



Registration: Raumati Bowling Club Matatua Rd (collecting merch, timing & bibs, wave starts etc)
Bring your QR code found on your entry confirmation if possible – hard copy or on your phone – speeds things up!

- ✓ **Saturday 22nd Feb – 1.30pm – 3.30pm** **or** **Sunday 23 Feb 7.00am – 8.00am**
- ✓ **Sunday 23rd Feb - Registration continues from 7.00am**
 - 8.00am – Transition** (bike racking) **and Registration Closes** (& late entries)
 - 8.15am – 8.30am - Briefing & Karakia in transition – COMPULSORY BRIEFING**
 - 8.30am – 8.45am - Group Warm up on beach** (except Long Course who depart to start)
 - 8.45am – Long Distance Triathlon & Duathlon & 5k/10k Run START (0855)**
 - 9.00 am – From 9:00am remaining Wave Starts begin**
 - 11:30am – Approx. Prize Giving – Marine Gardens**

- **Numbers: Pin bib number on your FRONT of the outfit you are cycling and running in**
You must wear your bib from the exit onto the bike for remainder of the event. Bibs don't need to be returned post event.
- **Timing:** Put timing device on your ankle. All timing devices **MUST** to be returned at the finish line. (\$50 charge for non-returned devices). 5k & 10K have shoe transponders (not ankle).
- **Bag Drop** – If you have no supporters, drop in finish park at the KWT Info tent near finish line.
- **Compulsory Briefing:** Be ready to start immediately after the briefing (and group warm up – not compulsory). All swim waves follow the bagpiper down the Beach. Supporters may accompany you. There will be containers to place clothes in. Pick up at finish line Info Tent
- **Wave Start** - Be sure of which wave 'Letter' you are and ensure you start with that wave (A – Z)
- **Support people** – Please instruct your supporters to stay **OUT** of the busy transition area
- **Bike label with bib#:** Put this sticker on your bike – it corresponds to your bib#. To remove your bike at the end of the event, you must be able to show both your bib number and bike number to Marshals.
- **Bike Collection:** Available **from after when the last cyclist gets in** - (11am approx.) – this is for security of your bikes and respect/fairness to fellow participants. Announcement will be made

DUATHLETES: Rack your bikes anywhere in the stands with “DUATHLON RACK” sign on them

- After the briefing, assemble on grass bank in front of the Waterfront Bar, ready for your wave start.
- Your first run/walk is up Garden road, around a cone & Turn flag, then back to transition
- If you wear **special cycle shoes** you may need to wear running shoes for this 500 m run/walk.

TRIATHLETES: Rack your bike anywhere in the stands with “TRIATHLON RACK” sign on them

- You may have a water bottle/towel handy to wash off any sand.
- All start waves will be approx. 50 persons or less (except Long Tri which is a mass/larger start).
- Be ready to move to the start up the beach immediately after the briefing/warm up.
- There will be a box for each swim wave-start to deposit gear – retrieve at Info tent in finish area
- **Wear your provided swim cap.** Encourage, watch for, & assist if necessary, anyone with **pink caps**. You may wear another cap underneath if you wish.
- If you are in trouble raise your arm with a closed fist (don't wave) and the lifeguards will come and assist – it's fine to continue after a rest. It can help to roll over onto your back.
- If you feel unhappy swimming too far out, do come in closer where you feel safe.

Long Tri/Du: You will walk together to the start immediately post briefing i.e., no group warm up. Bike course is: out to and turning at farthest turn flag, returning to roundabout then retrace back to farthest point again before returning to transition. Run is 5km out and back so turn at the **GOLD** Flag that says, 'Long Turn'. (Gold Bib numbers)

SWIM/BIKE: (White bib numbers) Rack your bike anywhere, either triathlon or duathlon racks.

SWIM/RUN: (Green) bib numbers. Leave your shoes at the Swim/run area in transition – next to the team change area. Run course - turn at Medium distance run turn **BLUE** flag – 4km)

TEAMS: Rack your bike in the **TEAM RACK area**. Team members wait and swap timing tag by Bike racks.

Cycling: All roads are open – expect the unexpected - Stay left

- You must wear a **safety approved helmet** (No headphones)
- Be prepared to stop if requested. Always follow instructions from our marshals and the Traffic Management company.
- Ride the roundabout very carefully – traffic will be on the roundabout.
- Pedestrians have right of way on ALL pedestrian crossings.
- Look behind you & signal clearly when you are pulling out to pass.
- Give other riders on the road room, as many are not familiar with riding in groups.
- Triathlons do not allow drafting, so please keep clear of each other.
- **Slow down** as you approach Transition. Dismount at line on road and push your bike to the same rack you started from. **Your bike stays in transition until the last cyclist finishes.**
- Ebikes are permitted and have their own results category. Ebike riders should be considerate of other riders at all times, they should be used in eco mode and not exceed 300w.
- If you get a puncture, get to the next marshal who will call up the Biking Mad van. Carry a new tube with you as this makes fixing your puncture quick and easy. See *Biking Mad, 18 Margaret Rd, Raumati*.

Running/Walking ALL events:

- There is a stop/go on Alexander Rd, if asked to stop you must stop. Failure will result in a **DQ**.
- There is a drink station @1km mark – most of you will pass it twice. 10K have another station @6k
- Short distance runners turn at the drink station/**RED** Flag.
- There is a portable toilet close to the 1km drink station – follow the signs.
- To finish, you pass the transition exit (where you started run) & continue into Marine Gardens.
- NO headphones please on run/walk course – for course congestion & awareness of others.

Short Distance Entrants:

Please read all the above – the only difference is your swim, cycle & run/walk is shorter

- The swim start marshal & surf lifesaving guard will explain the swim conditions. Start @**RED** flag
- On your bike ride turn around at the first roundabout you come to. You must wear your red bib number on your front, clearly visible, so Marshals know you are doing the short course.
- On your run/walk, turn at the drink station/**RED** flag then proceed to finish line in Marine Gardens

Finish:

- ✓ Congratulate yourself as you cross the finish line!
- ✓ Get your water, banana, and return your timing transponder (non returned will be charged @\$50).
- ✓ Pre ordered medals available at the KWT Info tent, or can be purchased on the day \$10.
- ✓ Relax and enjoy the atmosphere in the Gardens. Get some food, kids can ride the miniature trains, visit the various stalls & be sun smart while waiting for prize giving which starts about 11:30pm.

General information for everyone:

- **Volunteers** - Be nice to the Marshals and event helpers - many have been working for days to put this event together and have been up before dawn.
- **Sustainability** – With your help we are working towards being a zero waste event. Please take your rubbish home with you or use labelled bins (waste/recycling/banana compost) Bring a *Keep Cup*
- **Transition Area** - Please ask friends & family to **stay out of the transition area** at ALL times.
- **Sunscreen** - Remember to slip, slap, slop, wrap. Sunscreen available outside registration & in park.
- **Results** - DRAFT results are live – the link will be on our website and FB page. Final results will be posted 1 week later (after changes/issues have been received and processed).
- **Photos** – We have a volunteer photographer out and about trying to get your best side! We will post photos to our FB page as soon as we can. Please share to our FB page
- **Post event survey** - Will be emailed & on website post event. We really appreciate you taking the time to fill it in. Your answers help us to prepare for next year's event & obtain funding to help keep entry fees down. By completing you go into the draw to win a Life Pharmacy prize - Kapiti Lights.

Ask any of our helpful marshals for help. They will be wearing Hi Vis vests & or pink staff shirts. From all of us here at the Kapiti Women's Triathlon, we hope you have a fantastic day and achieve everything you've hoped for today. Remember, everybody who makes the start line is a winner.