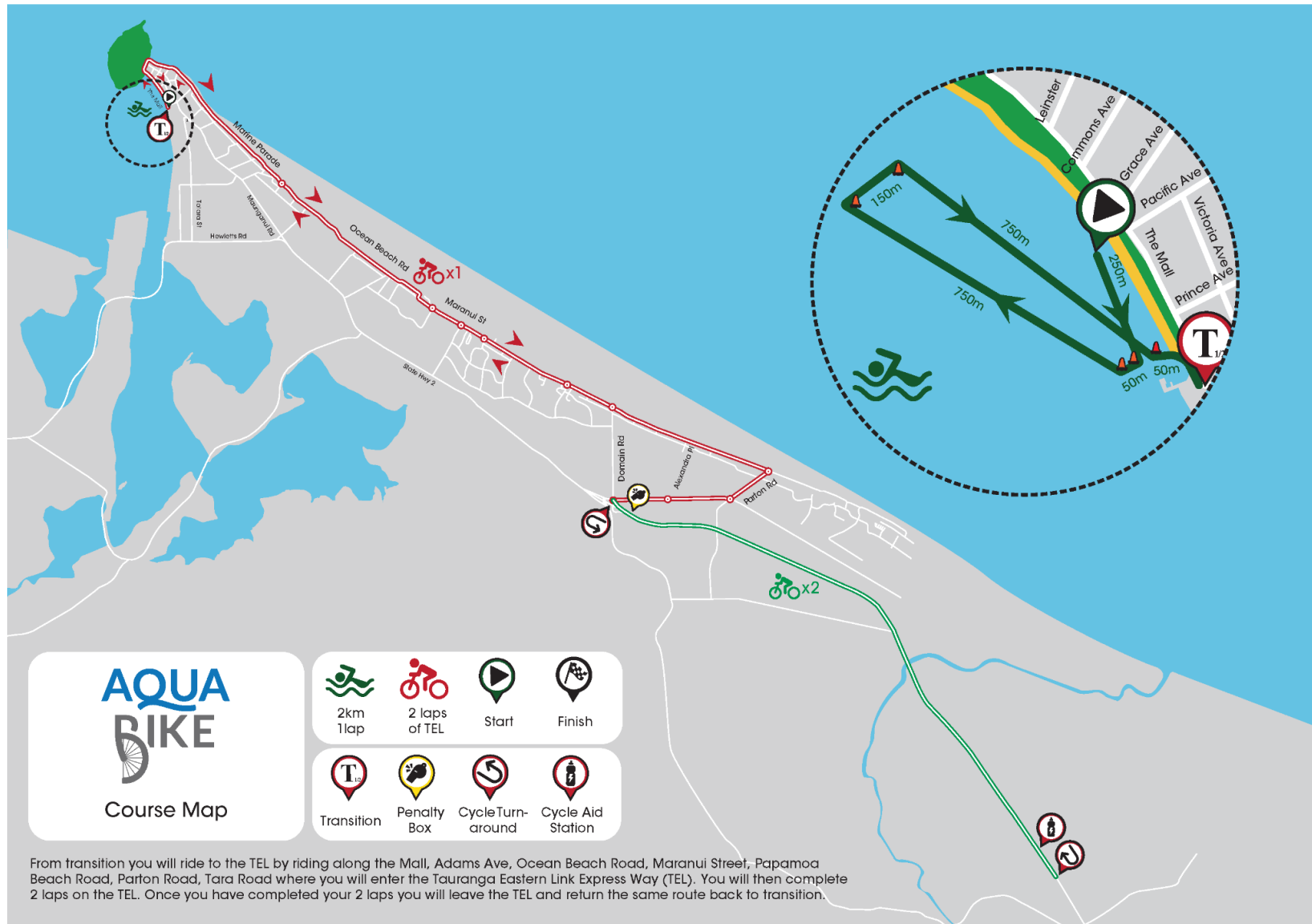
**5.00pm** Prize Giving Begins at Coronation Park

\*Helmet numbers must be applied prior to entering transition. Helmets must be worn, ensure helmet is fitted on head and chin strap fastened prior to entering transition where these will be checked by the Tri NZ Technical Officials. You will then have time to lay out the rest of your race equipment.

# TRANSITION MAP



# AQUABIKE COURSE MAP



# SWIM COURSE



## AquaBike SWIM COURSE

**Swim Distance: 2.0km**

**Swim cut off: 8.20am 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 finisher's time.

The swim consists of a 250m straight followed by a 1700m lap and a 50m straight to the beach.

You will be asked to line up in the water. Once the air horn goes you will head towards Salisbury wharf, you will go between the 2 buoys and turn right. You will then complete a full rectangular 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 where 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 Event Team immediately.

PLEASE SEE THE GENERAL SWIM RULES AND REGULATIONS LISTED ON PAGE 21



## Top tips for navigating the Swim Course...from Blueseventy

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 it's 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 family 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!

# BIKE COURSE



## **Bike Course**

**Distance: 90km – 2 laps on TEL Section**

**Bike cut off: 12:30pm for all competitors.**

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 **2 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.

**Thank you to Waka Kotahi NZ Transport Agency and Fulton Hogan for granting access to the Tauranga Eastern Link Toll Highway for our bike course!**



#### Important Bike 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.
- **Riding on the TEL is a privilege thanks to Fulton Hogan and Waka Kotahi NZ Transport Agency 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 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 Competition 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 compound (see below).

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

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

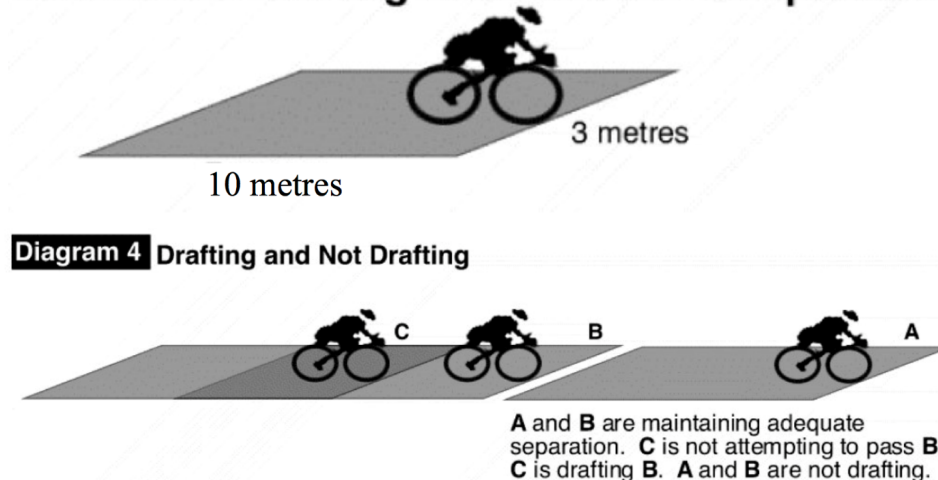
- On the left as you enter the TEL – note this can only be accessed when you are heading in a Southern direction.
- On Ocean Beach Road on your return towards transition (near Omaha Road)

### 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 roadside 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



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.

[Tri NZ Drafting Video](#)



## 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 a 1 minute penalty.
- 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 blocking
- Athletes must not cross the centre line of the road. The penalty for this is disqualification.
- A blocking or overtaking on the left penalty will be notified to the competitor by an official showing a **YELLOW** penalty card with their race number in black letters.
- All penalties will be served in the next Penalty box

PLEASE SEE THE GENERAL BIKE RULES AND REGULATIONS LISTED ON PAGE 21



## CYCLE AID STATION

The bike support station will be positioned on the on ramp to the TEL, which will be approximately at 44.5km and again at 69km into the cycle leg.

Discard your empty bottles at the bottle drop target trailer 100m past 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 in or sports drink in that have recycling numbers 1 & 2 listed on them, this will assist us to recycle these post-race).

Ride 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 R-Line Electrolyte Hydration drink (in **750ml** bike bottles), Coca-Cola (in cups)
- **Solids** – Bananas, Lollies, Chips
- **Gels** – R-Line Gel (in dispensers at each aid station and in the event village)\*
- **Others** – Vaseline, Sunblock, first aid and portaloos

\*The R-Line Gels will be in large dispensers which you will be required to fill your own 120ml Gel Flask provided to you in your race pack. We recommend filling your 3-serve flask in the event village before racing! **We will NOT have individual gel sachets available at any aid station. You will need to bring your own vessel or Gel Flask provided in your race pack!**

## CYCLE COURSE MECHANICAL SUPPORT:

**Cycle Obsession** will be the Official Cycle Support for the Fulton Hogan Mount Festival of Multisport 2022.

There will be mobile mechanics roaming the course with minimum supplies on board. If you require assistance, please look out for these mechanics!



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.

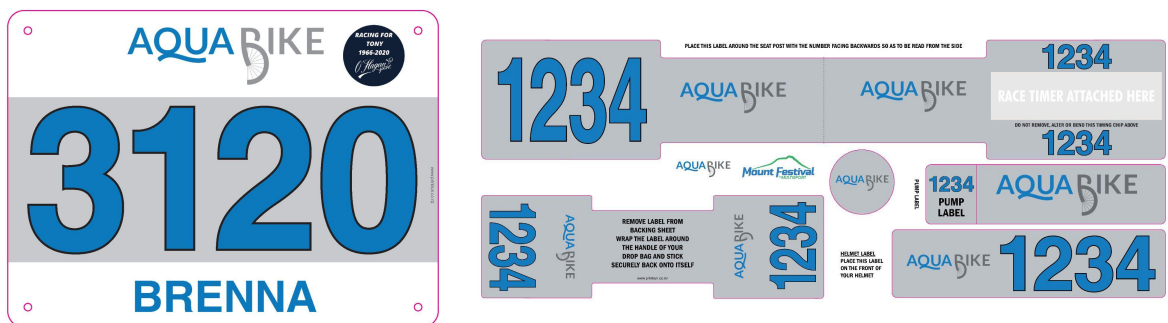
In the event of your band being lost during the race, you must report to timing personnel at transition before starting the next leg and a replacement will be issued.

## 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 bib 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. **Do NOT cut the tag for your seat post**, this could result in faulty timings and penalties from the technical officials.

This number is used by the Tri NZ Technical staff and must be visible from a motorbike and also for identification during the cycle leg.

### [How To Fit Your Helmet](#)



## CYCLE and HELMET CHECK-IN

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

**All bikes (including team bikes) must be racked by 7pm on Friday 21<sup>st</sup> 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 Competition 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 21<sup>st</sup> January monitoring the transition area.

## TRANSITION

Transition will be open from 2:40pm – 7pm Friday 21<sup>st</sup> 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 5.30am 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.

Security will be in place overnight on Friday 21<sup>st</sup> 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 AquaBike is run under Tri NZ Rules. The event runs 5 year age groups with your age calculated as at 31 December the year of the event. This will mean many of you will 'age up' one year.

The official Age Categories for both men and women are as follows:

18-19	20-24	25-29	30-34	35-39	40-44	45-49
50-54	55-59	60-64	65-69	70-74	75-79	80+

Event trophies are awarded to the top three in each age group.

## **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 times, they will no longer be able to continue racing. Results will be classified as Did Not Finish (DNF).

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

## **SWIM COURSE**

All swimmers must be out of the water by 8.30am.

Any swimmers still in the water by 8.30am will be assisted to shore by the water safety personnel and registered as a DNF.

## **CYCLE COURSE (AND WHOLE COURSE FOR AQUABIKE)**

The cycle course cut off is 12:30pm 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.

## How we are doing our part:

- Vaccine passports – you will be required to be fully vaccinated to participate, and present your vaccine passport onsite at check in.
- If your friends and family are wanting to enter the controlled Event Village area (Sponsor sites & finish line area), they will need to scan the QR code and have their Vaccination Passports checked on entry. They will then be issued with a wristband to come and go from that area throughout the day.
- 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 sanitation 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.
- We will ensure all food serving staff wear PPE.

## What are we encouraging you to do?

- If you are feeling unwell, or have any COVID symptoms, please stay home.

Do not come to event site and let anyone else you have been in contact with know you are not feeling well.

- When you arrive onsite for the event, please scan the QR code using the NZ COVID Tracer App and follow good hygiene principles such as sneezing into your elbows and washing your hands.
- If you haven't got it already, we encourage you to download the app before arriving
- Mask wearing during registration and at food vendors is encouraged.

Our Full COVID-19 FAQs and updates are on our website at [mountfestival.kiwi](https://mountfestival.kiwi)

# POST RACE INFORMATION

## ANTI-FLAMME ATHLETE RECOVERY LOUNGE

Athletes are welcome to utilise all facilities within 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 products as well as a 15 minute massage available from **Foundation Clinic** for \$15!

Enjoy an ice-cold Lewis Road Creamery chocolate milk after your race - Thanks Lewis Road Creamery!



## 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 athlete's bike on their behalf as long as they have the bike collection card.

## 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. Stay tuned on our social media pages for updates.

## **INFORMATION TENT**

The information tent is located in a large marquee, next to the recovery area; this is the place to go for any questions prior to and after the race.

## **VIP PARKING**

VIP parking will be located within Coronation Park, with access from Nikau Crescent. Vehicles displaying VIP parking will be given access to this area.

## **Regular Parking**

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 5:00pm 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.



# 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](http://www.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 12:30pm for the cycle and 4:00pm 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 **6:00am** 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.

The race will start at **7:00am** (Tauranga Half) or as soon as practicable in waves for all individuals and teams.

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 remainder of the event remains as per the original race with a 90km bike, 21.1km run.

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  
Festival Director – Julia Tilley - 021 814 386  
Athlete Services Manager – Matt Clark - 027 920 3860  
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