

IMPORTANT TIMES

Saturday 4 February	
All Events except Contact Cup (Oceania Sprint Distance Championships)	
4:00pm	Registration Opens at the Contact Marque next to transition (Includes wetsuit dip and racking of bikes)
7:00pm	Registration Closes
Contact Cup - Oceania Sprint Distance Championships*	
4:00pm	Uniform Check and Race Registration at the Great Lakes Centre in Taupo
5:00pm	Registration Closes
5:00pm	Race Briefing at the Great Lakes Centre Taupo (compulsory attendance is required)
Sunday 5 February	
6:00am	Transition Opens
6:35am	Erin Baker Safety Briefing at Swim Start
6:50am	Erin Baker Men Start
6:55am	Erin Baker Women & Teams Start
9:25am	Contact Trophy Athlete Briefing at Swim Start
10:00am	Contact Trophy Men Wave 13-34 Age-Groups Start
10:02am	Contact Trophy Men Wave 35-49 Age-Groups Start
10:04am	Contact Trophy Men Wave 50+ Age-Groups Start
10:06am	Contact Trophy Women Wave 13-39 Age-Groups Start
10:07am	Contact Trophy Women Wave 40+ Age-Groups Start
11:15am	Contact 3:9:3 Safety Briefing at Swim Start
11:20am	Contact 3:9:3 Men Start
11:22am	Contact 3:9:3 Women & Teams Start
11:45am	Note Change: Erin Baker Prize-giving at Western End of Transition
12:45pm	Contact Cup Women Start
2:00pm	Contact Cup Men Start
3:25pm	Contact 1:2:1 Briefing at Swim Start
3:30pm	Contact 1:2:1 Boys Start
3:40pm	Contact 1:2:1 Girls Start
4:00pm	Prize-giving at Finish Gantry (or when the last participant finishes)

* Note that information specific to the Contact Cup/ITU Points Race will appear in the shaded boxes

REGISTRATION/DIDYMO PREVENTION AND BIKE RACKING

Race Registration is within the Contact Energy marquee beside transition and will be open from 4:00pm – 7:00pm on Saturday 4 February. All Erin Baker, Contact Trophy and Contact 3:9:3 bikes **must** be racked the day before the event between 4pm-7pm. There are no exceptions to this rule. The reason for this rule is that we have to rack over 700 bikes in transition and cannot have this occurring during events. Transition will close at 6:45am. After this time participants are allowed in the transition during the published open times.

Body Marking for Trophy Participants will be done on entry to transition on Saturday as you rack your bike.

If you are using a wetsuit in the swim your first stop on Saturday will be with Dave Cade and the guys from DOC. As Kinloch is a lake swim you are required to get your wetsuit dipped to help keep NZ Lakes and Waterways clean of aquatic pests! After getting your suit dipped you can then register with the Event Team.

1:2:1 Participants your bikes will be racked 20 minutes before the start of your race at the corner of Keitha Place and Marina Tce. We use the grass and fence areas to rack your bikes.

Registration and Uniform Check for the Contact Cup ITU Points Race is from 4pm – 5pm on Saturday 4 February at the [Great Lakes Centre in Taupo](#).

All Race Suits must comply with the ITU Uniform Rules. You can find this information on the ITU website

As Kinloch is a Lake swim you are required to get your wetsuit dipped to help keep NZ Lakes and Waterways clean of aquatic pests. Currently Lake Taupo does not have Didymo and we want it to remain this way. A member of the Department of Conservation will be present at the Elite Uniform Check and Race Registration, please bring your wetsuit along to have this cleaned by their volunteers.

RACE NUMBERS

You have been provided with three race numbers; one to wear on your front, one for your seat post and one to place on the front of your helmet. Do not alter these in any way. If you have any medical conditions please write medical details on the back of your race number.

As per the ITU rules participants in the Oceania Sprint Distance Championships race are NOT required to wear a race number on the run or cycle but are required to wear the helmet and seat post stickers provided. You must wear an ITU certified race suit.

SWIM PRACTICE

In the lead up to the event please do not swim in the ski lane area. From 8am Saturday 4 February a Tri NZ buoy will be placed in the safe swim zone to give you something to swim to. DO NOT swim past this buoy. Prior to Saturday 4 February it is advised that you do not swim in this area, boats travel in and out at high speeds.

Please ensure that you wear a fluorescent cap when swim training to ensure that you are identifiable to other lake users. This is for your own safety.

SWIM CAP

You must start the event with the correct coloured swim cap which is provided at registration. The swim cap provided must be worn on the outside of any other swim cap worn.

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. The transition for 1:2:1 participants is at the corner of Marina Tce and Keitha Place.

BIKE/HELMET CHECKS

It is your responsibility to ensure that your equipment is in safe working condition. Rule 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

Event parking will be at the Kinloch Domain only (see course map). Please follow signs and the instructions of the parking marshals. **IMPT:** Please note that during the Contact Cup Events (12:45pm and 2:00pm) there is complete road closure, we ask that you do not try and exit or enter the car park during this time.

PRIZE-GIVING

Prize giving will be held at the finish gantry at 4:00pm or after the last participant has finished. Please note that this may be earlier or later than 4:00pm. Performance prizes will be in accordance with ITU Rules to the Oceania Sprint Distance Championships Event. Presentations will also be awarded to the first three placing in the Trophy, 3:9:3, and 1:2:1 Events. National Championship medals will be awarded to 1st, 2nd and 3rd in each triathlon age-group as well as U23 and Elite for both male and female. Note that the U19 Sprint Nationals will be contested in Devonport, Australia for 2012.

Make sure to be at prize-giving for your chance to win spot prizes from ASICS, 2XU, Adidas Eyewear, 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.

SPORTS MASSAGE

A qualified Massage Therapist will be offering post-race massages located near the finish line on the day of the event from 10:00am – 4:00pm. The cost of a massage is \$1 per minute and the normal amount of time is 10 minutes. Cash only accepted.

FOOD/DRINK

Each participant will receive a food voucher redeemable at the Contact Energy tent – thanks Contact! Please claim this after your event. Food will also be available for spectators to purchase and there will be two coffee karts at the event.

TRANSITION

There will be periods of time when transition will be open for participants to place food in transition/check bikes/retrieve bikes etc. These times will be displayed at transition on event day however will be approximate as they are subject to the finishing times of participants.

Contact Cup athletes can rack their bikes from approximately 11:45am – 12:30pm. Please be mindful of participants on the run course when bringing bikes across from the carpark.

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. 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. Thank-you for your understanding.

THE BASICS

All participants are required to attend the race briefing. Briefings will be held at the **swim start**. As an athlete, you are expected to know the course, the rules, the entries and exits to transition, and any changes that will be briefed to you. **You should never rely on a volunteer marshal to direct you on the course, this is your responsibility.** 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.

This is a non-drafting event (except for the Contact Cup/Oceania Sprint Distance Championships and 1:2:1 of course!). 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, 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 or an Official 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.

Please note that as per Triathlon New Zealand rules the following cut off times may be imposed by the technical and event team:

Sprint: Swim 30 mins/Cycle 1 hr 30 mins after race start, Overall 2 hrs 15 mins.

Olympic: Swim 1 hour/Cycle 2 hr 30 mins after race start, Overall 3 hrs 45 mins

COURSE DESCRIPTION

Swim

Contact 1:2:1	100m. This is a waist deep water start, 100m parallel with the shore.
Contact 3:9:3	300m. This is a waist deep water start. 300m parallel with the shore.
Contact Trophy	750m (1 lap). This is a beach start (clockwise triangular course)
Erin Baker	1,500m (2 laps). This is a beach start (clockwise triangular course)
Contact Cup	750m (1 lap). This is a beach start (clockwise triangular course)

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 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 team tag area alongside transition.

Cycle

Contact 1:2:1	2 lap course, 2km. Participants head along Keitha Place, left onto Pearce Place (turn at end), left onto Keith Place and back down to start (x2). See course map at race headquarters and transition.
Contact 3:9:3	2 laps, 9.5km. Undulating course around the streets of Kinloch. See course map at transition
Contact Trophy	1 lap, 20k. See course map at transition or online at www.triseries.co.nz
Erin Baker	2 laps, 40km. See course map at transition or online at www.triseries.co.nz
Contact Cup	5 laps, 20km. Circuit around the streets of Kinloch. See course map at transition or online at www.triseries.co.nz

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.**

IMPT INFO FOR CONTACT CUP ONLY The bike course is closed to normal traffic HOWEVER please consider the road to be open at all times as there will still be vehicles on the course. Please also be aware pedestrians will be using the road to cross so please treat the road as open at all times.

Erin Baker, Contact 3:9:3 and Trophy Participants

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 of 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 as per Tri NZ Rules.

The Contact Cup Event is a draft-legal race. Competitors who have not started the cycle leg before the lead cyclist completes their first lap will not be permitted to continue the race. Lapped competitors will be withdrawn from the event. Cycles used in the Contact Cup event must comply with ITU Competition Rules.

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

Be aware of residents pulling out of driveways. All residents have been notified by way of a letter drop however please take care and pay attention.

Be aware of other road users at all times, you will cross some very busy roads with the assistance of traffic management, please pay attention to these people and their instructions.

Run

Contact 1:2:1	1 lap along Marina Tce, Maia Place, over the bridge and along Kinloch Esplanade. Finishing up the Contact Tri Series finish shoot.
Contact 3:9:3	1 lap, 2.5 km, of the Contact Trophy Course. See course map at transition or online at www.triseries.co.nz
Contact Trophy	2 Laps, 5km. See course map at transition or online at www.triseries.co.nz
Erin Baker	4 Laps, 10km. See course map at transition or online at www.triseries.co.nz
Contact Cup	2 Laps, 5km. See course map at transition or online at www.triseries.co.nz

Please be aware of the following hazards in the run:

If it is a hot day make sure to use the water at the two drink stations located; as you leave transition (accessible on laps); and on other side of the marina (at approximately 1km into the 2.5km loop)

Please take care going up and over the bridge, the bridge is quite steep and despite marshals being present at both ends of the bridge the general public have access to this bridge during the event

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:

Technical Delegate: Shanelle Barrett
Race Referee: Juliet Fahey

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

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.

HAVE A GREAT DAY AND ENJOY THE EVENT! For other Contact Tri Events please visit www.triseries.co.nz

AGE GROUP WORLD CHAMPS 2012 SELECTION – IMPORTANT INFORMATION

Note: *This selection process differs from previous years. If you want to race in 2012, you need to read this!!*

To be eligible for selection in the New Zealand Age Group Team for Auckland 2012 it is extremely important that you have read and understood the process involved to avoid disappointment. Tri NZ will strictly adhere to all selection policy/criteria and team announcement processes with no exceptions; to avoid disappointment please take 10 minutes of your time to read and understand your responsibilities in the selection process.

Please view the selection policy and team announcement policy on the Tri NZ website www.triathlon.org.nz - a copy of these policies will also be available to view at the registration tent. Once you have gained selection and make your commitment to the NZ Sprint team you cannot change your distance by competing at another event for the purpose of selection. E.g. Sprint to Olympic

To be eligible for selection you must meet the following requirements:

- Have read and understood the selection policy
- Completed an online Selection Nomination Form for the Kinloch event prior to race day (If you have completed a Selection Nomination form for another event please complete a new form for Kinloch)
- On race day you must be and have proof of:
 - Tri NZ affiliated club membership (bring proof to Kinloch)
 - NZ Citizenship/ Permanent Residency (bring proof to Kinloch)
 - Tri NZ Membership (TRIBE) (Tri NZ has this proof)
- Race the selection event and meet the selection criteria as outlined in the selection policy

AGE GROUP TEAM ANNOUNCEMENT - new times!

It is important to note that the team announcement process this year is different to previous years and it is imperative you have read the Team Announcement document to ensure you do not miss out on your selection slot. If you can't make the team announcement times please follow the Proxie information which is also in the Team Announcement document. (available at www.triathlon.org.nz)

Outlined below are some key points for the team announcement:

(Note: times are subject to change)

From the end of Prize giving to <u>5.30pm</u>	Automatic Team Announcement <i>Registration Tent, Kinloch</i>	<i>If you are named in the automatic selection you must accept your slot before 5.00pm or your selection slot from this event will be lost.</i>
<u>6.15pm</u>	Roll Down Starts <i>Registration Tent, Kinloch</i>	<i>If you were not named in the automatic selection turn up to roll down for a chance of picking up a slot as per the roll down process.</i>
Note: <i>If you have gained selection through the automatic team announcement process you must accept this during the time from the end of prize giving to 5.30pm and you do not need to attend roll down. Roll down at 6.15pm is only for athletes that missed out in being named in the automatic selection.</i>		

Tri NZ wishes you all the best for your selection race and we look forward to welcoming you into the New Zealand Age Group Team for Auckland 2012.