

**CONTACT TRIWOMAN NARROW NECK**  
**12<sup>th</sup> February 2012**

**IMPORTANT TIMES**

**7:00am** Transition Opens

**7:30am** Safety Briefing (compulsory for all participants)

**7:40am** Warm-Up

**8:00am** Triathlon starts

**8:00am** Duathlon starts

**10:00am approx.** Prize Giving (or when the last participant comes over the finish line)

**RACE NUMBERS**

In your race pack you will receive a race number and a helmet sticker. You pin the number to the front of your shirt for the cycle and run and wear the sticker on your helmet. If you have any medical conditions please write medical details on the back of your race number and inform Event Staff. In teams, the cyclist wears the smaller number on their helmet, the runner has the bigger number pinned to the front of their shirt (the swimmer does not require a number).

**SWIM**

**OCEAN SWIM**

When you receive your pack at registration you will be allocated a **wave letter** (e.g. A, B, C). This will dictate your start time. Typically waves will be 15 people every 30 seconds.

**SWIM CAP**

You must wear the swim cap provided in your race pack

**TIMING**

You must wear the transponder (timing chip) at all times during the race in order to have your time recorded correctly (this includes the swim). **You wear the transponder on either of your ankles.** If you don't race or fail to complete the course please return the transponder to the Timing Tent at the finish line. Any transponders that are not returned will result in a \$50 replacement fee charged to the participant. If for whatever reason you pick up your race pack the day before the event, and then are unable to make to the event, please return your transponder in the post to Triathlon NZ PO Box 128-509, Remuera with your name. Thank you in advance.

Teams, you will have one timing transponder per team and this transponder must be passed to the next team member (as in a relay) in transition. No transponder means no time recorded.

**PARKING**

Participants and supporters should park in the surrounding streets, but not on the course

**PRIZE-GIVING**

Prize giving will be held near the finish area at 10.00am or after the final participant crosses the finish line. Make sure you are present to go in the draw to win spot prizes from Contact Energy, 2XU, Banana Boat, Vitasport, More FM, Choice Hotels, Adidas Eyewear, Saucony and Good Health NZ Magazine and to win a 1 in 10 chance to win a Suzuki Splash. You must be present to receive a spot prize.

**TRANSITION**

This is the area you go between each leg of the event to collect your bike, helmet, running shoes etc. Bike racks are not numbered **but each spot will be marked with a dot**, so choose whichever spot suits you. Be mindful of your other participants, keep your area tidy and make sure none of your gear ends up in the rows between racks.

Transition will close at 7.40am, after this time only the marshals are allowed in transition. Please advise your supporters that they will not be allowed in transition. Collection of gear cannot be made until the last participant has left transition onto the run. An announcement will be made at this time when only participants can collect their gear. If you require warm clothing after you finish, please ensure this is outside of transition.

Please do not request to enter transition before the announcement to do so, as the answer will be no (with a smile of course).

**BIKES AND HELMETS**

It is your responsibility to ensure your equipment is in safe working condition. Make sure that your helmet is on and done up before you take your bike off the bike rack, and don't take it off again until your bike is back on its rack. For safety reasons, please don't ride your bike through transition, please wait until you get to the mount/dismount line (a marshal will be able to tell you where that is).

**THE BASICS**

All participants are required to attend the safety briefing at 7.30am. As a participant, you are expected to know the course, the entries and exits to transition, and any changes that will be briefed to you. There are large course maps

displayed at the race venue. You must stay on the course, and should you leave it, please re-enter at the point where you left it.

Please be respectful of all the marshals working at the event. They are volunteers and are here to help ensure you have a safe and fun event. Communication with them is to be polite at all times. Use of foul language is unsportsmanlike and is grounds for immediate disqualification/removal from the event.

### **THERE ARE NO ROAD CLOSURES IN THIS EVENT!**

Please obey all normal road rules. Ensure you keep as far to the left as possible during the cycle leg. Crossing of the centre line will result in instant disqualification.

All TriWoman events are non-drafting. Drafting refers to following the bike in front of you so that you are in their slipstream. This means you do less work! We ask that no one drafts in a race, even if you are a seasoned triathlete, expert in catching a free ride. The danger of a novice rider following too closely can lead to dangerous consequences. So we ask that you follow the person in front of you with enough room so that you could stop without hitting them if you had to (e.g. about two bicycle lengths).

If at any stage you withdraw from the race please advise Event Staff of your race number and that you are withdrawing from the event or else we will be looking for you for hours!

**This event is an individual event. No outside support is allowed**, except from event team or medical support. **There is a singular exception to the rule.** In an act of sportsmanship a participant may assist another **particularly for medical reasons.**

When you have finished the event please don't go back out on to the course. Once you have crossed the finish line you assume the mantle of spectator or a supporter.

Both for safety and to avoid bringing the event into disrepute, **deliberate discarding of bottles, food wrappers, etc. is prohibited.**

St Johns will be in attendance. Should a participant be advised to withdraw from the event by St Johns then they must do so.

Due to adverse weather or other factors beyond our control, the course/event may need to be altered, please follow the instructions of event officials in this instance.

**Remember** as a participant in this event you are responsible for your own safety and equipment. Please obey all traffic rules.

Please undertake everything you do within the race to your own capabilities and swim, bike and run in a responsible and fair manner.

### **Course Description**

#### **Swim –Ocean**

This is a waist deep water start. 300m parallel with shore. See [www.tri.co.nz](http://www.tri.co.nz) for a visual description

**Important:** If in trouble in the water, raise your hand. A water based support person will get to you as quickly as they can. DO NOT CLIMB ABOARD, unless you want to withdraw from the race. Simply use the boat for floatation. .

**HAZARDS:** On exiting the swim please follow directions from the marshals and arrows to transition. Under foot may be uneven so please watch your footing.

#### **Duathlon Run #1**

**1.5k.** Start at the corner of transition and head out along the edge of the park alongside Seabreeze Rd until the turn around point. Turn back the way you came and into transition. See [www.tri.co.nz](http://www.tri.co.nz) for a visual description

#### **HAZARDS:**

The field maybe uneven underfoot so please take care. Ensure that you stay on the marked path at all times which will be marked with arrows. Parts of the run course may have two-way run traffic, please keep to your left unless otherwise instructed in the race briefing.

## T1 (first transition)

From the swim exit or end of the run (duathlon) make your way to the transition entry. Once in the transition, find your bike, put on your helmet and fasten it (the strap must be done up tightly under your chin for the entire time that you are on your bike), then put on anything else you require, take a sip of drink and wheel your bike out of transition. Do not start cycling until you get to the mount line.

### Cycle

**9k, 2 laps** (standard distance) **or 19k, 4 laps** (longer distance). Head out of transition and go right along Wairoa Rd, turn left into Albert Rd, turn right into Vauxhall Rd, left into Church St and left into King Edward Parade. Veer left into Cheltenham Rd, left into Tainui Rd, right into Vauxhall Rd and left into Wairoa Rd and either into transition or continue on Wairoa to complete another lap. See [www.tri.co.nz](http://www.tri.co.nz) for a visual description

Please remember to be aware of your safety at all times, cars could be backing out of their drive way, pedestrians crossing the road without looking, etc. Be mindful of your surroundings and remember the road is open to normal traffic at all times. A Traffic Management Company is contracted to manage the traffic within and around the course to assist you safety around the course.

Please keep to the left at all times unless you are passing another participant. If you are passing another participant say 'on your right' or ring your bell if you have one (that is very French!).

**THERE ARE NO ROAD CLOSURES FOR THIS EVENT** therefore you will be sharing the road with other users and normal road rules apply. **ALL roads are open to ALL traffic. It is very important that participants keep vigilant throughout the entire event, cycle safely, and abide with all New Zealand Road rules.**

## T2 (second transition)

Dismount your bike at the dismount line and wheel your bike back into transition. Find your spot and rack your bike (don't forget to take off your helmet!). Take a sip of drink and make your way to the transition exit to start your run/walk.

### Run/Walk

**3k, 2 laps** (standard distance) **or 6k, 4 laps** (longer distance). Head out of transition and along Seabreeze Rd, turn right on the pathway leading up to Achilles Rd. Turn right onto Achilles Rd and right onto Old Lake Rd. Follow Old Lake Rd as it leads back into Seabreeze Rd. Veer left to reach the finish line or continue to complete another lap. See [www.tri.co.nz](http://www.tri.co.nz) for a visual description

Please watch out for other members of the public, fellow competitors, cars backing out of driveways. If it is a hot day make sure to use the water at the drink station located on the run course and at the finish line. You must wear shoes.

Please keep to the left at all times unless otherwise instructed or you are passing another participant. If you are passing another participant say 'on your right'.

**HAZARDS:** The path maybe uneven at point so please watch your footing. Ensure that you stay on the marked path at all times. The path will be marked with arrows. Road rules apply, please be aware of vehicles entering or exiting driveways and at Intersections.

### RACE RULES

We try not to have too many rules in the Contact TriWoman Series but the rules we do have are important for your own safety.

The key rules are:

- You must behave in a sportsmanlike way and respect other participants and marshals
- You must follow the prescribed course
- You must obey the road rules, especially no crossing of the centre line
- Ipods/Earphones or similar such devices are **NOT permitted** at any time on the course. No exceptions.

**MOST IMPORTANTLY, HAVE A GREAT DAY AND ENJOY THE EVENT!**

For other Contact TriWoman events please go to [www.tri.co.nz](http://www.tri.co.nz)