



PAK 'N SAVE TRIATHLON FESTIVAL ATHLETE GUIDE 2023

A HUGE THANKS TO OUR SPONSORS



THIS EVENT IS NOT POSSIBLE WITHOUT THE CANTERBURY TRIATHLON CLUB. SUPPORT YOUR SPORT AND JOIN AT
WWW.CANTERBURYTRICLUB.CO.NZ

As a member you can benefit from discounted entry fees, training sessions, junior programmes and in general assisting the longevity of the sport.

SCHEDULE

Friday 15 th December	
2:00pm - 6:00pm	Race bag pick up – Waltham Pool (Canterbury Tri Club Clubrooms). 30 Waltham Rd, Waltham, Christchurch. Enter the lobby and turn right
Saturday 16 th December	
11:00am – 2:00pm	Race bag pick up – Waltham Pool (Canterbury Tri Club Clubrooms).

Race day

****IMPORTANT ROADS WILL CLOSE AT 7:35am YOU MUST BE PARKED BY THIS TIME****
The only exception to this is the kids mini tri who can arrive after 9am but it will be easier if you arrive by 7:35am

**** TRANSITION CLOSSES AT 7:40am – the only exception is the kids tri & for juniors who can access transition from 7:50-8:0am at the special designated entrance ****

EVENT	REPORT TO SWIM START	START TIME
Draft legal super sprint	07:35	07:43
Secondary Schools Tri – All ages and genders	07:35	07:45
Classic Sprint & Aqua bikers	07:55	08:05
Terra Firma (duathlon)	07:55	08:05
Junior & Try a Tri/Du	08:45	08:55
Kids (5-9 years) Tri NOTE roads close from 7:35am and only partially reopen at 9am (allow 10mins to walk from the car park to the race site)	09:30	09:55 (or once all athletes are off the course)
Prize giving	Approximately 10:45am	

Key information

1. Pre Race information

You will be kept up to date via email on any race developments and any changes to the schedule outlined above. It is your responsibility to be in the appropriate physical condition for this event and do the appropriate training.

We encourage all participants to swim the course prior to race day – especially kids. The roads in this industrial area are only suitable for riding early morning at the weekends.

2. Race bag pick up

All athletes must pick up their race numbers at race registration. **If you have a yellow swim cap from last year you are welcome to use that to save on waste** (we know many athletes have drawers of swim caps). Please also bring a bag as we are reducing our

environmental footprint. All you will receive is your bib number, helmet and bike stickers and timing chip.

You can collect race bags for other family members, friends and colleagues.

Only out of town athletes may collect their race bags on race morning from the Canterbury Tri Club Tent.

3. Race Briefings

An online race briefing will be available on the event website. There will only be a short safety briefing if required 10 minutes before each race at the swim start.

We will NOT do a full course breakdown at the briefings on race day. It is the athletes responsibility to know the course

4. Prize giving

Medals will be awarded to the top 3 in each category. There will also be plenty of spot prizes.

Race Day Procedure

- 1. Parking - YOU MUST PARK IN THE DESIGNATED AREA. DO NOT TRY TO BE SNEAKY AND PARK ON GREYWACKE RD AND SNEAK THROUGH THE BIKE ENTRY / EXIT POINT.**

Entry to the race site is via Sawyers Arms Road then enter the Lake Roto Kohatu reserve via the shingle road.



2. Racking your bike

Bike racks will be individually numbered for you to rack your bike.

3. Bag drop

There will be a bag drop on the grass area beyond the toilets. Please do not leave bulky items in transition.

4. Toilets

There are permanent toilets on site along with some portaloos.

Race Timing

Individuals

1. Race number – you will have a race number in your race bag. This is to be worn on the front for the run leg, it is optional on the bike.
2. Timing chip - strap your timing chip to your **left** ankle.
3. Please ensure your timing chip is handed in when you have finished. Failure to do so will result in a \$25 fine.
4. If you have to withdraw from the race at any point please ensure that you hand your timing chip to one of the timing team at the finish line.

Teams additional information

1. Race number – your final runner wears the bib number (the cyclist will have stickers for their bike)
2. Timing chip – this acts as your baton in a relay. The swimmer wears it and hands it over to the cyclist and the cyclist hands it over to the runner. All the time wearing it around your left ankle (you will have a velcro strap – ensure it is well secured before you start your section of the race).

Team Tag

This takes place at your designated position in the transition area. The cyclist waits by their bike and the final runner waits at the same position for the cyclist to complete the bike leg.

Food stalls

Food

Please support out Triathlon Academy who will have burgers and sausages on sale. There will only be a coffee cart plus one other food truck. Please bring cash!

SWIM COURSE

There are four swim courses

1. Draft legals super sprint & Secondary Schools Tri 300m
2. Classic Sprint Tri, Aquabike + Teams 750m
3. Junior Tri / Try a Try 150m
4. Kids 5-9 years mini tri – see separate course details.



Procedure / Key points

1. You are allowed into the water for a warm up but must be out 5 minutes before your race start.
2. You must wear the Pak'nSave branded swim cap from this year or last.
3. Athletes in each race will be called to the start line and started by the swim course director with a megaphone or horn.
4. The start line will be in the water between two small buoys at around waist depth
5. The swim course for the Classic will be marked with large yellow buoys. The Secondary Schools / draft legal, Try a Tri and Junior Tri will be marked with smaller orange buoys. There will be an orange buoy on the exit beach.

Water Safety

There will be an IRB and other safety crafts on the course.

If you get into danger raise your arm and one of the lifeguards will come to your aid.

If you do not complete the swim course it is **CRITICAL** that you report to the timing staff by the finish line and hand in your timing chip.

Water Quality

The lake water quality is regularly tested by Ecan, updates can be found here <https://www.lawa.org.nz/explore-data/canterbury-region/swimming/lake-roto-kohatu-off-johns-road/swimsite>

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NON SWIM EVENTS START PROCEDURE

Terra Firma start procedure

1. The start area will be on the grass behind the start beach.
2. Athletes complete 2 laps of the run course for the first run leg.
3. Approaching transition at the conclusion of the first run athletes will merge with those exiting the swim.

Team Challenge – Run/Bike/Run start procedure

Runner #1 – for the teams doing the run/bike/run option the start area is behind the beach where the swim start is located. The start will be at the same time as the Terra Firma. The first run is 2 laps as per the terra firma.

Try a Duathlon & Junior 10-13 years Duathlon Option

Try a Duathlon & Junior Duathletes will start behind the swim start. The first run is 1 lap of 1km around the lake without the hill (shorter than the 2nd run).

AQUABIKE OPTION

Aquabike = swim/bike. Your event finishes at the end of the bike leg when you enter transition and run over the timing matt. You are welcome to run down the finish chute.

TO FINISH: Simply exit transition at the run exit point and run to the finish chute.

BIKE course Details

The bike leg is lap course which is flat and fast with U turns. We recommend that you make a visit to the race site before the event and familiarise yourself with the course. However we advise only riding early in the morning at weekends as there is a lot of traffic on weekdays.

Distances: 1 laps = ~5km

- Classic, Teams, Terra Firma + Aquabike = 4 laps (~20km)
- Secondary schools & Draft legal super sprint = 2 laps (~10km) DRAFT LEGAL
- Junior and Try a Tri/du = 2 laps (~10km)

KEY BIKE COURSE RULES

- All events
 - Do not remove your bike from the bike rack until your helmet is on and buckled.
 - At the completion off the bike leg keep your helmet buckled up until your bike is racked.
 - Keep hard left at all times and pass on the right.
 - Obey normal road rules, being courteous to fellow riders and the public
 - No drafting is allowed on the bike except for the secondary schools event (this means you need to leave 3 bike lengths between yourself and the rider in front).

- Course Description & special points
 - There is a long run from transition to the mount line. Run down the access road to where the seal finishes. Turn left through the gap in the fence, across a reserve staying in single file (note there us a curb to get over). At the end of the grass there is another curb to navigate before mounting your bike. At the end of the ride you must dismount before reaching the curb.
 - This is a completely flat course.
 - Proceed along Lakes Way
 - Left onto Greywacke Road
 - TURN at the Smiths Cranes driveway just before the NPD petrol station
 - Along Greywacke Road
 - Right into Sawyers Arms Road
 - Left into Brouchs Rd
 - TURN just before the roundabout
 - Back along Brouchs Rd
 - Right onto Sawyers Arms Road
 - Left onto Greywacke Road
 - When you come to Lakes Way intersection only turn left at the end of your bike leg. Proceed straight to complete extra laps.

If you do not complete the bike course it is **CRITICAL** that you report to the timing staff by the finish line and hand in your timing chip.

The roads are closed until 9am at which time a stop/go will operate at Sawyers Arms Road to allow businesses at the end of Sawyers Arms Rd to operate. Even though the roads are closed for the majority of the race please still treat the roads as if they are open and obey the road code.

"SAUCONY" RUN COURSE DETAILS

The run course is on shingle paths and roads with a little on grass at the end of each lap.



You must stay on the path at all times unless otherwise directed by marshals (DO NOT CUT CORNERS ON THE GRASS).

- Secondary schools & draft legal super sprint = 2 laps (~3.8km)
- Classic, Teams, Terra Firma = 3 laps (~5.7km)
- Junior and Try a Tri/du = 1 lap (~1.9km)
- Course Description & special points
 - o Exit transition at the same point as the bike exit
 - o Run down to where the road splits and make a U turn towards the finish area
 - o Proceed to start running around the lake in an anti clockwise direction
 - o Run up the small hill.
 - o At the intersection between the lakes turn left and run down the causeway.

- At the end of the causeway turn right onto the path (over the bridge). Follow the path taking you up the hill.
- At the top of the hill, turn left onto the access road and proceed back towards transition.
- Stay on the access road until you are directed onto the grass to go out for another lap or head towards the finish chute.

If you do not complete the run course it is **CRITICAL** that you report to the timing staff by the finish line and hand in your timing chip

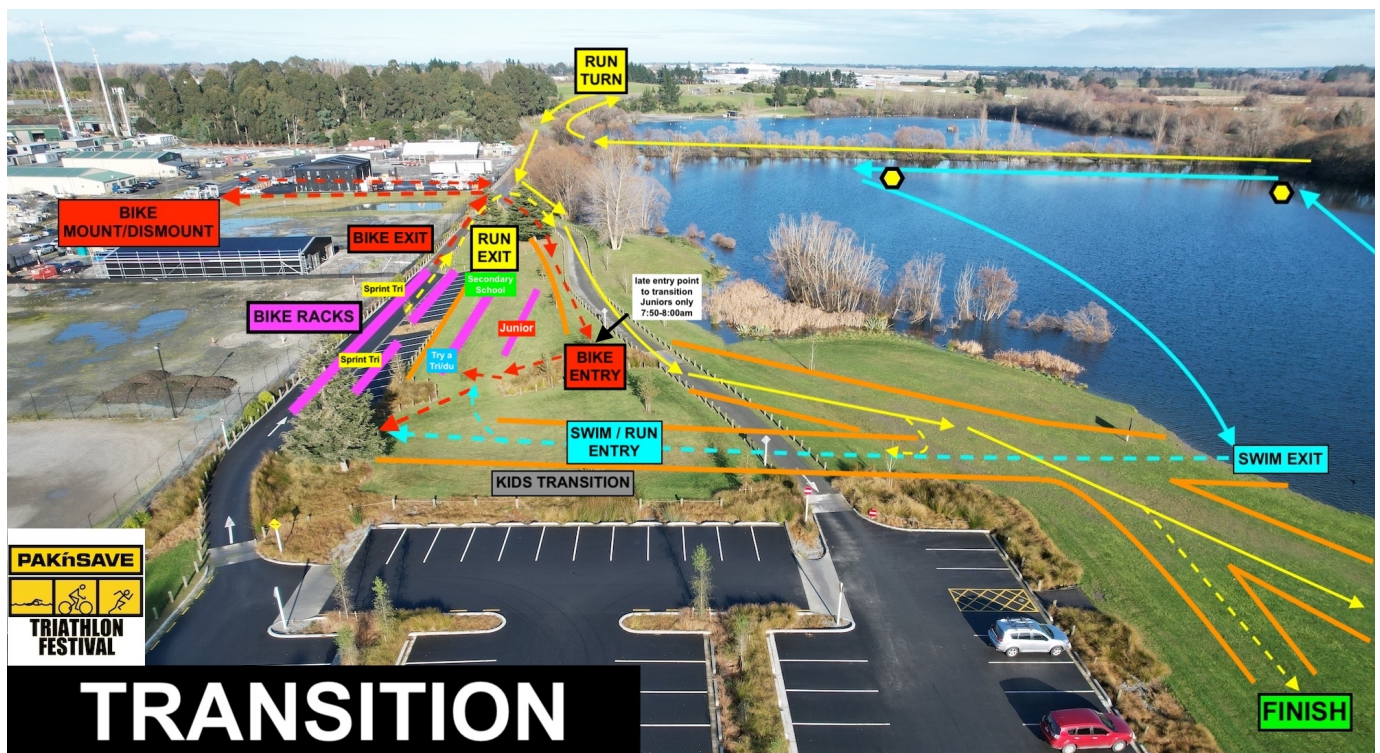
Aid Station

There will be no aid stations on the course unless it is exceptionally hot. Ensure you hydrate on the bike leg.



Transition

Bike racks will be individually numbered



KIDS 5-9 YEARS MINI TRI

The focus of the kids event is on participation, fun and learning about triathlon.

SWIM – the start will be on the grass with a short run to the swim entry. The wade/run through the water will be waist deep around lifeguards, kids will need to stay close to the shore.

TRANSITION – there will be a designated area in the car park with each age group having an area to lie their bikes on the ground.

BIKE – the bike is an out and back course on the shingle road. **Children need to KEEP LEFT.** There is one point where the kids turn onto the causeway between the lakes where they will need to ride through a small stream.

RUN – On completion of the bike kids return their bikes to the transition area, run back towards the swim area, past the finish chute (please remind kids not to run down the finish chute at the start of the run) then complete 1 lap of the lake = ~1km.

PARENTAL HELP – we prefer that kids do the event without parental assistance. We will have some bike chaperones on the course to ensure kids are OK. IF and only IF you are 100% sure your child will not be able to complete the event without you it is OK to accompany your child. You must do everything you can to not impede the progress of others or give your child an unfair advantage. .



Team details

Timing Chip / Race Number

Race number – your final runner wears the bib number (the cyclist will have stickers for their bike)

Timing chip – this acts as your baton in a relay. The swimmer wears it then hands it over to the cyclist and the cyclist hands it over to the runner. All the time wearing it around your left ankle (you will have a velcro strap – ensure it is well secured before you start your section of the race).

Team Tag

This takes place at your designated position in the transition area. The cyclist waits by their bike and the final runner waits at the same position for the cyclist to complete the bike leg.

Medical

In addition to the surf lifeguards that will supervise the swim there will be medical personnel for any medical issues.

If you have a problem please approach the officials by the finish area. The medical team will be in the Canterbury Tri Club tent.

Event Rules

The Tri Festival general rules are listed below

SWIM COURSE

1. No fins, paddles, snorkels, flotation devices of any kind are permitted.
2. Swim goggles or face masks may be worn.
3. No individual paddlers or escorts allowed. The course will be adequately patrolled by surf lifeguards.
4. Wetsuits are optional.
5. After the swim, competitors must dress for the bike section of the race in the transition area only. No outside assistance is allowed.

BIKE COURSE

1. Bikes must meet a reasonable standard of safety with brakes that work.
2. Helmets must be worn at all times during the cycle section.
3. Each participant will be INDIVIDUALLY RESPONSIBLE for repair and maintenance of his/her own bike.
4. Participants may run / walk their bike if necessary but must have their helmet securely fastened when in contact with their bike.

5. Competitors are individually responsible for following the New Zealand traffic road code and are solely responsible for the consequences of any infractions. KEEP TO THE LEFT. DO NOT UNDER ANY CIRCUMSTANCES CROSS WHITE OR YELLOW CENTRE LINES – this will result in immediate disqualification.
6. Blocking or restricting the ability of cyclists to pass is prohibited. Cyclists must ride as close to the left hand side of the road as possible, unless passing.
7. **No drafting is permitted except for the secondary schools event and elite draft legal race.** The cycle draft zone is a 10 metre by 3-metre rectangle which must be maintained between riders and only entered into when the rear rider wishes to overtake. When overtaking, a competitor has 25 seconds to pass through this zone. The cyclist that has been overtaken then has 25 seconds to drop out of the draft zone. If the manoeuvre fails because the lead rider speeds up, the challenging rider must immediately drop back out of the zone and may not challenge again until 25 seconds has lapsed. If you are seen blatantly drafting your number will be taken and 1 minute will be added to your finish time.

THE NEW ZEALAND ROAD CODE RULES MUST BE OBEYED AT ALL TIMES

RUN COURSE

1. No form of locomotion other than running or walking are allowed.
2. Runners must wear the race number at all times on the course. Race number must be placed on the front of the runner's upper clothing (or on a race belt) where it is clearly visible and must not be obscured from view.
3. All runners must wear appropriate footwear during the run section of the event, no barefoot running sorry.

GENERAL RULES

1. If you are serving a doping ban from any other sport you are not welcome to participate.
2. Drafting on the bike is CHEATING. Use your moral compass and DO NOT DRAFT even if you think you can get away with it. We appreciate some parts of the course are tight, always do your best to race fair.
3. It is the responsibility of the competitor to know the course.
4. **Wearing of any headphones during this event is not permitted.**
5. Individual competitors cannot enter as part of a team then carry on racing as an individual.
6. Support crew are not allowed to assist competitors in any part of the race.
7. No refund will be given on non starting of the event.
8. The minimum age to compete in the Pegasus Classic is 13 years.
9. Cycle helmets must be fastened before your cycle is removed from the rack and remain fastened until your cycle is returned to the rack.
10. Medical personnel have the right to remove any competitor from the race.
11. The race directors decision is final.

Prize Giving

Medals will be awarded to the following categories:

- Sprint Tri – Top 3 Female and Male in each division (16-19, 20-29, 30-39, 40-49, 50-59, 60+)
- Team Challenge – winning teams in each division
- Try a Tri/Du – Top 3 Female and Male overall
- Terra Firma – Top 3 Female and Male overall
- Junior Tri / Du
 - o Top 3 in each age division
- Kids Tri
 - o 5-9 mini tri – Top 3 for each age group (1 year age groups)

There will be spot prizes randomly drawn. You must be present at the prize giving to collect your prize

Results

Results will be posted on www.competitions.com within 24hrs of the race finishing. All entrants will also be emailed results

Should the weather force changes to the event the following decisions will be made

1. If the swim leg is cancelled each event will become a Duathlon
2. If the bike leg is cancelled the events will become aquathons (swim/run) with the bike leg being eliminated
3. If the swim and the bike are cancelled the event will become a run only event (team swimmers and bikers will be eligible to run)

This event is brought to you by the Canterbury Triathlon Club – please support your club by joining. You will receive discounts on events, opportunities to join training sessions plus you are supporting the sport in our region.

