

**CONTACT TRI SERIES TAKAPUNA
SUNDAY 19 FEBRUARY 2012**



IMPORTANT TIMES

Saturday 18 February	
2:00pm	Registration Opens for Everyone @ the Takapuna Beach Business Association , 16/1 The Strand
Various	Briefings for 3:9:3 Participants at 2:50pm/3:50pm/4:50pm @ the Takapuna Beach Business Association
3:30pm	1:2:1 Briefing @ the Takapuna Beach Business Association , 16/1 The Strand
5:00pm	Registration Closes
Sunday 19 February	
6:30am	Transition open for 3:9:3 Races 1 & 2
7:30am	Contact 3:9:3 Race 1 – All Females
8:20am	Transition Open for 3:9:3 Races 3
8:40am	Contact 3:9:3 Race 2 – Men Race # 1
9:00am	Trophy/Cup registration (All Trophy and Cup Athletes must be registered by 11:00am)
9:45am	Contact 3:9:3 Race 3 - Men Race # 2 & Teams
9:25am	Transition open for Contact Trophy Men Over 40
10:35am	Transition open for Trophy Women and men 13-39
10:50am	Contact Trophy Men 40+ Briefing at Swim Start
11:00am	Contact Trophy Men Over 40 Start
11:50am	Contact Trophy Female Briefing at Swim Start
11:50am	Second Transition Opening time for Contact Trophy Men 13-39 (will close at 12:05pm)
12:00pm	Contact Trophy Female Start
1:10pm	Contact Trophy Men 13-39 Briefing at Swim Start
1:20pm	Contact Trophy Men 13-39 Start
2:20pm	Transition Open for Contact Cup Men and Women (transition closes at 3:50pm) & 1:2:1 Participants
2:50pm	Contact 1:2:1 Safety Briefing at Swim Start
3:00pm	Contact 1:2:1 Boys Race Start
3:20pm	Contact 1:2:1 Girls Race Start
3:45pm	Contact Cup Women Briefing at transition
3:55pm	Contact Cup Women Start
4:45pm	Contact Cup Men Briefing at transition
4:55pm	Contact Cup Men Start
6:45pm	Prize-giving at Macs Brewbar Hurstmere Rd

REGISTRATION

Race registration is at the Takapuna Beach Business Association located at 16/1 The Strand between 2:00pm and 5:00pm. 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; 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 PRACTICE

Please ensure that you were a fluorescent cap when swim training to ensure that you are identifiable to other beach 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 colour signifies which race you are in. 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 the team tag area in transition. No transponder means no time recorded.

WRISTBANDS

You will be provided with a red wristband in your registration bag that you must wear on the day of the event to give you access to transition. The officials will ask to see your band before entry. No wristband, no entry.

BIKE/HELMET CHECKS

It is your responsibility to ensure that your equipment is in safe working condition. 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. Each race is allocated a row of bikes; please ensure you rack your bike in the correct row.

PARKING

As this is an event on closed roads parking near the venue will be at a premium, please allow plenty of time to park and get to registration, transition, and the race.

Takapuna Primary School (fundraiser). As there will be road closure for the event we recommend you park at Takapuna Primary School who are doing a fundraiser (cost \$5). The school is located approximately 400m from transition. Entrance to the school car park is off Collins St. Coming from Auckland, Take Esmonde Road off-ramp and head towards Takapuna. Turn left onto Barry Points Road, Turn right onto Anzac St, left on the "The Terrace", and left onto "Collins St".

Please observe residents' driveways and parking restriction signs. Paid parking is available all day in Killarney Street by the Bruce Mason Theatre; after 1pm in Anzac Street at the Takapuna car park. Please be aware that the Westfield Shore City car park is for shoppers only.

PRIZE-GIVING

Prize giving will be held at Mac's Brewbar Hurstmere Rd at approximately 6:45pm. Performance prizes will be paid to the first three placings in both the male and female categories of the Contact Cup Event. Presentations will also be awarded to the first three placings in the Trophy, 3:9:3, and 1:2:1 events.

Make sure 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.

FOOD/DRINK

There are a lot of food and drink options in Takapuna, please support the local retailers who are very supportive of this event. Specifically Pita Pit who have assisted with the volunteers lunches.

TRANSITION

As this event is nine races one after the other, transition will be very busy. Therefore it is **extremely important** to get bikes racked by the correct time and removed at set times. When waiting to gain access to the TZ please assemble in the Tournament Carpark just south of the TZ and await instructions to cross the road (and bike course) to enter the TZ. Please be aware of lapping bikes at all times

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. They will also remove bikes that remain in transition after the allocated removal time.

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, except for the Cup briefings which will be held at transition. 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. 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.

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 BE AWARE THAT THE ROAD IS OPEN AT ALL TIMES.

Ensure you keep as far to the left as possible during the cycle leg, and pass other cyclists on the right. If at any stage you withdraw from the race please advise Race Officials of your race number, hand them your transponder and confirm 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 John Ambulance will be in attendance. Should a participant be advised to withdraw from the event by St Johns or by a technical official then they must do so.

Remember as a participant in this event you are responsible for your own safety and equipment. 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	100m parallel to the shore in waist deep water from The Strand changing rooms finishing in line with the Contact Gantry in front of the Takapuna Boating Club
Contact 3:9:3	300m parallel to the shore in waist deep water from Blomfield Spa to the Contact Gantry in front of the Takapuna Boating Club.
Contact Trophy	500m anti-clockwise box course, starting at the waters edge at The Strand and finishing at the Takapuna Boating Club.
Contact Cup	500m anti-clockwise box course, starting at the waters edge at The Strand and finishing at the Takapuna Boating Club.

Based on the expected water temperature of approximately 20 degrees, wet suits will be allowed in the Contact 3-9-3 and Contact Trophy. For the Contact Cup wetsuits will not be allowed if the water temperature exceeds 20 degrees. Wet suits are allowed, but based on the water temperature may or may not be compulsory. The course will be patrolled by surf lifeguards. If in trouble in the water, raise your hand. A lifeguard 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/ski/board for floatation until you feel able to continue. 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.

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

Cycle

Contact 1:2:1	1.6km anti-clockwise, 1 lap keeping inside the cones and barriers
Contact 3:9:3	9.6km anti-clockwise, 6 laps keeping inside the cones and barriers
Contact Trophy	16km anti-clockwise, 10 laps keeping inside the cones and barriers
Contact Cup	16km anti-clockwise, 10 laps keeping inside the cones and barriers

THE BIKE COURSE IS CLOSED TO 'NORMAL' TRAFFIC HOWEVER PLEASE BE AWARE THAT THERE WILL STILL BE VEHICLES ON THE COURSE. PLEASE PAY ATTENTION. TREAT THE ROAD AS IF IT WERE OPEN.

A Note for Contact Cup (Elite/U23/U19) Athletes: This event enforces the ITU lapped out rule. 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 will be withdrawn from the course by a Technical Official.

Note that the lapped out rule only applies to the Contact Cup (Elite/U23/U19) event.

This is a draft legal event for all races. Please be aware of the following key equipment rules:

- "Clip-ons" (aerobars) will be permitted provided they are not longer than the foremost line of the brake levers.
- Straight forward clip-on handlebars must not carry forward facing brake levers.
- Straight forward clip-on handlebars must be joined with a standard bridge piece.
- No forward facing bar or gear shifters are allowed on the end of the clip-on handlebars.
- No wheel covers are permitted for draft legal competitions and wheels must have at least 12 spokes. Both wheels should be either 26" or 28". Only wheels approved by UCI may be used.

If your bike does not comply with these rules you will not be able to race. Please refer to the Tri NZ Competition Rules for further clarification or email penny.skaife@triathlon.org.nz

All Competitors are expected to have checked their bikes for compliance with TRINZ rules, and may be required to adjust or remove aerobars (or other fittings) that breach these rules.

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 the cycle. There are Mount and Dismount lines at either end of transition. You must push your bike both in and out of transition. You will be told by the technical officials when you can mount your bike. When you return to transition you must dismount before the line before entering transition. If you fail to do so, this will result in a 'stop & go' penalty.

Bike Hazards: Please be aware of the following hazards in the cycle:
DO NOT cross the cones or barriers or attempt to go back out on the course.
Take care and pay attention on this tight circuit course, especially at; traffic islands at the Anzac/The Strand/Hurstmere intersection and at the Hurstmere/Lake/The Strand intersection
IMPORTANT: take care at the centre islands on The Strand when approaching transition – stay to the left of these islands when lapping but go to the right early on your finishing lap.
Although there is full road closure and marshals on residents' driveways/pedestrian crossings, be aware of residents pulling out of driveways and of pedestrians. All residents have been notified by way of a letter drop however please take care and pay attention.

Run
Course Description

Contact 1:2:1	1km anti-clockwise. 0.75 laps of the bike course
Contact 3:9:3	2.6 km anti-clockwise. 1.5 laps keeping inside the cones on the outside of the bike course
Contact Trophy	4.2km anti-clockwise. 2.5 laps keeping inside the cones on the outside of the bike course
Contact Cup	4.2km anti-clockwise. 2.5 laps. Your course will be on the road, the same as the cycle course except for the section of grass through Gould Reserve.

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 two drink stations located; as you pass the finish line area and in Goulds Reserve.
Please be aware of curbs and traffic islands as there are a lot of them.
Although there is full road closure and marshals on residents' driveways/pedestrian crossings, be aware of residents pulling out of driveways and of pedestrians. All residents have been notified by way of a letter drop however please take care and pay attention.

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 Director: Penny Skaife
Race Referee: Clare Hannan

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
Do not cross the cones or try to go back out on the course as this will be hazardous to your safety and the safety of other competitors.
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