Triathlon Tauranga Race Safety Briefing 2027

- After this briefing there is a Zumba warm up with Zumba Tauranga. At the conclusion of this you will be asked to start getting ready and to make your way down to the swim start. You will not be escorted down there so it is up to you to make your own way down there in time to make your wave start time.

- Your race is timed. Please remember to always wear your timing transponder on your ankle during the race and hand it back once you have crossed the finish line.

- If you pull out part way through the event – please advise us promptly and return the transponder to us.

- If you are in a team then the swimmer must wear the transponder, then they must pass it to the cyclist, then the cyclist must pass it to the runner. Your 'team tag' area is at the bike racks where your cyclist's bike is positioned.

- The swim is a 400m. The first wave starts at **8:30 am with each one after that being 4 minutes apart**. You **MUST** start in the correct wave

- The swim caps you have been provided with MUST BE WORN as these help us to see you in the water and they dictate your start wave time based on colour.

- You will enter the water when called by the marshals and when the start horn for your wave sounds, you will swim in a straight line down to and around the orange buoy turning left and then into the shore.

- This is a swim. You may stand but there is to be no walking and moving forward.

- If in difficulty at any time during the swim, raise 1 arm above the head to alert the lifeguards

- You will then jog/walk up the ramp, along the run chute and into the back of transition.

- You will walk/jog your bike from your spot to the transition area exit and the mount line. Once you have crossed the bike mount line, you can then start your cycle leg.

- You must have your cycle helmet on and fastened before you remove your bike from the rack, and it must stay on your head and stay fastened until your bike is racked when you return.

- This event is held on public roads. Caution and common sense must be used at all times. **Road Rules apply at ALL times, and all road rules must be obeyed at all times.** The road may have traffic on it at any time. Do not presume that you have any special privileges or right of way because you are participating in an event.

- Crossing the white centre line of the road at any stage during the cycle will result in automatic disqualification.

- Marshals will be available to assist you where and when possible, You must always obey their instructions.

- You dismount your bike before the dismount line (where the marshal is just before the entry to transition) and walk/ jog your bike back to your area, rack your bike, and then take your helmet off. Please dismount when directed by marshals.

- The run/walk leg will begin once you or your team member has returned their bike to the racks in transition. You will then walk/jog out of transition by exiting at the port end and down the run chute and proceed onto the run course.

- There will be a water station at the boat ramp on the corner of The Mall and Adams Ave for both the outgoing and incoming run legs of the course

- Wearing/using iPod, cellphones, mp3 players, or any listening device with speakers or headphones is **not** allowed. This is a safety issue as you need you to be able to listen out for vehicles and other participants during the event.

- For the safety of all participants we do not permit you to be accompanied on the course by any supporters or children. In addition, we do not allow any vehicles, bicycles, prams, children in bike seats etc.

- St John's personnel are located near the finish line and on the shore for the swim. They have the right to remove any participant from the event should they consider it necessary.

- In the case of any injury or emergency please approach the nearest marshal (identified by high visibility vests) and advise them what you need.

- Any decision made by the event director is final.