



Quality Hotel
PLYMOUTH INTERNATIONAL
triathlon
World Cup **New Plymouth**

EVENT GUIDE

MARCH 25 2018



An initiative of New Plymouth District Council



PLYMOUTH INTERNATIONAL
HOTEL AND CONFERENCE CENTRE

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General information

Welcome to the Quality Hotel Plymouth International ITU Triathlon World Cup.

The city of New Plymouth, half-way between Auckland and Wellington on the west coast of New Zealand's North Island, sits between the picture-perfect peak of Mount Taranaki and the dynamic surf breaks at the edge of the Tasman Sea. The city's 75,000 residents are welcoming and active, and the region has endless empty roads and a fantastic cycle park and 13km coastal walkway, a stunning sheltered swim route and great training facilities, making it a popular stop on the ITU calendar.

Taranaki is home to its own bank, the TSB, all of New Zealand's oil and gas production, and a strong dairy production sector, all of which contribute to the region's legendary vibrancy: Taranaki was recently judged one of the best destinations in the world in Lonely Planet's Best in Travel awards.

There's a lot to see and do in New Plymouth beyond triathlon, from a stunning Len Lye Centre and Govett-Brewster Art Gallery contemporary art museum to the serene inner-city botanic gardens Pukekura Park, the fascinating Puke Ariki Museum, and a coffee culture that's become legendary.

Standing just beyond the city is the mythical 2518m peak of Mount Taranaki, which offers more than 200km of walks and hikes across its slopes, and a ski field that makes Taranaki one of the few places in the world where you can ski and surf in the same morning, with a decent coffee in between.

We look forward to hosting you in New Plymouth, for more information about the Taranaki region and what you can see and do and where to eat please visit the following website, www.taranaki.info.

Key Triathlon Links

2018 New Plymouth ITU Triathlon World Cup event website at <http://itunewplymouthtriathlon.co.nz/>

For the latest news and photos, you can find us and like the New Plymouth Triathlon World Cup – Facebook, Instagram and twitter pages

Oceania Website: <http://otu.triathlon.org/>

International Triathlon Union Website: <http://www.triathlon.org/>

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 from International Triathlon Union



Greetings to all the teams at the 2018 New Plymouth ITU Triathlon World Cup,

I would like to take the opportunity to welcome you to this beautiful city on the eastern shore of New Zealand's North Island for the third stop on the 2018 ITU World Cup circuit. This is the eighth time that we return to Ngamotu Beach and the scenic roads of Taranaki for an ITU event, and we are looking forward to another absorbing sprint triathlon here.

This year, the organisers have once again been working tirelessly to provide the best possible stage for our athletes to perform on and push themselves, as always, to achieve their very best. It is occasions such as this and the quality of the competition that makes the ITU World Cup so unique, and I wish everybody the best of luck for what is sure to be an action-packed weekend.

Indeed, as the number of stops on the World Cup circuit grows, it is host cities such as New Plymouth that allow our sport to continue to thrive all around the world, setting the standards for other venues to follow. I would like to extend my thanks to Triathlon New Zealand, the organisers and the city of New Plymouth for hosting what I am sure will be another memorable ITU event.

I hope that you all have a successful weekend in achieving your goals,

Sincerely,

A handwritten signature in black ink, which appears to read 'Marisol Casado'.

Marisol Casado
President, International Triathlon Union
IOC Member

Welcome to New Plymouth, Taranaki



Welcome to Taranaki, judged one of the world's top destinations by Lonely Planet in 2017. This year we're changing the course to keep things interesting and will again be inviting you into our community to inspire future generations of New Zealand-based triathletes.

We encourage you to explore the city and the region, whether that's through clocking up lengths at one of our training pools, on a training ride around our magnificent Mountain, or through running one of our famed walkways. Beyond your racing commitments check out the culture, the cafes, the beaches, the mountain, and everything else Taranaki has to offer.

If you have raced here before I am sure you will be welcomed back as friends, and if this is your first time competing in the New Plymouth event I encourage you to get to know the locals and share all our local secrets.

In doing this you'll discover just what's so magical about Taranaki and be inspired to return with your friends and family to train, visit, and live.



Stuart Trundle
Chief Executive
Venture Taranaki

Welcome from the LOC



Welcome to New Plymouth – a place like no other!

On behalf of the LOC it is my pleasure to welcome all athletes, technical officials, coaches and supporters from around the world to this 2018 event. I am excited to have been handed the reigns of the event from Terry and Kathy Sheldrake for 2018 and wish to thank them for this opportunity.

I hope that you have a fantastic 'kiwi' experience here in New Plymouth and enjoy our local hospitality. I wish you all the best for your upcoming season and especially those competing at the Gold Coast Commonwealth Games.

Kind regards



Shanelle Barrett
Event Director - Quality Hotel Plymouth International ITU World Cup
ITU Technical Commission Member

Key Dates and Times

Friday 23 March		
17:30	Elite Athlete Registration	Quality Hotel, New Plymouth
18:00	Elite Athlete Briefing	Quality Hotel, New Plymouth
18:30	Welcome Dinner for All athletes	Quality Hotel, New Plymouth
Saturday 24 March		
09:00	Bike Course Familiarisation	Race Venue, Ngamotu Beach
10:00	Swim Course Familiarisation	Race Venue, Ngamotu Beach
13:00	Junior Athlete Registration	Quality Hotel, New Plymouth
13:30	Junior Athlete Briefing	Quality Hotel, New Plymouth
Sunday 25 March		
06:30	Junior Women Check in Open	Athlete Lounge, Ngamotu Beach
08:00	Junior Women, Race Start	Ngamotu Beach
08:30	Junior Men Check in Open	Athlete Lounge, Ngamotu Beach
10:00	Junior Men, Race Start	Ngamotu Beach
10:30	Elite Women Check in Open	Athlete Lounge, Ngamotu Beach
11:20	Junior Athletes Medal Presentations	Finish Area, Ngamotu Beach
12:00	Elite Women, Race Start	Ngamotu Beach
12:30	Elite Men, Check in Open	Athlete Lounge, Ngamotu Beach
14:00	Elite Men, Race Start	Ngamotu Beach
15:15	Elite Women Medal Presentation	Finish Area, Ngamotu Beach
15:25	Elite Men, Medal Presentation	Finish Area, Ngamotu Beach
19:00	Post-Race Social Function	Quality Hotel, New Plymouth

Key Contacts

Role	Name	Phone	Email
LOC Event Director	Shanelle Barrett	+64 27 457 6736	shanelle@sbevents.nz
LOC Safety Manager	Neil Holdsworth	+64 27 484 5533	neil@sbevents.nz
LOC Venue Manager	Ross Capill	+64 21 225 5767	rosscapillnz@gmail.com
ITU Team Leader			
ITU Medical Delegate	Deon Stoltz	+64 27 475 1937	deonstoltz@me.com
ITU Technical Delegate	Lyndell Murray	+64 20 401 94284	lyndellnm@gmail.com

Event Contact Details

Tri New Plymouth Ltd

PO Box 154

Taupo 3351

Email: shanelle@sbevents.nz

Venue

The venue is located at Ngamotu Beach which is just on the edge of the city centre of New Plymouth (Ocean View Parade).

Athletes Area at Venue

Facilities including athletes' lounge and toilets are provided to the athletes within the Athletes Marquee. Seating, bag storage and sealed bottles of water will be available to the athletes before and after the race in the athletes' lounge.

Anti-Doping

Doping Control will be performed according to the ITU/WADA rules. Testing will be carried out by Drug Free Sport NZ and will take place at the New Plymouth Yacht Club building which is adjacent to the race venue.

Medical & Emergency Services

First Aid and Emergency Medical Services will be available at the venue on Sunday 25 March before 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 by the participants.

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

For pre and post event, non-emergency care you can go to Central Medical Centre, 72 Vivian Street, New Plymouth. Alternatively, if emergency care is required the Accident and Emergency Centre at the Taranaki Base Hospital is open 24/7 and is located at David Street, New Plymouth. Treatment will need to be covered by the participants.

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

LOC Office

The LOC Information Office is located at the Quality Hotel Plymouth International and is open daily from Thursday, March 22nd until Saturday, March 24th.

A notice board will also be posted in reception area with relevant event information.

Travel and Accommodation

International Airport

The closest International Airport is Auckland International. Connecting flights to New Plymouth operate regularly (35-minute flight).

Host Hotel

The host hotel is Quality Hotel Plymouth International, Corner Courtenay & Leach Street.

For reservations or information please contact the hotel direct

reservations@plymouth.co.nz or +64 6 759 9128



PLYMOUTH INTERNATIONAL
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Visa Requirements

For teams (athletes) traveling to NZ to compete in the New Plymouth World Cup 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 letter of invitation to apply for your visa this can be supplied on request by contacting the event/

Airport Transfers and Transport

Free local transfer to Hotel from Airport is managed by Graham Park: park_graham@hotmail.com or 021 181 4216 (NZ). Please ensure that you send your flight information at least 7 days prior to the event so this can be managed.

For public transportation Transit Coachlines operates a public bus service in New Plymouth, Bell Block, Waitara and Oakura, under the City Link banner.

Contact: Taranaki Regional Council
Phone: 06 765 7127
Email: transport@trc.govt.nz

Post Office and Bank

Post

New Plymouth Post Shop

21 Currie Street, New Plymouth 4310. Phone: 06 759 8931 Fax: 06 757 9578 +

BANK

TSB Bank New Zealand 120 Devon Street East

New Plymouth 4310

Toll Free Ph 0800 11 33 55

Bike Mechanic Services

For any pre-event repairs please visit Mitchell Cycles,

477 Devon St E Strandon, New Plymouth

06-758 3813.

Email: mitchellcycles@xtra.co.nz



All repairs costs will need to be covered by the athlete.

Mitchell Cycles 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.

Accreditation

LOC will provide all participants with an official accreditation according to the ITU Event Operational Requirements.

Accreditation for athletes and coaches will be handed out during the official registration on Friday 23rd March (Elite) and Saturday 24th March (Junior) prior to the Race Briefing at the Host Hotel. (Quality Hotel Plymouth International). Note that from this year onwards 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. 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

The Todd Energy Aquatic Centre is on Tisch Avenue with additional pedestrian access off the Coastal Walkway. The entry to the pool is \$5.50 to be paid by each swimmer. Two lanes have been reserved for ITU athletes as follows:

Thursday 22nd March – 7am-9am and 4pm-6pm

Friday 23rd March – 7am – 8am

You are welcome to swim outside of these times but there will be no reserved lane. General

Opening hours –

- Monday to Friday - Public swimming - 6:00am – 8:15pm
- Weekdays Fitness Gym: 6:00am to 8:15pm
- Weekends and public holidays: Public swimming 7:00am – 6:45pm
- Lane swimming 7:00am – 10:00am and 5.00pm – 6.45pm.
- Fitness Gym 8.30am to 5.30pm

Contact details - Telephone: 06 759 6060

Website - www.newplymouthnz.com/en/Residents/Attractions-and-Recreation/Pools/Todd-Energy-Aquatic-Centre

Athletes train in the swimming pool at their own risk.

Bike and Run Training

New Plymouth is the major city of the Taranaki Region on the west coast of the North Island of New Zealand. The New Plymouth District includes New Plymouth City and several smaller towns. The district has a population of 74,187 — nearly two thirds of the total population of the Taranaki Region.

This includes New Plymouth City (53,400), Waitara (6,483), Inglewood (3,380), Oakura (1,359), Okato (561) and Urenui (429).

New Plymouth would be considered triathlete friendly. In 2010 the city was chosen as one of two walking & cycling “Model Communities” by the government. Based on New Plymouth’s already positive attitude towards cyclists and pedestrians, the city received \$3.71m to invest into infrastructure and community programs to boost walking and cycling.

Please ask for a map from your hotel, home stay or tourist centre for details.

As with any training on open roads please ensure you obey NZ Road Rules and if you are riding on the coastal highway ensure that you travel at slower speeds than on the road and give way to pedestrians.

Course Familiarisations

Bike Course

You will be able to familiarise yourself with the bike course on **Saturday, March 24th 9:00am**. Athletes will gather at Ngamotu Beach at 8:45am and will be escorted on ONE lap around the bike course.

Please note, that the official race courses are open to traffic outside of this time.

There is to be absolutely NO riding through the Port Taranaki Office Car Park. The only exception to this is during the Course Familiarisation and during the race.

Swim Course

You will be able to familiarize yourself with the swimming course on Saturday, March 24th from 10:00am – 11:00am. This will take place at the event venue at Ngamotu Beach. Lifeguards will be present for the familiarisation.

Please Note: Ngamotu Beach is a public swimming venue; however, you are forbidden to swim out into the shipping channel.

Competition Rules

All races will be conducted under the ITU Competition Rules effective December 2017. The rules can be found at: https://www.triathlon.org/uploads/docs/itusport_competition-rules_2018.pdf

Race Day Schedule

Sunday March 25 WIL Sport OTU Junior Women Race Program

- 06:30 – 07:30 Athlete Lounge open for Junior Women Check In
- 07:00 – 07:45 Transition Area open for Junior Women
- 07:15 – 07:45 Swim warm up for Junior Women
- 07:50 Junior Women Athlete Assembly and Introduction by Finish Gantry
- 08:00 Junior Women Race Start
- 11:20 Junior Women Medal Presentations [following Junior Men's race]

Sunday March 25 WIL Sport OTU Junior Men Race Program

- 08:30 – 09:30 Athlete Lounge open for Junior Men Check In
- 09:00 – 09:45 Transition open for Junior Men
- 09:15 – 09:45 Swim warm up for Junior Men
- 09:50 Junior Men Athlete Assembly and Introductions by Finish Gantry
- 10:00 Junior Men's Race Start
- 11:30 Junior Men Medal Presentations

Sunday March, 25th Quality Hotel Plymouth International Elite Women Race Program

- 10:30 – 11:30 Athlete Lounge open for Elite Women Check In
- 11:00 – 11:45 Transition Area open for Elite Woman
- 11:15 – 11:45 Swim warm up for Elite Woman
- 11:50 Elite Women Athlete Assembly and Introduction by Finish Gantry
- 12:00 Elite Women Race Start
- 15:15 Elite Women Medal Presentations [following Elite Men’s race]

Sunday March, 25th Quality Hotel Plymouth International Elite Men Race Program

- 12:30 – 13:30 Athlete Lounge open for Elite Men Check In
- 13:00 – 13:45 Transition open for Elite Men
- 13:15 – 13:45 Swim warm up for Elite Men
- 13:50 Elite Men Athlete Assembly and Introductions by Finish Gantry
- 14:00 Elite Men’s Race Start
- 14:25 Elite Men Medal presentations

19:00 Sunday night social Quality Hotel Plymouth International

Race Day

Venue

The event is based at Ngamotu Beach. Athlete Lounge and other event facilities are located on the reserve between the beach itself and Ocean View Parade. The Transition Area and Finish Area are both located on Ocean View Parade.

2018 ITU New Plymouth Sprint Triathlon Junior & Elite - Site Plan



Legend: Ma = Massage ITU = Centre Me = Media Ti = Timing Mc = Commentator ■ Port-A-Loos ■ Medical Centre - - - - - Wooden Barriers
 - - - - - Barrier Fencing 1 = Swim to Transition Timing Mat 2 = Transition to Cycle Timing Mat 3 = Cycle Dismount Timing Mat into Transition
 4 = Cycle Transition to Run Timing Mat 5 = Gantry Finish Timing Mat 6 = Cycle Dismount Line 7 = Cycle Mount Line



Athlete lounge Check-In

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 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.

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.

Transition Check In

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

The transition area will use individual bike racks. 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 box next to their bike rack. All used equipment (e.g. Swim Cap, Goggles, Wetsuit in T1, Helmet in T2) must be deposited in YOUR box before you leave transition for the next part of the race.

We have four races (Junior Women, Junior Men, Elite Women and Elite Men) during the day. The transition area will need to be reset after each race ready for athletes in the next race 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 from where you can collect them after you have completed your race.

Athlete Assembly and Introductions

After completing your swim warm up, all athletes are required to return to the finish line area on Ocean View Parade. In this area you will be lined up in the correct order ready for introductions. When your name is called proceed to the beach and select your place on the start platform.

The start area is at Ngamotu Beach. Athletes will be introduced in front of the VIP beside the finish gantry and will run down to the start platform on the beach and stand in a starting position. The Race Referee, with the assistance of ITU Technical Officials who are assigned to the start, will start each race.

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

The Course & Procedures

Swim

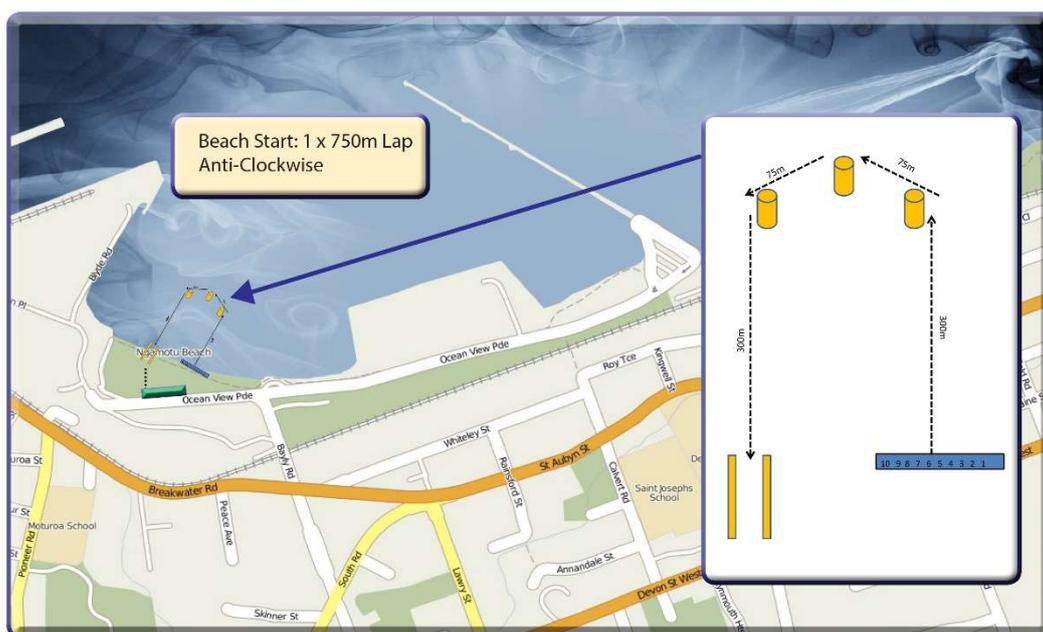
The Swim Course is a beach start with a small run from the start platform to the water. The exact distance from the platform to the water varies depending on the tide.

The swim is one lap anti-clockwise. The first turn is in 300m, you will then turn slightly left 75m to the second turn again left 75m to the last turn then 300m back to the beach where you will exit via the beach back to transition.

The water temperature in New Plymouth is usually in the range between approximately 16 - 20°C in March. Note that at time of writing this guide (late January 2018) New Zealand has been experiencing a particularly warm summer and if this continues it is likely that water temperatures will be at the upper end of the range above, and potentially a little higher. As such a non-wetsuit swim is a definite possibility.

The swim course will be patrolled by lifeguards from Surf Lifesaving NZ

2018 ITU New Plymouth Sprint Triathlon **Junior & Elite 750m SWIM Course - 1 Lap**



Bike Course

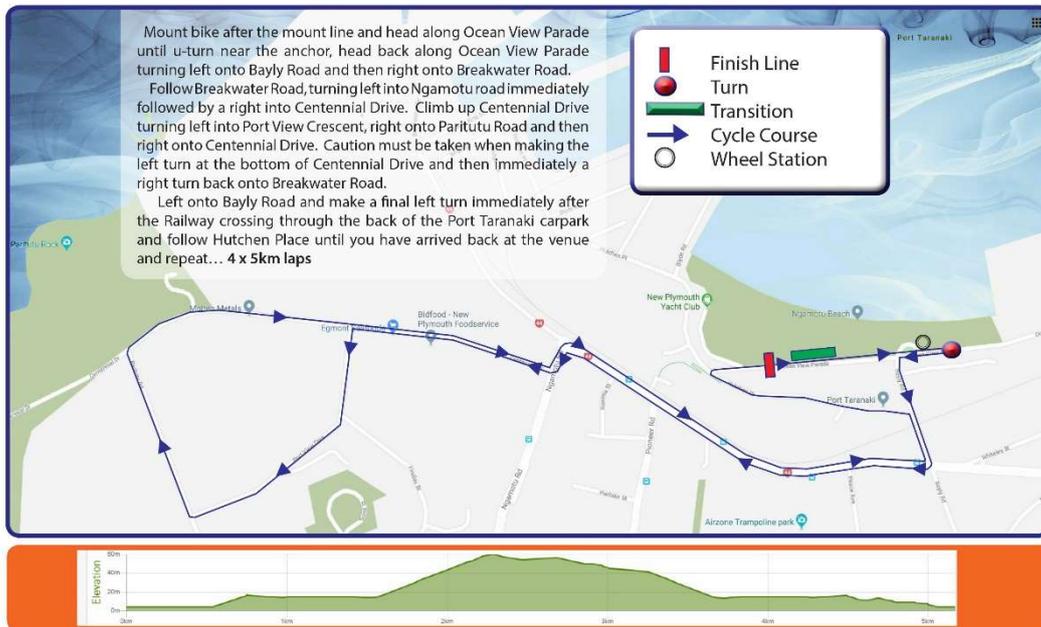
Mount bike after the mount line and head along Ocean View Parade until U-turn near the anchor, head back along Ocean View Parade turning left onto Bayly Road and then right onto Breakwater Road. Follow Breakwater Road, turning left into Ngamotu road immediately followed by a right into Centennial Drive. Climb up Centennial Drive turning left into Port View Crescent, right onto Paritutu Road and then right onto Centennial Drive. Caution must be taken when making the left turn at the bottom of Centennial Drive and then immediately a right turn back onto Breakwater Road. Left onto Bayly Road and make a final left turn immediately after the railway crossing through the back of the Port Taranaki carpark and follow Hutchen Place until you have arrived back at the venue and repeat. Athletes complete 4 x 5km laps. - Athletes who are lapped are taken out of the race.

Wheel Stations

One-wheel station will be located on the bike course. This is shortly after the transition area near the Bayly Road / Ocean View Parade intersection. This is for athlete/team wheels only. No neutral wheels will be provided.

Litter Zone is located at the same position as the run course. There is only one on the course and will be clearly marked.

2018 ITU New Plymouth Sprint Triathlon **Junior & Elite** 20km CYCLE Course - 4 x 5km Laps



Run Course

The Run course is a flat course out and back course along the seafront on Ocean View Parade. On the return towards transition and finish area there is a short hill section up and down Bayly Road on each lap. The run is on a sealed tarmac surface and there are three 180° turns per lap. Athletes complete 3 x 1.66km laps. On completion of the third lap proceed past the transition area to the finish line.

Aid Station

The Aid Station is located on the run course at approximately 0.27km from transition and is accessible on the outward-bound leg only. Bottles of sealed water will be provided.

There will be a clearly marked Littering Zone that extends on either side of the Aid Station. 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 Ocean View Parade, on the return leg opposite the wheel station, approximately 100m from Bayley Road as shown in the map below.

2018 ITU New Plymouth Sprint Triathlon **Junior & Elite** 5km RUN Course - 3 Laps



Protests and Appeals

Standard procedures will be followed according to the ITU Competition Rules.

Results and Live Streaming

Results will be uploaded live at the ITU's official website: www.triathlon.org

The event will be streamed live. For details please see the ITU website.

Weather Conditions

New Plymouth has relatively mild weather. Average minimum temperature is about 12°C and average maximum is about 21°C. Again, it is noted that we are currently having a particularly warm summer this year.

Event Partners

Thank you to our event partners for supporting the 2018 Quality Hotel Plymouth International ITU Triathlon World Cup

