

Kinloch Triathlon Competitor Briefing Notes

It's not long now until Kinloch Triathlon on Sunday 10th February.

This hard copy or email is to give you the race briefing as well as further information about the event, the location and the day's schedule, so please take the time to read through. There is some specific information around this race that it is important you note. Full details are below but the key items are:

1. Wetsuits must be re event dipped (CCD). If you are wearing a wetsuit for the race you must wash your wetsuit before entering Lake Taupo. Doc will be on site at registration for any information that you will require. All participants must go to the Doc tent, read the bill boards of how to clean your wetsuits, collect a blue ticket and proceed to the registration area.
2. Bikes can only be racked at the following times: Saturday 9th 3pm-6pm and Sunday 10th 5:45am – 6:35am (for Erin Baker race) and 8:30am -9:45am for Sprint and 10:00am-11:15am for the Try A Tri race.

If you are a member of a team, please ensure you share this information with your team members. Don't forget that the kids can get involved too with a Splash n Dash for 5 - 10 years old.

After your race, make sure you stay around and support athletes competing in the other races during the day. - there will be some great action and some fierce battles to watch.

The prize giving will be at 1:30pm – 2pm will include the draw for the Suzuki Swift. All participants in the NZ Sprint Championship race can go into the draw to WIN - just drop your race number into the draw and be at prize giving when the draw is made, and you'll have a 1 in 10 chance of winning a ticket in the final draw later in the summer. Also, there will be fantastic range of spot prizes for all races except the Team tag.

TRINZ is having an Elite Time Trial on Saturday evening at 4pm for around 20 of our country's best triathletes. This will be over a 300m/7km/2km course on similar courses to the Sunday races. Many of these triathlete's plan to race on Sunday in the Sprint race although they will be ineligible for a national title. If you are registering on Saturday this will be worth watching.

Further Important Information

1. Registration and race pack pick up is on Saturday 9th February between 3pm - 6pm at the Hall in the Kinloch Domain. All participants must register to receive their race pack.
2. We will also have late registration on Sunday 10th until 7:30am, except for the Erin Baker race.

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3. Familiarise yourself with the course and turn around points. Check out the course maps below and on the notice board panels. The race schedule can be found on the panels also. Please make sure you are familiar with transition open and close times and your race start time.
4. There are safety checks for your bike and helmet at the event, and it is recommended that you have your bike and helmet checked prior to the event to ensure everything is in good working order and that there are no cracks in your helmet. The technical officials will check your bike and helmet to make sure they comply with the rules. Please have your helmet on when you check into transition. Helmets do not have to be left with the bike overnight, they can be checked as you enter transition in the morning.
5. All swimming equipment must be Checked, Cleaned, dried prior to your race, and prior to any training swims in lake Taupo - Read more below about Didymus and Checked, Cleaned, Dry (CCD).
6. Emergency Contact details on your race number
7. Although we don't like to think of the worst-case scenario it is important should anything happen during the race, we can quickly identify who you are, if you have any medical conditions and have immediate access your emergency contact details. The back of your race number has spaces for this information. Please take the time to complete this before racing. Also, please let the race team know at registration if you have any serious medical conditions.

Briefing

Please attend the race briefing 10mins before the start of your race, it will be at the swim start line.

Key Points

1. **:*ALL ROADS ARE OPEN***
2. **:If in trouble in swim please raise your arm.**
3. **All races are non- drafting.**

Parking

We have parking restrictions in place around Kinloch and all participants must use the car park that is provided for the event. Any other vehicles parked in private car parking or outside the car parking provided will be subject to being towed. The car park for the event is in the Kinloch Domain on Mata Place and will be well sign posted on Saturday and Sunday.

Bike Racking

We have 2-time allocations for bike racking which must be adhered to be able to participate in the event. The times are as follows:

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1. Saturday 9th February 3pm-6pm
2. Sunday 10th February 5:45am – 6:35am (for Erin Baker race) and 8:30am – 9:45am for Sprint and 10am – 11:15am for Try A Tri

You will be able to access your transition area at other times to place your event gear (as outlined below) however the times above will be strictly enforced for racking of bikes and you must have your bike racked within one of these time slots.

Transition Opening-Closing Times Before Your Race

Sunday

5:45am – 6:35am – Erin Baker/Standard Distance Transition Open

8:30am – 9:50am – Sprint Distance Transition Open

10:00am – 11:15am – Super Sprint/Try a Tri Transition Open

10:30am – 10:55am – Splash n Dash Transition Open

12:00am – 12:45pm – Team Tag Transition Open

Removal of bikes

Please note these times are approximate and depend on when the last athlete completes their 2nd Transition.

9:30am – 10:30am – Erin Baker/Standard Distance – bikes must be removed by 10:30am

11:50am – Sprint Distance Transition Open

12:15pm – Super Sprint/Try a Tri Transition Open

Key Event Times

Erin Baker Standard Distance (1.5/40/10)

5:45am	Transition Open
6:35am	Transition Closes and Cycle course Marshalls in Place.
6:40am	Safety Briefing – near Registration Tent
6:50am	Men Start
6:55am	Women & Teams Start and Run Course Marshalls in Place
9:30am	Transition Open for removal of bikes (must be removed by 11am)
2:00pm	Prize Giving

Sprint Distance (750/20/5)

8:30am	Transition Open
9:45am	Transition Closes
9:50am	Safety Briefing – near Registration Tent
10:00am	Men 16 – 34 years Start
10:02am	Men 35 – 49 years Start
10:04am	Men 50+ years Start
10:06am	Women 16 – 39 years Start

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- 10:08am Women 40+ years Start
- 11:50am Transition Open for removal of bikes
- 2:00pm Prize Giving

Youth Super Sprint/Try a Tri (300/10/2.5)

- 10:00am Transition Open
- 11:15am Transition Closes
- 11:20am Safety Briefing – near Registration Tent
- 11:35am Youth Boys Start (All 15 and under athletes)
- 11:37am Youth Girls Start (All 15 and under athletes)
- 11:39am Try a Tri Men Start
- 11:41am Try a Tri Women Start
- 12:30pm Transition Open for removal of bikes
- 2:00pm Prize Giving

Splash n Dash (100/1km Run)

- 10:30am Transition Opens
- 10:50am Transition Closes
- 10:55am Safety Briefing – near Registration Tent
- 11:00am Boys Start
- 11:02am Girls Start
- 2:00pm Prize Giving

Team tag relay (200/2/1)

- 12:00pm Transition Opens
- 12:45pm Transition Closes
- 12:50pm Safety Briefing- near Registration Tent
- 1:00pm Race Start
- 2:00pm Prize Giving

Bike Equipment

All events are **non-drafting** races and therefore the Tri NZ draft illegal rules apply to the event including bike equipment. This means that Time Trial bikes, aerobars and disc wheels are allowed.

Venue Flow

This is a small venue with only one road in and out. When you are walking from the car parking please ensure that you use the footpath and take care crossing the road. NOTE: Transition and the swim start are located on the beach area across from the Shops, this is a change to previous years.

Swimming at the Venue

Kinloch is a very popular holiday location and especially with boaties. If you wish to warm up or practice, please swim to the west of the swim courses (ie west of the raft) and ensure that you wear a brightly coloured cap, so you can be seen.

Cycling around Kinloch prior to the event

If you are practicing the course, please ensure that you kept left always and ride single file on the roads. You must always wear your helmet and be aware of other road users and residents.

Check Clean Dry - CCD

To protect the awesome water quality of the Great Lake Taupo Region from invasive freshwater threats (such as Didymus & hornwort) the Tuwharetoa Trust Board and the Department of Conservation require that you Check Clean Dry all your swimming equipment prior to entry into Lake Taupo. If you are using a wetsuit, you will need to go to the Check Clean Dry (CCD) Station prior to registration. Please CCD your own equipment if training in Taupo earlier. For more information about the CCD Programme and Didymus talk with the Doc staff at the event. DOC will have a cleaning station adjacent to race registration if your need to dip your wetsuit.

Race Numbers

Participants will receive their race numbers in the race packs at registration - There are a total of 4 numbers.

1. The largest one gets pinned to the FRONT of your T-shirt (make sure you do not pin the 2 layers of your t-shirt together - it makes it difficult to put on!)
2. You must wear this on the front for the run, it is optional for the cycle.
3. The long rectangular sticker gets wrapped around your seat post with your number sticking out the back - like a flag.
4. The small rectangular sticker is for your bike helmet - please display on the front of your helmet.
5. There is a further small rectangular sticker for your bag. Please attach to your bag before taking to bag drop.

Transponder

Timing will be kept via transponders. The transponder is to be worn around your ankle. If you are competing as an "individual" you will need to wear the transponder for the whole race. If you are in a team, your team will receive one transponder for the team. This will need to be passed from one team member to the next during the transition - like a baton in a relay race. The transponder must complete the whole course.

Event Day

On the day the event village will be buzzing! Our family of sponsors will be on site with a variety of activities so come and check them out. In addition, we will have food and coffee vendors in the race village to keep everyone fuelled and there is shop and restaurant right across the road from transition. Stick around after the race to see who our lucky winner from Kinloch Triathlon who is will go into the final Suzuki draw. Remember every person who signs up for the NZ Tri Series is in with a chance to win a brand-new Suzuki Swift! You need to be at the draw to be eligible. There is also a range of excellent spot prizes for all races except the Team Tag

Can someone still enter?

Yes! Registrations are still open, so invite your friends and family to join us for a fun filled day. Late entries can be made during registration up to 12 midday on Saturday 9th February. Payments must be done online, so make sure you bring your own internet device and credit card with you. In the meantime, if you have any questions after reading this information, feel free to send us an email at info@kinlochtriathlon.com.

See you at the race and thanks for being a part of Kinloch Triathlon Festival!

Course Familiarisation

If this is your first triathlon, transition can seem a little confusing. Some athletes like to lay their gear out a specific way for a fast transition, while first timers wonder what they should be doing with all their gear, and where to put their bike. Whether you are a first-timer, or a more experienced triathlete, it always helps to familiarise yourself with all parts of the course at the time you register.

Here are a few more tips for a stress-free transition:

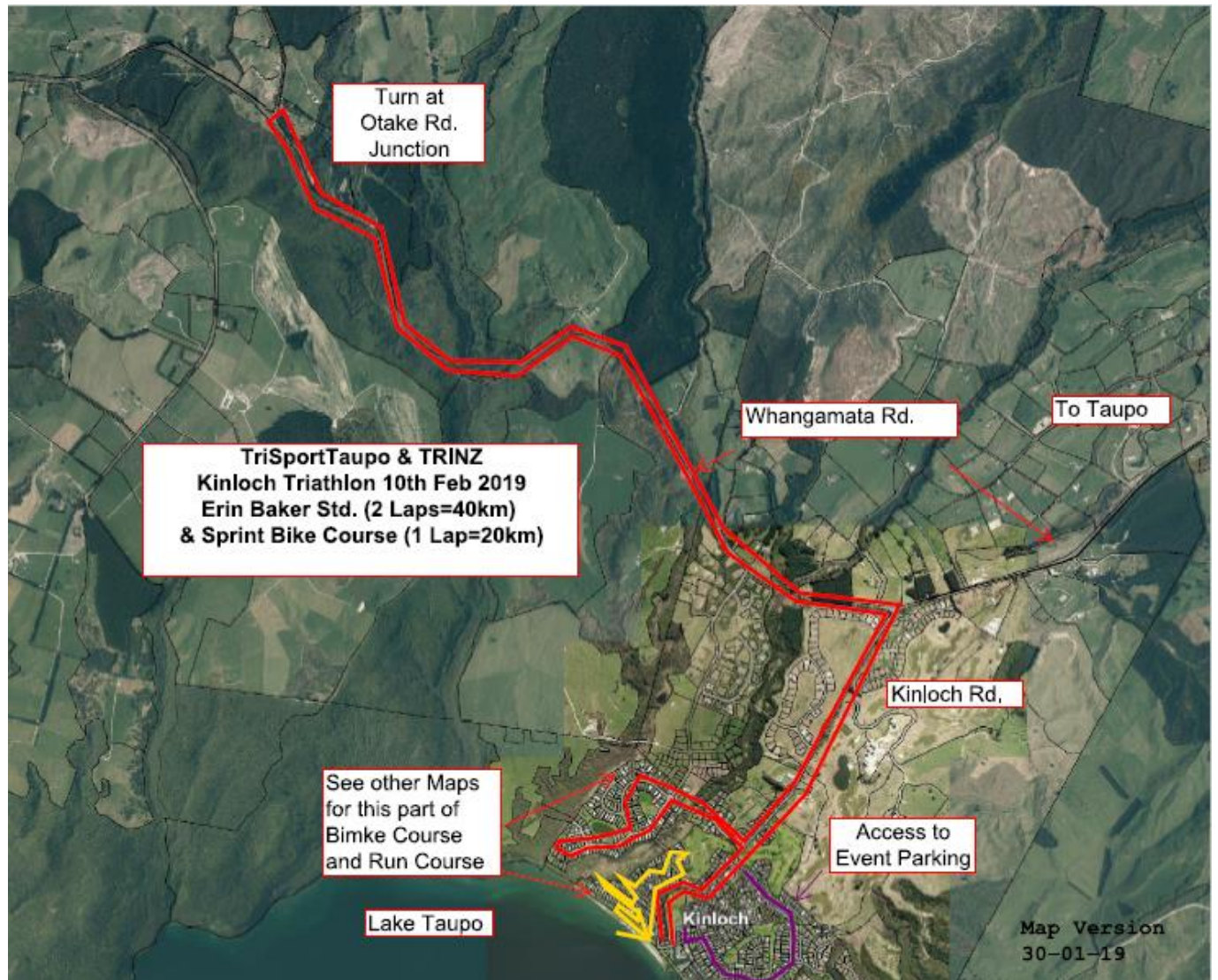
1. Pack the night before so you don't forget anything and make it all fit in one bag.
2. Lay out only items you will need for the bike & run, including nutrition, and in the order, you will use them - place your bike shoes, helmet & sunglasses at the front, and run shoes & cap at the back.
3. If you're attaching your bike shoes to the pedals, don't forget the elastic bands!
4. Apply talcum powder to your shoes as this helps keep your feet dry and minimises the chance of blisters.
5. When taking off your running shoes, put them tidily in your space beside your bike - nothing worse than coming in off the bike and not being able to find a shoe!
6. And don't forget to remove your bag from transition and take it to the bag drop!

Course Maps

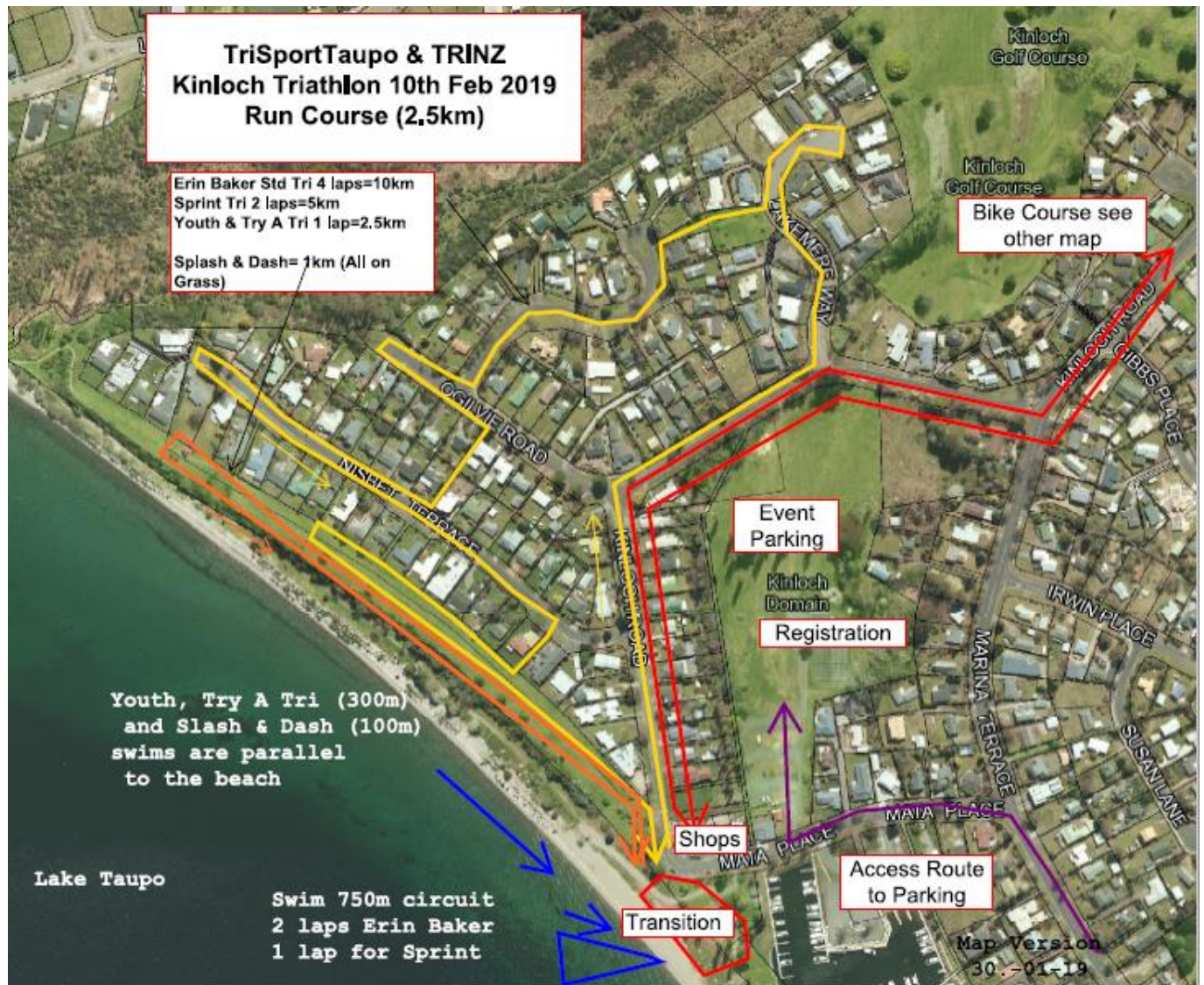
Swim Courses



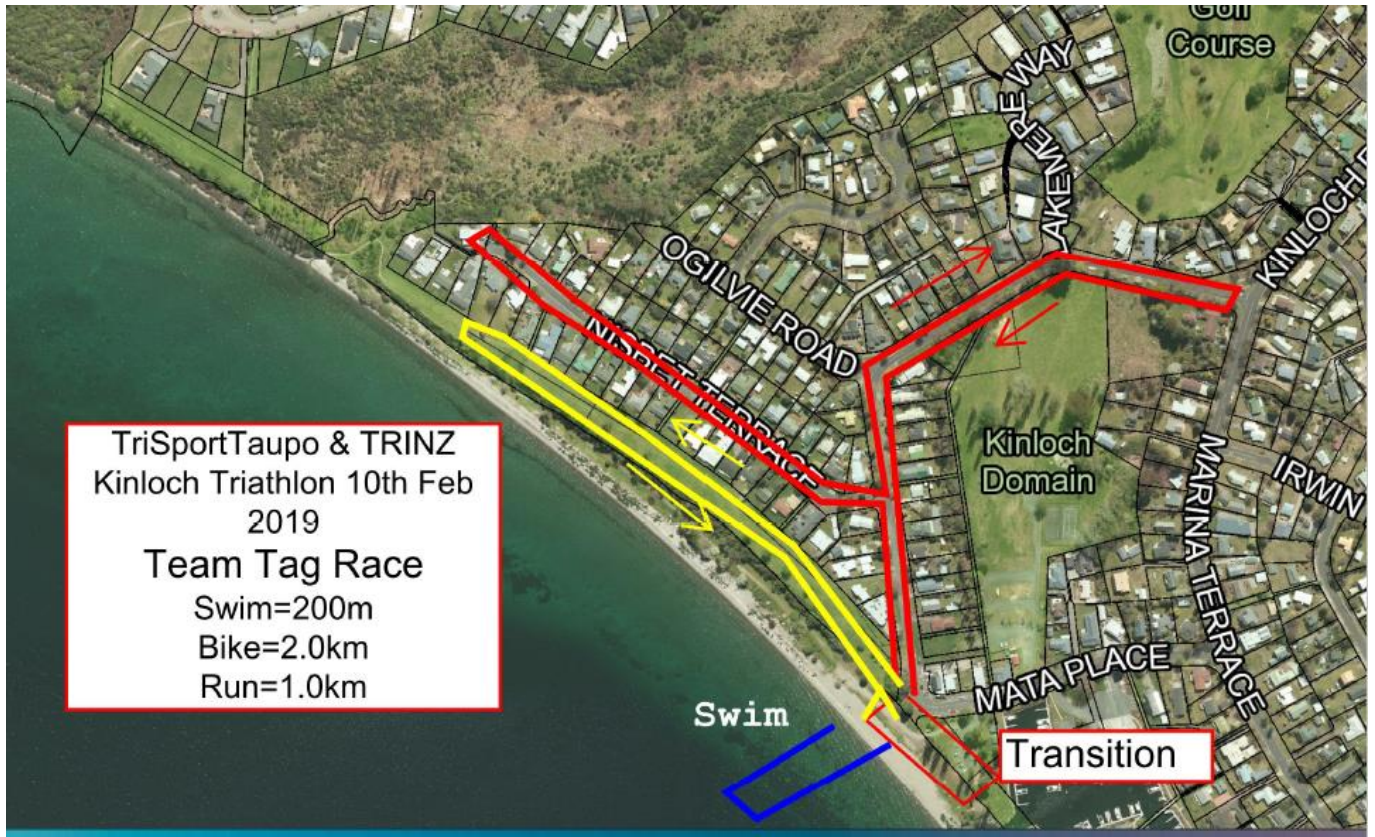
Extended Bike Courses



Run Course



Team Tag Relay



Event Sponsors

Without our wonderful family of sponsors this event would not be possible. Please take time to familiarise yourself with our sponsors below and use the services or products they provide if at all possible.

