

— TRI —  
**TARANAKI**  
— FESTIVAL —

ITU Triathlon World Cup & WIL Sport  
Oceania Juniors  
**ATHLETE GUIDE**

SATURDAY MARCH 28<sup>TH</sup> and 29<sup>th</sup> 2020



**venture**  
TARANAKI  
Te Puna Umanga

**TARANAKI**  
like no other

TSB  
COMMUNITY  
TRUST

## Contents

General information .....	4
Welcome from International Triathlon Union .....	5
Welcome from Triathlon New Zealand .....	6
Welcome to New Plymouth, Taranaki .....	7
Welcome from the LOC.....	7
Key Dates and Times .....	8
Key Contacts.....	9
Event Contact Details .....	9
Venue .....	10
Water Quality.....	10
Athletes Area at Venue .....	10
Anti-Doping .....	10
Medical & Emergency Services .....	11
LOC Office .....	11
Travel and Accommodation .....	11
International Airport.....	11
Host Hotel .....	11
Visa Requirements .....	12
Covid 19 Corona Virus.....	13
Airport Transfers and Transport .....	12
Post Office and Bank .....	12
Bike Mechanic Services.....	14
Accreditation.....	14
Training .....	15
Swimming.....	15
Bike and Run Training .....	15
Course Familiarisations.....	16
Competition Rules.....	16
Race Day Schedule .....	17
Race Day.....	<b>Error! Bookmark not defined.</b>
Athlete lounge Check-In.....	19
Transition Check In.....	20
The Course & Procedures .....	21
Swim – Elite and Oceania Juniors .....	21
Bike Course - Elites.....	22
Bike Course – Oceania Juniors .....	23
Run Course – Elite and Juniors.....	24
WIL Sport Oceania Mixed Relay Championship Course.....	25



Schedule .....	25
Team Declarations – WIL Sport Oceania Mixed Relay .....	25
Athlete Lounge.....	25
Transition Area.....	25
Swim – WIL Sport Oceania Mixed Relay Championships.....	26
Bike Course – Oceania Mixed Relay Championships .....	27
Run Course – Oceania Mixed Relay Championships.....	28
Protests and Appeals .....	28
Results and Live Streaming .....	28
Weather Conditions .....	28
Event Partners.....	29



## General information

Welcome to the New Plymouth 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](http://www.taranaki.info).

### Key Triathlon Links

2020 New Plymouth ITU Triathlon World Cup event website at <https://www.tritaranakifestival.nz/>

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

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

<https://twitter.com/NewPlymouthWC>

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

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 and welcome to the 2020 New Plymouth ITU Triathlon World Cup,

It is my great pleasure to welcome you back to New Plymouth as we celebrate the town's 10<sup>th</sup> year of hosting ITU World Cups here on the coast of New Zealand's beautiful North Island. The circuit has become synonymous with big-name racing in the opening stages of the season, and we have two strong Men's and Women's Elite fields here once again to enjoy.

Last year it was the Australian Luke Willian who eventually took the tape in the men's race and Angelica Olmo of Italy that triumphed in a thrilling sprint finish to the women's event. Also twelve months ago, Spain's Javier Gomez chose this occasion to make a return to the ITU start line for the first time in 18 months, battling it out on a course where past winners include Olympic champion Gwen Jorgensen, three-time World Champion Mario Mola and current World Champion Katie Zaferes.

Indeed, since first hosting ITU racing back in 2005, this region has built an enduring tradition in triathlon. The passion for sport and warm hospitality have made New Plymouth a pleasure for teams and officials alike over the years, conjuring the ideal atmosphere in which to stage elite races.

It is occasions such as this and the quality of the competition that help keep the ITU World Cup circuit thriving, and hosts like New Plymouth continue to set the standards for new venues to follow.

My thanks as ever go to the Local Organising Committee, Triathlon New Zealand and all the volunteers and officials who help make this great occasion happen. I wish the athletes the best of luck in reaching their goals whatever they may be, and I hope that you enjoy the spectacle of ITU World Cup racing.

Have a wonderful weekend and enjoy the 2020 season

Sincerely,

A handwritten signature in blue ink, appearing to read 'Marisol Casado'.

Marisol Casado

President, International Triathlon Union

IOC Member

## Welcome from Triathlon New Zealand



On behalf of Triathlon New Zealand, I welcome all of the athletes who are taking part in the Tri Taranaki Festival. It's going to be a huge weekend of racing with the ITU World Cup, the Oceania Junior Championships, our own Tri NZ National Sprint Championships, and to round out the weekend, the Oceania Mixed Team Relay Championships.

This will be the 10<sup>th</sup> time we have welcomed the best triathletes in the world to New Plymouth for the ITU World Cup. It's an Olympic year so we know many of the athletes will be racing hard in pursuit of qualifying points.

We are also delighted to be hosting the Oceania Junior Championships. It is a great opportunity for the next generation of triathletes from Oceania to be able to rub shoulders with the world's elite at this event. Then on Sunday in the Oceania Mixed Relay Championships many of these Junior athletes will have the opportunity to be on the same start line as their older counterparts. Mixed relay is making its debut at Tokyo 2020 so this race will be an important part of the build-up for athletes seeking selection for the games.

And let's not forget our Age Group athletes racing in the National Sprint Championships. Not only are these athletes seeking Championship medals but there is also the opportunity to qualify for the New Zealand Team for the ITU World Championships.

Finally, we also welcome those people taking part in the Taranaki Tri-er event. This will be the first triathlon event for some of the athletes in this race and to those people we bid you welcome to the wonderful sport of triathlon. Many of the athletes you'll see competing in the other races across the weekend started their triathlon journey in events similar to the Taranaki Tri-er. We hope you enjoy your race and you will be inspired to come back for more. We also know that some of the athletes will be seeking credits towards their NCEA qualification and we wish you the best of luck with this.

I would like to thank Shanelle and her team from SB Events for putting together the event with the support of Venture Taranaki, New Plymouth Council, Taranaki Tri Club, TSB Community Trust, Sport Taranaki, our Tri NZ Technical Officials and the host of volunteers who give up their time to ensure the success of this wonderful event.

I look forward to watching some of the best triathletes in the world, the best of Oceania's emerging talent and the excitement that is the mixed relay. I'm also looking forward to watching our best age groupers battle it out for National Championship honours.

I wish you all the best for the coming year, in particular to those bound for Tokyo.

Kind Regards

Graham Perks

## Welcome to New Plymouth, Taranaki



Taranaki welcomes you to our waters, our beaches, roads and our community as you train, race, and inspire future generations of triathletes.

I encourage you to explore everything our region has to offer, starting with our clean harbour and scenic pools, riding around our magnificent mountain, or running our famed walkways.

Beyond your racing commitments check out our culture, cafés, beaches, mountain, museums and more.

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 New Plymouth I encourage you to get to know the locals and share their secrets. In doing this you'll discover the magic of Taranaki.

Justine Gilliland  
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 2020 event. Our team has been working away over the winter to ensure that we can deliver a world class event down here in New Zealand.

In addition to the World Cup we are delighted to welcome Oceania's best Junior Triathletes for the OTU Oceania Junior Championships. Then after the individual races on Saturday, on Sunday morning both the Elite and Junior athletes will be competing for the OTU Oceania Mixed Team Relay Championships. With the Mixed Relay making its Olympic debut at Tokyo 2020, this race will be an important part of the build-up for some athletes and teams. For the Juniors, it is the opportunity to line up against some of the best elite athletes in the world.

Also, on Sunday, we are hosting the Tri NZ New Zealand Sprint Triathlon Championship with our age group athletes competing for Age Group medals and selection to the New Zealand team for the 2020 ITU World Championships in Edmonton.

It is going to be an exciting weekend of racing. I wish you all the best for your upcoming season and gaining those qualification points towards Tokyo 2020.

Kind regards

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

Shanelle Barrett  
Event Director  
ITU Technical Committee Member



## Key Dates and Times

Thursday 26 March		
16:00-18:00	Elite Athlete Race Pack pickup	Plymouth International Hotel
18:00	Elite Athlete Briefing (including Mixed Relay briefing) – 1 representative from each nation only	Plymouth International Hotel
Friday 27 March		
9:00	Bike Course Familiarisation – Elite and Juniors	Race Venue, Ngamotu Beach
10:30 - 11:30	Swim Course Familiarisation – Elite and Juniors	Race Venue, Ngamotu Beach
16:00-18:00	WIL Sports Oceania Junior Race Pack pickup	VIP Marquee, Ngamotu Beach (next to finish line)
18:00	WIL Sports Oceania Junior Briefing (includes Mixed Relay Briefing) – 1 representative per nation only	VIP Marquee, Ngamotu Beach (next to finish line)
Saturday 28 March Oceania Junior Championships and World Cup Race Day		
12:15 - 13:15	Junior Women Athlete Lounge Open	Race Venue, Ngamotu Beach
13:00 - 13:45	Transition Area open for Junior Women	Race Venue, Ngamotu Beach
13:00 - 13:30	Swim Warm up for Junior Women	Race Venue, Ngamotu Beach
13:35	Junior Women introductions	Race Venue, Ngamotu Beach
13:45	Junior Women Race Start	Race Venue, Ngamotu Beach
13:20 14:15	Junior Mens Athlete Lounge Open	Race Venue, Ngamotu Beach
13:30– 14:15	Transition Area open for Junior Men	Race Venue, Ngamotu Beach
13:55-14:15	Swim Warm up for Oceania Junior Men	Race Venue, Ngamotu Beach
14:20	Junior Men introductions	Race Venue, Ngamotu Beach
14:30	Junior Men Race Start	Race Venue, Ngamotu Beach
14:30 – 15:20	Elite women Athlete Lounge Open	Race Venue, Ngamotu Beach
14:50 – 15:35	Transition Area open for Elite Women	Race Venue, Ngamotu Beach
15:05 – 15:35	Swim warm up for Elite Women	Race Venue, Ngamotu Beach
15:40	Elite Women introductions	Race Venue, Ngamotu Beach
15:50	Elite Women Race Start	Race Venue, Ngamotu Beach
15:45 – 17:10	Elite Men Athlete Lounge Open	Race Venue, Ngamotu Beach
16:50 – 17:25	Transition open for Elite Men	Race Venue, Ngamotu Beach
16:55 – 17:25	Swim warm up Elite men	Race Venue, Ngamotu Beach
17:30	Elite Men introductions	Race Venue, Ngamotu Beach
17:40	Elite Men Race Start	Race Venue, Ngamotu Beach
18:50	Medal Presentations	Race Venue, Ngamotu Beach
21:00	Deadline for Mixed Team Declarations – to be completed online via link sent out	Online
Sunday 29 March Oceania Mixed Relay Championships		
08:00	Athlete Lounge Open	Race Venue, Ngamotu Beach
08:30	Deadline for Team Declarations	Race Venue, Ngamotu Beach
10:00	Athlete Check In closes	Race Venue, Ngamotu Beach
09:00-10:15	Transition Area Open	Race Venue, Ngamotu Beach
9:50-10:10	Swim Warm Up	Race Venue, Ngamotu Beach
10:20	Introductions	Race Venue, Ngamotu Beach
10:30	Race Start	Race Venue, Ngamotu Beach
12:30	Medal Presentations	Race Venue, Ngamotu Beach





## 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 Home Stays	Ross Dingle	+64 27 310 5112	clandingle@gmail.com
ITU Team Leader	Brian Hinton		brianhinton7@gmail.com
ITU Medical Delegate	Deon Stoltz	+64 27 475 1937	deonstoltz@me.com
ITU Technical Delegate	Cathi Hoare		<a href="mailto:cathyhoare@ozemail.com.au">cathyhoare@ozemail.com.au</a>

## Event Contact Details

Tri New Plymouth Ltd

PO Box 154

Taupo 3351

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

---

## Water Quality

### Water Quality Analysis – Enterococci

Date of Sample	Location A	Location B	Location C	Enterococci Limit NMP/100ml
30/01/20	5	1	1	<100

### Water Quality Analysis – E. Coli

Date of Sample	Location A	Location B	Location C	E.Coli Limit NMP/100ml
30/01/20	< 1	3	< 1	<250

### Water Quality Analysis - pH

Date of Sample	Location A	Location B	Location C	pH Limit
30/01/20	8.1	8.1	8.1	6 to 9

### Weather report for sample collection day and previous two days

Day	Weather
30/01/20	Rainfall 2.7mm, Max 21, Min 17
29/01/20	Rainfall 1.0mm, Max 21, Min 18
28/01/20	Rainfall – 0.0mm, Max 22, Min 17

### Summary

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

---

## Athletes Area at Venue

Facilities including athletes’ lounge and toilets are provided to the athletes within the Athletes Village. 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.

---

## 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 Port Taranaki building which is adjacent to the race venue.

---

## Medical & Emergency Services

First Aid and Emergency Medical Services will be available at the venue on Saturday 28<sup>th</sup> March and Sunday 29<sup>th</sup> 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 Plymouth International and is open daily from Thursday, March 26<sup>th</sup> until Sunday, March 29<sup>th</sup>.

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 Plymouth International, Corner Courtenay & Leach Street.

For reservations or information please contact the hotel direct

[reservations@plymouth.co.nz](mailto:reservations@plymouth.co.nz) or +64 6 759 9128



## 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 Director.

---

## Airport Transfers and Transport

Free local transfer to Hotel from New Plymouth Airport will be actioned by Scott Airport Shuttles. Please ensure that you fill out the form online at least 7 days prior to the event so this can be managed (this form can be found at the bottom of the page on the link below under Elite Athlete Airport Transfers)

<https://www.tritaranakifestival.nz/page/itu-world-cup/>

For public transportation Tranzit 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](mailto:transport@trc.govt.nz)

---

## Post Office and Bank

### **Post**

Taranaki Stationery  
4 Egmont Street, New Plymouth 4310.

Phone: 06 759 0282

### **BANK**

TSB Bank New Zealand 120 Devon Street East  
New Plymouth 4310

Toll Free Ph 0800 11 33 55

---

## Covid19 - Coronavirus

At time of writing the New Zealand Government has implemented travel restrictions that aim to limit the spread of the Covid19 Corona Virus. Any foreign travellers who have been present in, or transited through, mainland China or Iran within the last 14 days are currently being refused entry to New Zealand.

People who have been in Italy or the Republic of Korea (excluding airport transfer) should self-isolate for 14 days on arrival.

The Organizing Committee, Triathlon NZ and ITU are aware of the evolving situation related to the Coronavirus (COVID-19) that has resulted in the World Health Organization (WHO) declaring a public health emergency of international concern. We are monitoring the situation very closely and are continuing to work with the local authorities to follow and implement measures dictated by national and international health agencies and governments.

At this stage the New Zealand Government has not proposed altering arrangements for public events, and therefore we will be proceeding with the Tri Taranaki Festival 2020 as planned on the 28<sup>th</sup> and 29<sup>th</sup> March. A few changes that will occur are as follows:

### CHANGES TO THE ATHLETE BRIEFING

Following advice from our Medical Committee and New Zealand Health Agencies, and with the welfare of coaches and athletes top of mind, every effort will be made to reduce the possibility of close contact between athletes during the athletes briefing. As a result, the ITU has decided the following measures for future sanctioned Triathlon events:

- Only one person from each country must attend the Athletes Briefing. This can be an athlete or a team manager/coach. The rest of the athletes/coaches are asked NOT to attend. Enough space will be provided in the briefing room to avoid close contact between participants in the briefing.
- After the briefing, the presentation with all the information will be posted online, highlighting any new or relevant information. The briefing will also be sent via email to all athletes.
- A 2 hour time window will be given for all athletes to collect race packs on Thursday 26<sup>th</sup> March from 16:00-18:00 at the Plymouth International Hotel.
- The Technical Delegate is available to provide clarification on any matter during the swim familiarization on Friday, 27 March, 10:30am at Ngamotu Beach.

### PASTA PARTY CANCELLED

In line with the advice from WHO and from the Ministry of Health in New Zealand and with the approval of the ITU, the decision has been taken to cancel the pre-event pasta party. While we are disappointed at this outcome, it is the only common-sense decision based on the advice to limit indoors, close contact events.

### RECOMMENDATIONS FROM WHO

Please ensure you follow the following guidelines from the World Health Organisation.

- Washing your hands frequently - Regularly and thoroughly clean your hands with an alcohol-based hand rub or wash them with soap and water for at least 20 seconds and dry them thoroughly
  - Before eating or handling food
  - After using the toilet
  - After coughing, sneezing, blowing your nose or wiping children's noses
  - After touching public surfaces

- Maintain social distancing - Try to maintain a metre away (3 feet) from people who are unwell or might be unwell
- Avoid touching eyes, nose and mouth
- Practice respiratory hygiene
  - Covering your mouth and nose with your bent elbow or tissue when you cough or sneeze
  - Disposing of used tissues immediately and appropriately in a bin
- If you have a fever, cough and difficulty breathing, seek medical care early
- If you are feeling unwell, please do not attend the event or functions.

---

## 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](mailto:mitchellcycles@xtra.co.nz)



All costs for 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.

Note that Mitchell Cycles cannot check your bike or wheels for ITU compliance. ITU 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 ITU Event Operational Requirements.

Accreditation for athletes and coaches will be handed out during the official registration on Thursday 26<sup>th</sup> March prior to the Race Briefing at the Host Hotel. (Plymouth International). Note as per last year 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.

Accreditations for the Mixed Team Relay will be in the form of a wristband. These will be distributed on Saturday evening when the team sheets are submitted.

## 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. Entry to the fitness gym is \$15 to be paid by each athlete.

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 6.00 am to 8.15pm

Contact details - Telephone: 06 759 6060

Website - [www.newplymouthnz.com/en/Residents/Attractions-and-Recreation/Pool/Todd-Energy-Aquatic-Centre](http://www.newplymouthnz.com/en/Residents/Attractions-and-Recreation/Pool/Todd-Energy-Aquatic-Centre)

Athletes train in the swimming pool and use the fitness centre 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. 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 is a lot of heavy vehicles in this area and they cannot stop in a hurry.

**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. This section of the course is on private property and anyone in this area at other times is trespassing and may risk sanctions.

---



## Course Familiarisations

### Bike Course

You will be able to familiarise yourself with the bike course on **Friday, March 27<sup>h</sup> at 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 racecourses are open to traffic outside of this time.

*The course familiarisation is the ONLY time you can ride through the section of the course through the Port Taranaki Car Park. This section of the course is on private property and anyone in this area at other times is trespassing and may risk sanctions.*

### Swim Course

You will be able to familiarize yourself with the swimming course on **Friday, March 27<sup>th</sup> from 10:30am – 11:30am**. 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 November 2018. The rules can be found at: [https://www.triathlon.org/uploads/docs/itusport\\_competition-rules\\_2019.pdf](https://www.triathlon.org/uploads/docs/itusport_competition-rules_2019.pdf)

---

## Race Day Schedule

### **Saturday 28 March – WIL Sport Oceania Junior Women Race Program**

12:15 – 13:15	Athlete Lounge open for Junior Women Check In
13:00 – 13:45	Transition Area open for Junior Women
13:00 – 13:30	Swim warm up for Junior Women
13:35	Junior Women Athlete Assembly and Introduction by Finish Gantry
13:45	Junior Women Race Start
18:50	Junior women Medal Presentations (following Elite Men's race)

### **Saturday 28 March – WIL Sport Oceania Junior Men Race Program**

13:20 – 14:30	Athlete Lounge open for Junior Men Check In
13:30 – 13:45	Transition Area open for Junior Men
13:55 – 14:15	Swim warm up for Junior Men
14:20	Junior Men Athlete Assembly and Introduction by Finish Gantry
14:30	Junior Men Race Start
18:50	Junior Men Medal Presentations (following Elite Men's race)

### **Saturday 28 March - ITU World Cup Elite Women Race Program**

14:30 – 15:20	Athlete Lounge open for Elite Women Check In
14:50 – 15:35	Transition Area open for Elite Women
15:05 – 15:35	Swim warm up for Elite Women
15:40	Elite Women Athlete Assembly and Introduction by Finish Gantry
15:50	Elite Women Race Start
18:50	Elite Women Medal Presentations (following Elite Men's race)

### **Saturday 28 March - ITU World Cup Elite Men Race Program**

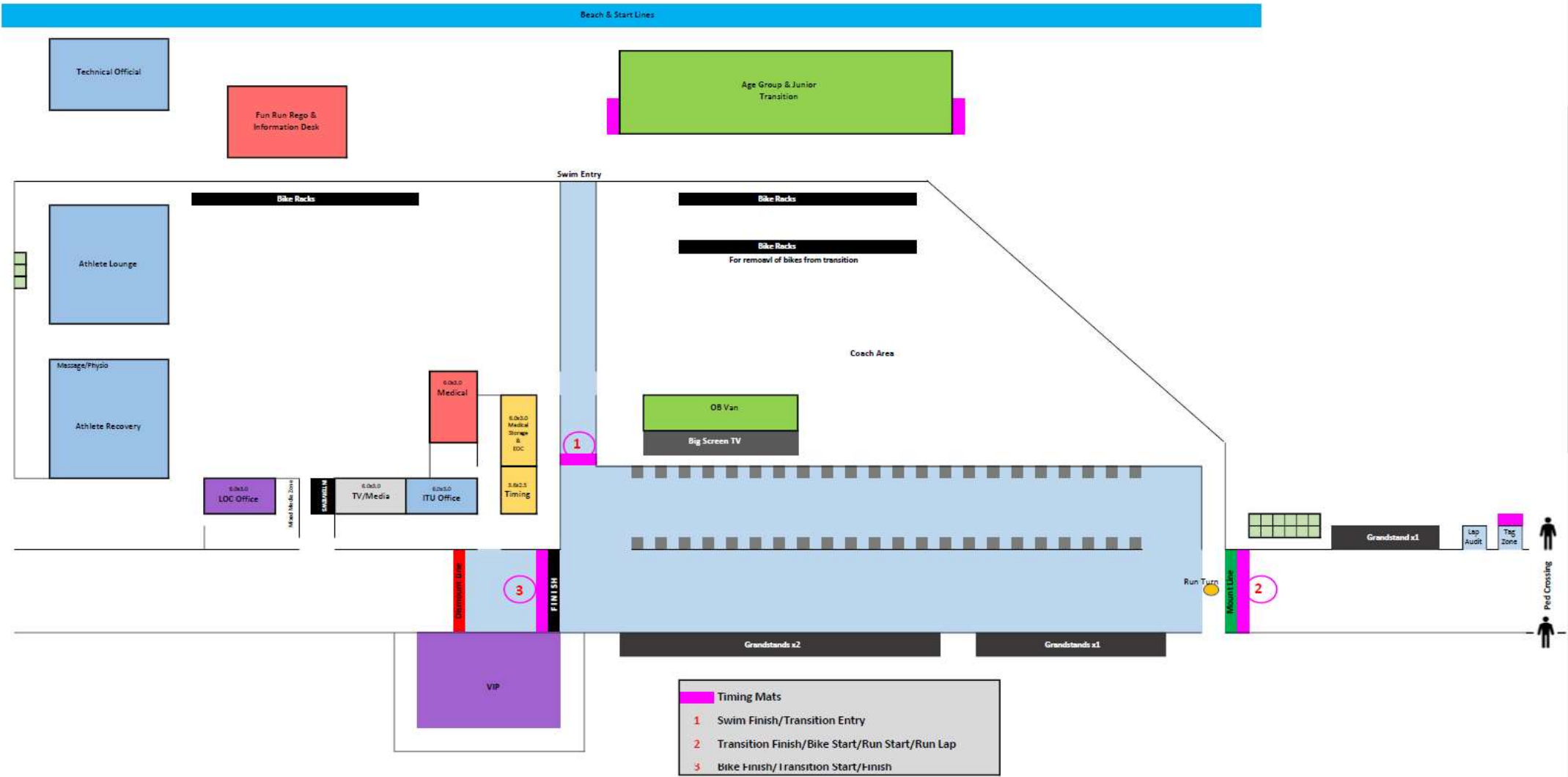
15:45 – 17:10	Athlete Lounge open for Elite Men Check In
16:50 – 17:25	Transition open for Elite Men
16:55 – 17:25	Swim warm up for Elite Men
17:30	Elite Men Athlete Assembly and Introductions by Finish Gantry
17:40	Elite Men's Race Start
18:50	Elite Men Medal presentations

---

# Venue Plan

## Venue – update site plan

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.



### 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. We are yet to confirm if we will have body decals for Junior athletes. If not, you will be body marked.

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 athlete lounge 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.

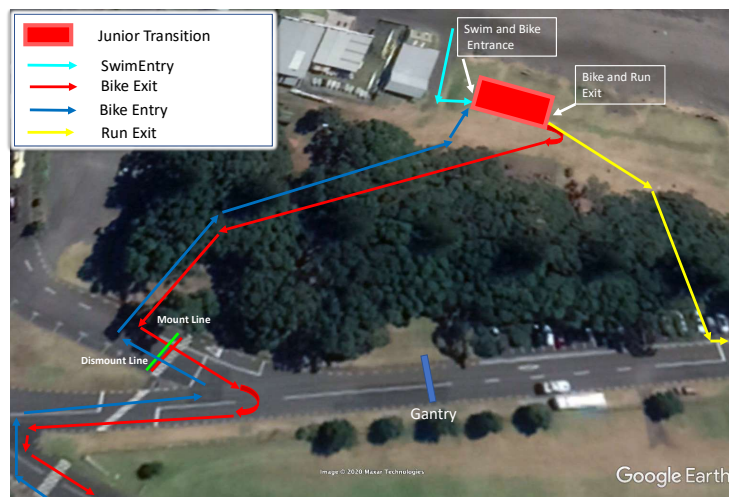
Each athlete will have a numbered box next to their bike rack. All used equipment (e.g. Swim Cap, Goggles, Wetsuit in T1, Helmet in T2) must be deposited in YOUR box before you leave transition for the next part of the race.

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.

The Junior Transition Area will be located on the grass closer to the beach. This transition area will use traditional bar racks. These will be numbered the same as for the elite. The same rules apply as for the elite race – you must rack with your front wheel facing outwards in T1 and you may rack your bike in either direction in T2. Transition boxes will be supplied.

Note that the Junior Women will be racing while the Junior Men are racking their bikes. The transition will be set up in such a way that this will not interfere with the Junior Women's race but we ask that the Junior Men respect the athletes who are racing and follow the instructions of Technical Officials as necessary.



## Athlete Assembly and Introductions

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

Junior athletes will follow the same procedure as above except that your assembly area will be beside the Junior Transition area.

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 Head Referee will start each race.

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

---

## The Course & Procedures

### Swim – Elite and Oceania Juniors

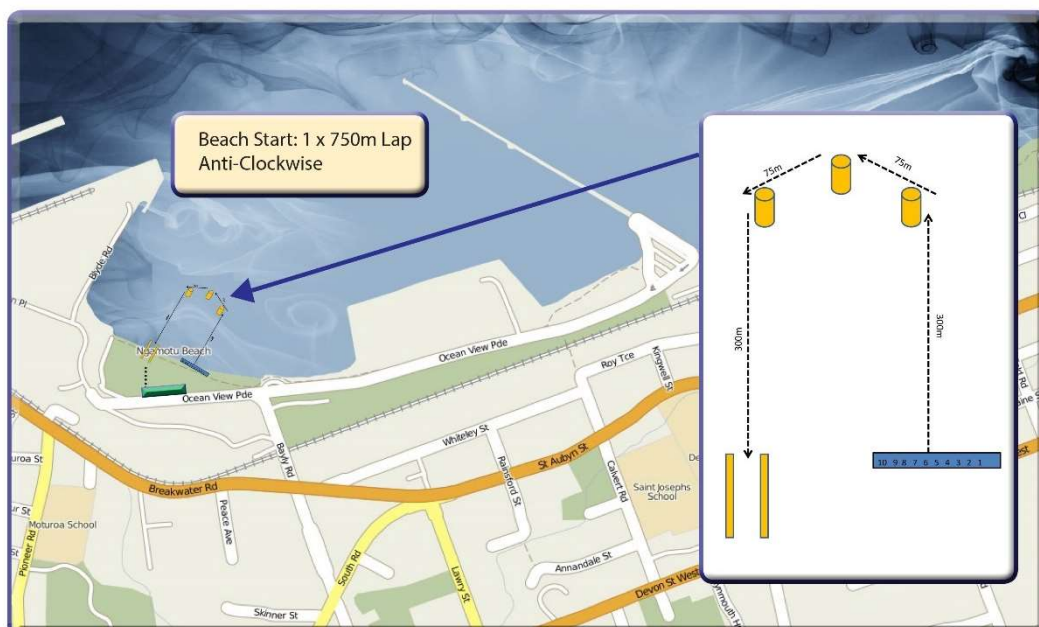
The ITU World Cup and the Oceania Junior Championships will both use the same swim course.

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 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 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 2020) 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.

### 2020 ITU New Plymouth Sprint Triathlon **Elite and Junior** 750m SWIM Course – 1 Lap



## Bike Course - Elites

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

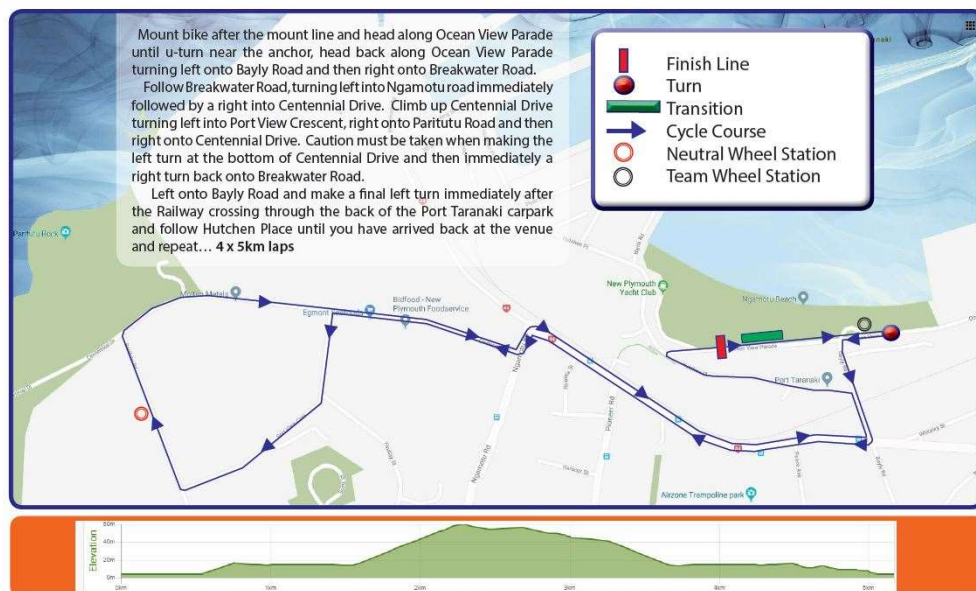
Two wheel stations will be located on the bike course.

The team wheel station is shortly after the transition area near the Bayly Road / Ocean View Parade intersection. This is for athlete/team wheels only.

The neutral wheel station will be on Paritutu Road.

The Litter Zone is located either side of the Run Aid Station on Ocean View Parade. 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.

## 2020 ITU New Plymouth Sprint Triathlon **Elite** 20km CYCLE Course – 4x5km Laps





## Bike Course – Oceania Juniors

Mount bike after the mount line, turn right and head along Ocean View Parade, turn left into Hutchen Place, follow through the back of the Port Taranaki carpark, turning right 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 where you will make a 180 degree u-turn and repeat. Athletes complete 4 x 4.85km laps. Athletes who are lapped are out of the race.

### 2020 ITU New Plymouth Sprint Triathlon **Oceania Junior** 19.4km CYCLE Course – 4x4.85km Laps



There will be a team wheel station in the Port Taranaki carpark just before you head down the hill to complete the lap. There is no neutral wheel station for this race.

There will also be a littering zone in the Port carpark in the same area as the Team Wheel Station. This will be clearly marked with signs.

## Run Course – Elite and Juniors

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. The only difference for the Juniors is there is a short section across the grass from your transition area to Ocean View Parade

### Aid Station and Littering Zone

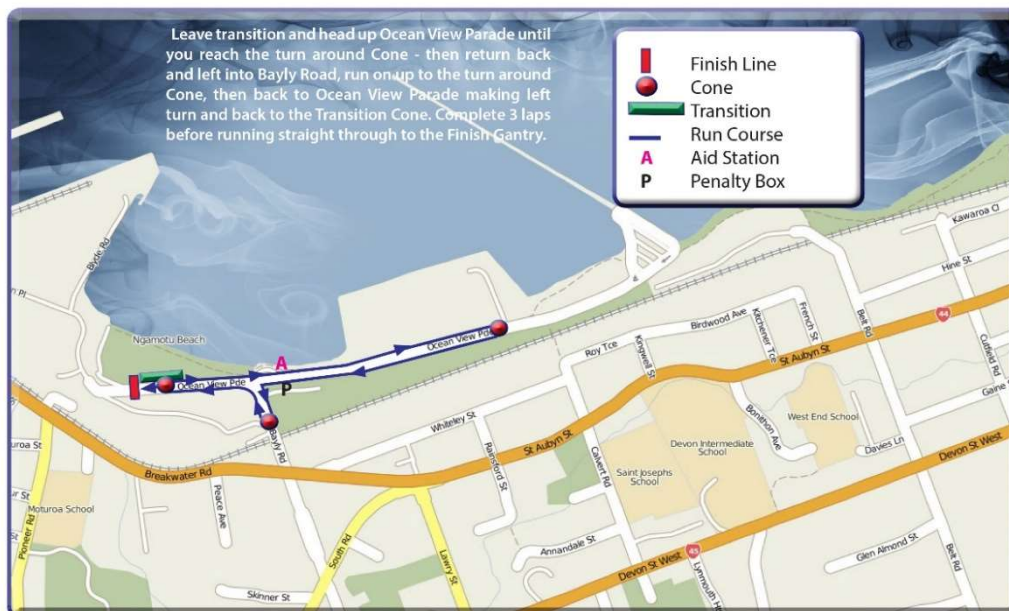
The Aid Station is located on the run course at approximately 0.27km from transition as shown in the map below and is accessible on the outward-bound leg only. Bottles of sealed water will be provided.

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 Ocean View Parade, on the return leg opposite the wheel station, approximately 100m from Bayley Road as shown in the map below.

## 2020 ITU New Plymouth Sprint Triathlon **Elite and Junior** 5km RUN Course – 3 Laps



## WIL Sport Oceania Mixed Relay Championship Course

### Schedule

08:00	Athlete Lounge Open
08:30	Deadline for Team Declarations
10:00	Athlete Check In closes
09:00-10:15	Transition Area Open
9:50-10:10	Swim Warm Up
10:20	Introductions
10:30	Race Start
12:15	Medal Presentations

### Team Declarations – WIL Sport Oceania Mixed Relay

National Federations must submit their completed team sheets containing the names of their four team members and up to two reserves (one per gender) by 9:00pm on Saturday evening.

The deadline for final team declarations is at 08:30 on Sunday morning – two hours before race start. This will take place at the athlete lounge which will open from 08:15. At this time, the team order may be changed but the final team may not include any athletes not listed on the sheet.

### Athlete Lounge

When the team sheets are submitted on Saturday night each team will be issued with a set of wristbands. These wristbands are the team's accreditation to access the athlete lounge and the FOP. Because we will have up to 120 athletes needing to access the athlete lounge, we are limiting the number of wristbands issued to coaches in order to avoid overcrowding in the lounge. Coaches may use the accreditations issued for the Saturday races in order to access the designated coaches' areas on course so please ensure that you bring these on Sunday.

When checking in at the athlete lounge all team members must be present. You will receive your race stickers for bike and helmet. There will be no body decals for this race – athletes will be body numbered.

All athletes will be issued with their swim cap when the team checks in but only the 1<sup>st</sup> athlete in the team will receive their timing chip. The timing chips for the remaining team members will be issued at the Tag Zone just before each athlete is due to start their lap.

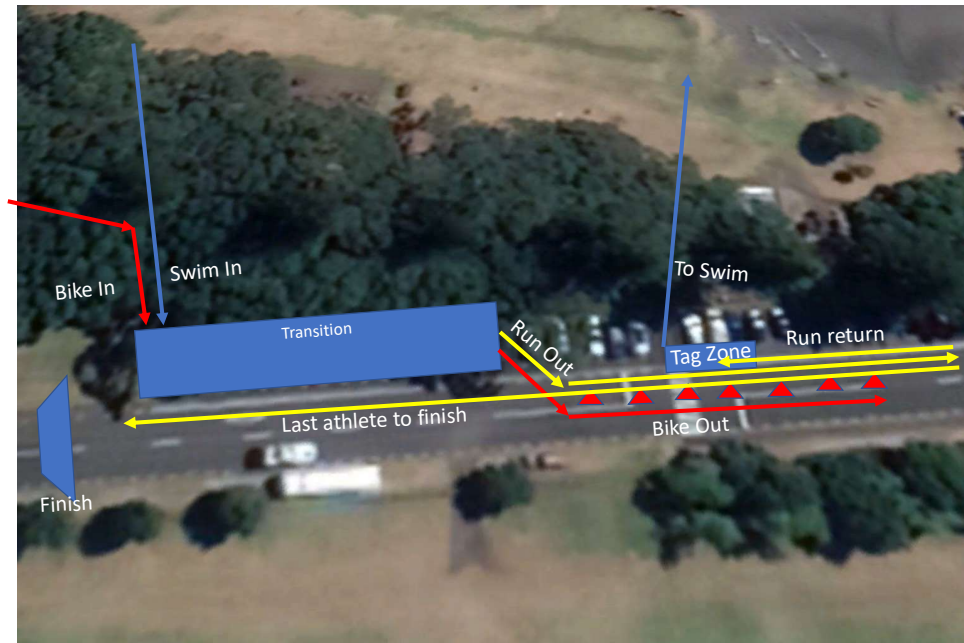
The athlete lounge will remain open for the duration of the race. After you have checked in some teams will be directed across to the tent which was used as the Recovery Lounge on Saturday in order that we best utilise the space available.

### Transition Area

ALL teams in this event (Elite and Junior) will use the same transition area which is that used for the Elite athletes for the World Cup on Saturday. Note however that because of the number of athletes we need to accommodate we will be using traditional bar racks rather than the individual bike racks.

The flows around the transition are illustrated in the following map.



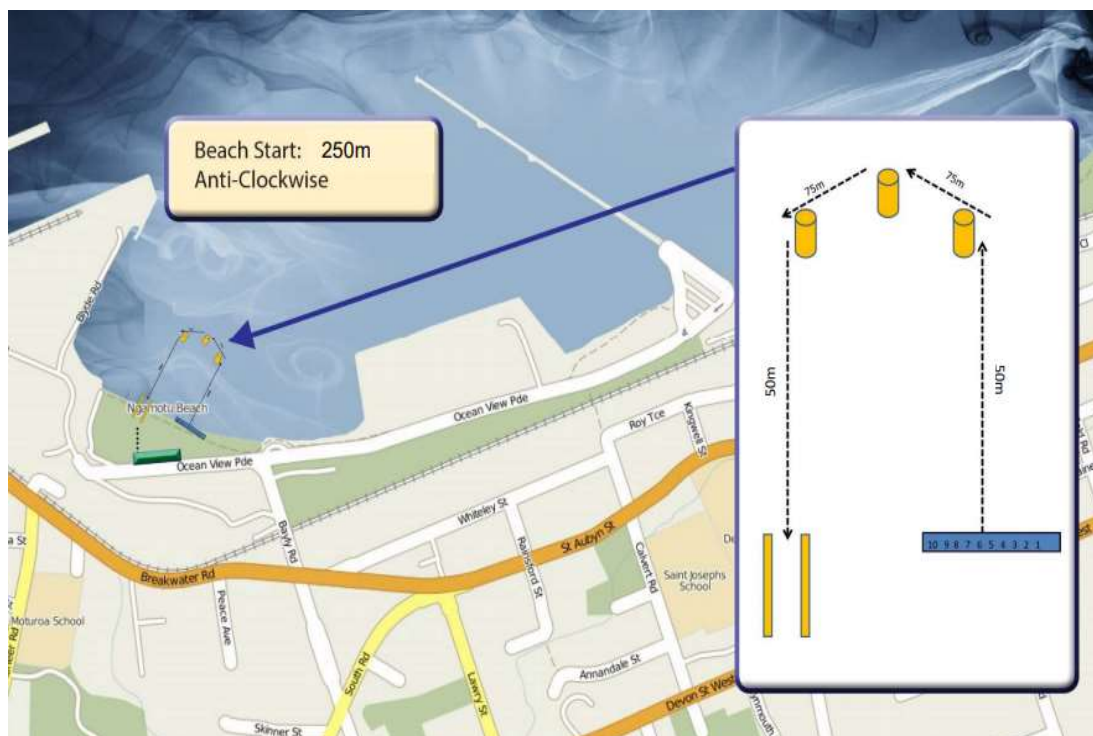


### Swim – WIL Sport Oceania Mixed Relay Championships

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 course will be patrolled by Surf Lifesaving NZ lifeguards

The swim is one lap anti-clockwise. The first turn is in 50m, you will then turn slightly left 75m to the second turn again left 75m to the last turn then 50m back to the beach where you will exit via the beach back to transition.

### WIL Sport Oceania Mixed Relay - 250m SWIM



## Bike Course – Oceania Mixed Relay Championships

As you exit transition you will be directed over to the right-hand side of the road. Mount your bike after the mount line and stay on the right hand side of the cones along Ocean View Parade and turn right onto Bayly Road. From this point you will revert back onto the left-hand side of the road. Turn right onto Breakwater Road. Follow Breakwater Road, doing a 180 degree u-turn 200m past Ngamotu Road, return back along Breakwater Road. Turn left onto Bayly Road and immediately after the railway crossing turn left and proceed through the back of the Port Taranaki carpark and follow Hutchen Place until you have arrived back at the venue. Complete a 180 degree turn and return back up Hutchen Place, through the Port Taranaki carpark and then turn right back onto Bayley Road. From this point your second lap is identical to the first. At the completion of your second lap, dismount at the dismount line and follow the path through the venue back to transition.



### Oceania Mixed Relay 6km CYCLE Course - 2 laps



There will be a Team Wheel Station located in the Port Taranaki Carpark just before you go down the hill to complete the lap. There will also be a Littering Zone in this location. There is no Neutral Wheel Station for this race.

Note that because we have both Elite and Junior athletes racing concurrently athletes who are lapped will not be removed from the race, however please note that athletes who have been lapped may not draft off, or sit in a bunch with, athletes who are a lap ahead of them.

## Run Course – Oceania Mixed Relay Championships

The Run course is a flat out and back course along the seafront on Ocean View Parade. The run is on a sealed tarmac surface and there is one 180° turn.

Athletes complete 1 x 1.5km laps. On completion of the run team members 1-3 will tag the next individual in the tag zone. The final team member will proceed past the tag zone and the transition area to the finish line to complete their run. Note that in accordance with ITU rules team members 1, 2 & 3 may not join their final athlete in order to cross the finish line together.



### Oceania Mixed Relay 1.5km RUN Course - 1 lap



There is one Aid Station on the Course as illustrated and a Littering Zone will be marked on either side of this. The Penalty Box will be located closer to the finish as illustrated above.

## 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](http://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 2020 New Plymouth ITU Triathlon World Cup

