



# Race Briefing

# Key Times



## Sunday

6:00am	Transition Open
7:15am	Race Briefing for Standard
7:30am	<b>Standard Distance</b> Men Start
7:35am	<b>Standard Distance</b> Women Start
7:40am	<b>Standard Distance</b> Teams Start
9:00am	Race Briefing for Short Course
9:15am	<b>Short Distance</b> Youth Boys Start
9:17am	<b>Short Distance</b> Youth Girls Start
9:19am	<b>Short Distance</b> Men Start
9:21am	<b>Short Distance</b> Women & Teams



# Key Times



## Sunday

9:30am	Race Briefing for Splash'n'Dash
9:40am	<b>Splash'n'Dash</b> Boys Start
9:45am	<b>Splash'n'Dash</b> Girls Start
10:15am	Race Briefing Sprint & Para-Tri
10:30am	<b>Sprint</b> Men Start
10:35am	<b>Sprint</b> Women Start
10:40am	<b>Sprint</b> Teams Start
10:42am	<b>Para-Tri</b> Start



# Teamline Swim course



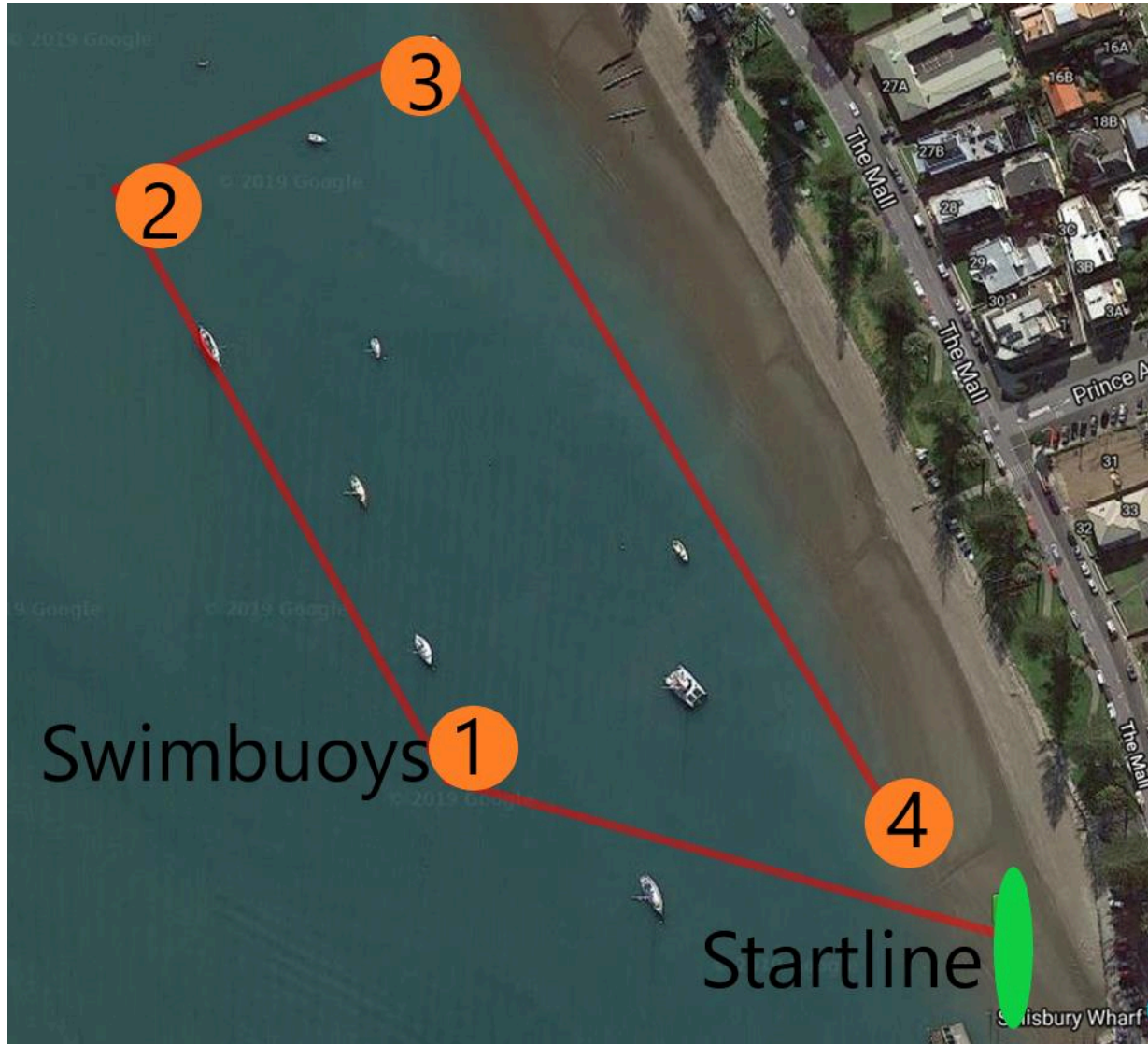
- Standard Distance = 1500m – 1 Lap
- Sprint Distance = 750m – 1 lap
- Short Distance = 300m along shore
- Water temperature average: 19°C
- Wetsuits are optional
- Raise 1 arm above your head if you are in distress or need assistance
- Ensure you start in the correct wave
- You must wear the event swim cap on the outside



# Standard Swim Course – 1 lap



# Sprint Swim Course – 1 lap





# Youth/Short course Swim Course

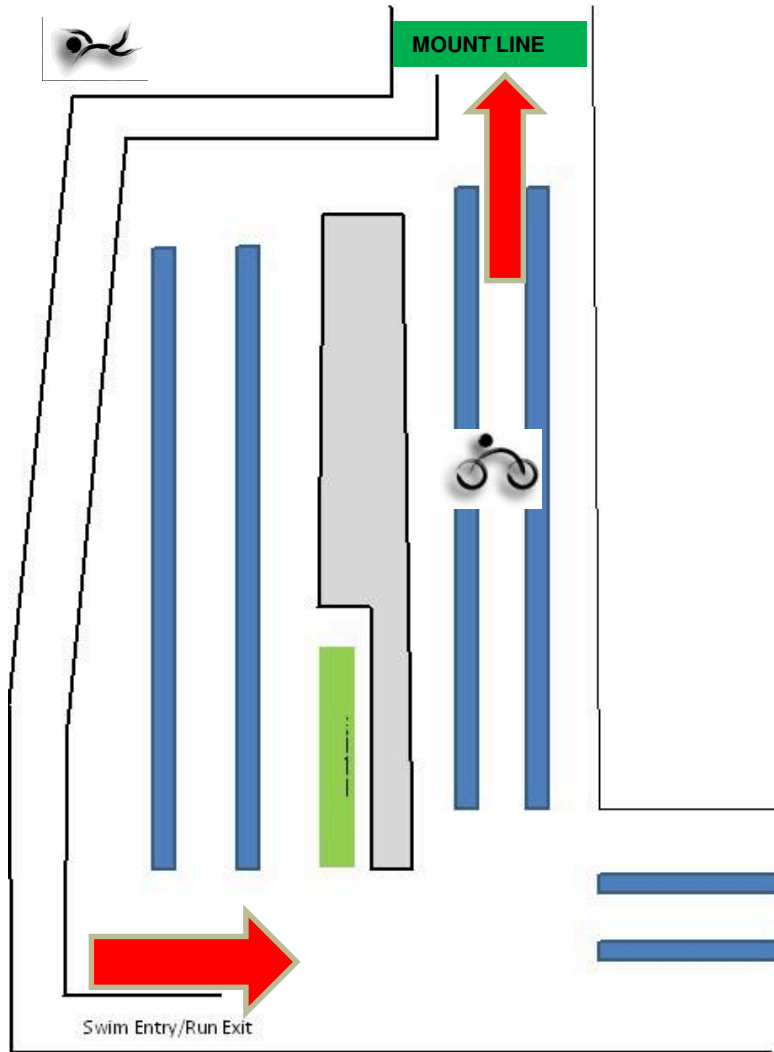


# Splash'n'Dash Swim Course





# Transition Flow Swim To Bike



# Transition Rules

- Bike racks are numbered for Standard— you must rack in your numbered spot
- Helmet must be fastened **before** removing your bike from the rack and remain fastened until you **re-rack** your bike before your run
- Push your bike to the exit and mount **beyond** the mount line
- Dismount **before** the dismount line and push your bike back to your numbered spot
- No boxes or large bags to be left in transition

# Bike course

**Roads are open** - Be aware of traffic on the course. Marshals are managing the course.

## Standard Distance

- 3 laps of 13.33km = total 40km

## Sprint Distance

- 2 lap of 10km

## Youth & Have a Go

- 1 lap of 13.33km



# Standard Distance - Course





# Sprint & Paratri – Course



# Youth / Short - Course





# Splash'n'Dash - Course



# Cycle Rules

The key cycle rules are as follows:

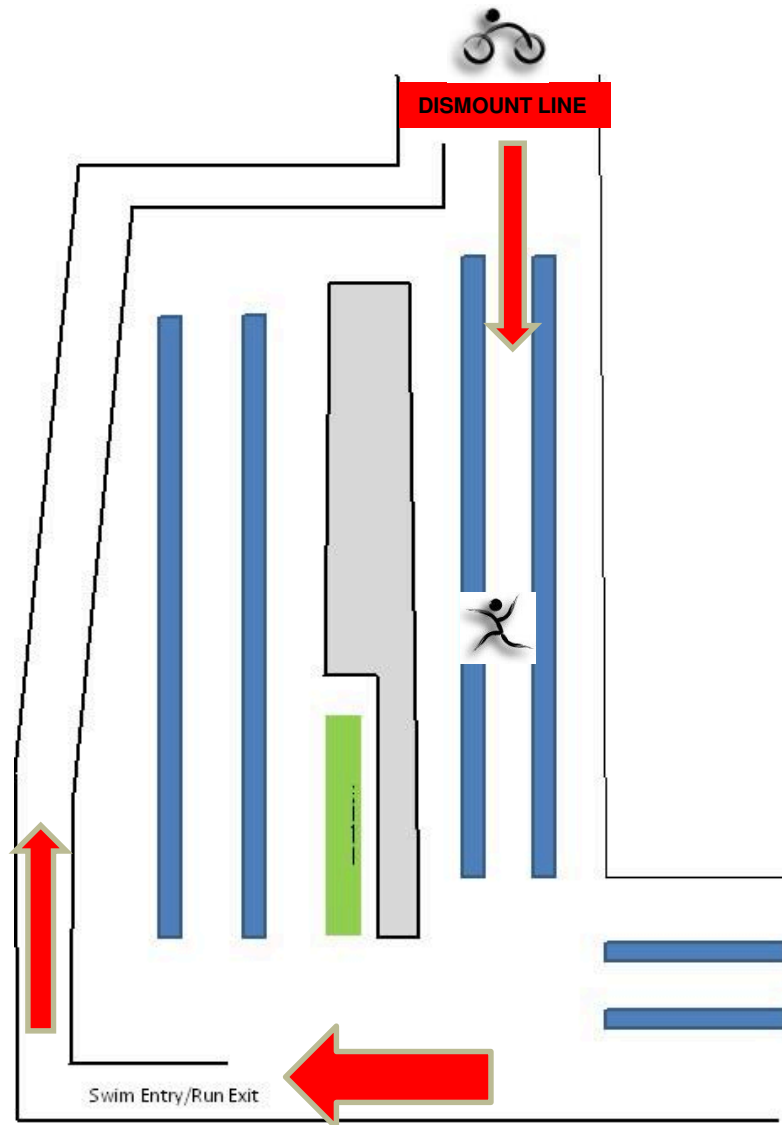
- Normal road rules apply. In particular – keep as far left as possible and **DO NOT** cross the centre line.
- You must **NOT** pass on the left
- If you do not keep as far left as possible you risk a penalty for blocking.
- The Standard is a **NON DRAFTING** race
- The Draft zone is 10 metres long by 3 metres wide. You have 20 seconds to complete your pass



# Cycle Rules...continued

- If you are given a drafting penalty you will be stopped on the side of the road to serve the penalty
- Drafting Penalties are as follows:
  - Standard Distance = 2 minutes

# Transition Flow Bike To Run



# Run course

## Standard Distance

1 lap of 10km. The Mall, Adams Ave on the footpath, Marine Parade to the turn, return, onto Mt Basetrack, The Mall to finish

## Sprint Distance

1 lap of 5.5km. The Mall, Adams Ave on the footpath, onto Mt Basetrack, The Mall to finish

# Run Course



## Paratriathlon

1 lap of 5km - **All** Para-Tri athletes will complete a flat 5km road run. The Mall, Adams Ave on the footpath, Marine Parade, to turn, returning along same roads to finish.

## Short Distance

1 lap of 3km. The Mall, Adams Ave, Marine Parade to turn, returning along same roads to finish.

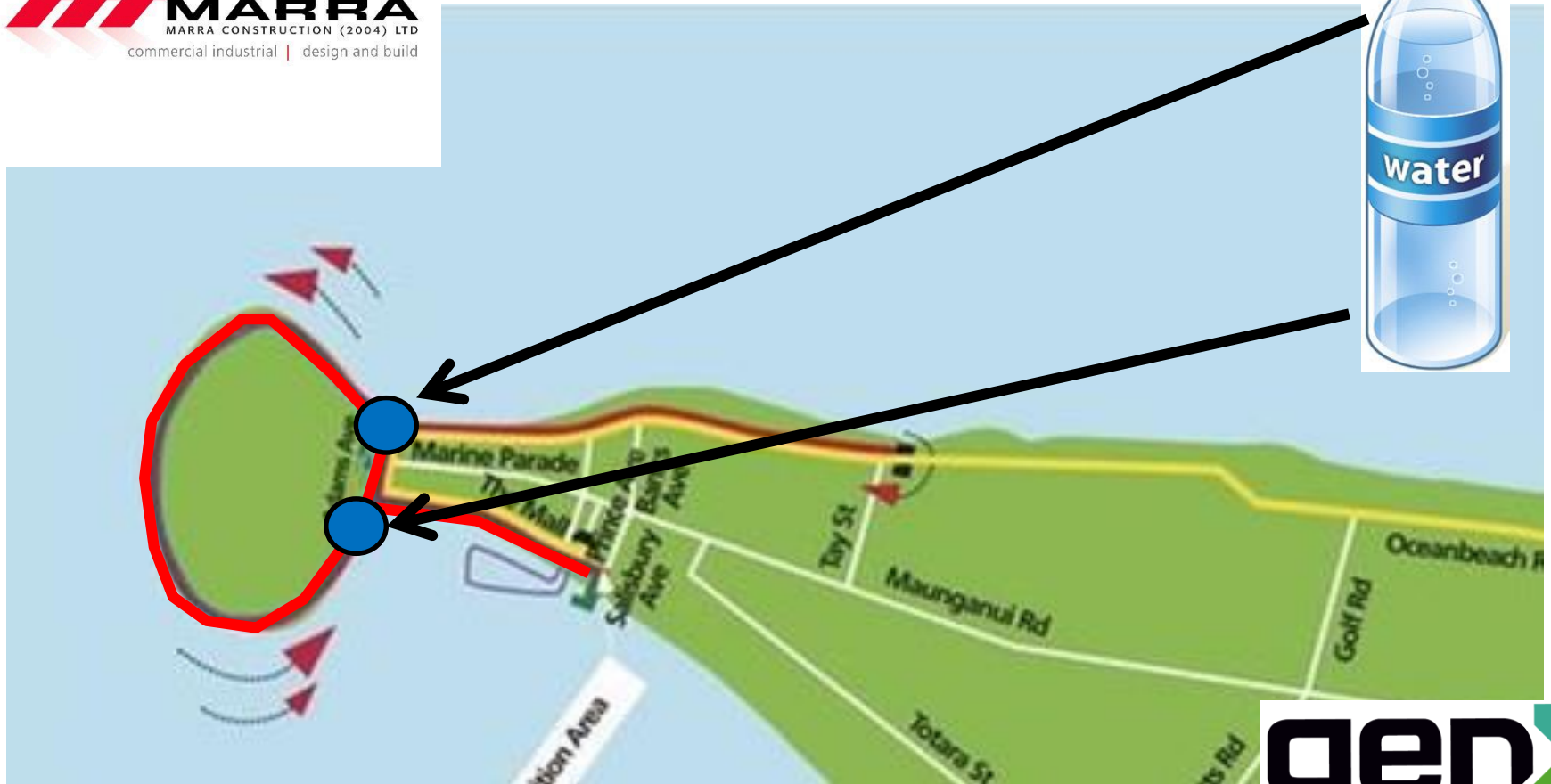




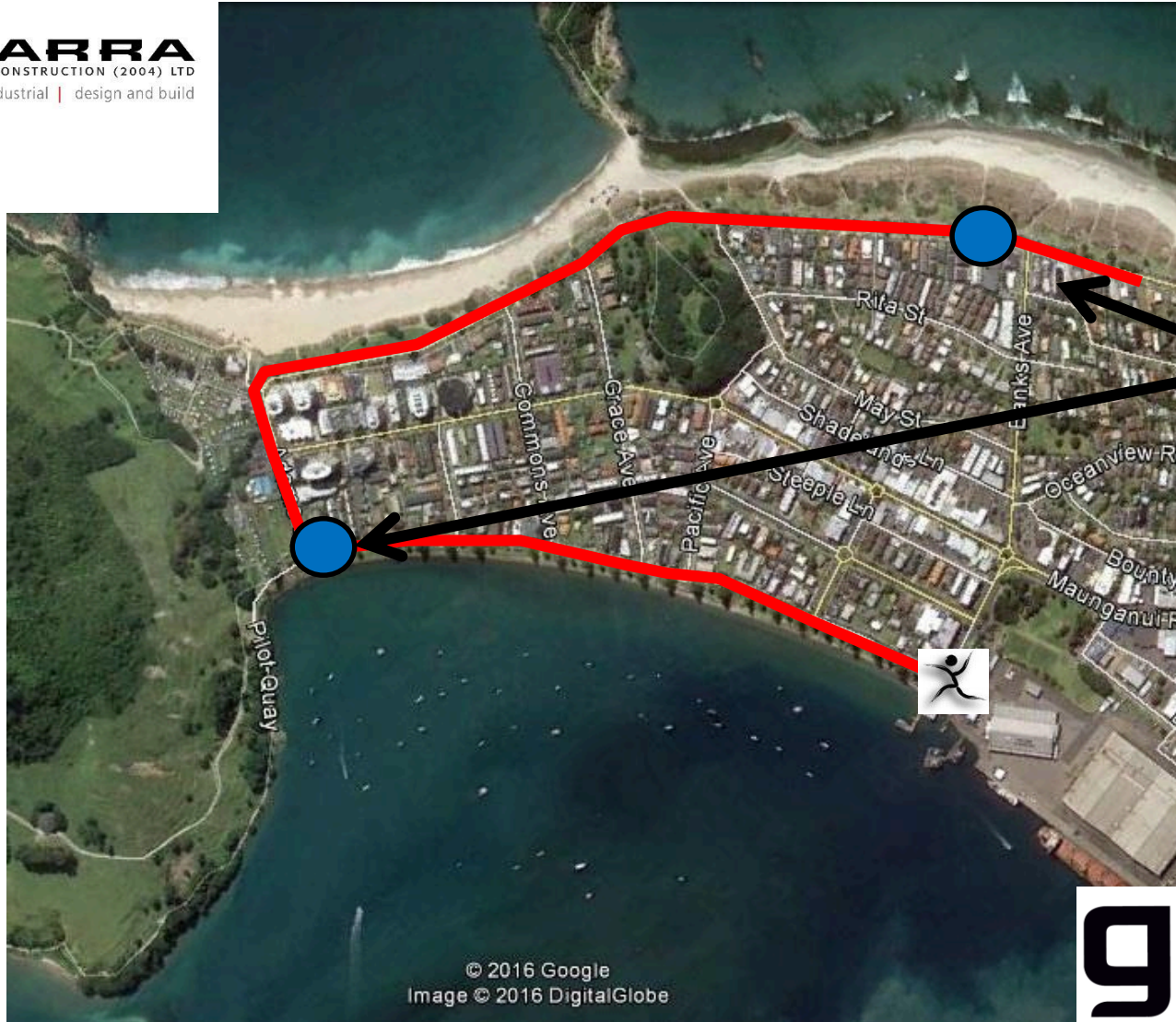
# Standard Distance – Run Aid Stations



# Sprint – Run Aid Stations



# Para-Tri – Run Aid Stations





# Youth / Short course – Run

## Aid Stations





# Run Rules

- You must **not** discard equipment, wrappers, water bottles by handing it to supporters or dropping them on the ground
- You **cannot** take any equipment or food/fluids etc from supporters
- You may **not** be paced by coaches or supporters either on foot or on bikes during the run
- **No head sets or music allowed**
- Note you cannot run with a bare torso/chest ref Tri NZ rules in relation to apparel. Teams included

# Team Information

- You will Tag your team member inside the transition in the Team Tag box near the Port Building
- You must swap your timing chip each time you tag
- Cyclists - you may have your helmet on in the tag area and leave it on after your ride
- You **must rack your bike in your spot** before you go and hand over the timing chip to your runner

# Protests

- Protests must be lodged with the Race Referee with 30 minutes of you finishing the race
- The Race Referee will be available at the finish line
- There is a cost involved in protesting



# Other information

- Partial road closure – the road can have vehicles on them – be careful!
- Caution on speed-bumps on cycle course
- In an emergency see one of the marshals who will be able to assist
- If you withdraw please **immediately** advise event personnel and return to the transition area
- Prize Giving and the medal ceremony will be held 15mins after the last person finishes which will be around 1:00pm

# Thanks to our sponsors!



# Good Luck & have a great race!



**Triathlon**Tauranga  
[triathlontauranga.org.nz](http://triathlontauranga.org.nz)

