

GENERAL FAQ'S

What is the Generation Homes Women's Triathlon?

The Generation Homes Women's Triathlon is an entry level fun event to get women interested, excited and passionate about triathlon. The aim of this event is to show women how fun and enjoyable the sport of Triathlon can be. The course has been designed for all levels of fitness and experience and to maximise areas for supporters to cheer on their Daughters, Mums, Sisters, Aunts, Grandmothers and friends as they complete the event

What are the distance for this event?

The distances are as follows:

Swim: 400 metres, A to B straight swim
Bike: 10 kilometres – 1 lap, out and back
Run / Walk: 4 kilometres – 1 lap, out and back

How do I enter?

Entries can be completed by going to the home page of www.trichicks.co.nz. Once on the home page you can either enter online by following the link to "REGISTER NOW" or enter via post by printing the flyer, completing your details and posting it with your entry fee to **Women's Tri, 108 Beaumaris Boulevard, Bethlehem, Tauranga 3110.**

How much does it cost to enter?

The entry costs for the Generation Homes Women's Triathlon Event are as follows:

Individual	\$45
Team (2 or 3 members)	\$70
Mother / Daughter (each will complete the full event)	\$80 (being \$40 each)

When do I need to enter by?

We'd love you to enter as soon as you are able to please – as this helps us greatly with planning for the event and ensuring we have enough spot prizes and products for the goodie bags.

Entries must be received either by post or online by **Wednesday 22 February 2017.**

Any late entries will incur additional fees of \$10 per individual, team and mother/daughter duo. The reason we charge a late fee is that we want to encourage the majority of women to enter early which makes our logistics and planning easier. Also it helps for your training and planning as you are then committed to completing the event.

Late entries will be taken at registration on **Saturday 25 February 2017** between **1pm and 5pm** at Race HQ, being at Salisbury Wharf end of the Mall on Pilot Bay, Mount Maunganui.

There will be **NO** late entries on Race Day.

Is there an early bird discount or prize?

We strive to ensure your entry fee for this event is as low as it can be and we like to offer the same price for everyone no matter when they enter, so we don't have an early bird discount for this event sorry.

How do I know I am entered?

You will receive a confirmation to the email address you registered with. If you are in a team, only the person who made the registration on behalf of the team will receive a confirmation.

What is the minimum age?

In order to enter Generation Homes Women's Triathlon Event you must be **11** years or older as at event date, being **Sunday 26 February 2017**.

Can I change my or my team's details after I've entered?

Yes. Please e-mail info@trichicks.co.nz. No changes will be accepted after **31 January 2016**.

Can I transfer my entry?

Yes. If you wish to transfer your entry to another person because you can no longer undertake the event, please e-mail us at info@trichicks.co.nz. Any transfers will need to occur **prior to 31 January 2016** and will incur an administration fee of **\$15**.

Can I withdraw from the event?

We hope no one will need to withdraw from this event but if you do withdraw or do not start the race no refund will be provided. If you know in advance that you are not going to be there please email the race director via the home page of www.trichicks.co.nz.

What is the difference between entering and registration?

Entering is what you need to do to reserve a place in the event and to pay for your entry fee (preferably online or by downloading a hard copy form from the web site if you don't have credit card or Debit Card Visa facility and posting it to us). This lets us know you are doing the event.

Registering is coming the day before to get your race pack which will include your swim cap, transponder bracelet, race number and other goodies. See the tab for **Registration FAQ's** for more details.

What if I need medical assistance?

We will have medical services/first aid at the event. If you have a medical condition or allergies that our medical team should be aware of we ask that you advise us when completing your registration form and tell one of our registration team members when picking up your race pack. Please write medical conditions or allergies and an emergency contact on the back of your race number so that our medical team can attend to any medical issues appropriately.

What can I do if I have lost property?

Any lost property that is found during the event will be held at the Generation Homes Women's Triathlon Race HQ (being at Salisbury Wharf end of the Mall on Pilot Bay, Mount Maunganui) and announced by the MC. Anything not claimed by the end of the event will be retained by the event organisers and held for collection by you at a later date.

If you have lost something, please email info@trichick.co.nz to find out if we have it.

If you find any items that appear lost please hand it into the Race HQ tent so people can hopefully be reunited with their personal items as soon as possible.

What are start waves?

There will be 10 waves in total leaving 2 minutes apart from the start of the first wave at 8.30am. With 8 waves of individuals, 1 wave of mother/daughters and 1 wave of teams. Waves will be identifiable by different colour caps and are as follows:

Wave 1 – 8.30am – White
Wave 2 – 8.32am – Yellow
Wave 3 – 8.34am – Orange
Wave 4 – 8.36am – Green
Wave 4 – 8.38am – Black
Wave 6 – 8.40am – Purple
Wave 7 – 8.42am – Red
Wave 8 – 8.44am – Blue
Wave 9 – 8.46am – Pink (Mother/Daughter)
Wave 10 – 8.48am – Silver (Teams)

Individuals will be required to pre-select their wave at the time of entry. This is a great way to complete your event with your friends and family. Make sure you get your friends to enter at the same time as you if you want to be in the same wave as once a wave is full.

Teams and Mothers/Daughters will be automatically put into their applicable wave/colour start.

You will be asked to gather in your wave groups (identifiable by your swim cap colour) near the race finish line and then will be ushered to the swim start.

Will you be using age groups?

Age groups will be used at prize giving where medals will be awarded to 1st, 2nd and 3rd placing in each age group, team and mother/daughter duo's.

Age groups will be determined by your age as at event date, being **Sunday 26 February 2017**. And the age categories for medals are as follows:

- ◆ 11 – 15 years;
- ◆ 16 – 19 years
- ◆ 20 – 29 years;
- ◆ 30 – 39 years;
- ◆ 40 – 49 years;
- ◆ 50 – 59 years;
- ◆ 60 – 69 years;
- ◆ 70+ years.

How do I know where to go at the start of the event?

After the race briefing (**at 7:45 am on event morning**) you will be asked to make your way down to the swim start (by the toilet block in the centre of Pilot Bay). From here you will be asked to gather in your wave start/colour groups and called when you are able to enter the water.

How does the timing work?

Whilst we want you to go out there and enjoy yourself and take the whole atmosphere in (the focus of the event is about giving it a go), it is still great to know how long it took so you can try and beat your time next season! Timing is done through an electronic timing system. All individual participants and teams will receive an ankle bracelet transponder in their race pack which is a type of 'velcro bracelet' that you strap **around your ankle** (it doesn't matter which ankle) and wear for the **whole event**. The times for each discipline (swim, bike and run/walk) will be recorded and results will be posted as soon as possible after the completion of the event on the website www.trichicks.co.nz.

For the teams they will have one transponder for the team and it needs to be swapped from the swimmer to the cyclist and from the cyclist to the runner in transition at the stand where the bike is racked.

What happens if I lose my transponder?

Transponders will be issued to you at event registration. If you forget to return your transponder at the end of the event or if you have lost it you will be charged a **\$100 replacement fee**.

If you forget to bring your transponder on the event morning we will issue you with a new one to compete with. You will however still need to return the original transponder or you will be charged an additional \$100 fee for that transponder.

When you collect your registration pack the day before the event and then for whatever reason are unable to attend the event, it would be greatly appreciated if you could please return the transponder (to either Race HQ, being at Salisbury Wharf end of the Mall on Pilot Bay, Mount Maunganui or by post to **Triathlon Tauranga, c/- 108 Beaumaris Boulevard, Bethlehem, Tauranga 3110**), as they are expensive to replace. If you get another person to return it make sure they know your entry number so we can confirm it against your name. If it is not returned there will be a \$100 fee charged to you.

If you do lose your transponder during the event, make a note of where you lost it in the event and after the event head back to the area and see if you can find it. Your assistance is greatly appreciated.

How does prize giving work?

When the last woman comes over the finish line, we hold prize giving where we give away spot prizes. We will pick numbers at random, and if yours is picked out, you're a winner! You must be present to receive your prize. Prize giving normally takes about 20 minutes to half an hour after the last competitor has crossed the finish line

Can I order merchandise?

Yes, you can order an event T-Shirt at the time of entry. There will be a shirt to suit everyone and we have sizes 8 – 22. They are \$38.00 (incl GST) each. These will be available for collection with your race bag at registration.