



NATIONAL Aquathlon CHAMPIONSHIPS

**NORTH HARBOUR
TRIATHLON CLUB**

COMPETITOR INFORMATION SHEET

Race date and time

The race starts at 5pm on Saturday 28 January, 2017. This is the day before the Takapuna Sovereign Tri Series race at the same location.

Race Venue

Takapuna Beach, The Strand Takapuna (Northern end by Takapuna Boating Club)

Registration

Between 3:00 & 4:30pm on race day, 28 January, at the Takapuna Boating Club, The Strand, Takapuna.

Is there a race pack?

No, but you will be supplied with a race swim cap and you will be numbered at registration. Your swim cap is not numbered.

Where is transition?

Transition is on Takapuna Beach, just below Gould Reserve – see the swim course below.

What is the course?

The race course is 2 x laps of a 500m swim, with a beach start, and exiting the water after the first lap to round a buoy and then back into the water for the second lap. After rounding the final buoy on your left, head straight into the beach.

The run is a beach run on hard sand along Takapuna Beach to the far southern end of the beach, rounding a cone, and then return to the boat ramp at the far northern end, rounding a cone, and then repeat. After turning around on the second lap by the boat ramp end of the beach, run to the finish chute by transition.

Do I need shoes for the run?

It is a hard sand beach run. There are inherent dangers with not using shoes, including stepping on rocks, shells, broken glass etc so shoes are recommended.

Do I need a wetsuit?

No, wearing a wetsuit is not mandatory. The water temperature is expected to be about 20 degrees celsius. If the water temperature exceeds 22 °C, wetsuits will not be permitted. Athletes will be advised of this at registration.

Can I enter on the day?

Yes. Entries will be taken right up to the close of registration at 4:30pm. But entries on the day carry a \$10 extra fee, so \$55 rather than the \$45.

What is my age group?

As this is a national championship race, the standard Tri NZ age group categories apply. These can be at the Tri NZ age group page: <https://triathlon.kiwi/age-group-home/>.

How do I qualify to represent New Zealand in my age group?

All details can be found at the Tri NZ age group page: <https://triathlon.kiwi/age-group-home/>, and the specific Aquathlon page here: <https://triathlon.kiwi/aquathlon-selection-information/>.

Can I do the event even though I don't want to represent New Zealand?

Yes, definitely.

How is race timing done?

You will **NOT** be issued with a race strap that is worn around your ankle. There are no timing mats. Raced timing is electronically linked to the start gun and as you cross the finish line your race number is recorded and entered into our

iPad app. Because of this, there is only one time – your finish time. If you wish to record your swim/run splits, you will need to use the TV screens strapped to your wrist!

When are results published/available?

Results are available within 30 minutes after the last competitor has finished – approximately 6:45pm. Prize giving and the award ceremony takes place at 7:15pm at Takapuna Boating Club.

Are there course marshals/officials on the course?

Yes, there will be Tri NZ technical officials on the course, and marshals will be present at the run turn around cones, and at the swim exits/turns.

What are the race rules?

As this is a national championship race, the race is governed under the standard Tri NZ national championships rules, which can be found here: <https://triathlon.kiwi/wp-content/uploads/2015/04/Triathlon-NZ-Competition-Rules-2017.pdf>.

You are deemed to have knowledge of these rules, and agree to them, by entering the event and registering on the day.

Swim course.

The broken red line signifies both laps, except on the last lap of 2, athletes head into the beach, and transition, in the direction of the green arrow.

