

ON THE DAY

On the morning of the event, there is a lot to think about and prepare for in advance so you can give it your best on the day. Read on for some of the most frequently asked questions about how things work on event morning.

What times should I arrive on the morning of the event?

Remember the event will begin at **8:30 am** for the first wave. Prior to this we will have a race and safety briefing for all competitors. You **must** be present at the race briefing which will take place **7:45 am sharp**.

Where do I go to?

You will need to head to transition which is where you will set up your gear for the day and prepare for your event. See the tab for **Registration FAQ's** for more details.

What time will transition open?

Make sure you arrive in enough time to rack your bike and set up your **transition** area. (further details regarding transition are below) The transition area will open at **7:00 am**.

If you are a little bit nervous or this is one of your first events show up early so you can give yourself plenty of time to familiarise yourself with the environment and get an idea of the layout

Where do I park on race morning?

If you can carpool with other entrants or team members that is always a good idea to reduce the amount of traffic present on the day of the event. There is plenty of parking on the surrounding streets but please remember to factor in a walk time of 5 – 10 minutes depending on where you get a park.

Are there any road closures that I should be aware of?

There will be roads closed with traffic management monitoring areas before the event begins. Some of these will start at 5.30am on **Sunday 26 February 2017** to ensure the roads are safe for all competitors and spectators alike.

Please note that prior to the event starting the following areas **will be closed to all vehicle traffic**:

- ◆ The Mall from Salisbury Wharf to Adams Avenue;
- ◆ Adams Avenue to Marine Parade; and
- ◆ Seaward side of Marine Parade from Mount Surf club to the Ocean Beach Road roundabout.

If you have supporters coming to watch there will be marshals showing them where to park. There will be plenty of side-line spots available for them to get a good viewing spot. Pedestrian crossings will be available for safe crossing before, during and after the event. Please make sure you advise them to comply with the marshals and traffic management signage and detours to ensure we have a safe and fun event.

The roads will be reopened at **1pm on Sunday 27 February 2017**

What should I bring with me to the event?

See the tab for **What to Wear and Bring FAQ's** for tips on what to wear during the event. In addition, make sure you also bring a towel with you and warm clothes to wear once you have crossed the finish line.

You can leave the bare essentials you need for the triathlon in transition under your bike, any clothing, bags and extras not essential can be left in the tent. Please ensure items are in a closed bag with your race number sticker (which is provided in your race pack) clearly showing. Too much equipment/extras in transition can get untidy and impede other competitors.

There will be a separate place for you to keep your gear to wear before the event in the transition area. However as we have stated the transition area will be full of a lot of people and gear so if you want to make sure it is safe and does not have the chance of getting lost we suggest you arrange for this extra gear to be cared for by a support person. Please note that **only** competitors can come and go from the transition area. But if you have anything valuable we suggest you have your support person hold it for you.

The transition area will not be open to collect gear until the majority of the competitors have finished their event, and certainly not until the last of the run/walkers are on the course. This is to ensure competitors are not hindered by people who have already finished as they started in an earlier wave. Therefore if you want to make sure you have warm clothing to put on at the end we suggest you have a support person hold this gear on your behalf.

What shouldn't I bring with me to the event?

We want the event to be a safe and fun event for all competitors and spectators alike. Therefore there are some things we will not allow to be used on the course. These rules are to ensure the safety of all our competitors, marshals and spectators. We want this to be a fun and enjoyable day for all involved.

There will not be any strollers or baby buggies either **in transition or on the event course**. There are some areas where the run/walk track is narrow and we do not want any competitors being hindered or injured due to a run in with a stroller or buggy. We do want your young children to be there to watch their mums, sisters, aunts or grandmothers and the like so we suggest competitors have family or friends bring their young ones along as supporters. There will be plenty of room for them to run around or sit in their strollers / buggies on the course side lines and cheer for you as you go past.

There will not be any iPods, MP3 or other listening devices on the course or in transition during the event. This again is a safety measure for all competitors, marshals and spectators alike. These devices do not allow people to hear vehicles, pedestrians or marshals and therefore impede on the health and safety of the event.

We ask that all competitors and supporters respect these rules to ensure we have a safe and fun day.

What happens if there is bad weather?

The event will be held wet or fine. If necessary the event will be modified for safety reasons and it will only be cancelled if the weather prevents us from having a safe event for everybody. Otherwise the event will still go ahead.

A final decision on whether an event will take place or be altered is made **an hour before the intended start time** by the event management team. Please do be more careful on the course if it is raining and wet as it will become more slippery.

Will there be a race briefing?

Yes there will be. It will be held at the finish line at **7:45am on the event morning**. It is a mandatory part of our safety plan. You must be present at the race briefing.

Will there be toilets available?

There will be the public toilets located on Salisbury Road beside the Police Station and Coronation Park, also on the Mall opposite Pacific Avenue and also on the corner of Adams Avenue and the Mall, beside the boat ramp. There will also be Portaloos in the Transition area for competitors.

Will there be showers/changing rooms available?

No. There will not be any additional showers or changing areas available other than those that are in the public toilets or portaloos.

Will there be aid stations on the course?

You will find a water aid station on both the outward and inward leg of the run/walk. They will be situated at the boat ramp at the Mauao end of Pilot Bay. There will also be a drinks station at the finish line.

How long will it take?

This does not matter. There will be people going around the course at different stages due to the Wave starts. This means the course will be spread out and it is about doing the event for your own satisfaction and time. Don't forget that your time doesn't matter; the important thing is to finish!

How do I win a spot prize?

There will be two chances for you to win spot prizes.

Some of you will receive notification when you pick up your race pack at registration. You can claim this spot prize immediately at registration.

For others you may win a spot prize at prize giving after the completion of the event at prize giving. You must be present at prize giving to win your spot prize or it will be redrawn.

When will prize giving be?

The prize giving will not start until **15 – 20 minutes after** the last competitor has crossed the finish line. Prizes will be drawn at random and you **must be present** to receive your prize.

Results

We upload results from the day as soon as we have them from our timing experts. They will be loaded to the www.trichicks.co.nz website and the event facebook page as soon as possible after the event has finished.

Event photos

NEW IN 2017!! All event photos will be **FREE** for competitors to download when they are ready. Check www.photos4sale.co.nz from midday Monday 28 February to download your amazing photos.