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## ***Downhill MTB – COMPETITOR NOTES***

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It is compulsory for all entrants in this event and their supporters to read this notice and comply with its stipulations. They are also responsible for familiarising themselves with the Event Location, Rules and all its hazards. Please inform your supporters of their responsibility to comply.

Signing your waiver or completing your online entry is an indication you agree to comply with these guidelines.

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### ***COMPETITOR PRIMARY RESPONSIBILITY***

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- 🚫 You are responsible for your own health and safety during the event.
- 🚫 The DH MTB Race involves an element of risk of injury, where competitors will encounter challenging MTB conditions. You should not attempt any section of the event you do not feel capable of completing safely.
- 🚫 You should only undertake to participate in this event if you believe that you are fit to do so.
- 🚫 At no stage during this event should you engage in activity that would threaten your own safety and the safety of other people.
- 🚫 You should obey marshal and Event Staff where they are instructing you for your safety.
- 🚫 Marshals are giving up their time to help you, please treat them with respect. If you have any issues with a marshal's conduct, please do not approach them independently – please refer to the Event Manager.
- 🚫 Whilst every effort is made to make sure the course is marked accurately, and marshals are available at key points it is your responsibility to know the course prior to starting your race.

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### ***GAMES REGISTRATION***

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All participants are required to check in at the Registration Desk at the Games Hub (Rotorua Energy Events Centre) in person before playing sports or taking part in an activity.

For safety and security, we cannot accept someone checking you in on your behalf. This includes Teams. Each Team Member is required to check in individually at the Games Registration.

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## ***VENUE***

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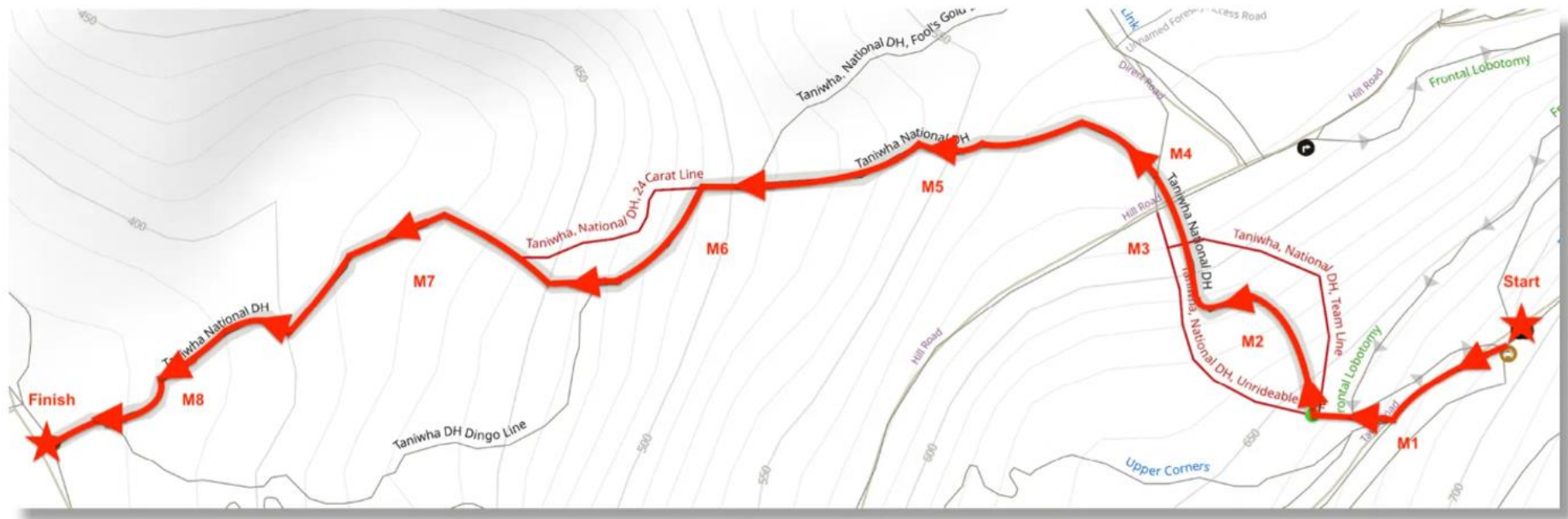
The venue for the Downhill MTB Event is based on Timberlands Forestry land situated in the Whakarewarewa Forest. The course will use the National Downhill MTB Trails.

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## COURSE MAP

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DH MTB Course  
Length – 2.3km  
Descent – 320m



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## ***PARKING***

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Parking is provided at the following locations:

Planet Bike Carpark, Waipa Bypass Road, Rotorua – [Google Map Link](#)

Transport will be available to take competitors from the carparks to the DH MTB Event Hub on Pipeline Road.

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## ***EVENT CHECK-IN***

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Registration for the Downhill MTB will be at the following time / location:

Tuesday 7<sup>th</sup> March 2023 at 9:00am at DH MTB Event Hub on Pipeline Road.

You will collect your timing chip and number plates at Registration.

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## ***COMPETITION RULES***




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**Description:** This is a Downhill race of about 2.3km. The Downhill course travels 320 vertical metres from Shuttle drop-off on Tawa Road down towards the finish on Pipeline Road by the intersection with Nice Road.





The course will be around 3-4 minutes long. There will be 'hard' and 'easy' options included in the course with the 'hard' line saving time. Shuttle's will be provided by the event to transport bikes and riders to the start of the Downhill course.

There will be a practice session of 2 hours in the morning followed by one seeding run and then one race run.

**Equipment:** In accordance with Cycling NZ Mountain Biking Technical Regulations the following equipment is **MANDATORY** for this event:

-  Full Face Helmet
-  Elbows / Forearm Coverage or Protection
-  Knee Coverage or Protection

The following equipment is highly **recommended**:

-  Spinal Protection
-  Shoulder Protection
-  Neck Brace
-  Hand Protection

For full details and explanations see the following excerpt from [Cycling NZ MTB Technical Regulations](#) or [Full Regulations](#)

**Uplift:** Shuttles will be provided by MTB Rotorua for transporting competitors and their bikes safely up the hill to the Downhill Start.

**Age Groups:** OPEN | 18-29 | 30-39 | 40-49 | 50-59 | 60+

**Categories:** Male - Female

All Competitors will be eligible for the Open Competition.

**Timing:** Electronic timing will be used for the DH MTB Event and is provided by Fastway Timing Systems.

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### ***SCHEDULE OF PLAY / DRAW***

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<b>Tuesday</b>	
0900	Registration
1000 - 1200	Practice – minimum of 2 runs
1230	Race Brief
1300	Seeding run
1400	Race run
1500	Finish & pack out

Timings will run as close to those published but may be subject to change depending on the weather and any track incidents. Please listen for announcements on the day of the event.

There will be a **30 second gap** between each rider on race runs.

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### ***MEDICAL PROVISION***

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Medical services will be present at the event with Paramedic Qualified personnel. A 4x4 response vehicle that is stretcher capable staffed with paramedic and an experienced Mountain Bike Event medical team.

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### ***SPECTATORS***

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Spectators are welcome to attend the DH MTB Event. Watching a live downhill event is a great spectator experience where you can get quite close to the action. APES Games 2023 staff and the DH MTB Event Team will strive to keep all spectators safe from harm, but all spectators are responsible for their own personal safety.

Here are some pointers to help spectators stay safe while watching the event:

- 🚫 Be responsible and keep your own safety in mind.
- 🚫 Always follow and obey marshal's instructions.
- 🚫 Observe and follow all event signs.
- 🚫 Stay within designated spectator areas.
- 🚫 Do not enter any restricted areas. If you are unsure, please ask a marshal.
- 🚫 Keep off the track and always pay attention.
- 🚫 Children to be accompanied at all times.
- 🚫 Never stand on the outside of a corner or berm.
- 🚫 Stand above the track rather than below.
- 🚫 Expect the unexpected.
  - Riders may run wide on corners
  - Riders may take lines close to the tape.
  - Riders may overshoot jumps & drops.
  - Riders occasionally over-estimate their ability and things go wrong.
  - Bikes throw up dirt and stones.
  - Mechanical issues may force a rider to leave the course.

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### ***PRIZE GIVING***

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Prize Giving will take place at the Games Hub, Rotorua Energy Events Centre between 5pm – 7pm on Tuesday 7<sup>th</sup> March 2023. Full details of the medal ceremony will be provided once Games Registration closes on 10<sup>th</sup> February 2023.

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### ***KEY CONTACTS / INFORMATION***

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<b>Name</b>	<b>Role/Organisation</b>	<b>Contact Number</b>
David Hamilton	Event Manager	0275620228
Graham Perks	APES Games Sports Manager	021 191 3660

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### ***ADDITIONAL INFORMATION***

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Food and Drink will be available for purchase at Waipa MTB Hub. There will be no food / drink sales at the DH MTB Venue so competitors should prepare appropriately.

There is running drinkable water available at the DH MTB Event Hub on Pipeline Road.

Physio services are available through Go Physio (1221 Haupapa Street, Rotorua – Tel: 07 347 8380) who will be operating a Drop-in Clinic 8am – 5pm Monday 6<sup>th</sup> March – Friday 10<sup>th</sup> March 2023 - <https://gophysio.co.nz/>