



# TREMAINS TRIATHLON 19

TRI TOGETHER

# RACE BRIEFING

Thank you for entering the Tremains Triathlon. With the support of sponsors and your entry all proceeds are returned to our community through Triathlon Hawke's Bay.

### 2019 RACE ORDER:

1. 600m Swim - the first wave starts at 9:00am
- 1a. 1700m Kayak - starts at 9:30am
- 1b. 1300m Stand Up Paddle Board - starts at 9:30am
2. 5k Run - starts after being tagged by the swimmer, kayaker or paddle boarder
3. 21k Bike - starts after being tagged by the runner

### Swim 600m

There will be a race briefing for the swimmers in the Pandora Pond transition area at 8.30am. The swim is in Pandora Pond, with transition on the grassed area by the toilets. The swim consists of one 600m anti clockwise loop. Swimmers are set off in wave starts, at intervals according to the colour swim cap you have been given in your registration pack. No swim cap or the incorrect colour cap = last wave start. Swimmers do not require timing tags only the runner and cyclist will exchange tags.

The order of waves is as follows: **Waves are 3 minutes apart**

- Swimmers White.....#s 1- 99
- Swimmers Green.....#s 100 - 199
- Swimmers Red.....#s 200 - 299
- Swimmers Yellow.....#s 300 - 399

- Kayakers Blue.....#s 400 - 499
- SUP Purple.....#s 500 - 599

The Surf Patrol will be engaged to ensure participant safety. Swimmers exit the water and run or walk up through a chute to a transition area, where they tag their team runner.

## THE STAND-UP PADDLEBOARD 1300M

There will be a race briefing for Stand-Up Paddleboarders at 9.15am at Start Line/Grass Area as below. The Stand-Up Paddleboard section begins with a dry start. All Stand-Up Paddleboarders are to be at the meeting point which is on the grass area on Pandora Road next to the bakery car park. They will be given instructions as to when they can enter the water and when they can start their race. Stand-Up Paddleboarders will be asked to line their boards up in numerical order starting from 400 and heading towards the airport making #599 near the bridge. Stand-Up Paddleboarder waves will be in groups of 25 and will be done strictly in numerical order. All Stand-Up Paddleboarders must wear a personal flotation device, or they will not be able to enter the water.

Names and numbers will be taken, and anyone found not being in the dry start meeting point will be deemed as not entering the race and will have their team withdrawn. Stand-Up Paddleboarders will follow a 2-lap course (see map). Upon landing craft on the beach, Stand-Up Paddleboarders must portage their boards into the 'drop area' by the playground. Their team member will be waiting there, to tag them and commence the run. Your team runner should not be the person to help you off your board or tag you to run into transition. Once you have tagged your runner you are required to move your board as quickly as possible away from this tag area. Stand-Up Paddleboarders do not require timing tags only the runner and cyclist will exchange tags.

## THE CSG KAYAK 1700M

There will be a race briefing for Kayakers at 9.15am at Start Line/Grass Area as below. The kayak section begins with a dry start. All kayakers are to be at the meeting point which is on the grass area on Pandora Road next to the bakery car park. They will be given instructions as to when they can enter the water and when they can start their race. Kayakers will be asked to line their boats up in numerical order starting from 400 and heading towards the airport making #599 near the bridge. Kayak waves will be in groups of 25 and will be done strictly in numerical order. All kayakers must wear a personal flotation device, or they will not be able to enter the water.

Names and numbers will be taken, and anyone found not being in the dry start meeting point will be deemed as not entering the race and will have their team withdrawn. Kayakers follow an out and back course but will land their craft on the beach nearest to the playground. Upon landing craft on the beach, kayakers must portage their boats into the 'drop area' by the playground. Their team member will be waiting there, to tag them and commence the run. Your team runner should not be the person to help you out of your kayak or tag you to run into transition. Once you have tagged your runner you are required to move your boat as quickly as possible away from this tag area. Kayakers do not require timing tags only the runner and cyclist will exchange tags.

**NOTE FOR ALL SWIMMERS/KAYAKERS/SUP: We suggest you have a bag with your dry gear in it that your runner can hold while you are swimming. Once you tag your runner and you are handing over your timing tag this is a good time to then collect your bag. We will not have a gear drop area - your clothing is your own responsibility.**

## THE PKF CARR & STANTON RUN 5KM

There will be a race briefing for runners at 8.45am at Pandora Pond transition area

Upon being tagged by the swimmer, kayaker or stand-up paddle boarder, runners exit the transition under marshal direction and follow the estuary walkway until they get to the bridge. Here you will turn left and follow the old road till you reach the turnaround which is also a water station. From here you will retrace your steps along the old road then cross the bridge heading towards the Westshore Inn.

Before reaching the Westshore Inn you will be directed right along a limestone path where you will pass the run/bike transition area. Follow the path until instructed to turn left into Meeanee Quay Reserve. From here it is a short run to the run/bike transition where you will tag your cyclist and exchange the timing tag (this needs to go on the ankle).

Please note that we have been given permission to run through a wild life sanctuary. It is vital that you stay on the track at all times. No dogs are allowed, no litter and bikers are not allowed for support. The footpath is open to the public so please keep left and be courteous to other users. Please listen to instructions if given by the marshals but it is your responsibility to know the course.

## THE NOW CYCLE 21KM

There will be a race briefing for cyclists at 9:30am at Meeanee Quay Reserve.

The 21km cycle (3 x 7km laps) exits transition at the Meeanee Quay Reserve where under the marshal's instructions you will turn left onto Meeanee Quay and proceed to the Watchman Roundabout. Take the first exit and proceed along the expressway until you get to the next roundabout. Take the first exit onto Prebensen Drive till you get to the Mitre 10 roundabout and take the first exit into Severn Street where you will continue onto Thames Street. At the junction of Thames Street and Pandora Road turn left and continue till you get to the Humber Street Roundabout where you will take the 2nd exit and go along Pandora Road onto Meeanee Quay.

You will now be back to the transition/finish area. Go past the finish chute and over the timing mat. You have now completed your first 7km lap. After 2 more laps enter the finish chute and dismount your bike when instructed to do so where you can run or walk your bike over the finish line.

Team mates can join you to cross the line. \* Remember its 3 x Laps\*

Once you have finished you must return your timing tag and then move your bike away from the finish area.

There are no road closures and road rules apply at all times. We have a full Traffic Management Plan in place; however, cyclists must be prepared to stop if instructed to ensure the safety of themselves and all road users. There will be coned chutes on the roundabouts for the safety of all cyclists and failure to use them will result in instant disqualification. Cyclists must wear helmets.

## RACE PACK COLLECTION

Saturday 9th March 2019 (3pm-6pm) only one person from each team need to come and collect the team race pack. This will be done at the main event area at Meeanee Quay Reserve (Opposite Westshore Inn) **\*All race packs to be collected on the Saturday\***

## REGISTRATION

You will only need to report to registration before the race begins if you have any last-minute changes to your team members or you are withdrawing your team. If no details have changed from your initial entry your timing tag will be handed to your runner at the Humber Street transition.

**Registration will be at the Meeanee Quay Reserve from 8.00am to 8.30am.**

## PARKING

Parking is available at the Meeanee Quay Reserve and access is off Meeanee Quay which is next to the transition area. Marshals will instruct you where to park in the reserve. Please do not park on Meeanee Quay as this is part of the cycle course. There will be limited availability to leave the parking area when the event is underway. Only kayak/SUP teams are able to take a vehicle to Westshore Domain.

From the parking area it is a short walk (1km) to the swim start for the swimmers and runners. A map of this area along with the race site is available on [www.tremainstriathlon.co.nz](http://www.tremainstriathlon.co.nz) and [www.trihb.kiwi](http://www.trihb.kiwi).

## RULES AND CONDITIONS

- Participants take part at their own risk (As Per Term and Conditions, online and on entry form, you can download a copy of these off the website [www.trihb.kiwi](http://www.trihb.kiwi))
- Swimmers should be able to swim the distance prior to the event.
- There are NO road closures and traffic rules must be obeyed at all times
- The Race Director reserves the right to change the make up of the event and/or the course in situations of unfavourable weather and/or conditions. In the event of unsafe water conditions the contingency plan is as follows:
- In the event of the pond being unsafe to swim, the Swim/Kayak/SUP will be moved to Westshore.
- Race numbers must be worn on the front of your shirts and in the case of kayakers on the front of your personal flotation device.
- Timing tags must be worn on the ankle and handed over to the next team member when they tag in the designated area.
- Cycle helmets are compulsory.

## TIMING OF EVENT

Electronic Timing Tags are being used this year. These will be issued to your runner who will receive these once they have entered transition, ready to wait for their swimmer/kayaker to exit the water and tag them.

No tag, no time! It is up to you to ensure that when your runner enters transition they receive this ankle tag from the marshal in charge of their area. There is no need for the swimmer to wear the tag as the first timing mat is placed after the transition at the beginning of the run. It is your responsibility to take your tag off and hand it over to your cyclist when you do your team tag. Split times will be taken and that is why you must wear your timing tag on your ankle before your hand it over to your team member.

Your cyclist must return your tag at the finish line. Failure to do so will result in a \$50 charge.

## FOOD & DRINK

There will be food, hot and cold drinks available. There will not be EFTPOS facilities so please bring cash. There will be no alcohol for sale at the event. You may bring a modest amount of alcohol to consume within the event area, after the race has concluded.

## TENT SITES

Only sponsor sites are pre-allocated. All other participants are welcome to bring tents, gazebos and barbeques to the venue. You may bring your tents and equipment to the venue on the Saturday afternoon prior, setting up between the hours of 1.00pm and 4.00pm only.

Access way to the venue will be open during this time and there will be security on duty overnight to watch the venue. We can not guarantee your equipment but all care will be taken to secure it. If you arrive on the Sunday morning wishing to erect a tent, you must enter the car park with all the other competitors and carry your equipment to the race venue. Please do not try to force your vehicle into the race venue on race day as this will not be an option.

The event promoters reserve the right to remove any signage conflicting with that of event sponsors. If signage on participant tents post-race conflicts, it should be discreet.

## PRIZE GIVING

We will endeavour to have the prize giving as soon as possible following the race. (Likely to be between 12.00pm and 12.30pm)

Medals will be presented to first place teams in each of the six categories. All other prizes will be spot prizes only. To collect your prize you must have your race number with you.

## MAPS OF EVENT

See Maps on [www.trihb.kiwi](http://www.trihb.kiwi)