


# 2022 Athlete Race Manual



PILOT BAY  
**SWIM**  


 **Fulton Hogan**  
**Mount Festival**  
of MULTISPORT

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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 Hogoners 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 & 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.**

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](https://mountfestival.kiwi) when it becomes available.

## SATURDAY 22nd JANUARY 2022

### RACE DAY TIMING

**8.10am** Pilot Bay Swim Mount Participants make their way to the start line

**8.20am** Pilot Bay Swim Participant Briefing – All distances

**8.35am** Pilot Bay Swim Start – 3.7km

**8.36am** Pilot Bay Swim Start – 2km

**8.37am** Pilot Bay Swim Start – 750m

**11.15am** Pilot Bay Swim Course closes for all participants

**5:00pm** Prize giving begins at Coronation Park

# 3.7km SWIM COURSE



## **SWIM COURSE**

**Swim Distance: 3.7km**

**Swim cut off: 11.15am 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 two 1700m laps 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 2 full rectangular laps 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 15

# 2km SWIM COURSE



## **SWIM COURSE**

**Swim Distance: 2.0km**

**Swim cut off: 11.15am 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 15

# 750m SWIM COURSE



## **SWIM COURSE**

**Swim Distance: 750m**

**Swim cut off: 11.15am 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 150m straight followed by a 550m lap and a 50m straight to the finish line.

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 15

## 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 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/dolphin diving at the finish, make the most of the momentum
- Draft off someone faster than you but don't trust their directional skills. 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!



# 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.

## 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

There will be the following age groups for the Pilot Bay Swim:

|                  |                  |                 |                 |                  |                  |               |
|------------------|------------------|-----------------|-----------------|------------------|------------------|---------------|
| 10 – 19<br>years | 20 – 29<br>years | 30- 39<br>years | 40- 49<br>years | 50 – 59<br>years | 60 – 69<br>years | 70 +<br>years |
|------------------|------------------|-----------------|-----------------|------------------|------------------|---------------|

## 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 in the water by 8.30am.  
All swimmers must be out of the water by 11.15am.

Any swimmers still in the water by 11.15am will be assisted to shore by the water safety personnel and 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

## **MOUNT RUN AND PILOT BAY SWIM RECOVERY LOUNGE**

Mount Run and Pilot Bay Swim participants are welcome to utilise all facilities within the designated Mount Run and Pilot Bay Swim Recovery lounge. Athletes will be directed into the recovery lounge after crossing the finish line.

The Recovery Lounge will have a free BBQ and refreshments for you to enjoy!

## **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

## **FINISHERS MEDALS**

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

## **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. There are trophies available for the 1st, 2nd, and 3rd place male and female in each event. There is also prize money available for the 1st, 2nd and 3rd placed male and female in the 3.7km swim.

1st place: \$500

2nd place: \$300

3rd place: \$200

All finishers will receive a finishers medal as they cross the finish line.

# RULES & REGULATIONS

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://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 (i.e. search and rescue).

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.

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.

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.

The Race Director has the right to remove any competitor from the course after the official cut off time of 11:15am for the Pilot Bay Swim.

## 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.
- 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.

Full rules are available [here](#).

## 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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Sylvia Park| Auckland 1060

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