

2025 AquaBike Athlete Race Manual



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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.

Anita Varga

MESSAGE FROM THE HOST CITY



Office of the Mayor



Tauranga City

Warm welcome to the Fulton Hogan Festival of Multisport.

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

This festival is a highlight of Tauranga's sporting calendar and is much-loved by visitors and our local community.

This event unites athletes across several codes in one of Aotearoa's most beautiful settings, Mount Maunganui. We are especially proud to once again be the custodians of the Loan Market Oceanside Tauranga Half, which has been an iconic part of our summer for over 36 years.

While you are in Tauranga we hope you have time to visit our beautiful beaches, walk Mauao, our sacred maunga, explore our parks and walkways, and enjoy some of our excellent restaurants and cafes.

Best wishes to all athletes and supporters for an exceptional and memorable event, and we look forward to welcoming you back in **2025**.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Mahé'.

Mahé Drysdale MNZM
Mayor of Tauranga



Mayor Mahé Drysdale
Tauranga City Council

Private Bag 12022, Tauranga 3143, New Zealand

Phone 07 577 7000 Email mayor@tauranga.govt.nz www.tauranga.govt.nz

SCHEDULE OF EVENTS

FRIDAY 17th JANUARY 2025

2:30PM - 6:30PM ATHLETE CHECK IN AND SPONSORS EXPO

[Athlete Check In Tent, Event Village, Pilot Bay, Mount Maunganui](#)

Athlete check in will be held at Pilot Bay on Friday the 17th January 2025 from 2:30pm - 6:30pm. 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 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 race numbers) 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.**

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 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.

FRIDAY 17th JANUARY 2025 ONLY

2:45PM - 6:45PM BIKE RACKING

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

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

Bike numbers must be applied and bike numbers must NOT be altered before you can enter Transition to rack your bike.

All bikes must be racked in the Transition by 6:45pm on Friday. **DO NOT bring your helmet or race equipment on Friday.** Helmet checks will be done on entry to Transition on race day. 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.

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.

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



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AQUABIKE EVENT SCHEDULE

A graphic titled "2025 SCHEDULE" in large blue letters. Below the title, it lists the event schedule for Friday 17 Jan and Saturday 18 Jan - Race Day. The schedule is presented in blue rounded rectangles. At the bottom left is the "AQUABIKE" logo, with "AQUA" in blue and "BIKE" in grey, and a stylized bicycle wheel icon.

2025 SCHEDULE

FRIDAY 17 JAN	SATURDAY 18 JAN - RACE DAY
2.30pm - 6:30pm: Athlete Registration	5.15am-6.20am: Transition Open
2.30pm - 6:30pm: Event Expo	6.22am - 6.35am: AquaBike Swim Warm Up
2.45pm - 6:45pm: Bike Racking	6.35am: AquaBike Briefing
4.30pm: Transition Tour - Transition Entrance	7.04am: AquaBike Males Start
6pm: Blue70 Swim Familiarisation - Swim Start	7.05am: AquaBike Females Start
	8.25am: Swim Course Closes
	12.30pm: Bike Course Closes
	5pm: Prize Giving - Coronation Park

AQUABIKE

PONTEVEDRA WORLD CHAMPS 2025

The Aquabike Race is a long distance qualifying event for the Multisport World Champs in Pontevedra 2025. We have 16 spots per age group up for grabs!

Please note that athletes competing in the 'Open Category' are still eligible for a spot in their respective age groups.

SWIM COURSE MAP



SWIM COURSE INFORMATION

Swim Distance: 2km

Swim course closure: 8:25am

The start area will be on the beach behind the Recovery Lounge by the Salisbury Wharf. 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.

Note that the swim is in the opposite direction to previous years. This is because of the strong current expected with the incoming tide.

Participants will start in the water in a group of up to 100 competitors in their retrospective age group or category. The swim course will be a one-lap route starting at the Salisbury Wharf end of the bay. Participants will swim along the shoreline towards Mauao, then make a left-hand turn near the boat ramp. From there, the course will extend outwards, followed by another left-hand turn to head back toward the wharf. A final left turn will bring swimmers to shore, where they will exit the water.

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.

PLEASE SEE THE GENERAL SWIM RULES AND REGULATIONS LISTED ON PAGE 25

TOP TIPS FOR NAVIGATING THE SWIM COURSE



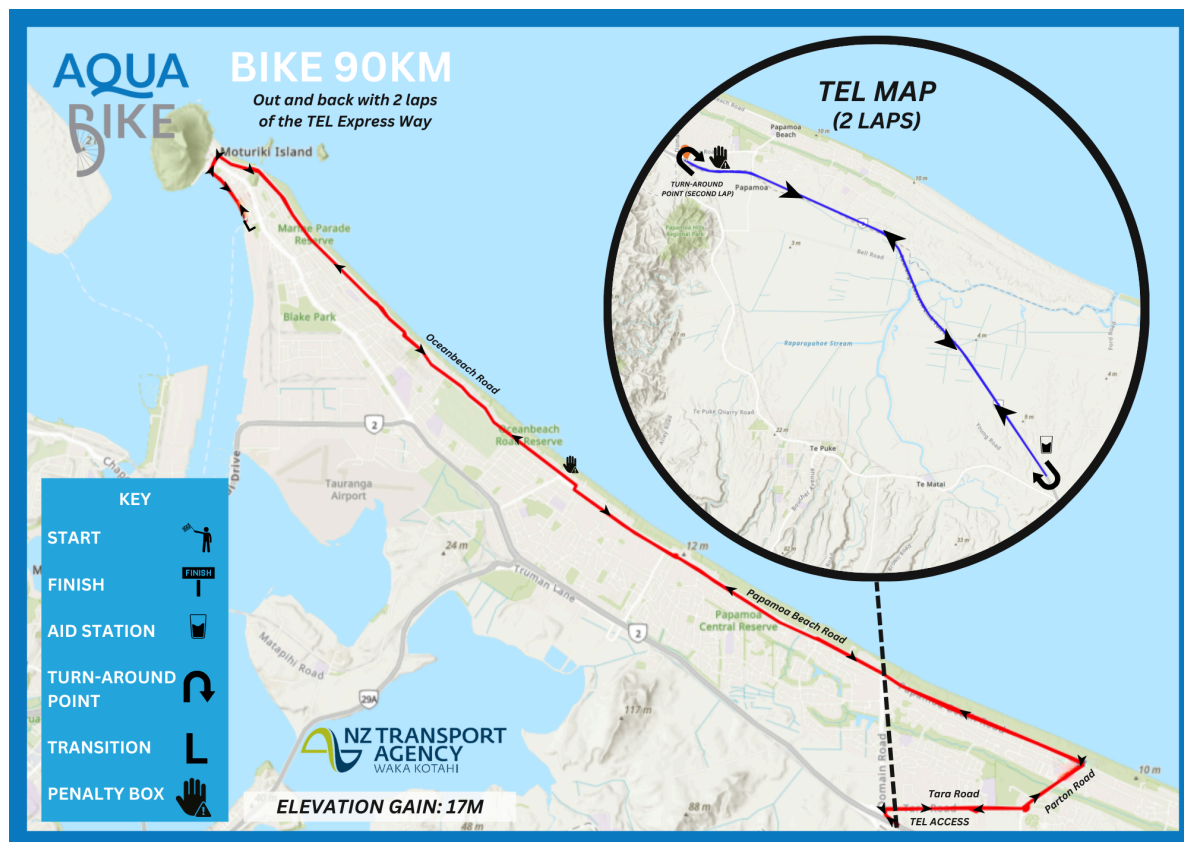
The team at Blueseventy are all about making the most of the swim – and so if you've taken the time to read this, we hope you have a great swim as a result!

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. You should get assistance from the current of the incoming tide as you swim the last leg back towards the wharf and transition.
- Make the most of the Blueseventy swim familiarisation 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. Pick an easy to spot landmark on the Mount above the furthest swim buoy to help with sighting. Do the same for the return leg above the wharf.
- 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 MAP



BIKE COURSE INFORMATION

Bike Distance: 90km

Bike course closure: 12:30pm

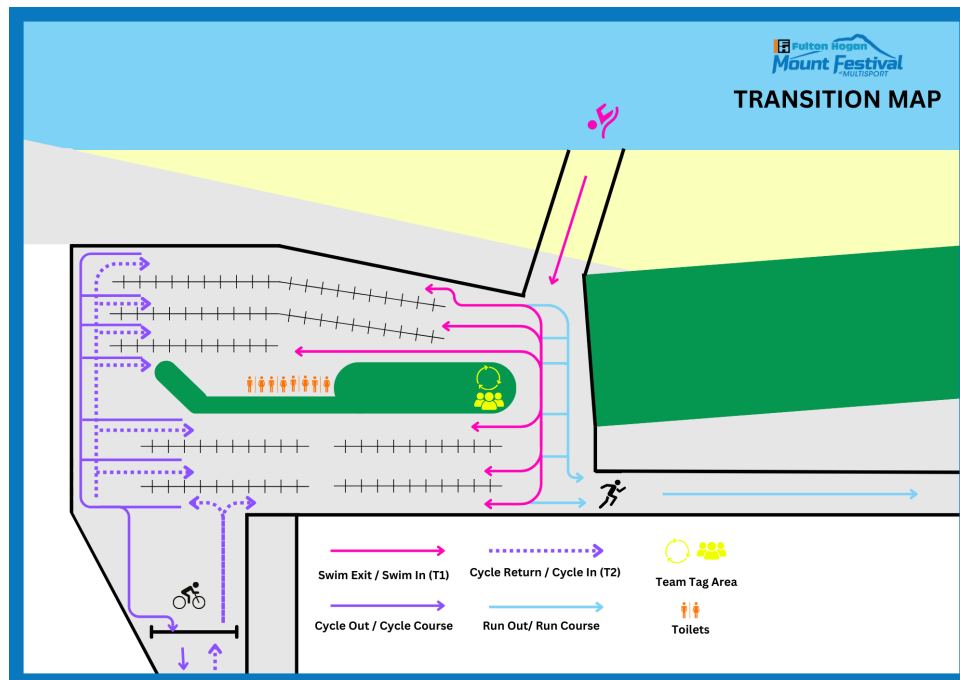
You will exit transition onto Salisbury Avenue then turn left onto Victoria Street before another left turn onto Prince Avenue then a sharp right run on The Mall and stay in the right-hand lane. Progressing along The Mall, veer right into Adams Ave, right into Marine Parade which turns onto Oceanbeach Road.

Just before the end of Oceanbeach Road, turn right into Omanu Way, then left onto Maranui St which turns into Papamoa Beach Road. Once you are on Omanu way you will be guided into the left hand lane.

Continue along Papamoa Beach Road turning right around the roundabout onto Parton Road. Once you have made the turn merge into the right hand lane which will be a two way cycle lane. At the next large roundabout you will stay in the right hand lane around the corner of the roundabout before being crossed over to the left hand side. Make your way up Tara road then turn 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.

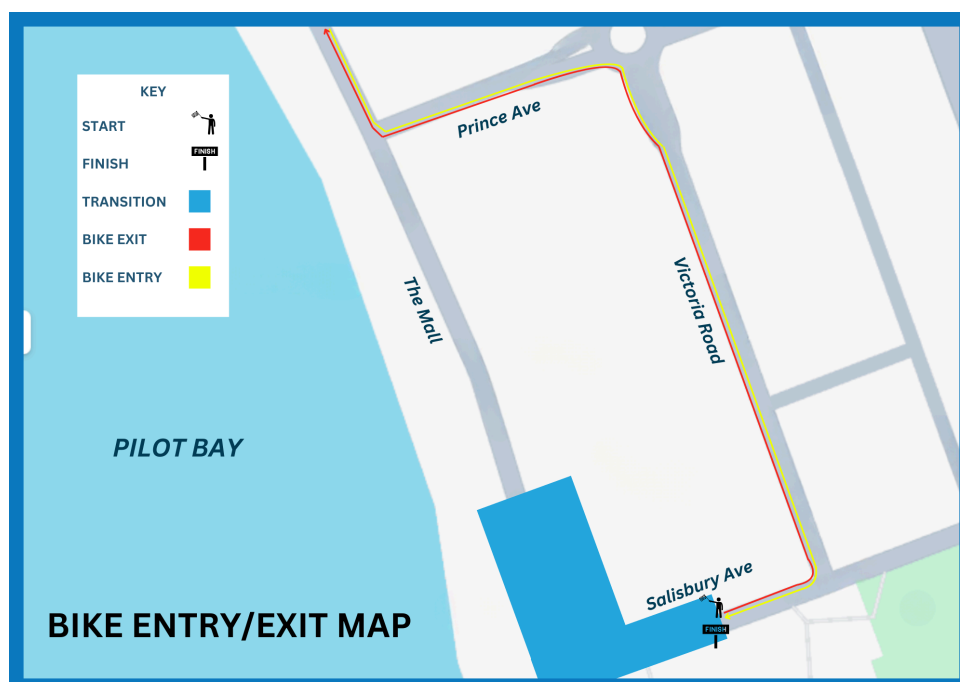
Transition Map

New 2025 transition map, please familiarise yourself with the new flow of transition for the 2025 event. The bike exit and entry will now be on Salisbury Avenue.



Bike Entry/Exit Map

For the 2025 event we have a new bike exit/entry point. Athletes will exit and enter on Salisbury Avenue and head around the block (down Victoria Road then left on Prince Avenue) before linking back up to The Mall. Once on The Mall athletes will be riding from here until the end of Oceanbeach Road on the opposite side of the road (the right hand lane).



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

IMPORTANT BIKE COURSE NOTES

- Parton Road has a partial closure. As you make your way out to the TEL Highway, the left lane will be open to traffic and the right hand lane will be used as a two way cycle lane. This section of the course will be narrow and caution is advised. This road is a **NO passing section**.
- At the end of Parton Road and at the start of Tara Road, on either side of the roundabout there are newly added speed bumps.
- Note: Cyclists will no longer be going around the Parton/Tara roundabout, instead when heading out to the TEL Highway you will be in the right hand lane and turn right at the roundabout onto Tara Road.
- Tara Road is **fully open to traffic**. Once you have crossed over into the left hand lane, 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 roundabouts. All areas 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.**
- 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 **DO NOT CROSS THE CENTRE LINE.**
- The bike aid station and a penalty box will be located on the TEL as per the cycle 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.
- 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 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!**

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**. 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.

Age Group drafting distance will be 12 metres. With a pass through time of 25 seconds.

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 Age Group Competitors

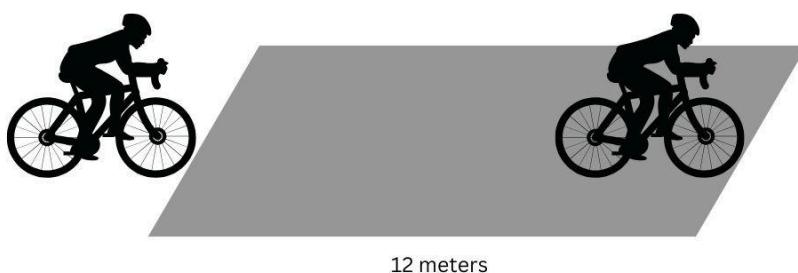
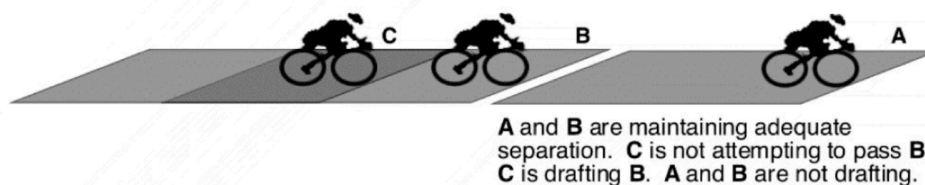
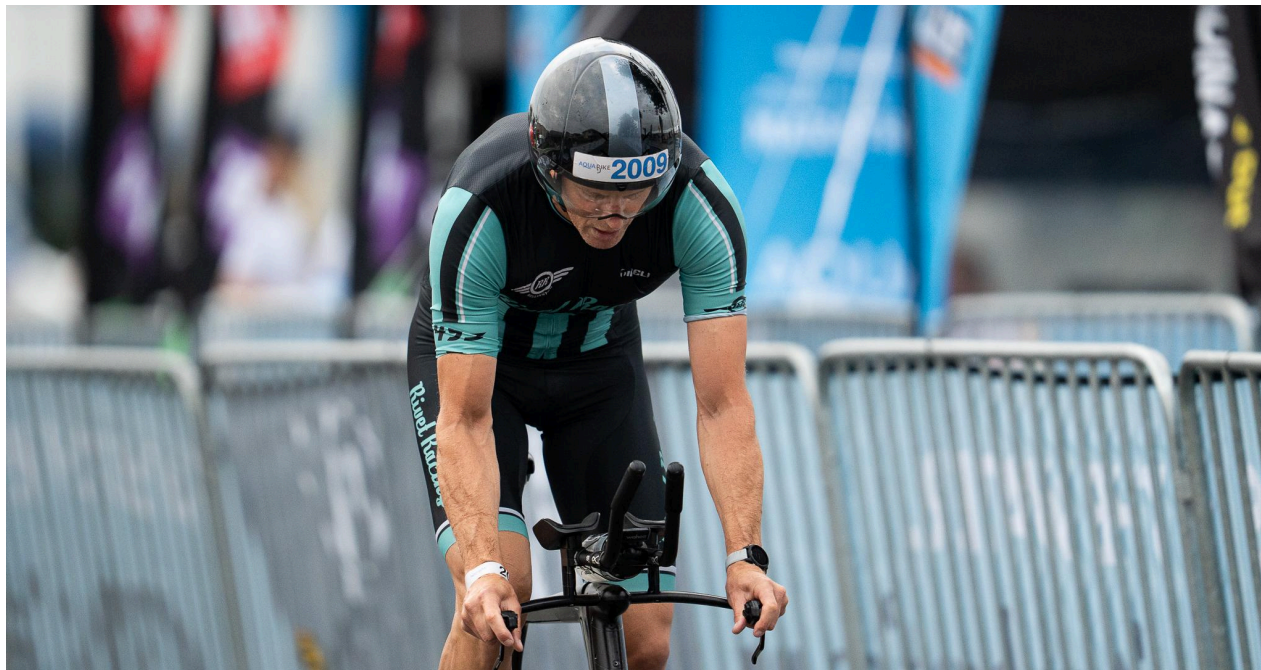


Diagram 4 Drafting and Not Drafting



An athlete may enter the Draft Zone of another athlete but must be seen to be progressing through that zone. A maximum time of 25 seconds will be allowed to pass through the zone of another athlete.



Entry into the bicycle drafting zone:

An athlete may enter a bike Draft Zone in the following circumstances:

- If the athlete enters the Draft Zone and **MUST** progress through it within 25 seconds in the overtaking manoeuvre.
- For safety reasons.
 - o 100 metres before and after an aid station or transition area.
 - o At an acute turn.
 - o 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, the passed athlete must move out of the Draft Zone of the leading athlete within 20\5 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 center 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 25

CYCLE AID STATION

The bike support station will be positioned at the far turn around at the TEL. You will go past this at 32km and again at 56km into the cycle leg. Discard your empty bottles at the bottle drop target trailer 100m prior to the aid station. We care about our environment and community. **Discard only at aid stations.** Discarding anything, anywhere else on the course is considered to be littering and will be penalised.

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:

- Drink bottles
- SIS Nutrition electrolytes
- SIS Nutrition Gels
- Bananas
- Sunblock
- Vaseline

CYCLE COURSE MECHANICAL SUPPORT



Cycle Obsession will be the Official Cycle Support for the Fulton Hogan Mount Festival of Multisport 2025.

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.

"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."

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 17th 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 prize-giving (Coronation Park - 5pm)



GENERAL EVENT INFORMATION



GARMIN TIMING

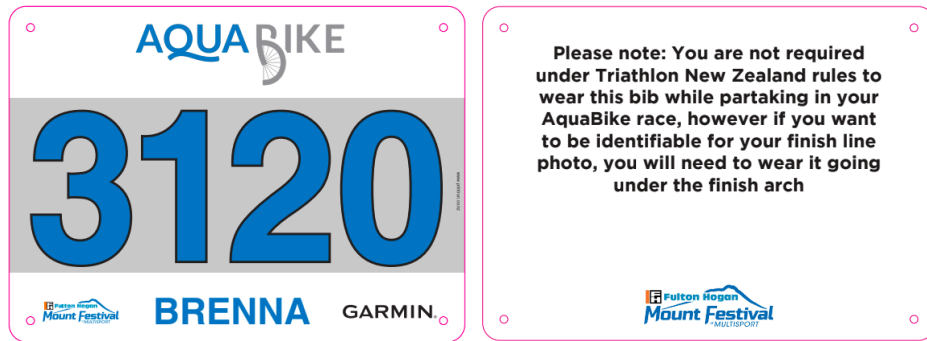
The event will use electronic timing. Each competitor will be issued with a transponder at registration which should be attached by the Velcro band to either ankle.

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\$50 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

For the 2025 event, please refer to the back of your AquaBike race bib for details regarding wearing your race bibs.



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, **including disqualification**, 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 6:45pm on Friday 17th January.

Your helmet will be inspected when you check in on Saturday morning.

Please have your helmet on and done up as you enter transition to ensure your helmet fits correctly.

Please note this is NOT a safety inspection; they are to ensure your equipment meets Tri NZ 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 17th January monitoring the transition area.

TRANSITION

Transition will be open from 2:45pm – 6.45pm Friday 17th 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.

Security will be in place overnight on Friday 17th 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 8:25am. Any swimmers still in the water by 8:25am will be assisted to shore by the water safety personnel.

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.

POST RACE INFORMATION

L.T. MCGUINNESS 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.



20 minute massage available from P3 Recovery for \$20!

- Waitoa Free Range Sausages
- RealCOCO Coconut Water
- Bananas
- CocaCola
- SIS Electrolytes
- New World Mount Maunganui Lollies
- New World Mount Maunganui Potato Crisps
- Premier Beehive Sausages



Thank you to all these epic brands for stocking our L.T. McGuinness Recovery Lounge!

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 Tauranga Half competitors have started the run course (approx. 1:00pm). 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

Location: Coronation Park

Time: 5pm

Awards: Age Group Awards (1st, 2nd, 3rd in each age category: 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+) - there are age group medals for these winners

Overall Awards: 1st, 2nd, 3rd male & female finishers - each presented with a trophy

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.

MEDAL PERKS



25% off your entry over event weekend (show them your confirmation email pre-event or medal post event!)

Visit: www.mounthotpools.co.nz

Valid from 17th - 20th January



25% off Wild Dolphin encounters

Code: Mount Festival

Visit: www.nzdolphin.com



15% off on Surf Lessons & Programmes (show them your medal at the main beach tent OR use the promo code below!)

Code: Fulton24

Visit: www.surfschool.co.nz



15% off Adventure Park Supreme Pass

Visit: www.glowwormkayaking.com



Buy any size pizza and get a personal 10" HAMLET (Hawaiian) pizza FREE (present your athlete finisher medal to their team for a discount)

Visit: www.thepizzalibrary.co.nz

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 Fulton Hogan Mount Festival of Multisport event in the future and may be grounds for Triathlon New Zealand to also impose a suspension.

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.

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.
- Dolphin diving or wading in shallow water is permitted but an athlete is not allowed to deliberately move off a straight line course between swim markers in order to take advantage of wading or dolphin diving in shallow water or running along the beach or on a sand bank (Disqualification or Time Penalty in T1). Note that Disqualification is the "default" penalty for violations of this rule however the Head Referee has the discretion to apply a time penalty.
- 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 23°C (22°C for Elite and open category). For athletes aged 60 years and over, wetsuits are allowed up to 24.5 degrees.
- 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.

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 Bike Only for the Aquabike race.

The race will start at **7:00am** or as soon as practicable. Participants will be let off in waves.

The remainder of the event remains as per the original race with a 90km bike

In the event that weather conditions also prevent the bike leg taking place, the event will be canceled. There is no 'rain-day' replacement event.

CONTACT INFORMATION

SMC EVENTS		
Area	Name	Email Address
Festival Director	Julia Tilley	julia@smcevents.co.nz
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