

**CONTACT TRI SERIES WHANGAMATA
TUESDAY 3 JANUARY 2012**



IMPORTANT TIMES

6:45 – 7:45	Registration
6.45	Transition Opens
7:25	Transition Closed for Sprint Participants
7:30	Contact Sprint Safety Briefing
7.45	Contact Sprint Men Start
7.48	Contact Sprint Women Start
7.50	Contact Sprint Teams Start
8:05	Transition closed for Trophy Participants
8:15	Contact Trophy Safety Briefing
8:30	Contact Trophy Men Start
8:33	Contact Trophy Women Start
8:35	Contact Trophy Teams Start
9:15 – 9:45	Transition re-opens for 3:9:3 participants to rack their bikes
9:30 – 10:00	Registration for 3:9:3 participants
10:40	Contact 3:9:3 Safety Briefing
10:45	Contact 3:9:3 Men Start
10:47	Contact 3:9:3 Women Start
10:49	Contact 3:9:3 Teams Start
11:00	Course familiarization for 1:2:1 (meet at finish line)
11:30	Transition opens for 1:2:1 participants
11:55	Contact 1:2:1 Briefing
12:00	Contact 1:2:1 Boys Start
12:10	Contact 1:2:1 Girls Start
12:45	Prize-giving at Williamson Park (or when the last participant finishes)

REGISTRATION

Race registration is at Williamson Park on Monday 2 January between 3pm and 6pm. At this time you will be given your race pack which will include your timing chip and your race numbers. Sprint 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 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 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.

PARKING

Participants and are able to park inside Williamson Park (opposite side to transition) prior to 7.45am. Please note if you park here you will not be able to exit the park until the last cyclist on the 3:9:3 course has come into transition (approx. 11:30am).

PRIZE-GIVING

Prize giving will be held at Williamson Park at 12:45pm (or after the last participant has finished if this occurs later than 12:45pm). 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, 1:2:1 and teams events.

All participants will go in the draw to win spot prizes from ASICS, 2XU, Multisport Magazine, Adidas Eyewear, 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 7:30am for Sprint participants. After this time only officials are allowed in transition. Transition will close at 8:05am for Trophy participants and for 3:9:3 participants transition is open between 9:15 – 9:45am. If you have not racked your bike prior to 8.05am you must rack your bike during this time. 3:9:3 participants are encouraged to rack their bikes between 9:15 – 9:45.

As soon as the final Trophy cyclist has started the cycle leg Sprint participants will have a 15 minute window where they are able to collect their gear from transition. As soon as the lead Trophy cyclist is expected into transition gear can not be collected until the last Trophy cyclist is onto the run.

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 onto the run (approximately 11:30am). 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 (7:30am for Sprint; 8:15am for Trophy; 10:40am for 3:9:3; 11:55am for 1:2:1). 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 run (Ocean Rd/Rangi Ave) 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
Contact 3:9:3	This is a waist deep water start. Participants swim parallel to the shore in waist deep water for 300m.
Contact Sprint	This is a beach start. Participants swim 1 lap in a clockwise direction around the triangular course. The swim is 750m.
Contact Trophy	This is a beach start. Participants swim two laps in a clockwise direction around the triangular course. The swim is 1500m.

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 transition.

Cycle

Contact 1:2:1	2 laps, approx. 2 km. Participants will walk their bikes from transition to Ocean Rd and then turn left into The Link, left into Seaview and to Williamson Park and either continue past transition for lap two or finish.
Contact 3:9:3	1 Lap, 9km. Participants exit transition and onto Ocean Rd, into Rangī Ave, right onto Otahu Rd, right onto Port Rd and left onto the Old Tairua Rd to the turnaround. After the turnaround on Old Tairua Rd, participants will return on Old Tairua Rd, turn left onto Port Rd, right onto Ajax Rd, right onto Achilles, left onto Otahu Rd, left onto Rangī Ave, onto Ocean road and into transition.
Contact Trophy (2 laps); Contact Sprint (1 lap)	2 laps, 40km; 1 lap, 20km. Cyclists exit transition onto Ocean Rd, into Rangī Ave, right onto Otahu Rd, right onto Port Rd and left onto the Tairua Rd, left at Harry Watt Drive/SH25 intersection towards Onemana to the turnaround and return, right at Harry Watt Drive intersection, turn left onto Port Rd, right onto Ajax Rd, right onto Achilles Ave, left onto Otahu Rd, left onto Rangī Ave, onto Ocean Rd and into transition. Lapping cyclists will then repeat the course.

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/3:9:3 and 2 minutes for a standard distance with disqualification for the second offence.

Parents please note that the drafting rule does not apply to 1:2:1 participants!

You must push your bike both in and out of transition. You will be told by the technical officials at the mount line when you can begin riding. When you return to transition you must dismount at the dismount line 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.



Teams can not change the transponder over until the bike has been racked.

Cycle Hazards: Please be aware of the following hazards in the cycle
 Motor vehicles sharing the road, especially vehicles exiting/entering side streets and properties
 Be aware that there will be many visitors in Whangamata who may be unfamiliar with roads in the area

Run

Course Description

Contact 1:2:1	1 km, 1 lap. Participants will exit transition turning left along Ocean Rd, then left into The Link, left into Seaview and then onto the finish area within Williamson Park
Contact 3:9:3	3.33km. Participants will exit transition turning left along Ocean Rd. Participants will run inside the coned lane along Ocean Rd and into Rangī Ave until marshaled left to access the beach at Otahu Rd. Participants will then run along the beach for 1500m (there will be a flag at about the 1,000m of the beach run that participants must go to the seaward side of) and then to the next flag at beach access 10 up the path wayurning right onto Seaview Rd and into Williamson Park to the finish.
Contact Sprint	5km, 2 laps. Participants will exit transition turning left along Ocean Rd. Participants will run inside the coned lane along Ocean Rd and into Rangī Ave until marshaled left to access the beach at Hinemoa St. Participants will then run along the beach for 1500m (there will be a flag at about the 1,000m of the beach run that participants must go to the seaward side of) and then to the next flag at beach access 10, up the pathway through the sand dunes turning right onto Seaview Rd and into Williamson Park for the second lap or to the finish.
Contact Trophy	10km, 3 laps. Participants will exit transition turning left along Ocean Rd. Participants will run inside the coned lane along Ocean Rd and into Rangī Ave until marshaled left to access the beach at Otahu Rd. . Participants will then run along the beach for 1500m (there will be a flag at about the 1,000m of the beach run that participants must go to the seaward side of) and then to the next flag at beach access 10, up the pathway through the sand dunes, turning right onto Seaview Rd and into Williamson Park for the second and third laps or to the finish.

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 on Ocean Rd near transition (also available to lapping runners).
 Motor vehicles exiting/entering side streets and driveways.
 Soft sand

RACE RULES

This Event is controlled by Tri NZ rules which can be found [here](#). The rules have been revised and were implemented on 1 November 2010 so please take the time to read these. 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/Chief Race Official: Georgina Workman

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 (1 minute penalty in Sprint / 3-9-3, 2 minute penalty in Trophy)

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