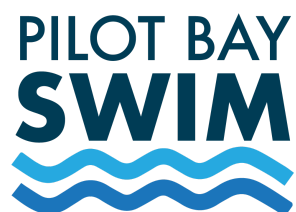


2023 Athlete Race Manual



GET *RACE READY* GUIDE

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Thank you to our Sponsors and Partners



MESSAGE FROM THE TITLE SPONSOR

There are so many reasons that people come from all over New Zealand and, increasingly, the world, for this great event. One of them is that they love the course. We're pretty fond of it too, especially as we were fortunate enough to have built half of it! We love nothing more than a good road, and to help people use it safely. Our people have helped set up the Fulton Hogan Mount Festival of Multisport course, and are making sure traffic is managed and people are safe. Many of our people are competing again this year. We see it as a significant honour to be so involved in this highlight of the year in Tauranga, and we're delighted you're here to join us.



MESSAGE FROM THE HOST CITY

Nau mai, haere mai,

On behalf of the Tauranga community, I am delighted to welcome you to the Mount Festival of Multisport.

This festival is much-loved by locals and visitors alike and brings together athletes with ranging abilities to celebrate sport in one of Aotearoa's most picturesque settings — Mount Maunganui. We are especially proud to once again host the Tauranga Half, which has been an iconic part of our summer for over 30 years.

You will no doubt have a busy few days ahead, but we hope you have time to visit our beautiful beaches, walk up or around Mauao — our sacred maunga, explore our parks and walks, and enjoy some of our renowned cafes and restaurants.

Best wishes to all competitors and supporters, we can't wait to welcome you back next year.

Nga mihi, nui

Anne Tolley
Commission Chair, Tauranga City Council



Mount Hot Pools is offering all event participants 25% off entry between 7am Friday 20th – 10pm Sunday 22nd. All you need to do is show your confirmation email if you're going pre-event or your medal if you're going post-event. Thanks Mount Hot Pools!



The Bay of Plenty region offers a wide variety of activities to help you make the most of your stay. [Click here](#) to read more about the accommodation, markets, food and drink, beaches, activities, and trails.

SCHEDULE OF EVENTS

FRIDAY 20th JANUARY 2023

2.30PM – 6PM ATHLETE CHECK IN & SPONSORS EXPO

[Athlete Check in tent, Event Village, Pilot Bay](#)

Athlete check in will be held in the Athlete check in Tent in Pilot Bay on Friday 20th January from 2.30pm – 6pm. There will be a sponsor's expo alongside Athlete check in 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 Athlete check in area and will be in place for both Athlete check in on Friday and throughout Race Day on Saturday.

You must collect your **own** race pack (which includes your timing transponder and wristband) and complete your Athlete check in 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 race pack, you are attesting that you **have read and understood** the Athlete Race Manual.

Please ensure you read through this prior to check-in and race day.

PILOT BAY SWIM

EVENT SCHEDULE

20
Jan

2.30PM-6PM

Athlete Check-in + Expo
Event Village

21
Jan

8.15AM

All distances to the start line

8.25AM

All distance briefing

8.35AM

3.7km participants start

8.36AM

2km participants start

8.37AM

800m participants start

11.15AM

Swim Course closes

12.40PM

Prizegiving Event Village

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 around the buoy 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.

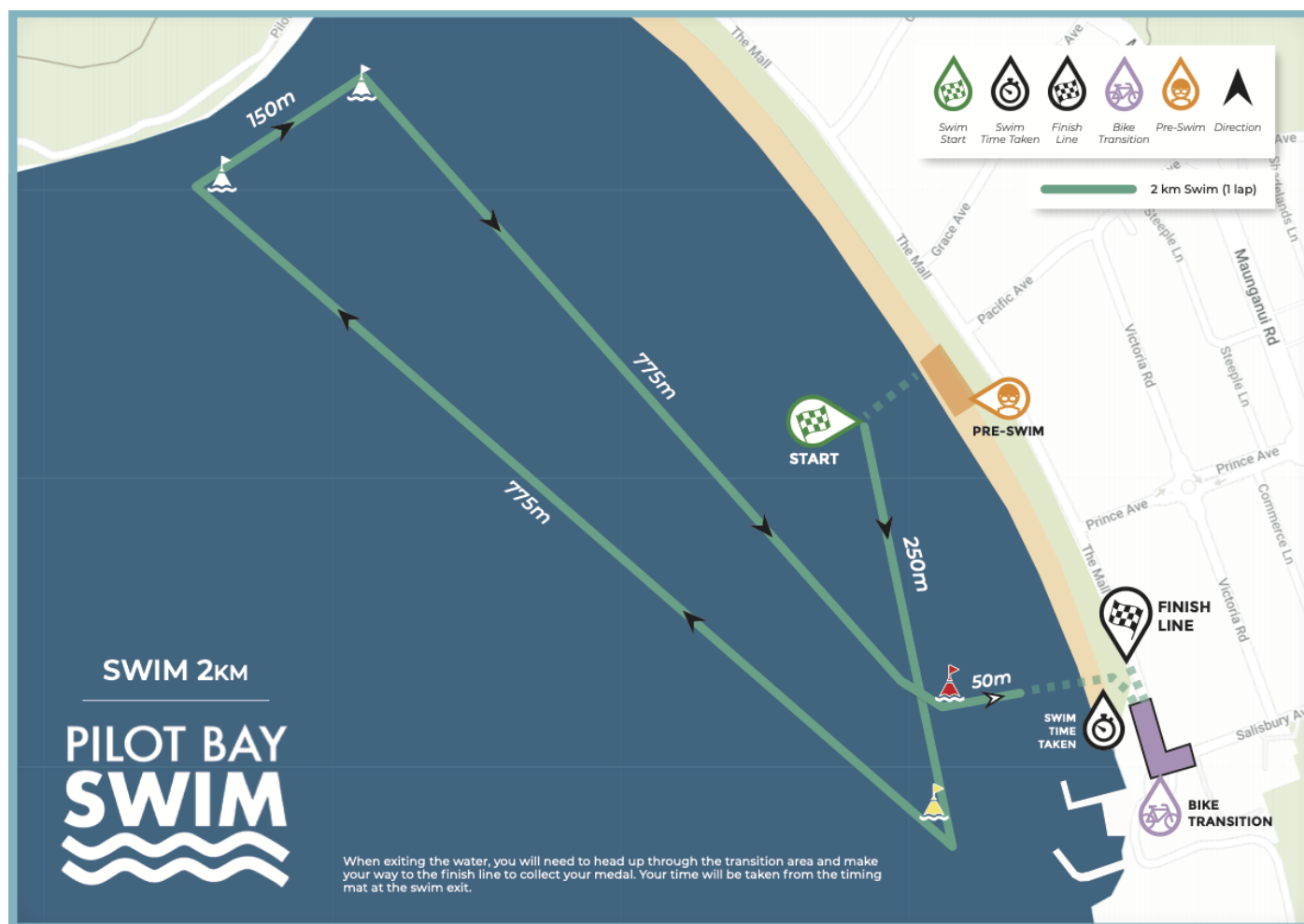
The swim course is patrolled by Surf Life Saving NZ. If you are in any difficulty or distress or see any other competitors in difficulty, please raise one hand above your head.

Any competitor electing not to swim after starting must notify the Event Team immediately.

As you exit the water, go through the swim exit arch, turn left into the run exit chute, from there you will see a sign that points left to the finishing chute, be sure to run under the finishing arch to receive your medal.

PLEASE SEE THE GENERAL SWIM RULES AND REGULATIONS LISTED ON PAGE 13

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 around the buoy 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.

As you exit the water, go through the swim exit arch, turn left into the run exit chute, from there you will see a sign that points left to the finishing chute, be sure to run under the finishing arch to receive your medal.

PLEASE SEE THE GENERAL SWIM RULES AND REGULATIONS LISTED ON PAGE 13

800m SWIM COURSE



SWIM COURSE

Swim Distance: 800m

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 around the buoy 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.

As you exit the water, go through the swim exit arch, turn left into the run exit chute, from there you will see a sign that points left to the finishing chute, be sure to run under the finishing arch to receive your medal.

PLEASE SEE THE GENERAL SWIM RULES AND REGULATIONS LISTED ON PAGE 13

[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 CHECKLIST

Pre-Event

- ☐ Familiarise yourself with the Athlete Race Manual
- ☐ Check the event schedule and take note of key times that apply to you
- ☐ Let the Fulton Hogan Mount Festival team know if there are any changes to your registration
- ☐ Pack everything you will need for Race Day (allow for all weather conditions)
- ☐ Ensure you attend Athlete Check-In (Friday 20th January 2:30-6:30pm)

Race Day

- ☐ Collate everything you will need to complete your race
- ☐ Arrive at the event village with enough time for your briefing and to warm up
- ☐ Ensure your race bib is attached correctly and ensure your timing chip is worn below your wetsuit (eg. on the outside)

Good luck!

Post-Race

- ☐ Relax in our Athlete Recovery Lounge
- ☐ Attend your prize-giving (see your schedule for time + location)

GENERAL 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, on the outside of your wetsuit.

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.

Make sure your timing chip is worn on the outside of your wetsuit in order for it to read correctly.

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 years	20 – 29 years	30- 39 years	40- 49 years	50 – 59 years	60 – 69 years	70 + years
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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 8.40am.
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.

POST RACE INFORMATION

ATHLETE RECOVERY LOUNGE

Athletes are welcome to utilise all facilities within the 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!

FOUNDATION
SPORTS & REHABILITATION CLINIC



You can also enjoy a free sausage sizzle with Waitoa's free-range sausages



**QUITE
GOOD**

MOA BREWING CO.

HeyHey™

BAG COLLECTION

Please leave all gear that you do not need for the race at the Information and 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 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. Only 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

Prize giving will be held at approximately 12.40pm in the Event Village at Pilot Bay.

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.

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 Fulton Hogan 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 Fulton Hogan 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 Fulton Hogan 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](#).

COVID-19

We ask that anyone feeling unwell stays home. At this stage we will follow any mandatory government guidelines regarding mass gathering COVID 19 policies. Should the Ministry of Health and/or the District Health Board request participant details for contact tracing purposes we will supply this to them. This will include your name, contact phone number, and contact email. This information will only be supplied to the Ministry of Health should it be requested within 4 weeks of the event.

CONTACT INFORMATION

Event Managers – SMC Events Ltd

Festival Director – Julia Tilley - julia@smcevents.co.nz

Athlete Services Manager – Hannah Thorne - mountfestival@smcevents.co.nz

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