



World Triathlon
Cup
NAPIER
2024

ATHLETE GUIDE

Saturday 24 February and Sunday 25 February



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General information

Welcome to the World Triathlon Cup 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

Key Triathlon Links

2024 World Triathlon Cup Napier event website at
<https://triathlon.kiwi/worldtriworldcupnapier/>

For the latest news and photos, you can find us and like the Napier Triathlon World Cup – Facebook, Instagram and Twitter accounts

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

World Triathlon 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.



Mayor Kirsten Wise – Welcome to Napier

Napier is proud to welcome you to our city and environs to take part in the World Triathlon Cup. Napier is a desirable destination for many types of visitor from all over the world and we are well placed to provide the perfect setting for an elite sporting fixture such as this. Our climate, terrain and proximity to neighbouring cities mean we can offer a first-class experience for competitors and their supporters.

We understand the importance of a strong team even in an individual sport. We are here to provide all the fun, facilities and features your team needs to help you stay on track and compete at your best. Whether it's rest and relaxation, inspiration, retail therapy or quality hospitality, we've got it covered. If wide open spaces, and peaceful places are more your vibe we have plenty to choose from. Ours is a beautiful city, and even though I know how fast you all will move through it on race day, I hope you also get the opportunity to take a break and enjoy all it has to offer.

Welcome and enjoy your time in Napier.

Kirsten Wise
Mayor of Napier

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 from around the world to this 2024 event, in the exciting new location of Ahuriri Beach, Napier. .

We cant wait to showcase the addition of Mixed Relay in the sun drenched shores of Napier to the World. We are also delighted to welcome New Zealand's Sprint Distance athletes and our first timers. 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.

We are proud to host the only World Cup event in New Zealand we hope you enjoy what the Hawkes Bay region has to offer.

It is going to be an exciting weekend of racing. I wish you all the best for your upcoming season.

Kind regards

A handwritten signature in black ink, which appears to read "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 Athlete Services & Operations	Aidan Barrett	+64 21 452 010	admin@sbevents.nz
World Triathlon Team Leader	Stefane Mauris	+41 764 345 089	Stefane.mauris@triathlon.org
World Triathlon Medical Delegate	Sarah West		
World Triathlon Technical Delegate	Lyndell Murray	+61418620574	lyndellnm@gmail.com

Event Contact Details

SB Events Ltd
 PO Box 154
 Taupo 3351
 Email: shanelle@sbevents.nz

Triathlon New Zealand
 C/-AUT Millennium
 Antares Place
 Mairangi Bay
 Auckland

Email: info@triathlon.kiwi

World Cup Key Dates and Times

When	What	Where
6:00pm – Thursday 22 February	Compulsory Briefing and Registration	Napier Conferences and Events, 48 Marine Parade, Napier
23 February time 12:30pm	Swim Familiarisation	Ahuriri Beach
23 February time 6:00pm	Bike Familiarisation	Ahuriri Beach
Saturday 24 February		
11:15am	Athlete Lounge Open for Junior Women	Ahuriri Beach
12:45pm	Junior Women Race Start	Ahuriri Beach
13:00pm	Athlete Lounge Open for Junior Men	Ahuriri Beach
14:30pm	Junior Men Race Start	Ahuriri Beach
14:45pm	Athlete Lounge Open for Elite Women	Ahuriri Beach
16:15pm	Elite Women Start	Ahuriri Beach
16:30pm	Junior Team Relay Team Declarations	Ahuriri Beach (at Athlete Lounge)
16:45pm	Athlete Lounge Open for Elite Men	Ahuriri Beach
18:15pm	Elite Men Start	Ahuriri Beach
19:30pm	Medal Ceremony	Ahuriri Beach
20:00pm	Elite Team Relay Team Declarations	Ahuriri Beach (at Athlete Lounge)
Sunday 25 February		
08:30am	Final communication of Junior Team Composition	Ahuriri Beach (at Athlete Lounge)
09:00am	Athlete Lounge Open for Junior Mixed Relay	Ahuriri Beach
10:30am	Junior Mixed Relay Starts	Ahuriri Beach
10:30am	Final Communication of Elite Team Composition	Ahuriri Beach (at Athlete Lounge)
11:00am	Athlete Lounge Open for Elite Mixed Relay	Ahuriri Beach
12:30pm	Elite Mixed Relay Starts	Ahuriri Beach
14:00pm	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
26/01/23	<1	<1	<1	<100

Water Quality Analysis – E. Coli

Date of Sample	Location A	Location B	Location C	E.Coli Limit NMP/100ml
26/01/23	<1	<1	1	<250

Summary

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

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 Hawkes Bay.

Transfers to your accommodation are from Hawkes Bay domestic airport ONLY

Anti-Doping

Doping Control will be performed according to the World Triathlon/WADA rules. Testing will be carried out by Drug Free Sport NZ and will take place at East Pier Hotel, 300m from the finish line on the seaside.



Update your anti-doping education

It's vital you understand the role you play in keeping our sport clean. That's why all athletes taking part in the World Triathlon Cup must update their anti-doping education before the event.

Get started today with the **Level 1 | Taumata Tahī** e-learning course from Drug Free Sport New Zealand. You'll learn valuable information about your anti-doping rights and responsibilities and find out exactly what to expect from the doping control process.

Get started at drugfreesport.org.nz/e-learning

Medical & Emergency Services

First Aid and Emergency Medical Services will be available at the venue on Saturday and Sunday 24/25 February 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 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 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 LOC – admin@sbevents.nz

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

Airport Transfers and Transport

Free local transfer to Hotel from Hawkes Bay Airport will be managed by Pink Total Transport. Please ensure that you fill out the form online <https://forms.gle/Kxbx2fqpVhw5SVz5A> at least 14 days prior to the event so this can be managed – any requests after this date will not be accommodated.

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>

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:

MyRide Taradale,
340 Gloucester Street
Taradale
06 844 9771

Email: taradale@myride.co.nz

All costs will need to be covered by the athlete.

MyRide 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.

Note that MyRide cannot check your bike or wheels for World Triathlon compliance. World 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 the World Triathlon Event Operational Requirements.

Accreditation for athletes, coaches, and team medical will be handed out during the official registration on Thursday 22 February prior to and immediately following the Race Briefing at the Napier Conferences and Events, 48 Marine Parade, Napier. The Race Briefing will be in person, and penalties for not attending will be enforced as per the World Triathlon Competition Rules.

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

Hawke's Bay Regional Aquatic Centre welcomes all ELITE ATHLETES competing in the World Cup Triathlon - Napier, to complimentary use of the 50m Olympic pool in preparation for racing.

Monday 19 - Friday 23 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



06 651 2324



www.hbaquatic.co.nz



World Triathlon
Cup
NAPIER
2024

HAWKE'S BAY
REGIONAL

AQUATIC
CENTRE

POWERED BY
PAK'nSAVE
HASTINGS

TRITM
NZ



Hawke's Bay Regional Aquatic Centre

welcomes all

ELITE ATHLETES

competing in the World Triathlon Cup - Napier

Complimentary use of the 50m Olympic pool
in preparation for the weekend's racing

Available Monday 19 - Friday 23 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 the Mitre 10 Park, 42 Percival Road, Hastings

Ocean Spa – 42 Marine Parade, Napier

Outdoor heated 25m lap pool - \$11.50 to be paid by each swimmer or concession card for 10 sessions for \$103.50

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 \$6.00 to be paid by each swimmer or a concession card for 10 sessions for \$50.50. 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 67,500 people live in Napier and 51,500 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.

Course Familiarisations

Bike Course

You will be able to familiarise yourself with the bike course on **Friday 23rd February – 6:00pm**. Athletes will gather at Ahuriri Beach in the transition area and will be escorted on **ONE** lap around the bike course.

Please note, that this will not be at race pace and there will be times where you will be required to stop.

Swim Course

You will be able to familiarize yourself with the swimming course on **Friday at 12:30pm**. This will take place at the event venue at Ahuriri Beach. Lifeguards will be present for the familiarisation.

Competition Rules

The World Cup and Mixed Relay races will be conducted under the World Triathlon Competition Rules.

Race Day Schedule

SATURDAY EVENTS

Start	Finish	Item
		Elite Women
14:45	15:45	Athlete lounge open
15:30	15:55	Swim warm up open
15:30	16:00	Transition open
16:00		Athlete lineup
16:05		Athlete introductions - TBC depending on timing
16:15		World Cup Elite Women Race Start
17:20		World Triathlon Cup Elite Women Finish
19:20		Medal Presentations

Elite Men

16:45		Athlete lounge open
17:30		Transition open
17:30		Swim warm up open
18:00		Athlete lineup
18:05		Athlete introductions - TBC depending on timing
18:15		World Triathlon Cup Men Race Start
19:20		World Triathlon Cup Elite Men Finish
19:20		Medal Presentations

SUNDAY EVENTS

10:30		Final team declarations due
10:45		Athlete lounge open
11:30		Transition open
11:45		Swim warm up open
12:15		Athlete lineup
12:20		Athlete introductions - TBC depending on timing
12:30		World Triathlon Elite Mixed Relay
14:00		Medal Ceremony - World Triathlon Mixed Relay

Venue Plan

The venue is at Ahuriri Beach. See arrows for access to athlete lounge





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 Oceania Junior races for the Elite Women's race, and 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

Swim

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 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, 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

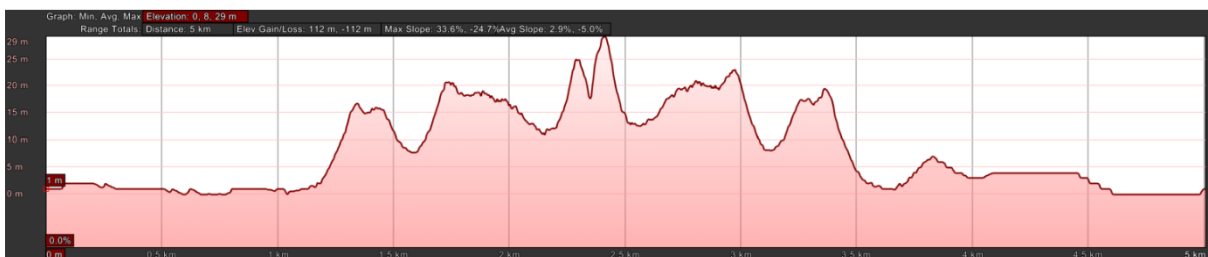
Two wheel stations will be located on the bike course.

The team wheel station is shortly after the transition area on Hardinge Road. This is for athlete/team wheels only.

The neutral wheel station will be on Marine Parade shortly after the U-Turn.

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.



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, returning through transition, in a lane on the left side of transition, into Nelson Quay and then turning into the Perfume Point Recreation Reserve to a second U-Turn returning back along 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 300m 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. 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 200m from transition as shown in the map below.



Mixed Relay

The briefing for the Mixed relay will be held immediately after the briefing for the World Cup.

Team managers are required to lodge their Team Declarations on Saturday 24 February. For Junior Teams this will be at 16:30. For Elite Teams this will be at 20:00. The location for team declarations is the Athlete Lounge.

Under the World Triathlon Rules, Team Managers can change the composition and order of the team up until two hours before the race starts. For Junior Teams this is 8:30am on Sunday morning 25 February and for Elite Teams this is at 10:30am. Again this will take place at Athlete Lounge.

Mixed Relay 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 anti-clockwise. The first turn is in 100m, you will then turn slightly left 50m to the second turn again left 50m to the last turn then 100m back to the beach where you will exit via the beach back to transition.

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



Mixed Relay Bike Course

The Bike Course for the Mixed Relay is two laps of 2.8km for a total of 5.6km.

From Transition athletes will proceed along Hardinge Road and turn left into Marine Parade for approximately 200m to reach a U-Turn. Athletes will then return along Marine Parade/SH50 turning right into Bridge Street and then immediately left into Nelson Quay. Proceed along Nelson Quay returning to Hardinge Road to complete one lap. Complete a second lap and return to transition.



Wheel Station

There will be one Team Wheel Station located on Hardinge Road. This is for athlete/team wheels only.

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.

Mixed Relay Run Course

The Mixed Relay Run Course is two laps of 1.05km for a total of 2.1km.

From transition athletes will proceed along Hardinge Road before turning left and getting onto a coastal path. Athletes will return back towards transition along the path. At the end of the first lap athletes will run past the penalty box and turn left to get back onto Hardinge Road to start a second lap. At the end of the second lap athletes will run straight ahead on the boardwalk and enter the Team tag zone to tag their next athlete.

The final athlete will run past the Penalty box at the end of their second lap, turn left back towards Hardinge Road and enter the finish zone.



Aid Station and Littering Zone

The Aid Station is located on the run course at approximately 300m from transition on Hardinge Road as shown in the map below 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 the pathway, just before the tag area – near the next lap chute

Event Partners

Thank you to our event partners for supporting the Summer Tri Series Napier

