Race Rules 2027

The race rules are there to ensure you all have a safe and successful event. They outline the course and the specific routes that you will take for each section of the event, including the start, swim, cycle, run/walk, transition and finishing shoot. Please ensure you have read the race rules and the **FAQ's** on the event website (www.triathlontauranga.org.nz) which should answer all your questions. If you have any other questions, please do not hesitate to post on our Facebook page (Calley Homes Women's Triathlon) or contact us via our contact details on the above website.

Race and Safety Briefing:

A race and safety briefing will be conducted at **7.45am in front of the stage the main marque**. Attendance is **compulsory**.

If you have any specific questions about the event, please endeavour to have these answered prior to race day, by either checking the website and reviewing the **FAQ's** or by contacting the race organisers directly.

Transition:

Transition will open at **6.45am**. This is the area where you will rack you bike and have any cycle and running gear that you need. Please keep your area tidy and free from items that are not needed for the event. Please leave no bags next to your bike.

The bike racks will not be numbered but will be identified by your category (Individuals, and then Teams, Mother/Daughter). You can choose any spot within your category rack that suits you.

Only participants will be allowed in the transition area. This is for your own safety and security. Please see the **Transition Map below**.

Supporters can watch you in transition by standing at the end or on the sidewalk side of transition.

Transition Map

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. Please read our **FAQ's** for further details on this matter.

Medical personnel have the right to remove any participant from the event should they consider it necessary. Refunds will not be given on withdrawing from or not starting the event for whatever reason. Any decision made by the event director is final.

Ankle Bracelets/Transponders:

Your race pack will contain an ankle bracelet transponder (only one per team) which you will collect at registration. You or a team member must wear this during all 3 legs of the event. Teams will swap the transponder at each transition (i.e.: between swim to cycle and from cycle to run/walk). Please ensure it is on tightly prior to your swim start.

Should you lose your transponder during the race, report to an official at the finish line. If you do not compete or do not finish for any reason, please return the transponder to Race HQ situated in the tent at the finish line. **Any that are not returned will result in a $100 replacement fee charged to the participant**. See the **FAQ's** on our web site www.triathlontauranga.org.nz for more details surrounding transponders.

The swim leg – 400m:

When you collect your race pack at registration your swim cap will be included. It will be a specific colour, according to the wave that you selected at entry and this will be the wave you start in. You must wear this cap for your swim for safety reasons.

At the conclusion of the warm-up you will be asked to walk down and assemble at the swim start which is on The Mall, Pilot Bay, near the public toilets between Grace Avenue and Pacific Avenue. Please see the swim course map, below.

The swim is 400m with the first wave starting at **8:30 am**. You will enter the water and swim in a straight line down to and around the 400m buoy and then into the shore. You will then jog/walk up the ramp and down the transition chute into the back end of transition which is based at the Salisbury Wharf end of The Mall, then go to your bike. See transition map on previous page.

No fins, paddles, snorkels, flotation devices of any kind are permitted. 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 nor are they allowed to walk during any part of the swim.

Waves will start 4 minutes apart with the first starting at 8.30am; all waves will have started by 9:14am.

See the **Swim FAQ's** on our website www.triathlontauranga.org.nz for more details regarding the swim.

Swim Course

The bike leg – 10km:

Once you, or your teammate, is out of the water from the swim the cycle leg will begin. Before you remove your bike from the rack you must firstly ensure you have your helmet safely fastened on your head and it must stay fastened until your bike has been racked after your cycle. Helmets are **compulsory** for the cycle leg and must be safety approved. Shoes **MUST** be worn for the entire Cycle leg.

You must also ensure you put your race number sticker on the front your helmet. You must make sure you have your ankle bracelet transponder on. If you are in a team, make sure you change your transponder over.

To start your cycle: You will walk/jog your bike from your spot to the transition area cycle exit and the mount line (coned flags and marshals). Once you have crossed the bike mount line, you can then hop onto your bike and start your cycle leg.

The cycle leg will go from the transition area along Pilot Bay down the Mall to Adams Avenue. You will then turn right into Adams Avenue and proceed to Marine Parade. Once at Marine Parade you will then ride the length of Marine Parade up to shortly before the roundabout at the end of Marine Parade and Oceanbeach Road. This will be marshalled. Please see the map **below** which outlines the bike 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.

Participants must remember that the events are 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, however they are not able to stop traffic. You must always obey their instructions.

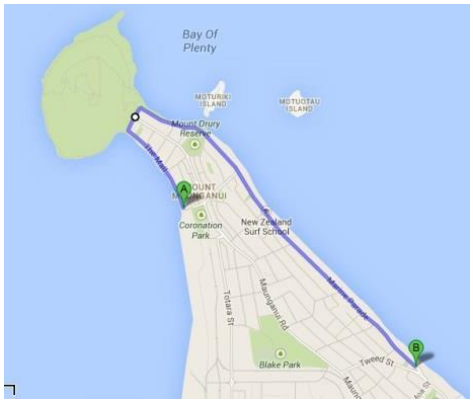
Please take care around other cyclists, overtake on the right-hand side of another cyclist and call 'passing' or 'on your right' when overtaking so the other cyclist expects you. Always look behind you before pulling out and ride as far to the left of the road as possible (unless overtaking).

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

You will need to collect your own bike post event as soon as transition opens (which will be announced over the speakers). Please don't ask supporters to collect this on your behalf - for security reasons only you can collect your bike.

See the **Bike FAQ's** on our website www.triathlontauranga.org.nz for more details regarding the bike.

Bike Course



The run/walk leg – 4km:

The run/walk leg will begin once you or your team member has returned their bike to the racks in transition. You will exit transition by walking/jogging out of the back of transition, up the run chute and proceed onto the run course.

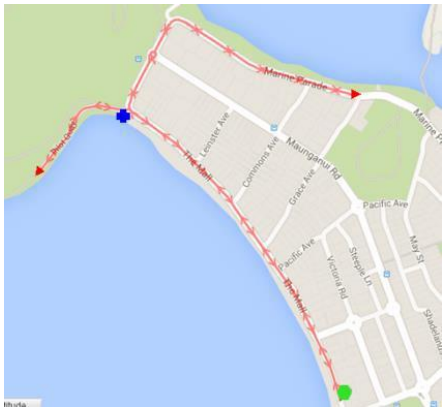
You must also ensure you have your race number on the front of your shirt either pinned or using a race belt (you will need to provide your own). You must make sure you have your ankle bracelet transponder on. If you are in a team, make sure you change your transponder over.

The run leg consists of a 1 lap, out and back course. Runners will go from the transition area along Pilot Bay down the Mall to Adams Avenue. They will then proceed to the left through the boat ramp onto Pilot Quay to the Mauao base track jetty. Here they will turn around a cone and head back to turn left onto Adam's Ave, then right onto Marine Parade to turn again at a cone at Grace Ave and return back along Marine Parade and Adams Ave, turning left onto and along The Mall towards Salisbury Wharf and the finish chute.

Please see the map **below** which outlines the run/walk course.

Please make sure that you watch for others who are on the run/walk course and provide encouragement where you can. Please finish the run/walk through the finishing chute and enjoy the moment.

Run/Walk 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. Shoes **MUST** be always worn on the run leg.

See the **Run/Walk FAQ's** on our website www.triathlontauranga.org.nz for more details regarding the run/walk.

Supporters:

We hope that all our competitors will be supported on the side lines for what we believe will be a fun and rewarding event for all who participate. We are sure you will have had a lot of support to get you to the start line and we want all your friends and family to come and support you on the final part of your journey, the event day. There will be plenty of room for them to see you on the course and to cheer from the side line.

We also want this to be a safe and enjoyable event and therefore we ask that your supporters remain that and stay off the course at all times. Whilst it may be exciting to have your family finish the event with you it is important that all competitors are kept safe and therefore only competitors can be on the course. Please ensure your supporters know they need to remain off the course. They can celebrate with you once you have completed your event.

Contingency plan:

The event will proceed wet or fine. In a case of bad weather, a final decision on whether the swim will take place will be at 5.45am or as soon as practicable with daylight. This announcement will be made via the event PA system.

If weather conditions preclude the swim, the race will revert to a duathlon and this race will start at 8.30am in waves for individuals and teams.

The initial first run is 1km. Starting at the Pilot Bay boat ramp & running down the Mall to re-enter transition at the original swim exit.
The remainder of the race continues as per the original race with the 10km cycle and 4km run/walk

If weather conditions also prevent the bike leg to take place, the event will be cancelled. There will be no refunds if the event is cancelled.