



TRIATHLON – COMPETITOR NOTES

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 course 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.

PRIMARY RESPONSIBILITY

- 🚫 You are responsible for your own health and safety during the event.
- 🚫 The Triathlon Race involves an element of risk, where competitors may encounter challenging run and swim conditions.
- 🚫 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.

COURSE AND CONDITIONS

- 🚫 Conditions on the event days are undetermined and can change during an event, please observe and act accordingly for your safety.
- 🚫 Areas involved in the course are naturally uneven / off road please remain aware at all times of potential risk to self and others.
- 🚫 APES Games 2023 events take place unless the Event Manager evokes either a contingency course or cancellation – please bring suitable clothing for each event.
- 🚫 The course will involve being away from Transition. Fluids will be available on the run leg. We encourage athletes to take fluids on the cycle leg of the triathlon.

GENERAL NOTES

- 🚫 The roads are open for all normal traffic. The event takes place in a public area.
- 🚫 Competitors must behave in a manner that is safe, fair and demonstrates good sports conduct before, during and after the race.
- 🚫 The marshals will not (and legally cannot) stop traffic. Please obey the road rules.
- 🚫 Your torso must be covered on the run – either with a swimming costume, or a singlet or t-shirt or tri top (or similar).
- 🚫 No earphones or headsets are allowed at any time during the event.
- 🚫 Please report any accidents to the Event Director or marshal during the event.
- 🚫 If you pull out of the race for any reason, please advise the nearest marshal and the timekeepers when you return to transition.
- 🚫 Please give assistance to fellow competitors in need of help.
- 🚫 If you have finished, please have consideration for others still moving through the course.
- 🚫 Spectators must not follow athletes in a vehicle or on bicycles on the course at any time during the event.
- 🚫 Dogs must not accompany competitors or marshals in position in this event.
- 🚫 If spectators have no choice but to bring dogs, they must be on a leash at all times and kept well clear of all competitors.

GAMES REGISTRATION

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.

VENUE

The venue for the Triathlon Event is Blue Lake (Lake Tikitapu), Tarawera Road, Rotorua.

PARKING

Parking is provided at the Venue. This is provided at the top of the Blue Lake Reserve (shown below):



EVENT CHECK-IN

Event Check-in for the Triathlon will be at the following times:

Thursday 9th March 2023 – 07:30am–08:40am

COMPETITION RULES

Swim – One x 750 m lap around the designated buoys and exit water at main reserve. Transition will be situated on the grass next to the start/finish gantry.

Cycle – two x 8 km laps. Competitors exit transition onto the Blue Lake Access Road and turn right into Tarawera Road. Turn left into Okareka Loop Rd and follow it up the hill to the end. Turn left back onto Tarawera Road. Complete loop twice. At the end of the second lap turn right into the Blue Lake Access Road into transition.

Run – One x 5.5km loop. From transition competitors follow directions through car park, onto the footpath and turn right off the road into the single track. You will run along the track to the far beach and up the steps before continuing along the top track and around the right-hand side of the lake in a clockwise direction, before emerging back at the finish line on the beach

Race Briefing: 8.45am at the start/finish line

Start: 9.00am at the beach opposite the Holiday Park

Swim Courses

APES Games 2023 Triathlon swim is 750m swim.

 The swim has a beach starts.

- 🚫 Water safety coverage is organised by the Event Director – it includes boats with fully trained Water Safety Staff.
- 🚫 Wetsuits are recommended (a non-wetsuit swim is undertaken at athlete's responsibility)
- 🚫 Tri NZ ruling for Wetsuits will be enforced: if water temperature is 14°C Wetsuits are compulsory / if water temperature is above 22°C the wearing of wetsuits is discretionary.
- 🚫 Swim caps must be worn throughout all swims.
- 🚫 If you notice a fellow participant in trouble, please go to their aid and signal water safety.
- 🚫 If you are beginning to get into trouble raise your hand, to alert water safety to come to your aid.
- 🚫 If a swimmer is pulled from the water the swimmer will be brought to first aid providers (Peak Safety). The first aid providers will decide if the athlete can continue in further events – this decision cannot be disputed.

Transition

- 🚫 First aid is provided by Peak Safety and will have a tent next to the finish chute during the event.
- 🚫 Athletes only are allowed in the transition area during race time.
- 🚫 No bikes are to be ridden in the transition area at any stage.
- 🚫 Detailed course maps will be posted outside event headquarters so please, learn your course before you start. If you have questions, please ask.
- 🚫 If you are moving your bike to or from transition, normal road rules apply (i.e. you must be wearing a helmet when riding your bike, and you must ride your bike on the correct side of the road.

Cycle Course (Non-drafting)

- 🚫 Bikes must be in a road worthy condition – this safety is your concern we do not conduct safety checks.
- 🚫 The roads are open for all traffic.
- 🚫 Cycle helmets must be worn, the helmet must fit the athlete – the chin strap must be done up securely whenever the athlete is in possession of the bike – from removing the bike from the rack to replacing back to the rack.
- 🚫 No mobile phones or distracting devices can be worn.
- 🚫 You must follow road rules at all times and be safe with sharing the road with other vehicles.
- 🚫 On the ride, keep to the LEFT, unless overtaking someone, and obey the road rules – they still apply even though you are in a race. Remember the road is open to general traffic and you are sharing the road with other competitors and motorists.
- 🚫 **Drafting is not allowed anywhere on the course**
- 🚫 The draft zone is 12 m long – this is the measure from the front of one bike to the front of the next. You cannot ride 2-abreast. (If seen to be drafting – your number will be taken and 4 minutes added to your time).
- 🚫 All cyclists will be expected to sit hard left on the road.
- 🚫 If you pull out from the edge of the road towards the middle, you will be considered to be in a passing manoeuvre.
- 🚫 A passing manoeuvre is considered DELIBERATE AND OBVIOUS – travelling at a speed that is obviously a passing speed.
- 🚫 Take extra care at the end of each lap as those finishing the bike course will be moving to the centre of the road to turn right into the Lake Access Road. Those passing people at this stage will need to take care and those turning right will need to make sure they have checked behind before moving across to make their

turn.

- 🚫 Our focus for monitoring this rule will be on the flat parts of the course.
- 🚫 Follow the directions of marshals / road traffic management at all times.
- 🚫 Be wary of car doors opening during the ride section – Okareka is a residential area and Lake Tikitapu is a popular tourist destination.
- 🚫 Please mount and dismount your bike at the appropriate marshalled line.

Run Course

- 🚫 Follow the directions of marshal at all times.
- 🚫 APES Games 2023 signage indicates course route.
- 🚫 Run on the footpath towards oncoming traffic between the beach and right hand turn off. TAKE CARE and DO NOT force others onto the road.
- 🚫 Run in single file wherever possible.
- 🚫 You must wear footwear at all times.
- 🚫 This is an off-road run so the ground is uneven, and there may be exposed roots and rocks present on the trail.

COURSE MAP(s)

Course Map(s) are shown at Appendix 1.

SCHEDULE

Time	What's Happening	Who is involved
07:30am	Registration	All participants
08:45am	Participant Briefing	All participants
09:00am	Triathlon Starts	Participants
10:00 – 11:00am	Race Finish	Participants

SPECTATORS

Spectators are welcome to attend the Triathlon Event. APES Games 2023 staff and the Triathlon 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.

PRIZE GIVING

Prize Giving will take place at the Games Hub, Rotorua Energy Events Centre between 5pm – 7pm on Thursday 9th March 2023. Full details of the medal ceremony will be provided once Games Registration closes on 10th February 2023.

KEY CONTACTS / INFORMATION

Name	Role/Organisation	Contact Number
Paul Miller	Event Manager / Sports Co-ordinator	027 270 5300
Graham Perks	APES Games Sports Manager	021 191 3660

ADDITIONAL INFORMATION

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 6th March – Friday 10th March 2023 - <https://gophysio.co.nz/>

APPENDIX 1:

Triathlon Swim & Run Courses



Triathlon Cycle Course



Triathlon Site Plan

