



Oceania  
Triathlon

# Sprint Championships & Continental Cup ATHLETE GUIDE

Sunday 1<sup>st</sup> March 2026



## Contents

|   |    |
|---|----|
| General information   | 3  |
| Welcome to the Oceania Sprint and Mixed Relay Napier 2025 from Tri NZ's Chief Executive | 4  |
| Welcome from the LOC  | 5  |
| Key Contacts  | 6  |
| Event Contact Details   | 6  |
| Oceania Key Dates and Times   | 6  |
| Venue   | 6  |
| Water Quality   | 6  |
| Athletes Area at Venue  | 7  |
| Travel and Accommodation  | 7  |
| International Airport   | 7  |
| Airport Transfers and Transport Elite Athletes and Coaches                              | 7  |
| Sport Integrity Commission  | 8  |
| Medical & Emergency Services  | 8  |
| Visa Requirements   | 9  |
| Post Office and Bank  | 10 |
| Bike Mechanic Services  | 10 |
| Accreditation   | 11 |
| Training  | 11 |
| Competition Rules   | 12 |
| Race Day Schedule   | 12 |
| Venue Plan  | 14 |
| Athlete Lounge Check-In   | 16 |
| The Course & Procedures   | 17 |
| Swim Course   | 17 |
| Bike Course   | 18 |
| Run Course  | 19 |
| Event Partners  | 20 |

## General information

Welcome to the 2026 Oceania Triathlon Sprint Championships Napier.

Napier (or Ahuriri in Māori) is a city on the eastern coast of the North Island of New Zealand and the seat of the Hawke's Bay region. It is a beachside city with a seaport, known for its sunny climate, esplanade lined with Norfolk pines, and extensive Art Deco architecture.

Napier was largely destroyed in an earthquake in 1931 and was rebuilt in the Art Deco style that was popular in the 1930's. The city is now known as The Art Deco Capital of the World.

The Hawkes Bay region is recognised as one of New Zealand's leading wine producing areas and the surrounding area is also a major horticultural producer.

We look forward to hosting you in Napier, for more information about the Hawkes Bay region and what you can see and do and where to eat please visit the following website:

[hawkesbaynz.com](http://hawkesbaynz.com)

### Key Triathlon Links

For the latest news and photos, you can find us and like the Napier Triathlon Festival – Facebook and Instagram accounts.

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

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

*Please keep in mind that this information can change, and the final race information will be provided to the athletes and the team managers at the athletes' briefing.*

## Welcome to the Oceania Sprint and Mixed Relay Napier 2025 from Tri NZ's Chief Executive

Triathlon New Zealand is thrilled to welcome back Oceania's finest athletes, their support crews and family and friends to Napier and Hastings for the Oceania Spirit and Mixed Relay Champs 2026.



We'd like to thank the Oceania Triathlon, Napier City Council, The Napier Port, The Rodney Green Foundation and all Tri NZ Suzuki Series sponsors for making this important event in the Oceania season possible. A special thanks also goes to Shanelle Barrett and the team from SB Events for their work in making this event happen.

We're also passionate about providing our Age Group community with epic racing opportunities. As such, we wish everyone competing in the Tri NZ Suzuki Series Sprint Triathlon, and all the other Napier Triathlon Festival races, a great day. Here's hoping you burst the tape or smash that PB and many of you take the opportunity to represent New Zealand at September's World Triathlon Championships Final in Pontevedra as a result.

Finally, to all the Kiwis who will be on the start line, thank you for continuing to do your sport and country proud. To our international guests, thank you for choosing to race in Napier. We wish everyone the best of luck and hope that your Kiwi experience is a good one.

Pete De Wet

Chief Executive  
Tri NZ

## Welcome from the LOC



Nau mai ki Te Matau-a-Māui. Welcome to Hawke's Bay

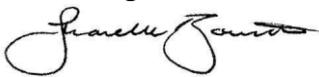
On behalf of the local organising committee it is my pleasure to welcome all athletes, technical officials, coaches and supporters to this 2026 event, in Ahuriri Beach, Napier.

If its warm weather you are after in mid-February, the Hawkes Bay is the place to be, whether it is for sports or for the wineries in the stunning region.

We are also delighted to welcome New Zealand's Sprint Distance athletes and our first timers taking part in the Tri-er this year. For these athletes it is a chance to finish on the famous blue carpet and then watch the inspiring Elite athletes race on a similar course.

It is going to be an exciting weekend of racing. I wish you all the best for your upcoming season and we hope you enjoy what the Hawkes Bay region has to offer.

Kind regards

A handwritten signature in black ink, reading "Shanelle Barrett".

Shanelle Barrett  
Event Director

## Key Contacts

| Role                 | Name             | Phone            | Email                          |
|----------------------|------------------|------------------|--------------------------------|
| LOC Event Director   | Shanelle Barrett | +64 27 457 6736  | shanelle@sbevents.nz           |
| LOC Operations       | Aidan Barrett    | +64 21 452 010   | aidan@sbevents.nz              |
| LOC Athlete Services | Maddison Jensen  | +64 27 244 1816  | maddison@sbevents.nz           |
| LOC Media Manager    | Andrew Dewhurst  | +64 21 026 92375 | andrew@gracieproductions.co.nz |
| Technical Delegate   | Jacqui Kenny     | +61 437 443 373  | jbkenny@bigpond.net.au         |

## Event Contact Details

SB Events Ltd

PO Box 154

Taupo 3351

Email: [admin@sbevents.nz](mailto:admin@sbevents.nz)

Triathlon New Zealand

C/-AUT Millennium

Antares Place

Mairangi Bay

Auckland

Email: [info@triathlon.kiwi](mailto:info@triathlon.kiwi)

## Oceania Key Dates and Times

| When                        | What                                 | Where  |
|-----------------------------|--------------------------------------|--|
| <b>Saturday 28 February</b> |                                      |  |
| 4:00pm                      | Compulsory Briefing and Registration | Napier War Memorial Centre, 48 Marine Parade, Napier |
| <b>Sunday 1 March</b>       |                                      |  |
| 10:00am                     | Athlete Lounge Open for Elite Women  | Ahuriri Beach  |
| 11:30am                     | Elite Women Race Start               | Ahuriri Beach  |
| 12:00am                     | Athlete Lounge Open for Elite Men    | Ahuriri Beach  |
| 13:30pm                     | Elite Men Race Start                 | Ahuriri Beach  |
| 14:45pm                     | Medal Ceremony                       | Ahuriri Beach  |

## Venue

The venue is located at Ahuriri Beach which is just on the edge of the city centre of Napier (Hardinge Road).

---

## Water Quality

### Water Quality Analysis – Enterococci

| Date of Sample | Location A | Location B | Location C | Enterococci Limit MPN/100ml |
|----------------|------------|------------|------------|-----------------------------|
| 30/01/2026     | 1          | 20         | 12         | <100                        |

### Water Quality Analysis – E. Coli

| Date of Sample | Location A | Location B | Location C | E.Coli Limit NMP/100ml |
|----------------|------------|------------|------------|------------------------|
| 30/01/2026     | <1         | 3          | 3          | <250                   |

### Water Quality Analysis – pH

| Date of Sample | Location A | Location B | Location C | pH between |
|----------------|------------|------------|------------|------------|
| 30/01/2026     | 8.3        | 8.3        | 8.3        | 6 and 9    |

### Summary

The above readings equate to “Very Good Water Quality” as described in the World Triathlon rules.

This beach is also monitored by the regional district council with regular readings – of which details can be found at the following link:

<https://www.lawa.org.nz/explore-data/hawkes-bay-region/swimming/hardinge-road-beach/swimsite>

## Athletes Area at Venue

Facilities including athletes’ lounge and toilets are provided to the athletes within the Athletes area. Seating, bag storage and sealed bottles of water will be available to the athletes before the race in the athletes’ lounge and afterwards in the recovery lounge.

## Travel and Accommodation

### International Airport

The closest International Airports are Auckland International (1 hour 10 minute flight) or Wellington International Airport (1 hour flight) and you will need to have a domestic flight to Napier, Hawkes Bay.

### Airport Transfers and Transport Elite Athletes and Coaches

All Athletes are required to arrange transport at their own expense. You can organise a shuttle for yourself and your team via our recommended provider [www.villageshuttle.co.nz](http://www.villageshuttle.co.nz).

For public transportation there is the GoBay public bus service in Napier and Hastings. For more information visit the following website: <https://www.gobay.co.nz>

---

## Sport Integrity Commission

Doping Control will be performed according to the World Triathlon/WADA rules. If testing does take place, it will be carried out by the Sports Integrity Commission and will take place at East Pier Hotel, 300m from the finish line on the seaside.



### Update your anti-doping education

With the 2026 Oceania Sprint Championships & Continental Cup Napier coming up, it's vital that every participant understands the role they play in keeping our sport clean.

The Level 1 e-learning course from the Sport Integrity Commission Te Kahu Raunui teaches you valuable information about their clean sports rights, responsibilities, and the doping control process.

Make sure education is completed by Friday 27th February for anyone taking part. Get started today at [E-Learning | Sport Integrity Commission Te Kahu Raunui](#)

---

## Medical & Emergency Services

First Aid and Emergency Medical Services will be available at the venue on Sunday 1<sup>st</sup> March 30 minutes before race start and during the competition hours.

Medical and paramedical personnel will be available throughout competition times. Ambulances will be available to provide emergency transfer to hospital. A medical tent will be provided on site at the finish area.

Medical services at the venue are provided free of charge. Treatment in clinics and practices is to be paid for by the participants.

Athletes / teams must ensure that they have appropriate medical insurance as required by World Triathlon competition rules.

For pre and post event, non-emergency care you can go to City Medical Napier, 76 Wellesley Road, Napier. Alternatively, if emergency care is required the Accident and Emergency Centre at the Hawkes Bay Hospital is open 24/7 and is located at Canning Road, Hastings. Treatment will need to be covered by the participants.

For any other emergencies, police, fire etc, please dial 111.

---

## Visa Requirements

For teams (athletes) traveling to NZ to compete in the Oceania Triathlon Sprint Championships please go to <http://www.immigration.govt.nz/migrant/stream/visit/> for details on whether your athletes need to apply for a Visa to enter New Zealand.

If you require a visa and plan to stay in New Zealand for less than 3 months, you should be able to apply for a “Sports Events Visitor Visa”. Please be aware that it may take over 3 weeks to process this visa application so you should apply at least 1 month before the event. <https://www.immigration.govt.nz/new-zealand-visas/visas/visa/sports-events-sports-people-support-staff-and-media-coming-for-events-or-tours-visitor-visa>

If you require a letter of invitation to apply for your visa this can be supplied on request by contacting the LOC – [maddison@sbevents.nz](mailto:maddison@sbevents.nz)

Please supply your flight details, passport details and role of person.

---

## Post Office and Bank

### Post

Post Shop Marewa  
114 Kennedy Road, Marewa, Napier 4110

Phone: 06 952 8600

### BANK

ASB Bank New Zealand Corner Hastings and Emerson Street  
Napier 4110

Phone: 06 834 1286

---

## Bike Mechanic Services

For any pre-event repairs please visit:

Pedal Power Hastings,  
503 Karamu Road North, Hastings  
+64 (0)6 870 3500

Email: [shop@pedalpowerhastings.co.nz](mailto:shop@pedalpowerhastings.co.nz)



All costs will need to be covered by the athlete.

Pedal Power are the Official race day Bike Mechanic, but it is recommended that you head to the bike shop for any major repairs prior to race day to ensure that they can fix it and have the necessary parts to do so.

Note that Pedal Power cannot check your bike or wheels for Oceania Triathlon compliance. Oceania Triathlon Technical Officials will check bikes and spare wheels on race day. If you have any queries prior to race day talk to the Technical Officials at the Athlete Briefing or Cycle Course Familiarisation.

---

## Accreditation

LOC will provide all participants with an official accreditation according to World Triathlon event operational requirements.

Accreditation for athletes, coaches, and team medical will be handed out during the official registration on Saturday 28<sup>th</sup> February prior to and immediately following the Race Briefing at the Napier War Memorial Center, 48 Marine Parade, Napier.

Photo ID must be shown to be issued with accreditation.

Accreditation for coaches and team medical will be in the form of a wrist band which must be fastened on the wrist at the time it is issued. Accreditation will only be provided to personnel registered in the World Triathlon online system. Removing this wrist band to share it with other team personnel will invalidate your access rights to the venue.

Only accredited persons will be allowed to access certain venue areas. Accreditation Cards/Wrist Bands are number coded and provide access to specific areas of the competition areas. All accredited persons are requested to carry their accreditation cards with them always and to show them upon request.

---

## Training

### Swimming

#### Hawkes Bay Regional Aquatic Centre

50m Olympic Pool \$10 for a casual visit to be paid by each swimmer, or a concession card for 10 sessions for \$90.

Monday 17 - Friday 21 February

- 50m: 7.30am-11.00am
- 25m: 11.00am-3.00pm

Royston Health & Fitness Centre gym also available on casual rate, no bookings required.

Located within Mitre 10 Park, 42 Percival Road, Hastings (just 15 mins from Ahuriri).

Contact us for more info

 [reception@hbaquatic.co.nz](mailto:reception@hbaquatic.co.nz)

 06 651 2324

 [www.hbaquatic.co.nz](http://www.hbaquatic.co.nz)



#### Ocean Spa – 42 Marine Parade, Napier

Outdoor heated 25m lap pool - \$15 to be paid by each swimmer or concession card for 10 sessions for \$180

General Opening Hours

- Monday - Saturday 5.30am - 8.00pm
- Sunday Public Holidays 7.30am - 8.00pm

Contact details – Telephone – 06 835 8553

### The Napier Aquatic Centre in Maadi Avenue, Onekawa in Napier

The entry to the pool is \$6.60 to be paid by each swimmer or a concession card for 10 sessions for \$56.20. The best times (quietest times) to have lane swimming are between 8am-3:30pm

General Opening hours:

- Monday to Friday - Public swimming - 6:00am – 9:00pm
- Weekends and public holidays: Public swimming 10:00am – 6:00pm

Contact details - Telephone: 06 834 4150

Website - <https://www.napieraquatic.co.nz>

Athletes train in the swimming pools at their own risk.

### Bike and Run Training

Napier and Hastings are the major city of the Hawkes Bay Region on the east coast of the North Island of New Zealand. The district has a population of 187,900. Of this 56,787 people live in Napier and 61,696 live in Hastings.

As with any training on open roads please ensure you obey NZ Road Rules. If you are riding the course ensure that you obey **all** signs, DO NOT ride through stop signs and give way signs at pace. There are a lot of heavy vehicles in this area and they cannot stop in a hurry.

## Competition Rules

The Oceania Triathlon Sprint Championships will be conducted under the World Triathlon Competition Rules.

<https://triathlon.org/documents/competition-rules>

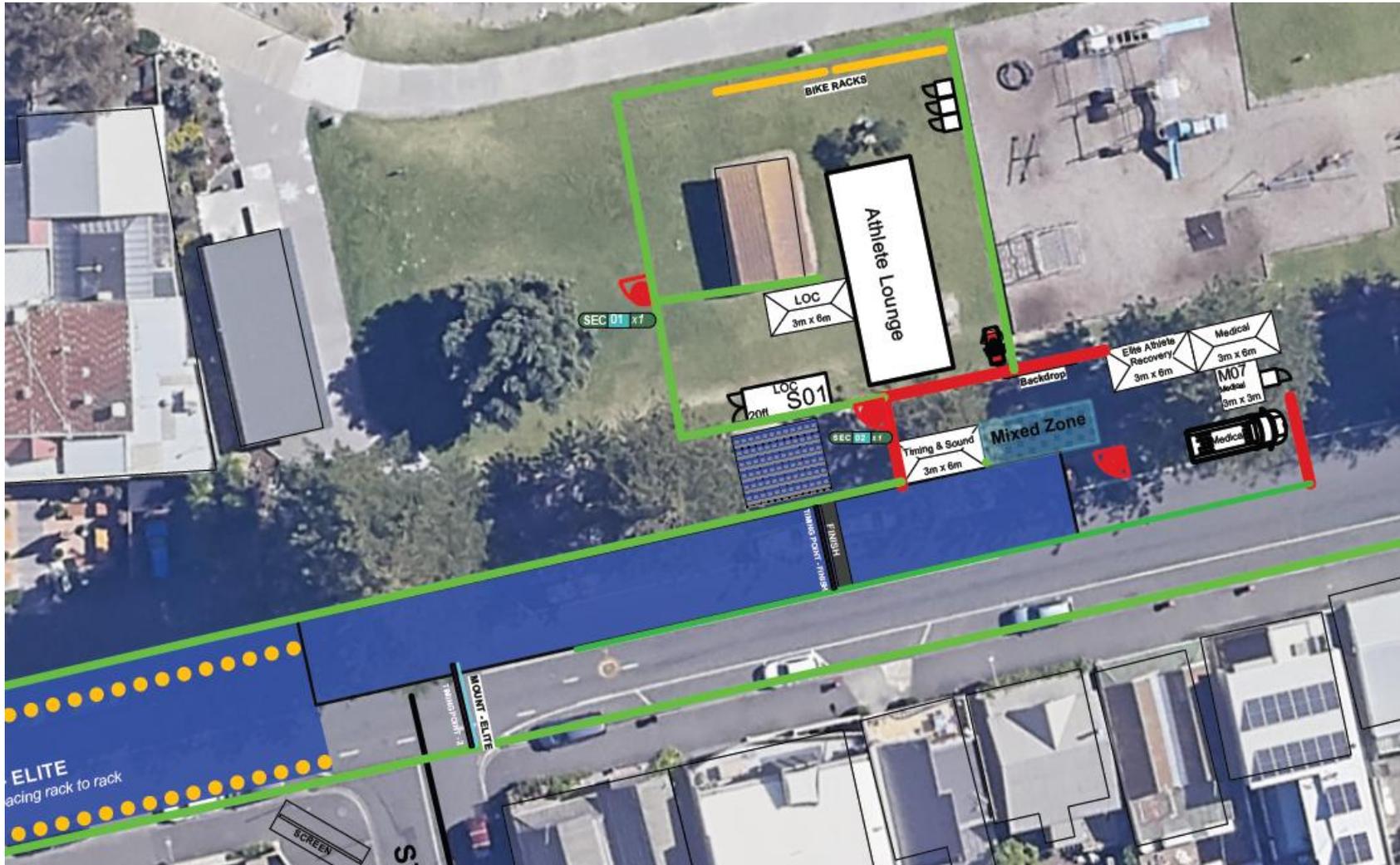
## Race Day Schedule

| <b>SUNDAY 1<sup>ST</sup> MARCH EVENTS</b> |               |   |
|---|---------------|---|
| <b>Elite Women</b>                        |               |   |
| <b>Start</b>                              | <b>Finish</b> | <b>Item</b>   |
| 10:00                                     | 11:00         | Athlete lounge open                                   |
| 10:30                                     |               | Swim warm up open                                     |
| 10:45                                     | 11:15         | Transition open                                       |
| 11:15                                     |               | Athlete Lineup  |
| 11:20                                     |               | Athlete introductions – approx. – depending on timing |
| 11:30                                     |               | <b>Elite Women Race Start</b>                         |
| 14:45                                     |               | Medal Ceremony  |

| Elite Men    |        |   |
|--------------|--------|---|
| Start        | Finish | Item  |
| 12:00        | 13:15  | Athlete lounge opens                                  |
| 12:30        |        | Swim warm up opens                                    |
| 12:45        | 13:15  | Transition opens                                      |
| 13:15        |        | Athlete Lineup  |
| 13:20        |        | Athlete Introductions – approx. – depending on timing |
| <b>13:30</b> |        | <b>Elite Men Race Start</b>                           |
| 14:45        |        | Medal Ceremony  |

## Venue Plan

The venue is at Ahuriri Beach.





## Athlete Lounge Check-In

You will require your event accreditation (issued at your race briefing) to gain access to the Athlete Lounge. Please note that only coaches who have registered and been issued with the appropriate wrist band will be allowed to enter the Athlete Lounge.

When you arrive at the race venue you should proceed directly to the Athlete Lounge to commence your check in procedure. You will not be allowed to access the transition area until you have completed your check in at Athlete Lounge.

You will have received your race number stickers and body decals in the race pack that was issued following your race briefing. Please number your bike and helmet and apply your body decals prior to coming to the venue.

The usual equipment and uniform checks will be carried out by the Technical Officials and when these are complete you will be issued with your swim cap and your timing chip.

If you have spare wheels these will need to be checked at the Athletes Lounge and you will then take them to the wheel station. You can collect them from the wheel station after the event.

Note that you can only access the Athlete Lounge during the times that are published in the schedule. This is because we have multiple races taking place in succession. As soon as your check-in period is complete your bags will be moved across to the recovery lounge which is where you will go post-race.

### **Transition Check In**

When you have completed your check in at Athlete Lounge you will be able to access the Transition Area.

The Elite Transition Area will use individual bike racks. Your rack will be numbered and bear your name, flag and country code. You must rack your bike with the front wheel facing outwards in T1. You may rack your bike in either direction in T2. Your helmet should be left unfastened on your bike in T1.

Running shoes, hats, glasses and any nutrition should be on the ground next to your bike.

Bags and any other equipment that you do not require during the race is to be removed from the Transition Area and taken back to the athlete lounge.

Each athlete will have a numbered bin next to their bike rack. All used equipment (e.g. Swim Cap, Goggles, Wetsuit in T1, Helmet in T2) must be deposited in YOUR bin before you leave transition for the next part of the race.

The transition area will need to be reset after the Elite Women's race ready for Elite Men to rack their bikes. Technical Officials and LOC Volunteers will complete this reset as quickly as possible but we ask for your cooperation and patience while this is done. We will advise you as soon as the Transition Area is available to you.

Bikes and other equipment will be removed by the Technical Officials to a secure area adjacent to the transition area from where you can collect them after you have completed your race.

### **Athlete Assembly and Introductions**

After completing your swim warm up, all Elite athletes are required to return to the transition area on Hardinge Road. In this area you will be lined up in ranking order ready for introductions.

The start area is at Ahuriri Beach. Athletes will be introduced in front of the VIP beside the finish gantry and will run down to the start carpet on the beach and stand in a starting position. The Head Referee will start each race.

Athletes are required to leave their last-minute gear within the Athletes' Lounge.

---

## **The Course & Procedures**

### **Start Procedures**

The race start will be commenced under the World Triathlon Competition Rules.

#### **Once all athletes are in their start position:**

- The announcer will say: "Athletes, now you are in the hands of the starter"
- Heartbeats will be played during 10 to 15 seconds.
- Silence for 3 to 5 seconds
- Air Horn Blast
- The race starts

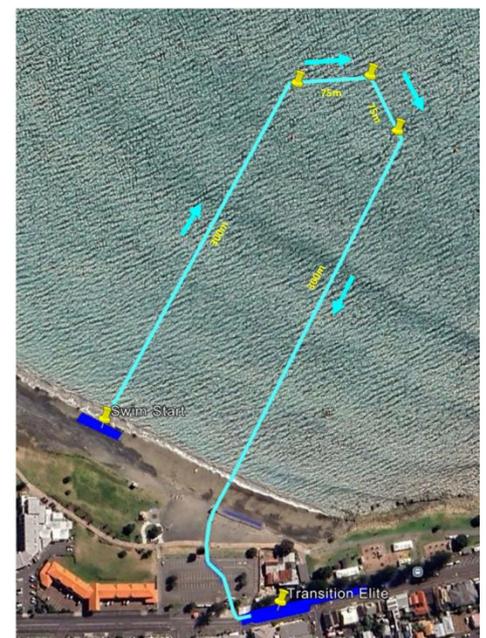
***Athletes starting before the air horn or not moving forward at the start will receive a time penalty of 15 seconds in TA1***

### **Swim Course**

The Swim Course is a beach start with a small run from the start carpet to the water. The swim course will be patrolled by Surf Lifesaving NZ lifeguards

The swim is one lap clockwise. The first turn is after 300m, you will then turn slightly right, 75m to the second right turn, 75m to the last right turn then 300m back to the beach where you will exit via the beach, through the age group transition and into the Elite Transition.

The water temperature in Napier in February is usually in the range between approximately 19 - 22°C.



## Bike Course

Mount bike after the mount line and head along Hardinge Road turning left into Marine Parade continuing past the Napier Port to a U-turn. Return along Marine Parade/SH50 turning right into Bridge Street and then immediately left into Nelson Quay and then continue back into Hardinge Road to complete one lap. Athletes complete 4 x 5km laps before returning to transition. Athletes who are lapped are taken out of the race.

### Wheel Stations

One wheel station will be located on the bike course. This will be the team wheel station and is located shortly after the transition area on Hardinge Road. This is for athlete/team wheels only.

There is **no** neutral wheel station at this event.

### Littering Zone

The Litter Zone is located either side of the Run Aid Station on Hardinge Road. This is the only place on the course where you may discard litter. It will be clearly marked with signs and lines on the road. This zone is the same as the run zone.



## Run Course

The Run course is a flat course and is two laps of 2.5km. Athletes will leave transition and run along Hardinge Road to a U-Turn just after entering onto SH50, returning same route and through transition, in a lane on the left side of transition, into Nelson Quay and then turning right into the Perfume Point Recreation Reserve to a second U-Turn returning back along the lane way, left onto Nelson Quay and into Hardinge Road to complete the first lap of 2.5km. At the end of the second lap veer left into the finish chute

## Aid Station and Littering Zone

The Aid Station is located on the run course at approximately 200m from transition on Hardinge Road as shown in the map below and is accessible in both directions. Bottles of sealed water will be provided.

There will be a clearly marked Littering Zone that extends on either side of the Aid Station, this zone is the same as the cycle course littering zone. All litter including nutrition wrappers and used water bottles must be discarded within this area. Discarding any litter outside of this zone will incur a penalty. Note that this same littering zone is also available during the bike section and any discarding of litter must occur in this area.

## Penalty Box

The Penalty Box is located on Nelson Quay, just before the transition, approximately 30m from the dismount line as shown in the map below.



### Event Partners

Thank you to our event partners for supporting the Napier Triathlon Festival.

