

**CONTACT TRI SERIES CHRISTCHURCH  
SUNDAY 15 JANUARY 2012**



**IMPORTANT TIMES**

7:30	Transition Opens for all Participants
8:15	Transition Closed for 3:9:3 Men/Men's Teams
8:20	Contact 3:9:3 Men/Men's Teams Safety Briefing at Swim Start
8:30	Transition Closed for all Participants
<b>8:30</b>	<b>Contact 3:9:3 Men &amp; Men's Teams Start</b>
9:00	Transition re-opens for Trophy participants to rack their bikes
9:00	Contact 3:9:3 Women/Women's/Mixed Teams Safety Briefing at Swim Start
<b>9:10</b>	<b>Contact 3:9:3 Women &amp; Women's/Mixed Teams Start</b>
9:45	Transition Closed for Trophy participants
9:50	Contact Trophy Men & Men's Teams Safety Briefing at Swim Start
<b>10:00</b>	<b>Contact Trophy Men &amp; Men's Teams Start</b>
10:25	Contact Trophy Safety Women/Women's/Mixed Teams Briefing at Swim Start
<b>10:35</b>	<b>Contact Trophy Women &amp; Women's/Mixed Teams Start</b>
11:00	Course familiarization for 1:2:1 (meet at finish line)
11:40	Transition opens for 1:2:1 participants
11:55	Contact 1:2:1 Briefing at Swim Start
<b>12:15</b>	<b>Contact 1:2:1 Boys Start</b>
<b>12:25</b>	<b>Contact 1:2:1 Girls Start</b>
13:00	Prize-giving at Finish Line (or when the last participant finishes)

**REGISTRATION**

Race registration is at Jellie Park Recreation Centre, 295 Ilam Rd Burnside, on Saturday 14 January between 3pm and 5pm. At this time you will be given your race pack which will include your timing chip and your race numbers. Trophy participants (individuals only) who have not yet received a tee shirt during the Series will be given one as well.

**RACE NUMBERS**

You have been provided with three race numbers; one to wear on your front; one to place on the seat post of your bike and one to place on the front of your helmet. Do not alter these in any way. On the back of the race number there is a template for you to complete which includes an area for you to state any medical conditions you may have.

**SWIM CAP**

You must start the event with the correct coloured swim cap which is provided at registration.

**TIMING**

You must wear the transponder at all times during the race. If you don't race or fail to complete the course you must 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 athlete. Transponders are non-transferable.



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.

Contact 1:2:1 participants will receive timing transponders and will get a finish time but not splits.

**BIKE/HELMET CHECKS**

It is your responsibility to ensure that your equipment is in safe working condition. Random checks will be made as you enter your equipment into transition. Please ensure you have your bike helmet on with the strap secure so this can be checked. Your bike rack will be numbered; please don't rack your bike in any other allocated area.

**FOOD/DRINK**

The Coffee Guy will be at the event meeting all of your coffee needs. A Food van will also be present. Please support these local businesses.

**PARKING**

As you near the lake you will be directed to turn left to detour towards the car park. Please follow the signs and when leaving head out the same way in which you arrived. Please fill the car park before choosing to park on the streets. You are then able to cross easily to the transition area by using the swing bridges, though please take care if you are arriving after the start of the first race as there will be runners on the course. Please do not park on the cycle course.

### **PRIZE-GIVING**

Prize giving will be held at the finish line area at approximately 12:40pm or after the last participant has finished if this occurs later than 12:40pm. Performance prizes will be paid to the first three placing in both the male and female categories of the Contact Trophy Event. Presentations will also be awarded to the first three placing in the 3:9:3 and 1:2:1 events.

If you are present at the prize-giving you will go in the draw to win spot prizes from ASICS, 2XU, Multisport Magazine, Contact Energy, Banana Boat, Choice Hotels, Vitasport and to win a 1 in 8 chance to win a Suzuki Swift. You must be present to receive a spot prize.

### **TRANSITION**

Transition will close at 8:15am for 3:9:3 Men/Men's Teams participants and 8:30am for all other participants. 3:9:3 Women and Women's/Mixed Teams must rack their bike by 8:30am. After this time only officials are allowed in transition. Transition will open at 9:00am for Trophy Participants and close again at 9:45am. If you have not racked your bike prior to 8:30am you must rack your bike during these times.

1:2:1 participants will rack their bike after the course familiarization.

Please advise your supporters that they will not be allowed in transition. NO bags/boxes etc are to be left in transition. Technical Officials may remove from transition any boxes or bags that are deemed to be causing a hazard or obstruction to other competitors. Collection of gear cannot be made until the last participant has left transition and is onto the run in each event. 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, the answer will be NO.

### **THE BASICS**

All participants are required to attend their race briefing (see the table on page 1). As an athlete, 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, re-enter at the point where you left it. Failure to do so is grounds for disqualification.

The technical officials are all trained by Tri NZ. Communication with them is to be polite at all times. Use of foul language is unsportsmanlike and is grounds for immediate disqualification.

### **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. Where there are coned lanes you must cycle inside the coned lane.

This is a non-drafting event. The course will be policed and a time penalty will be imposed.

If at any stage you withdraw from the race please advise Race Officials of your race number and that you are withdrawing from the event.

**This event is an individual event. No outside support is allowed**, except for Tri NZ management, technical, mechanical, 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, squeezes etc is prohibited and will be penalised if observed by a technical official.**

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

**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

Contact 1:2:1	This is a waist deep water start, 100m parallel with shore. Note that the lake does drop off quickly so there is a chance that you could find yourself in water deeper than your waist.
Contact 3:9:3	This is a waist deep water start. Participants swim parallel to the shore in waist deep water for 300m. Note that the lake does drop off quickly so there is a chance that you could find yourself in water deeper than your waist.
Contact Trophy	This is a beach start. Participants swim 1 lap in an anti-clockwise direction to a yellow buoy and around the island course and under the two bridges. The swim is 750m.

Wet suits are allowed, but based on the water temperature may or may not be compulsory. 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. Do not draft behind the kayaks, there are Technical Officials out on the water, and they will be keeping an eye on all swimmers to ensure the rules are enforced. Ensure you round all the buoys appropriately, and be sportsmanlike in your swimming.

Tri NZ rules cover the use of wetsuits depending on the temperature of the water. These rules are in place for safety reasons, particularly for events with longer swim sections where people will be in the water for a longer time. Unless the water is extremely cold the use of wetsuits in the 3-9-3 event will be optional. The final ruling on this will be confirmed 1 prior to the start of each race. If the water temperature is such that wetsuits need to be worn competitors without wetsuits will be given the option of a shortened swim or not swimming at all but will still be able to complete the other sections of the event.



Teams will tag (and exchange the transponder) in transition.

### Cycle

Contact 1:2:1	1 lap, 2.5km. Exit transition and make your way to the path that circumnavigates the lake. Follow the track around the lake in an anti-clockwise direction, coming over the swing bridge then flat bridge and back to transition. You will be taken off the track and onto the grass at one point so it is important that your bike can be used off road i.e. no road bikes allowed.
Contact 3:9:3	2 laps, 10km. Mount your bike at the mount line as directed by the technical officials. Head straight along The Esplanade, right into Te Kohanga Dr, left into Tahuna St (behind café/store), Left into Pegasus Main St, right into Hakatere Rd, Right into Blackadder Rd, right into Tutaipatu Ave, Left into Pegasus Main St, right at roundabout by store/café into Te Kohanga Dr, left into The Esplanade and continue for your second lap or dismount at the dismount line on completion of your second lap.
Contact Trophy	4 laps, 20km. Mount your bike at the mount line as directed by the technical officials. Head straight along The Esplanade, right into Te Kohanga Dr, left into Tahuna St (behind café/store), Left into Pegasus Main St, right into Hakatere Rd, Right into Blackadder Rd, right into Tutaipatu Ave, Left into Pegasus Main St, right at roundabout by store/café into Te Kohanga Dr, left into The Esplanade and continue for your next lap or dismount at the dismount line on completion of your fourth lap.

**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 through out the entire event, cycle safely, and abide with all New Zealand Road rules.**

**This is a non-drafting event. Avoid drafting at all times. Be aware of the cyclists around you and their activities at all times.** The drafting rule - the distance is 7 metres from front edge of the front wheel of your bike to the front wheel or the rider in front of you, and is 3 metres wide. As an aid, 7m is the distance between the end of a broken white centre of road line and the start of the next centre white line, i.e. the gap between the lines. If you ride 6.9 or 7.1 meters behind another rider, you are tempting fate. Only enter the other participant draft zone in front of you for 15 seconds whilst you overtake. If the manoeuvre fails, drop back outside the zone. Once a cyclist's front wheel edge has overtaken another's, it is the responsibility of the cyclist behind to ensure

that they drop back from the draft zone within 15 seconds. The penalty for drafting is a 1 minute stand-down for a sprint distance with disqualification for the second offence.

You must push your bike both in and out of transition. You will be told by the technical officials when you can begin riding. When you return to transition you must dismount before entering transition. Your helmet must be fastened before you remove your bike from the rack AND remain fastened until you rack the bike at the end of your ride.

**Cycle Hazards:** Please be aware of the following hazards in the cycle  
Motor vehicles sharing the road, especially vehicles exiting/entering side streets  
This course is tight in parts please ensure that you take the corners at a speed appropriate to your skill level.

## Run

### Course Description

Contact 1:2:1	1km, 1 lap. Exit transition onto The Esplanade, run down the wrong side of the road to the Choice Hotels Flag where you will be directed right down a path towards the lake. Turn right onto the path that circumnavigates the lake and make your way to the finish line.
Contact 3:9:3	2.5km, 1 lap. Exit transition and make your way to the path that circumnavigates the lake. Follow the track around the lake in an anti-clockwise direction, coming over the swing bridge and flat bridge and back towards transition to the finish line.
Contact Sprint	5km, 2 laps. Exit transition and make your way to the path that circumnavigates the lake. Follow the track around the lake in an anti-clockwise direction, coming over the swing bridge and flat bridge and back to transition. Continue for your second lap or veer right to the finish line when you have completed your second lap.

**Run Hazards:** Please be aware of the following hazards in the run:  
If it is a hot day make sure to use the water at the drink station located near transition (also available to lapping runners).  
Please keep left at all times to allow runners to pass on the right.  
The path is the course; if you leave the path at any time you may be penalized by the technical officials i.e. you cannot cut corners by running on the grass.

## RACE RULES

This Event is controlled by Tri NZ rules which can be found [here](#). It is deemed that you have read and understood the rules as per the terms and conditions of entry. Key technical people for the event are:

Race Referee: Cathi Davey

Technical officials will be wearing Tri NZ Fluro jackets. Technical Officials are the only people that can penalise you. Obey the instructions of Technical Officials AT ALL TIMES. Failure to obey their instructions will result in Disqualification.

### The Key Rules are:

You must behave in a sportsmanlike way and respect other participants and officials.

You must follow the prescribed course

You must obey the road rules, especially no crossing of the centre line

This is a non-drafting race

No bare torsos. Your torso is between your waist and your neckline. And must be predominantly covered (a small gap in a 2 piece suit is ok).

Ipods/Earphones or similar such devices are **NOT permitted** at any time on the course. No exceptions.

The application of the Tri NZ Competition Rules shall commence from the commencement of pre-race registration or the opening of the transition area (whichever is the earlier) until the completion of prize giving and formalities.

**HAVE A GREAT DAY AND ENJOY THE EVENT!**  
For other Contact Tri Events please visit [www.triseries.co.nz](http://www.triseries.co.nz)