

Friday 12<sup>th</sup> February

3.00pm-5.30pm: Race pack pick-up for Tamariki and Adults. Any late registrations can also be done at this time.

5.40pm: Whakatau/Karakia/Race Briefing

6.00pm: Tamariki event starts (Prize giving will be after the final tamaiti has crossed the finish line).

Saturday 13<sup>th</sup> February

7.30am-8.30am: Race pack pick-up, late registrations, and bike racking for Individuals and teams

8.40am: Karakia/Race briefing

9.00am: Event starts in the order below

1. Individual Long course swimmers
2. Team long course swimmers
3. Individual Short course swimmers
4. Team Short course swimmers

1.00pm: Prize giving (or when final participant completes the course)

Race Pack pick-up/Registrations

Registrations will be held at the TSB Hub, 61 Waihi Road, Hawera on the King Edward Park which is behind the Power Co aquatic centre pools on Friday 12<sup>th</sup> at 3pm to 5.30pm. If you are unable to come at this time then you can pick it up on race morning from 7.30am-8.30am. Your race pack will include your timing chip, race numbers, and t-shirt (please note that t shirt sizes will be as per your registration details and cannot be exchanged).

Any changes will need to be made at registrations but in the event of there being any serious issues regarding your registration then you must see the Race Director (Heather Skipworth) to have this approved. Please note that if a team member has to be replaced they will need to come and sign the waiver in order to participate.

Transition will be set up on Friday so if you want to come over to the Park and see how this works feel free to do so. Please note that it is your responsibility to understand the transition flow on race day, so it would pay to check it out on the Friday. Racking of Bikes will be done on Saturday Morning.

## Timing

This event is timed by way of electronic tags attached to a Velcro ankle strap (they must be around your ankle). Please ensure these are securely placed, as lost tags will incur a \$25.00 cost to the individual wearing it. For teams the swimmers tag will be passed on to the cyclists in transition after the swim is completed. The cyclist will hand their tag on to the runner in transition.

## Race Numbers

Individuals will receive one race number, and the Teams will receive three race numbers - one for the runner, one for the cyclist, and one for the swimmer (swimmers race number is purely to acknowledge your participation in the event - you do not need to wear your race number during your swim).

The number needs to be pinned on the front of your shirt for timing and identification purposes. If you wear a race belt please ensure that your number is visible when you enter and exit transition at the timing points and is not scrunched up.

## Aid (drink) STATIONS

There are no aid stations on the cycle course or the run course so you will need to ensure you carry enough water with you. There will be water available in transition.

## Toilets

There will be no toilets on the cycle and run course but there will be portaloos in transition on the main field (Saturday only), and at the hub building.

For our Friday event toilets will be available at the pools only.

## The Mihi Whakatau

(Open the day) 8.40am karakia followed by a verbal race briefing on the Cricket Park before heading to the pools for the swim start.

Race start times: 9:00am

Long course Triathlon will start as close to 9am as possible.

Short course Triathlon will start as soon as the long course triathletes have completed their swim (Individuals then teams). When you have completed your swim you will exit the pool area through the gates and on to the field and into transition

### Medical Care

It is imperative that you train for this event.

Medical care is provided by St Johns on the swim/cycle/run course. If at any time, there are concerns for your health the St Johns staff members have the right to remove you temporarily from the course to assess your health and they will decide if you are able to continue. Their decision will be discussed with the Race Director before a final decision is made.

### Course Maps

These can be found on the website and you must be responsible for knowing the course.

### Teams

Team runners and cyclists are to wait in the transition area. Once the swimmer has completed their swim they will go to transition where their cyclist will be waiting, remove their timing tag and give it to the cyclist to wear, who will go to their bike which is racked and walk their bike out of transition. A marshal will tell them where they can mount their bike. When they return to transition they rack their bike and then run to the designated area where the runner/walker will be waiting, remove their timing tag and give it to the runner to

wear. Changeover of tags is to be done in the designated area in transition. All cyclists and runners must wait in this area for their team member to return. Tags must be worn around the ankle.

### Swim Course

The swim for all the events will be held at the Power Co Aquatic Centre which is on Waihi Road, Hawera. It is a 50m outdoor heated pool.

For the long course you will swim 12 laps and for the short course

you will swim 6 laps. It is important that you have trained for the swim. Once your swim is complete you will exit the pool and head towards transition through the back gate of the pool out on to the park.

### Cycle Course

#### Lead Vehicle/Tail End Vehicle:

There will be a vehicle leading out the first cyclist to ensure that they are taken on to the correct course. There will also be a vehicle following the last cyclist to ensure they get back safely and also to release the marshals. All bikes for individuals and team cyclists are to be racked the morning of the event. Drafting is not allowed during the cycle, if you are not aware of what drafting is, a basic explanation is as follows:

Do not follow too closely behind the wheel of the person in front of you. This gives you too much of an advantage and saves your energy while you are letting the person in front do all the hard work!

One lap of the cycle course is 10km's. Long course participants will do two laps of the course (to make 20km) and short course participants will do one lap of the course (10km's)

Please note that ipods, mp3 players or musical devices that require you to use ear plugs are NOT permitted on the cycle course.

Traffic Management and /or marshals will be located on every corner. Normal road rules apply at all times as no roads are closed for this event, so please ensure you listen to the marshal's instructions. Do not cross the centre line and ensure you stay left at all times. Please do not have your supporters come out on to the course as this would be dangerous for everyone including yourself.

There will not be an IronMaori vehicle out on the course to assist anyone with mechanical issues. You must know how to change a tyre and also have a spare tube with you.

## Run Course

This is well marked but again you must ensure you know the course. It is a 2.5km course, where those doing the long course will walk/run it twice, and those doing the short course will only complete it once. There will not be any aid stations of the run course, except when you come past transition to start your second lap (Long course). The Aid station will provide water only. After you have completed your walk/run you can enter the finish chute to the finish line. We encourage all team members to cross the finish line together. There will be a person on a mountain bike leading out the first runner and again following the final participant.

## Finish Line

Teams are encouraged to cross the finish line together, and we also encourage your family members to be waiting to put your medal on you. Once you have your medal we ask you to move away from the finish area where the timing mats are immediately

## Littering

Littering is against all race rules so all litter needs to be carried back to transition with you and discarded in the rubbish bins provided.

## Prize Giving

This will be held by the transition area directly after the last walker/runner has completed the event.

## Course maps

All course maps are now on the website [www.ironmaori.co.nz](http://www.ironmaori.co.nz)

## Important

In line with the Ironmaori kaupapa the event, prize giving and venue is smoke free/alcohol free venue. There will be acknowledgement by way of trophies for individual and team winners at this prize giving.

Results will be made available through our website:

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

Any further queries should be directed to the Race Director Heather Skipworth - [heatherskipworth@ironmaori.co.nz](mailto:heatherskipworth@ironmaori.co.nz)

Te Timatanga Ararau Trust & the IronMaori team would like to thank Major sponsor being Ngati Ruanui, without the sponsors we would not be able to bring this kaupapa to Taranaki.

Nga mihi nui ki a Koutou katoa.