

2023 Athlete Race Manual



TAURANGA
HALF
swim • bike • run

 **Fulton Hogan**
Mount Festival
of MULTISPORT

GET *RACE READY* GUIDE

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Thank you to our Sponsors and Partners



MESSAGE FROM OUR 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 helping 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](#)

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 the 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 check in area and will be in place for both check in on Friday and throughout Race Day on Saturday.

You must collect your **own** race pack (which includes your timing transponder and race numbers) and complete your 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.**

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 race pack, you and all your team members (if applicable) 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.

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 check in (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.

Cycle Obsession is the official cycle support/ mechanic for the Fulton Hogan Mount Festival of Multisport 2023.

“At Cycle Obsession we are proud to have been a part of the local cycling community for over 50 years. Our passion for all things bikes has us cover all types from kids to grandparents, casual to racing and now of course all the e-bike categories. We have a pumping workshop with a highly skilled team of technicians ready to tackle whatever challenges come through the door.”



* Helmet numbers must be applied prior to entering transition. 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.

TAURANGA HALF

EVENT SCHEDULE

20
Jan

2.30PM-6PM

2.40PM-7PM

5PM & 6PM

6PM

Athlete Check-in Event Village

Bike Racking Transition, Pilot Bay

Transition Tour Transition Entry

Blue70 Swim Familiarisation
Blue70 Tent

21
Jan

5AM-6.30AM

5.15AM-6.30AM

5.50AM-6.05AM

6.10AM

6.20AM-6.22AM

6.35AM-6.50AM

6.50AM

7AM-7.14AM

7.16AM-7.20AM

7.22AM

9.15AM

1PM

4PM

5PM

Bag Drop + Info Event Village

Transition Transition Tent

Elite Swim Warm-Up

Elite Briefing

Elite's Start

Age group/Team Swim Warm-Up

Age group/Teams Briefing

Age group Males Start

Age group Females Start

Teams Start

Swim Course cut off

Bike Course cut off

Run Course cut off

Prizegiving Coronation Park

SWIM COURSE



BLUE70 SWIM COURSE

Swim Distance: 2.0km

Swim cut off: 9.15am 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.

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!

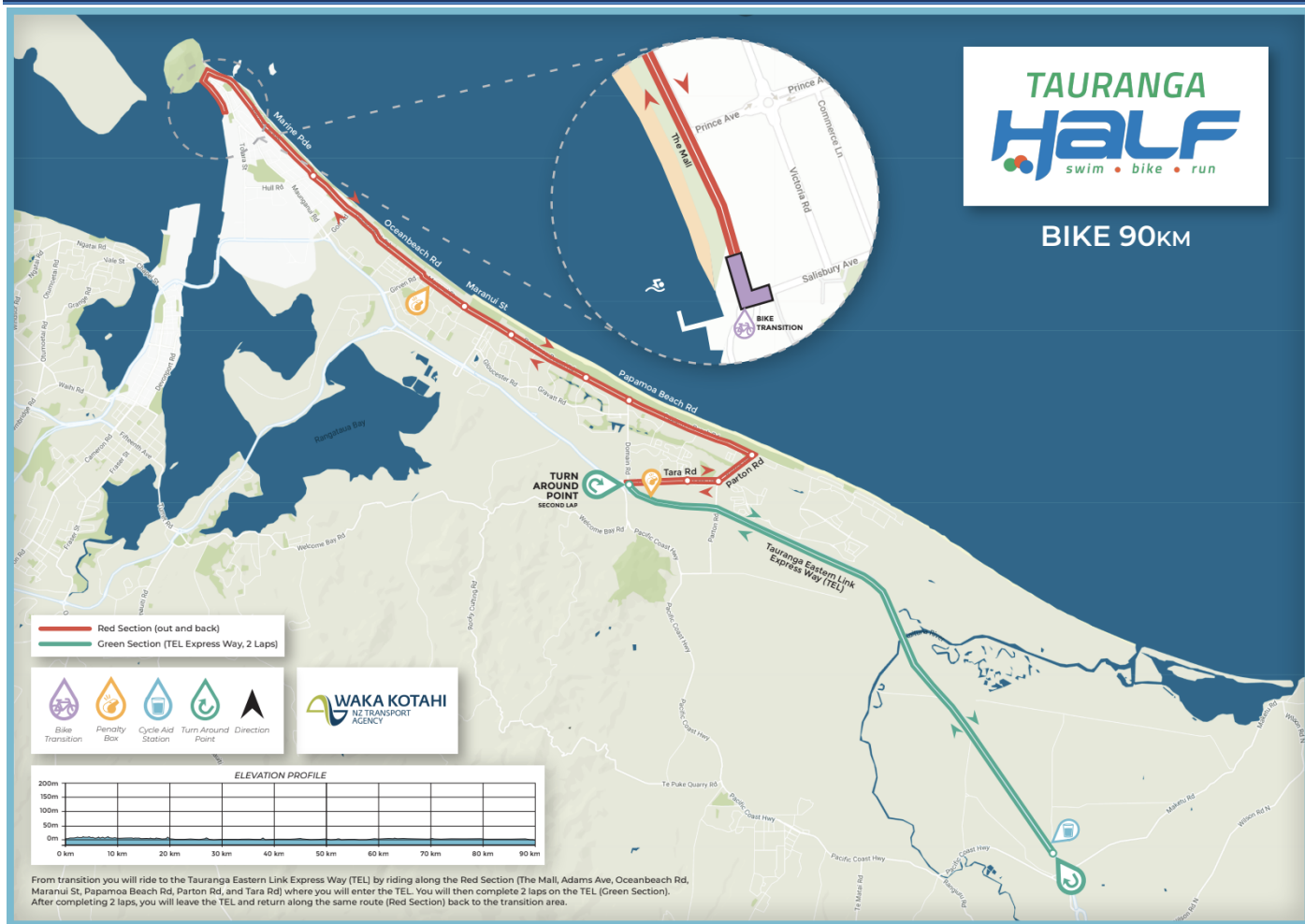


Here are a few local knowledge tips to help navigate the swim course:

- 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: 1pm 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 box (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 course map) at:

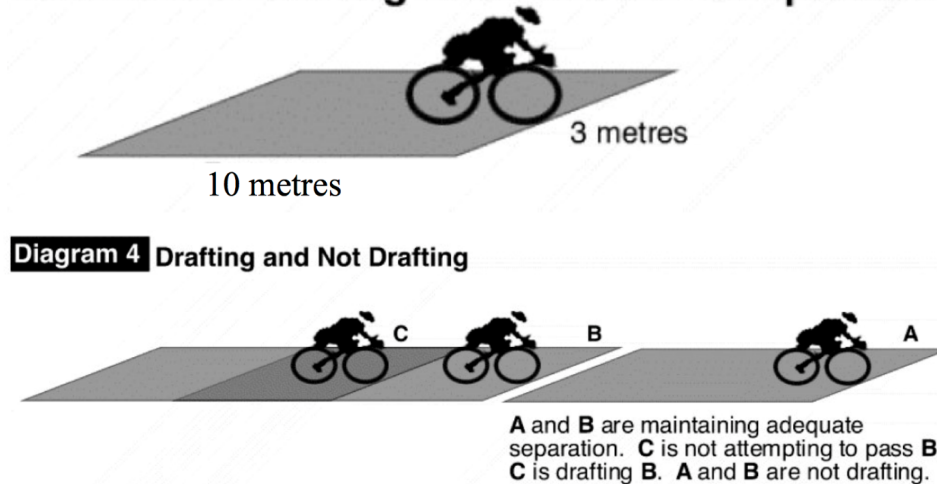
- On the left as you enter the TEL – note this can only be accessed when you are heading in a Southern direction.
- On Ocean Beach Road on your return towards transition (near Omaha Road)

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 24



CYCLE AID STATION

The bike support station will be positioned on the on ramp to the TEL, which will be approximately at 33km and again at 57km 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, Em's Power Bites, Chips
- **Gels** – R-Line Gel in serving cups
- **Others** – Vaseline, Sunblock, first aid and portaloos

*The R-Line Gels will be in serving cups. If you have a gel flask, you can refill this. **We will NOT have individual gel sachets available at any aid station.**

CYCLE COURSE MECHANICAL SUPPORT:

Cycle Obsession will be the Official Cycle Support for the Fulton Hogan Mount Festival of Multisport 2023.



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.

GARMIN RUN COURSE



GARMIN RUN COURSE

Run Course: Distance: 21.1km - 2 laps

Run cut off: 4:00pm for all competitors

Starting in Pilot Bay (near Prince Ave) run down The Mall, turn right (keeping left of the cones) into Adams Ave. Turn right into Marine Parade. Continue to run along Marine Parade (on the seaward side of the road) until you reach the turnaround point near Tay St (being aware of runners in both directions). Please be aware that the first turnaround point beyond Tay Street is for all Tauranga Half Triathletes. There is a further turn around point for the Mount Run participants.

You will turn around at the first turn around point marked out for Tauranga Half athletes.

Head back along Marine Parade (still on the seaward side), joining the boardwalk where you will be directed to continue around the base track in an anti-clockwise direction. Exit the base track and run down The Mall to the turnaround point at Prince Ave.

Turn and stay to the left of the cones on The Mall as you make your way back out for your second lap (being aware of cyclists out on course) as above ensuring you head down the finish chute at the end of your 2nd lap only.

RUN AID STATIONS

There are 5 aid stations located on the run course located every 1.5—3 kms.

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

There will also be refreshments at the finish line.

- **Liquids** – Water, R-Line Electrolyte Hydration drink (in cups), Coca-Cola (in cups)
- **Solids** – Bananas, Lollies, Em's Power Bites, Chips
- **Gels** – R-Line Gel in serving cups
- **Others** – Vaseline, Sunblock, first aid and portaloos

*The R-Line Gels will be in serving cups. If you have a gel flask, you can refill this. **We will NOT have individual gel sachets available at any aid station.**

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

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

GARMIN®

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 at any time during the race. If you are forced to withdraw at any stage, you must immediately event one of the Event Staff and 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.

Teams will have one transponder which will act as the 'baton' to be passed between each team member in transition.

RACE NUMBERS

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

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

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

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 20th 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 20th January monitoring the transition area.

TRANSITION

Transition will be open from 2:40pm – 7pm Friday 20th 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 5.15am 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.

BAG DROP OFF

We will provide a bag drop off from 5am race day located in the Information & Bag Drop tent, located 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 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 Tauranga Half 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 at the festival prize giving at Coronation park at 5pm.

PRIZE MONEY

The top five professional elite men and elite women will receive prize money as listed: To qualify for Individual prize money you must have selected the elite category on your entry form.

All figures are NZ dollars and NZ IRD rules apply. Prize money will be paid following the results being finalised

**Loan
Market**

The Nick Berry Loan Market Elite Race Individual (Male and Female)

1st Place—\$6,000
2nd Place—\$4,000
3rd Place—\$2,000
4th Place—\$500
5th Place—\$250

Teams (Male, Female, Mixed)

1st Place—\$600 per team
2nd Place —\$300 per team
3rd Place—\$150 per team

PRIMES (aka Bragging Rights!)

2023 will see the primes back in full force – all non-elite individuals are automatically in the running for each Prime, with something for everyone!

BlueSeventy Fastest Swim Cup:

The fastest non-elite individual male and female athletes around the swim course will be crowned king and queen of the ocean and take home a BlueSeventy Prize Pack.



Garmin Bike Prime:

1x female + 1x male will each win a Garmin White Forerunner 245 Music watch as the prize.



Garmin Run Prize:

The Garmin team will draw a number, and the winner will be whoever finishes the Garmin run course in that position on the day.

If they draw number 92, and you are the 92nd fastest runner on the day, the title is yours!



The winner will receive a Garmin White Forerunner 245 Music watch.

FIRST LOCAL PRIZES

A special prize for the first local age group athlete (resident of Western Bay of Plenty) male and female individual finisher will be awarded. These results are taken from your address stated on your race entry. You must be an age group athlete to be eligible for this award.

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 and will be asked to return to transition. 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.

BLUE70 SWIM COURSE – Cut Off

- All swimmers must be out of the water by 9.15am.
- Any swimmers still in the water by 9.15am will be assisted to shore by the water safety personnel and registered as a DNF.

CYCLE COURSE – Cut off

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

GARMIN RUN COURSE – Cut off

- The run course cut off is 4pm for all athletes. Should a runner be overtaken by the TEC bike they will be notified that they need to increase their pace and stay ahead of the TEC to continue on the course. If they are unable to do so their number will be noted, and they will be asked to return to transition.
- Any runner sent back to transition by the TEC will be registered as a DNF.

TEAM COMPETITION

All team members should read the full manual. The following is ADDITIONAL information for teams.

General Team Notes

Your timing transponder is your team baton. The team swimmer must start with the transponder on their ankle, pass to the cyclist and the runner must finish with it on. Your swim start is in the same place as the individual race so please stay well clear of athletes already racing.

All bikes must be racked in transition by 7:00pm Friday evening. If you wish to warm-up you must do so on a secondary bike outside the transition area.

Swim to Bike Tag

Notes for the swimmer:

You must hand over your timing transponder in the "TEAM TAG AREA" which is situated at the rear of the transition area (see transition map in this manual). The swimmer can exit through the team tag area immediately to make way for those following and to avoid congestion.

Notes for the Cyclist:

Team cyclists must assemble in the area sign posted "TEAM TAG AREA" which is situated at the rear of the transition area (see transition map in this manual). The swimmer will approach you and hand over the timing transponder. You then enter transition, attach your transponder to your left ankle, collect your bike and exit through the Cycle Exit at the front of transition. You may have your helmet and shoes on prior to tagging your team member; either way you must have your helmet on and secured before un-racking your bike.

Bike to Run Tag

Notes for Runner:

Team runners assemble in the "TEAM TAG AREA" which is situated at the rear of the transition area (see transition map in this manual). This is the same area that the team cyclists were located. Team cyclists dismount their bikes at the front of the cycle dismount line, rack their bikes and then enter the "TEAM TAG AREA" by foot (without your bike). You may leave your helmet on after racking your bike. You then hand over the timing transponder to the team runner. They attach the transponder to their ankle. Team runners then exit through the run exit point and start the run. Team runners must finish wearing the timing transponder on their ankle and the race number on their race belt or pinned to the front of their tops.

Team cyclists will need to leave their bikes in transition until it opens for collection at 1pm.

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.



MOA BREWING CO.

HeyHeyTM

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.

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 to remove your bike.

Supporters can collect an athlete's bike on their behalf as long as they have the bike collection card. If you predict your finish time may be close to 4:00pm please ensure a support person has your bike collection card so they can collect your bike for you.

FINISHERS MEDALS

Medals will be presented to all individual and team competitors at the finish line who finish within the cut off time. The team runner will be presented with three medals when they cross the finish line, that they can then pass on to their team members.

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

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 Tauranga Half is run under Tri NZ Competition rules. See <http://www.triathlon.kiwi/> for more details.

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

Medical personnel shall have ULTIMATE AND FINAL authority to remove a competitor from the race 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 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 (ie search and rescue). This includes anyone who after having racked their bike in transition decides not to start the race.

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.

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 box, 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

GENERAL RUN RULES AND REGULATIONS

- The course will close at 4:00pm.
- Any competitor still on the course after this time will not be eligible for a finisher's medal and may be asked to withdraw from the race for his or her own safety.
- No use of any device that will distract the athlete from paying full attention to their surroundings. Mobile phones may be carried during the race for the use of tracking apps such as Strava. During the race the communication functions of these devices may not be used. Nor may any device be used to play music, with or without headphones or headsets.
- No form of locomotion other than running or walking is allowed – crawling is not allowed
- Race numbers must be placed on the front of the runner where it is clearly visible and must not be obscured from view and must be worn at all times.
- The run is an out-and-back course. Please ensure you take care to avoid oncoming runners.
- Runners are expected to follow the directions and instructions of all race officials and public authorities.
- It is the responsibility of the competitor to know the course.
- You must not accept outside assistance from anyone not taking part in the race. This includes taking nutrition, clothing or other equipment from anyone other than from a race official and being paced or accompanied (either on foot or on a bike) during the run by a supporter who is not taking part in the race themselves. The penalty for this is disqualification.

Full TriNZ rules are available [here](#)

CONTINGENCY PLAN

If not decided prior to event day, 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 or water quality preclude the swim, the race will revert to a Duathlon (run/bike/run) for the Tauranga Half.

The race will start at **6:30am** 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.

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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