

**CONTACT TRI SERIES WANAKA**  
Friday 20 January 2012

**IMPORTANT TIMES**

|             |                                                                                    |
|-------------|------------------------------------------------------------------------------------|
| <b>1.00</b> | Contact 1:2:1 Course Familiarization (meet at swim exit)                           |
| <b>1.30</b> | Transition Opens for 3:9:3 Participants                                            |
| <b>2:10</b> | Contact 1:2:1 Safety Briefing at Swim Start                                        |
| <b>2:15</b> | <b>Contact 1:2:1 Start</b>                                                         |
| <b>2.25</b> | Contact 3:9:3 Safety Briefing at Swim Start                                        |
| <b>2.40</b> | <b>Contact 3:9:3 Men Start</b>                                                     |
| <b>2:41</b> | <b>Contact 3:9:3 Women and Teams Start</b>                                         |
| <b>2.50</b> | Transition opens for Trophy Women and Women/Mixed Teams                            |
| <b>3.25</b> | Contact Trophy Safety Briefing for Women and Women/Mixed Teams at Swim Start       |
| <b>3.40</b> | <b>Contact Trophy Women and Women/Mixed Teams Start</b>                            |
| <b>4.00</b> | Transition opens for Trophy Male and Men's Teams Participants                      |
| <b>5.05</b> | Contact Trophy Safety Briefing for Male and Men's Teams Participants at Swim Start |
| <b>5.20</b> | <b>Contact Trophy Men and Men's Teams Start</b>                                    |
| <b>6.00</b> | Transition opens for Contact Cup (Elite/U23/U19) Women                             |
| <b>6.45</b> | Contact Cup Elite/U23/U19 Woman Safety Briefing at Swim Start                      |
| <b>7.00</b> | <b>Contact Cup Elite/U23/U19 Women Start</b>                                       |
| <b>7.12</b> | Transition opens for Contact Cup Elite/U23/U19 Men                                 |
| <b>7.55</b> | Contact Cup Elite/U23/U19 Men Safety Briefing at Swim Start                        |
| <b>8.10</b> | <b>Contact Cup Elite/U23/U19 Men Start</b>                                         |
| <b>9.45</b> | Prize-giving at the Finish area (or when the last participant finishes)            |

**REGISTRATION**

Race registration is in the Challenge Wanaka Marque on Friday 20 January between 12:00pm and 2:00pm (look for the Contact signage). At this time you will be given your race pack which will include your timing chip and your race numbers. Cup and Trophy participants (individuals) who have not yet received a tee shirt during the Series will be given one as well. As part of your race pack this year Contact Energy is giving every person a Contact Tri Series branded 2XU running cap!

**RACE NUMBERS**

You have been provided with three race numbers; one to wear on your front (or racebelt if you have one); 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.

**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.

**PARKING**

Participants and spectators are to park in the parking area on the Wanaka Reserve on McDougall Street. The reserve is located on the left hand side as you come down McDougall Street towards the lake (note McDougall St is closed except for entry/exit to this carpark so please drive carefully).

**DIDYMO**

There is Didymo in Lake Wanaka, it is not present in North Island lakes or other South Island Waterways so either wash your wetsuit with weak dish washing liquid or dry you wetsuit for at least 48 hours before using it again in another water way. Thank-you.

## **PRIZE-GIVING**

Prize giving will be held at the Finish Area or if wet the Challenge Wanaka Marque at 9:45pm or after the last participant has finished. Performance prizes will be paid to the first three placing in both the male and female categories of the Contact Cup. Presentations will also be awarded to the first three placing in the Trophy, 3:9:3 and 1:2:1 events.

Make sure you are present at the prize-giving to go in the draw to win spot prizes from ASICS, Adidas Eyewear, 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**

The transition area opens for 3:9:3 participants at 1:30pm. For all other participants' transition will open approximately 60 minutes before the race start. There will be two racking areas operating, please ensure that you put your bike in the correct area as instructed at the time. Please note that the transition will be closed during the swim.

Please remove your gear from transition as soon as possible after your race so the area is available for later races. If property is not removed after a race, transition marshals may move this gear out of transition. Marshals will not be held responsible for any loss or damage.

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. Only participants can collect their gear.

## **THE BASICS**

All participants are required to attend the race briefing at the swim start prior to your race (see times noted 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 registration as well as on [www.triseries.co.nz](http://www.triseries.co.nz). 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 and they are volunteers. 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 practical during the cycle leg to avoid blocking the progress of other competitors. At times you will be instructed to ride on the opposite side of the road, these sections of road are closed to normal traffic but please treat all sections of the course as OPEN to traffic as resident or event vehicles may be required to move around the course

This is a **draft legal** event for **all events**.

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, 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**.

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. Participants swim parallel to the shore in waist deep water for 100m.                             |
| Contact 3:9:3             | This is a waist deep water start. Participants swim parallel to the shore in waist deep water for 300m.                             |
| Contact Trophy            | This is a beach start. Participants swim one lap in a clockwise direction around the course. The swim is 750m ( 250m x 250m x 250m) |
| Contact Cup Elite/U23/U19 | This is a beach start. Participants swim one lap in a clockwise direction around the course. The swim is 750m ( 250m x 250m x 250m) |

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 1:2:1 and 3:9:3 event will be optional. The final ruling on this will be confirmed at registration once we have been able to confirm the water temperature. 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. 2.5km bike circuit around reserve and through town. See detailed cycle description below. |
| Contact 3:9:3             | 4 laps, 10km. 2.5km bike circuit around reserve and through town. See detailed cycle description below. |
| Contact Trophy            | 8 laps, 20km. 2.5km bike circuit around reserve and through town. See detailed cycle description below. |
| Contact Cup Elite/U23/U19 | 8 laps, 20km. 2.5km bike circuit around Reserve and through town. See detailed cycle description below. |

### Detailed Cycle Description

The course starts by turning right out of transition, mount your bike, then head up the right hand side of Ardmore St (lake side of road) to the hair pin turn, you come back towards Wanaka township on the wrong side of the road, then turn right in to McDougall St, left into Brownston St, left into Dungarvon St, once you ride past the carpark (on your left) you will be moved to the right hand side of the road, then you will turn a hard right and ride up towards the next hair pin turn (passing the finish line which is on your right hand side) around the Suzuki after this turn you head back towards transition and either complete another lap or dismount before you rack your bike.

***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.***

**All events are draft-legal. Cycles used must comply with TriNZ rules for draft legal races (8.1b).**

**The Contact Cup/Elite Event** Competitors who have not started the cycle leg before the lead cyclist completes their first lap will not be permitted to continue the race. Competitors who are lapped during the cycle leg must not draft off cyclists who are on a different lap. Lapped competitors may be withdrawn from the event at the discretion of the Race Referee. Note this rule only applies to the Contact Cup event.

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.

**Bike Hazards:** Please be aware of the following hazards in the cycle

Please cycle with care at all times on this course, you will be riding on all parts of the roadway and will be asked (moved by cones) to go from the left side to the right side of the road or vice versa, you will be required to do 2 hair pin turns per lap both are fairly tight.

Please be very aware of the town end of the course, there will be a lot of people around and only a few crossing points for them to get across the road. These will be marshaled and people will be allowed to cross between riders coming.

### **IMPORTANT INFO**

For any slow riders, please be aware that if a runner is finishing they cross over the cycle course and you will be stopped so the runner can pass, this will happen on Dungarvon St just prior to the right turn into Ardmore St. You will be held for only a few seconds until the runner is clear. (Note, if we take the 2011 results only 2 people would have had a the possibly to be stopped, so this again is unlikely but may happen).

### **Run**

|                              |                                                                                                          |
|------------------------------|----------------------------------------------------------------------------------------------------------|
| Contact 1:2:1                | .75 lap of run course, 1.2km, through town and around the Reserve. See detailed run description below.   |
| Contact 3:9:3                | 1.75 laps of run course, 3.3km, through town and around the Reserve. See detailed run description below. |
| Contact Trophy               | 2.75 laps of run course, 5km, through town and around the Reserve. See detailed run description below.   |
| Contact Cup<br>Elite/U23/U19 | 2.75 laps of run course, 5km, through Town and around the Reserve. See detailed run description below.   |

### **Detailed Run Description**

When you leave transition you have a 175m run to the bridge and over it, then you turn a hard right, through the fence and start running along the fence line away from town, around the park (follow the arrows and tape). At the end of McDougall St you will turn left onto Brownston Rd. There will be a coned lane to allow you to run on the road along Brownston Rd. On Brownston Rd you will turn left just before the carpark, head towards the Challenge Marquee, right past the public toilets (caution here), left onto the footpath (caution here as cyclists are on your right) step down into the carpark spaces, turn right onto Ardmore St, run 25m then do a left hand hair pin and run back towards the Challenge Wanaka Finish line, just before this will be the aid station, take a drink and then run under the Challenge gantry, towards the bridge, then start your next lap.

To finish, after you turn right onto Ardmore St, instead of doing the hairpin left and heading back towards the bridge you will run straight for another 30m, then veer right to the finish line (note you are crossing the cycle course so be careful, marshals will be stopping any cyclists so the runners will have right of way).

### **Finish Line:**

Contact 1:2:1 competitors: on your first lap when exiting Dungarvon St turn right and enter the finish chute to finish under the red Contact Energy gantry. Note the finish line is not the same as that used for Challenge Wanaka.

Contact 3:9:3 competitors: on your 1<sup>st</sup> lap continue left along Ardmore St towards the transition area to complete the first lap. On your 2<sup>nd</sup> (final) lap, when exiting Dungarvon St turn right and enter the finish chute to finish under the red Contact Energy gantry. Note the finish line is not the same as that used for Challenge Wanaka.

Contact Trophy and Contact Cup competitors: On your 1<sup>st</sup> and 2<sup>nd</sup> laps, continue along Ardmore St towards the transition area. On your final (3rd) lap, when exiting Dungarvon St turn right and enter the finish chute to finish under the red Contact Energy gantry. Note the finish line is not the same as that used for Challenge Wanaka.

### **Please be aware of the following hazards in the run:**

There will be cyclists on the road during your run, please stay in the run area, the course will be coned, taped off etc but you will be in close contact with the general public and cyclists at times so please be very aware that this is a tight course with a lot of action points. Watch where you are going and what you are running over at all times.

The run course is going to be taped off through town and will be well marshaled however please be aware that there will be a lot of people around town who may choose to ignore marshals and cross the road.

## RACE RULES

This Event is controlled by Tri NZ rules which can be found on the Triathlon NZ website. 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: Penny Skaife

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 and Marshals 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

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.

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