



1st March – Ahuriri Beach, Napier

Napier Tri-er Athlete Guide & Detailed Briefing



Please ensure you are familiar with the content of this briefing to ensure a fair race and less stress for you on the day.



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Welcome

On behalf of the team at Tri NZ and SB Events we are excited to welcome you to Napier for the Napier Triathlon Festival, including the Tri-er event. We hope you are excited about being able to experience racing in this stunning location as much as we are.

You'll be able to enjoy watching some of the world's best triathletes taking to the same course as yourself following your race. No matter whether you are a first-time individual, part of a team event or a seasoned athlete - welcome, have fun and play fair!

Thanks – the Triathlon Napier Team



Remember as a participant in this event you are responsible for your own safety and equipment.

- ✓ Please listen to instructions from the event team and when on the road, if in doubt obey all traffic rules.
- ✓ Please undertake everything you do within the race to your own capabilities and swim, bike and run in a responsible and fair manner.



Registration & Briefings

- Registration will be from 3pm-6pm on Saturday 28th February at the East Pier Hotel.
- This document has all the information you need to know and will act as your full race briefing for the event, it must be read by all participants.
- We will also have a short safety briefing before the start. Please ensure you have checked the time you need to attend these and are present.
- There will be course maps and schedules displayed at the event



Parking



- We have designated parking for the event in the Perfume Point Reserve (see picture)
- Please park as directed to avoid blocking the run course which uses this area.
- Do not park on the Ahuriri Bypass, Nelson Quay, Hardinge Road or Marine Parade as you will be blocking the course.
- Vehicles that are obstructing the course may be towed.
- Always look for cyclists when making your way to the venue.

Napier Tri-er Event Details

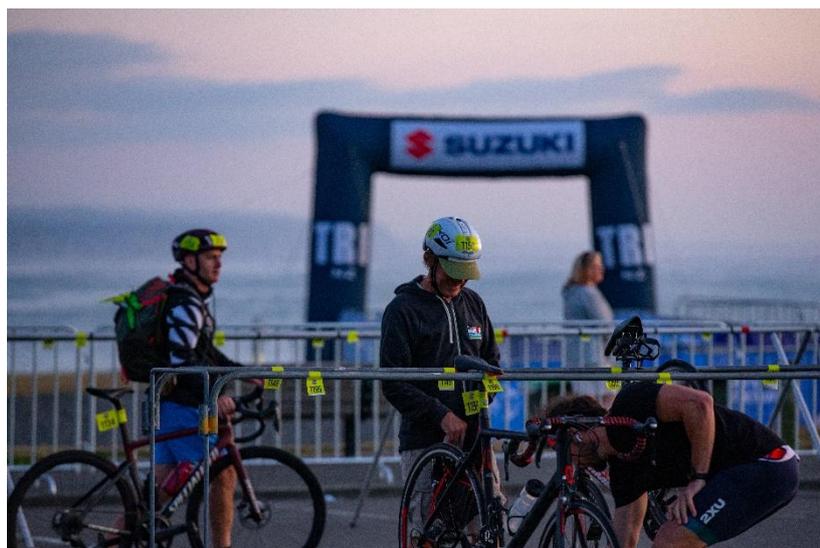
- Location: Ahuriri Beach, Napier
 - Registration:
 - Saturday 28th February, East Pier Hotel, 3pm-6pm.
 - East Pier Hotel, 50 Nelson Quay, Ahuriri
 - Race Start:
 - 9:30am Sunday 1st March
- ✓ *Open to anyone aged 10+ (age as at 31 December 2026)*
- ✓ *300m swim, 10km bike, 2.5km run*
- ✓ *Sanctioned by Triathlon NZ and run under Tri NZ Competition rules**

* *See Tri NZ website for more details*



Arrival at the Venue

- **DO NOT** park on Hardinge Road, Marine Parade, Ahuriri Bypass or Nelson Quay as you are likely to obstruct the course in which case your vehicle may be towed.
- Please comply with the directions of the Traffic Management personnel and utilise the parking arrangements at the Perfume Point Reserve
- Follow the direction of course volunteers



Transition Check In

- The bike racks in the Transition area will all be numbered. Please rack your bike in your allocated spot which will be the same as your race number.
- Please follow the instructions of Volunteers and Officials when accessing the transition area and respect the athletes already racing.
- Please remove all bags and boxes from the transition before your race. You will not be allowed back into the transition area until all age group athletes have completed Transition #2 so do not leave any clothing you will need immediately after the race in transition.



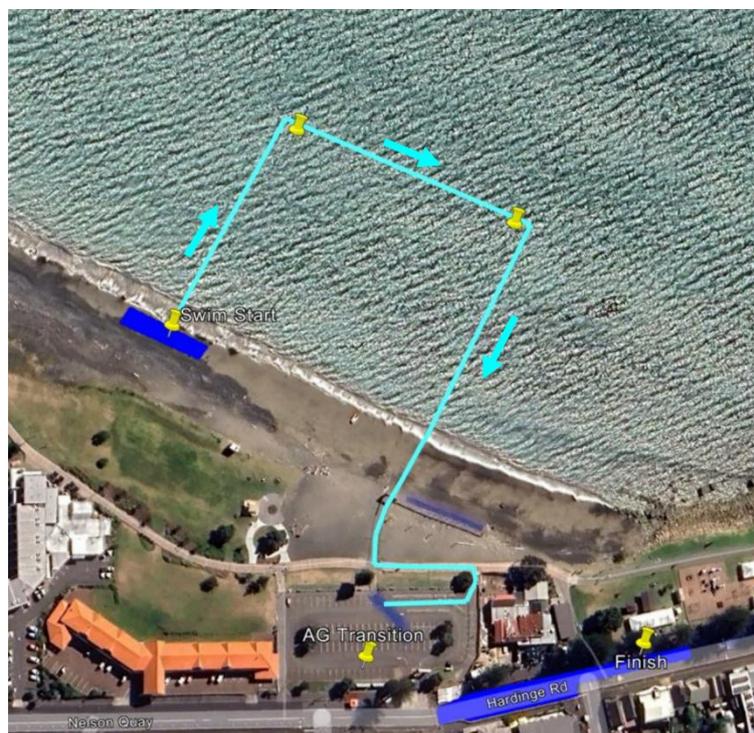
Race Day Schedule, Sunday 1st March

6:30am	Transition opens for all events
7:35am	Transition Closes for Napier Sprint Age Group
7:40am	Safety Briefing for Age Groups (at the start line)
7:45am	Sprint Distance, Age Group Men Start
8:00am	Sprint Distance, Age Group Women Start
8:05am	Sprint Distance, Age Group Teams Start
9:20am	Transition closes for Tri-er
9:25am	Safety Briefing for Youth (at the start line)
9:30am	Youth Male Start (short course race)
9:31am	Youth Female Start (short course race)
9:32am	Safety Briefing for Tri-er (at the start line)
9:35am	Tri-er Men Start
9:36am	Tri-er Female Start
10:30am	Transition opens for clearing bikes
10:30am	Sprint Distance Medal Ceremony
11:30am	Elite Women Start
1:30pm	Elite Men Start
2:45pm	Elite Medal Ceremony

Swim

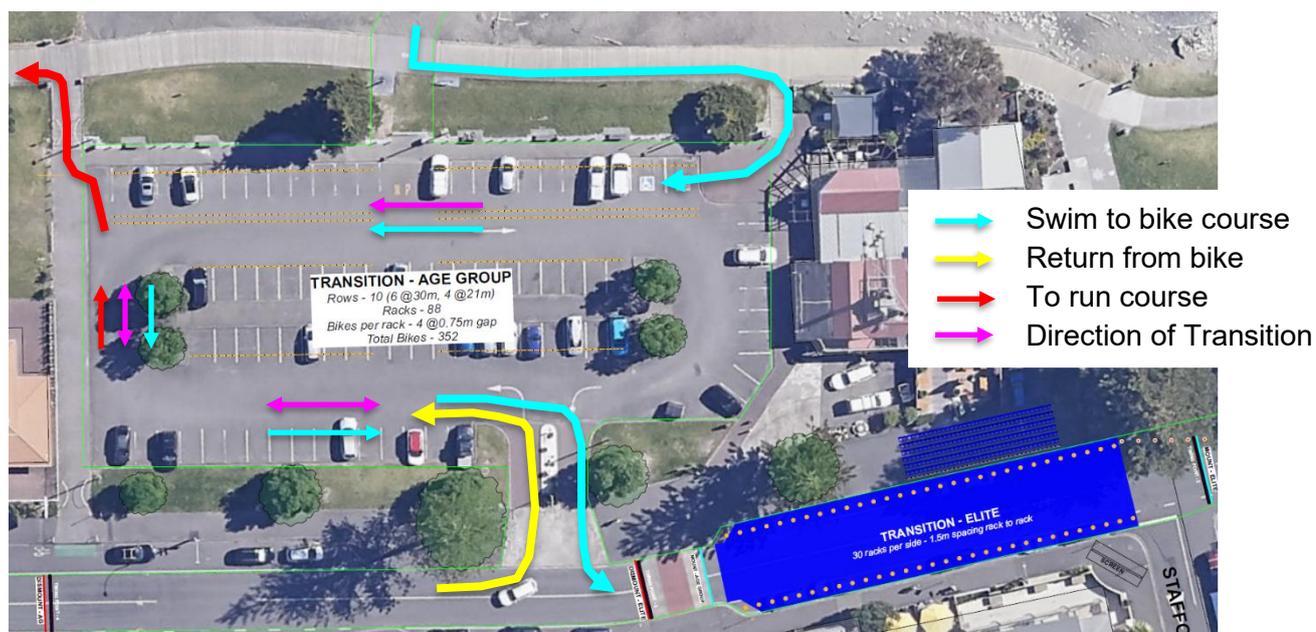
- The swim course is one lap of 300 meters.
- Swim is clockwise, with a beach start (see map below)
- Keep all buoys on your right shoulder.
- When you have completed your swim exit the swim course, run under the Tri NZ gantry and make your way up the chute to transition
- You will receive a swim cap in your race pack – ensure you wear this on the outside of any other caps you want to wear
- No fins, paddles, snorkels or other flotation devices are allowed
- Surf Lifesaving NZ will be looking after you in the water. They will have paddleboards and IRBs.
- Wave your swim cap over your head if you are in distress or need assistance
- Tri NZ rules apply to the use of wetsuits. Expected water temperature is 19 to 22° C, which means wetsuits will be optional. If the water temperature is below 16° C wetsuits are mandatory. Wetsuits will not be allowed if the Water Temperature exceeds 22° C. **However, as of October 2024, if you are 60+ years old you may wear a wetsuit if the water temperature does not exceed 24.6° C.**

Swim Course – Tri-er – 300m – 1 lap - clockwise



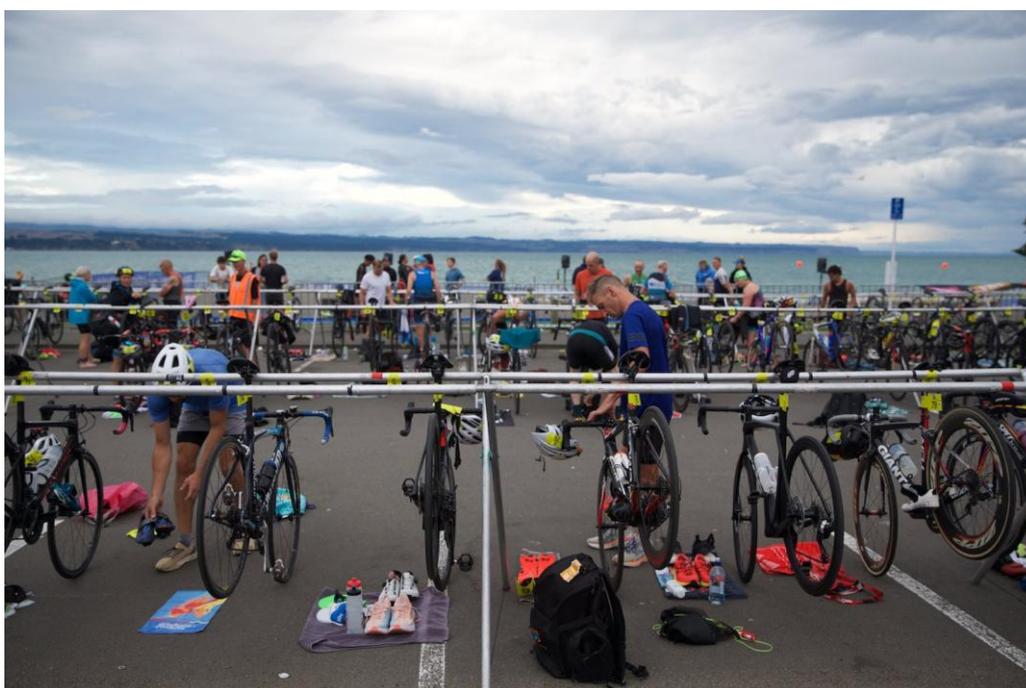
Transition

- Bike racks will be labelled and are laid out in age groups to assist with flow and safety.
- **NO family or coaches** in transition – athletes only.
- Follow the directions of Technical Officials and volunteers
- If you need help, ask the Technical Officials



Transition – Rules

- Bike racks are numbered – you must rack in your allocated position
- **Helmet must be fastened before removing your bike from the rack and remain fastened until you re-rack your bike. You must not touch the locking mechanism of your helmet until your bike is re-racked in T2**
- Push your bike to the road and mount after you have crossed the mount line
- Dismount before you cross the dismount line and push your bike back to your spot
- You must return your bike to the same position as you started
- No boxes or bags are to be left in transition – please take these to the bag drop area. Any boxes or bags left in transition may be removed by the Technical Officials.
- Please keep your area tidy so it doesn't impede other athletes, this includes your cap, wetsuit and goggles.



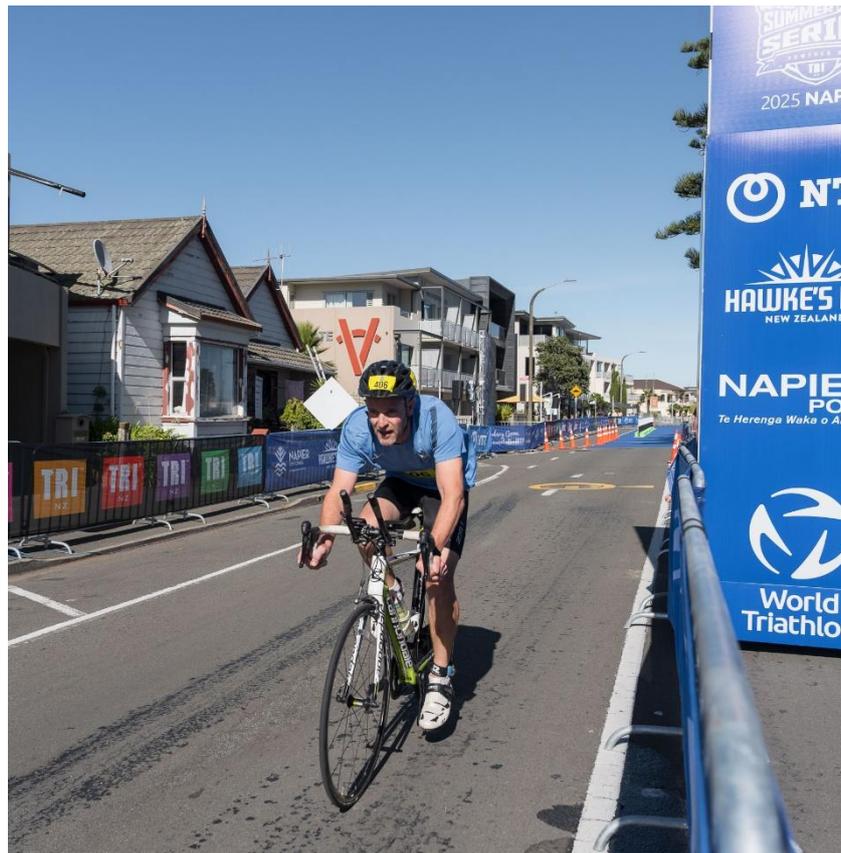


Cycle Course Map



Cycle Course Description

- Mount bike after the mount line, head up through the Elite Transition and along Hardinge Road
- Turn Left onto Marine Parade/SH50 and proceed south until you reach a U-Turn
- After the U-Turn, return along Marine Parade/SH50, passing the intersection with Hardinge Road.
- Continue along Marine Parade and Turn right into Bridge Street and then immediately left into Nelson Quay
- Continue along Nelson Quay to return to the transition area to complete one lap
- When you have completed two laps, dismount at the dismount line and push your bike back into transition





Cycle Course Rules

- The Bike course consists of two laps. Each lap is 5km for a total distance of 10km.
- **You need to count your own laps!** We will have a timing mat on the course to make sure everyone does the correct number of laps, but it is your responsibility to count them.
- As you complete each lap and start your next lap be aware that there may be athletes who are just starting their first lap merging from your left
- **There will be cones to signify the centre of the course on Marine Parade and you must ALWAYS ride on the left of these cones. You will be disqualified if you go onto the wrong side of the cones**
- We have restricted access on the roads. So, this means athletes must still expect event vehicles including Motorbikes with Technical Officials, Ambulances, residents and other event vehicles on the course.
- **Athletes must ride as far to the left as possible. Because it is a multi-lap course it is likely that some athletes will be lapped so you must keep left to allow the faster athletes to pass you safely.**
- **The Tri-er, is a Draft-Illegal race. This means you must keep a distance of 10m behind the rider in front of you unless you are in the process of passing them. Any closer than this and you are considered to be “drafting”.**
- The course will be marshalled and monitored by Tri NZ Technical Officials to keep it safe and fair
- You must wear a helmet at all times during the cycle leg.
- Race Numbers – You will be given race number stickers for your bike – please ensure you have these on before you start. It is optional to wear your paper bib number on the bike but it must be worn during the run.
- Bike Checks – we will not be carrying out any safety checks on your bikes before the race other than a visual check by the Technical Officials to ensure compliance with the rules. We recommend that you head to your local bike shop to have your bike checked and serviced before you race. Remember a clean bike goes faster!
- If you arrive in Napier and need some assistance the friendly team at Pedal Power, Hastings will be able to assist you at their shop.

Run Description

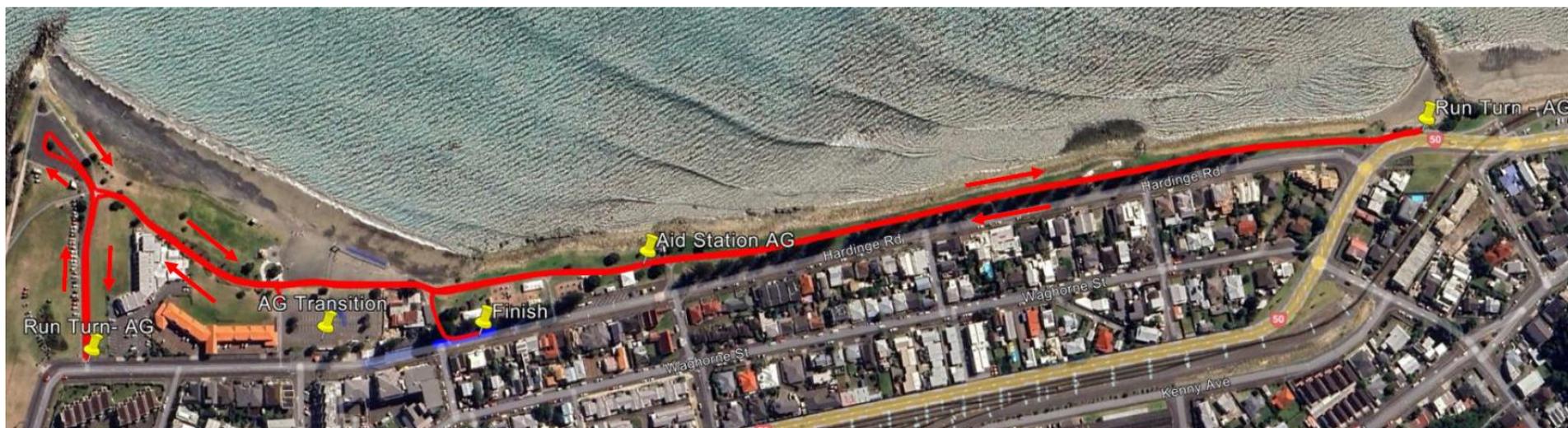
- The run is **ONE** lap of 2.5km
- After racking your bike, you will head out onto the run course turning left once onto the Boardwalk. The run course is one lap out and back along the Boardwalk with a loop in the Perfume Point Recreation Reserve.
- After exiting transition turn left onto the run course heading towards the Perfume Point Recreation Reserve.
- When you reach the access road into the reserve, turn left and complete an out and back loop towards Nelson Quay.
- After completing this loop turn left and complete a short loop at the end of Perfume Point and then return along the Boardwalk, passing transition to a turnaround point near Marine Parade.
- Return back along the boardwalk to complete your lap and turn left off the boardwalk to proceed to the Finish Chute
- There will be an aid station which will have water available and will be located on the boardwalk. You will pass this aid station twice during the run. There will also be water available at the finish line. Make sure you discard your cup near the aid station.





Run Course Map

Run course – Tri-er- 2.5km – 1 lap – clockwise (left onto boardwalk after exiting transition)





Race Numbers

Your race pack will include a Bib Number and a set of stickers for your Bike, Helmet and Gear Bag

Bib Number

- Must be worn during the run, optional for swim and bike. We recommend using a race belt but if you are pinning the number to your shirt, pin it to the front.



Helmet Stickers

- 3 stickers, one for each side and one for the front of the helmet

Seat Post Label

- Sticker wraps around seat post of bike making a flag at the back

Bag Label

- Used for your bag for bag drop



Timing Transponders

- A timing transponder will be allocated to you at registration. You must wear the transponder on your ankle at all times during the race. No transponder means no time recorded.
- You can wear it on any ankle
- If you don't race or fail to complete the course you must return the transponder to the timing desk at the finish line. Any transponders that are not returned will result in a \$100 replacement fee. Transponders are non-transferable.





Summary of rules

This is a sanctioned event and will be conducted under the Tri NZ Competition rules. The following is a summary of the key points but for the full rules see: [Triathlon-New-Zealand-Competition-Rules-September-2024.pdf](#)

For the Tri-er event our Technical Officials will be taking a proactive approach and will initially warn you if you are infringing any of the rules rather than giving a penalty. Their focus will be particularly on the rules that relate to safety.

- You must obey race officials at all times and treat other competitors, officials and volunteers with respect and courtesy: there is no race without them
- You may not wear headphones or digital music devices
- You must have your torso covered during the cycle and run sections.
- Keep your gear close by your bike so others do not trip over or get held up by it
- You may not draft during the bike section. This means you must maintain a distance of 10m behind the bike in front of you unless you are passing
- On the bike you must keep as far to the left as possible and under no circumstances cross the center line of cones
- Do not discard anything on the course, including bottles.
- No personal equipment is to be removed from transition until the transition technical official opens transition – this will be after the last person has completed their transition from Bike to Run (we expect this will be at approximately 10:30am)
- The use of wetsuits is forbidden if the water temperature exceeds 22° C. However, as of October 2024, if you are 60+ years old you may wear a wetsuit if the water temperature does not exceed 24.6° C.
- *Have a great race and enjoy yourself!*

Finishing

- Once you run on the blue carpet and pass under the finish gantry, you have completed your race! Well done...
- The volunteer team will assist you with removing your timing chip – these must be removed and returned (you will be charged for any non-returned chips)
- There is a water station in the finish area for recovery. There are also plenty of cafes around for food and coffee.
- The elite medal ceremony will be held at 2:45pm



Fair play and fair sport

- We like to look after the environment, please use the rubbish and recycling options we have around the venue.
- Once you have finished, please do get out and support/encourage those that are still racing! We also encourage you to watch the Oceania sprint distance championship which will be held after your race.
- In an emergency see one of the marshals who will be able to assist
- If you withdraw, please immediately advise event personnel
- Remember – the spirit of good sportsmanship is an important part of our sport – look out and encourage each other... and race hard and fair.
- Thank a volunteer! Without these people we couldn't put the event on, so take the time to say thanks



Information for Spectators

Parking

- Please use the parking at the Perfume Point Reserve.

Viewing

- There are many places to watch the action along the course, please be mindful of competitors and follow marshals instructions at all times.

Food and beverages on site

- There are multiple options for food and coffee at the local cafes around the venue.
- You are welcome to bring a picnic.



Contingency courses

While we always hope that the sun will be shining, and the wind stays away – we need to plan just in case; so...

- If the water is choppy but still safe to swim the water safety team may decide to shorten the swim based on their knowledge and ability to safely manage the athletes. The rest of the event will remain the same
- If the water is too rough to swim the event will become a duathlon event. Participants will complete a 1km run instead of the swim section of the event. The rest of the event will remain the same. (This also applies to water quality issues)
- Should we need to make any of these changes, we will inform you at least 30mins before the start



Results, Images and Live Streaming

- ▶ All the results and images will be posted on the Napier Triathlon Festival Facebook Page and Website as soon as they are available.
- ▶ We will share the live link closer to the event
- ▶ <https://www.sportsplits.com/races>



<https://www.facebook.com/napiertriathlonfestival/>



<https://trifestival.kiwi>



admin@sbevents.nz



Huge THANKS to our partners

