



TRI  **HB**

PRESENTS

NAPIER PORT HARBOUR TO HILLS

ATHLETE EVENT GUIDE

2019



MANY THANKS TO OUR SPONSORS & SUPPORTERS





WELCOME FROM NAPIER PORT CEO

Welcome to the Napier Port Harbour to Hills 2019

You've signed up for a challenging race that will test your endurance, strength, and determination. You will have been training hard - pounding the pavement, the pedals and the surf - and you'll be looking forward to putting yourself to the test.

At Napier Port, we're big on encouraging people to get active it's part of our commitment to the health and wellbeing of the community around us. We're proud to be the main sponsor of the Napier Port Harbour to Hills - and we're not just saying that.

Our people will be taking on both the individual and team events and they've been training hard too. I'll be diving into the swim, and cheering my teammates on as they tackle the bike and the run.

Congratulations on setting yourself this challenge and good luck out there.

See you on the start line.

Todd Dawson

Chief Executive, Napier Port



RACE SCHEDULE

Saturday 7th April 2019

3.00pm till 6.00pm -

Registration, Sponsors Expo & Bike Racking

East Pier Hotel & Perfume Point Reserve 50 Nelson Quay, Ahuriri, Napier 4110

There will be a sponsor's expo at registration which gives you the opportunity to purchase your last-minute race gear and take advantage of great offers and specials from our sponsors.

You must collect your race pack (which includes your timing transponder and race numbers) and complete your registration during these times. If you do not collect your race pack during these times you will not be allowed to start the race.

If you are in a team, at least one member must collect your packs. You will be issued with an official race ID band which must be worn until the prize giving. This band is your competitor ID; without this band, you will not be allowed into transition or to start the race.

By collecting your registration pack you and all your team members (if applicable) are attesting that you have read and understood the event details, race rules and safety regulations contained in the athlete guide.

You **WILL BE** required to produce photo ID before you are issued with your race pack

All bikes must be racked by 6pm

You do not need to leave your helmet or race equipment overnight on the Saturday however bike numbers must be applied prior to bike racking

Transition will be open from 5.30am until 6.30am on Sunday morning to enter and lay out your race equipment



Sunday 7th April 2019

5.30am - Transition opens

Body marking at transition entry—Race numbers on upper right arm and right leg Team swimmers hand only.

6.30am - Swim course open for warm up.

6.30am - Transition closed

6.50am- All swimmers out of the water and must cross timing mat before going to start line

6.55am - 5 minute warning for Individuals

7.00pm - All Individuals including AquaBike start (Beach start)

7.05am - 5 minute warning for teams

7.10am - All team swimmers start (Beach start)

8.10am - Swim cut off for Individuals

8.20am - Swim cut off for teams

12.30pm - Cycle cut off for Individuals

12.40pm - Cycle cut off for teams

1pm— Transition open for bike removal

3.30pm - Run course closed for Individuals

3.40pm - Run course closed for teams

4.00pm - All bikes must be removed from transition

4.00pm - Prize Giving Perfume Point Reserve



There are NO bike or helmet checks taking place.

It is the responsibility of the athlete to ensure that all their equipment, including their bike and helmet are in safe, road worthy condition to complete the race.

Our bike sponsors Cranked Cycles are available onsite but athletes are advised to have their bike serviced leading into the race.



**65 Thackeray St,
Napier South, Napier
4110**

Phone: 06 835 5644

NAPIER
PORT

**HARBOUR
TO HILLS** 2019

2KM SWIM • 95KM BIKE • 21KM RUN

NAPIER PORT HARBOUR TO HILLS 2019
TRANSITION MAP

MAP KEY

SWIM COURSE

BIKE COURSE

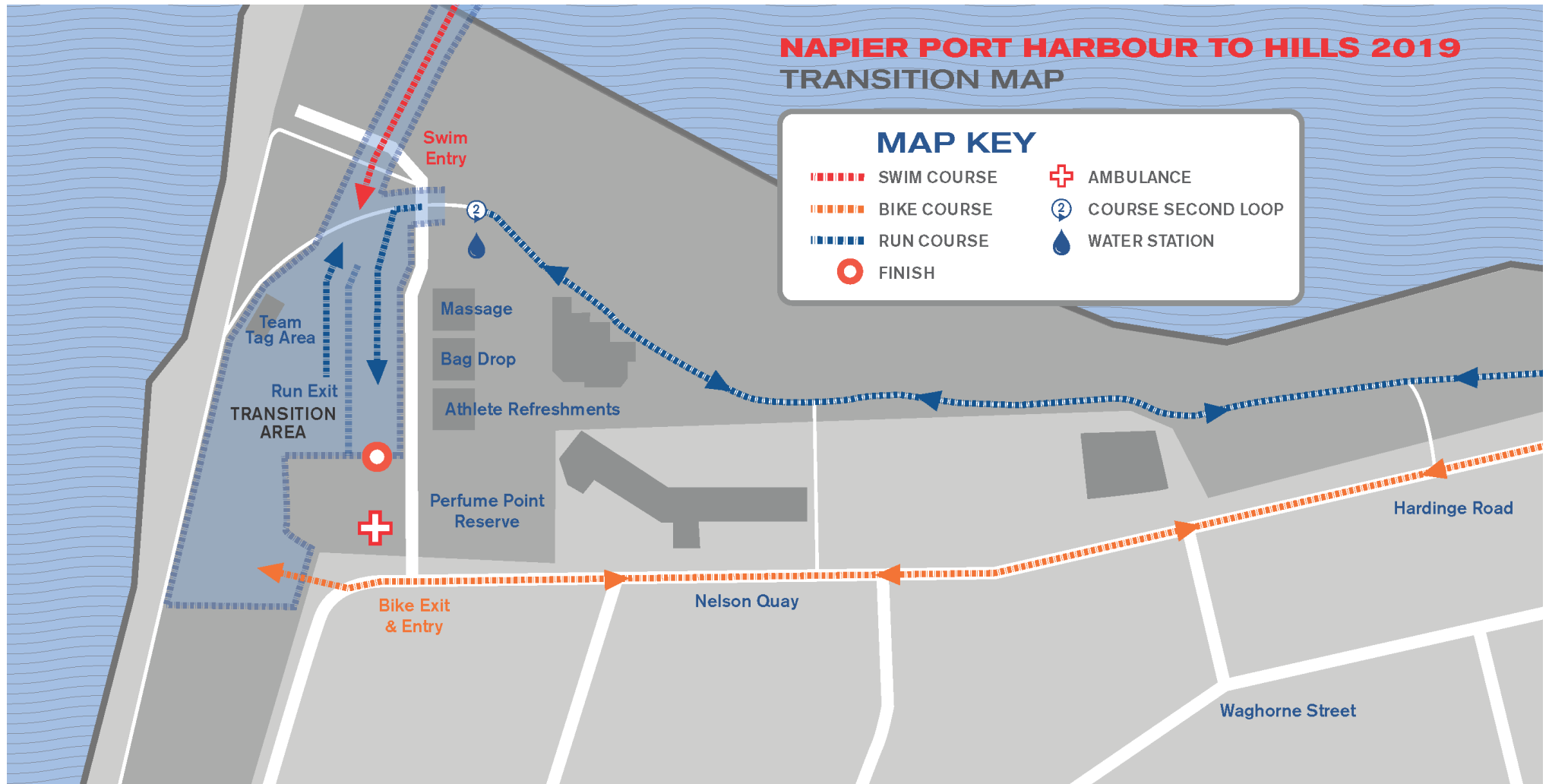
RUN COURSE

FINISH

AMBULANCE




COURSE SECOND LOOP

WATER STATION



NAPIER PORT HARBOUR TO HILLS 2019 SWIM COURSE

MAP KEY

-  SWIM COURSE
-  COURSE DIRECTION
-  DISTANCE



blueseventy Swim Course

Distance 2km (1 x lap)



Swim start will be on the beach at Perfume Point and will be a mass start. All Individuals including AquaBike 7.00am & Teams 7.10am.

Swim cut off: 8.10am for Individuals & 8.20am for Teams

Swim course is in a clockwise direction and is one 2km loop, you will swim around the Waka at the far end of the course (see map)

Exit the water at the same place you entered and enter transition to collect your bike or if you are a team swimmer tag your cyclist in the team tag area.

The swim course is patrolled by Surf Life Saving NZ. If you are in any difficulty or distress or see any other competitors in difficulty, please raise one hand above your head.

Any competitor electing not to swim after starting must notify the race director immediately.

[See Race Rules for General swim rules \(Page 21\)](#)



Cranked Cycles Bike Course

Cycle Course Distance: 95km which includes 2 laps of the Tuki Tuki Valley.

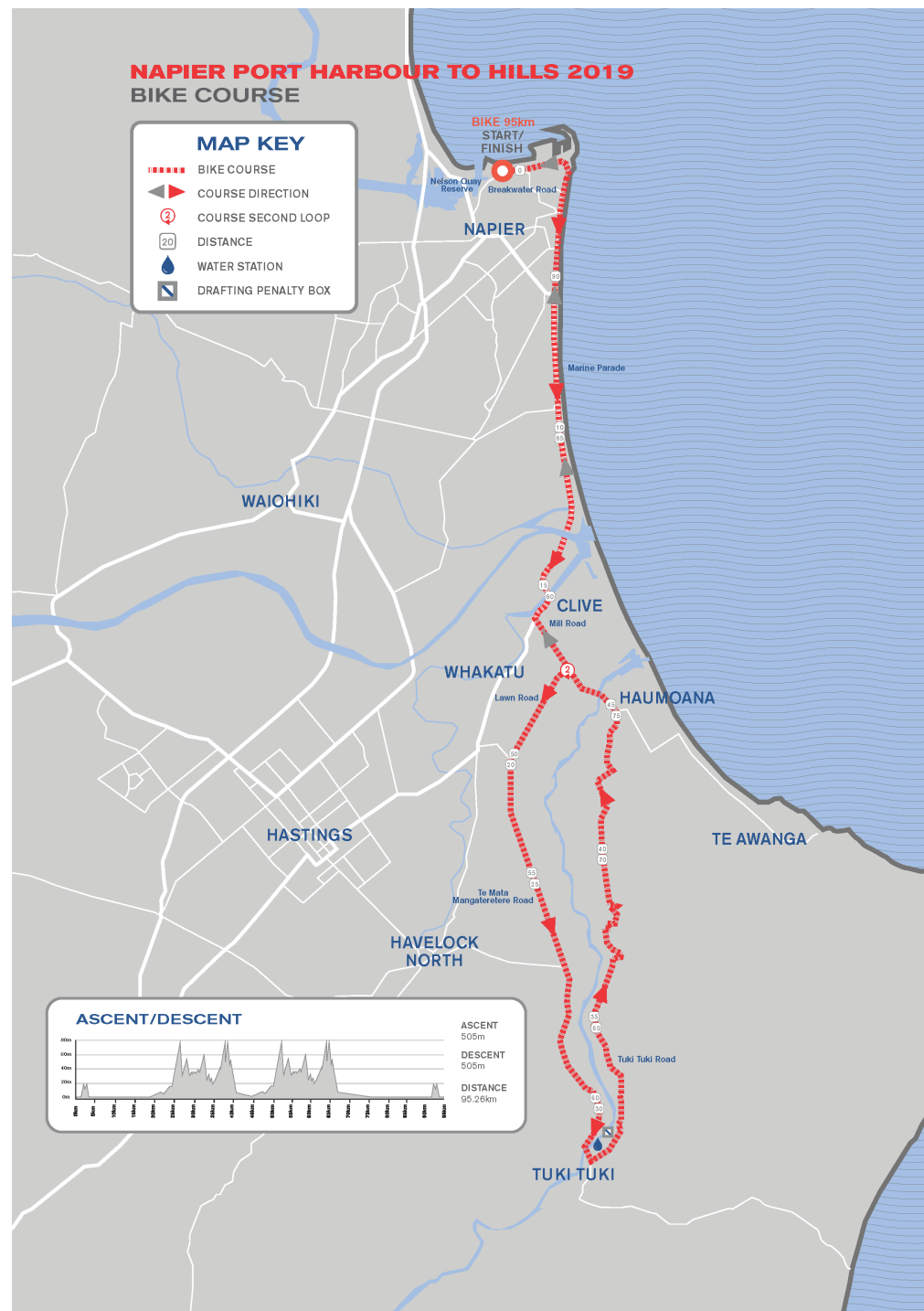
Bike Cut Off: 12.30pm Individuals & 12.40pm Teams

Exit transition and follow Hardinge Road onto Breakwater Road which will take you along Marine Parade.

Follow the state highway through to Clive till you get to a left turn into Mill Road. At the Lawn Road roundabout take the 3rd exit. **This is the start of the first lap of the Tuki Tuki Valley.** At the next roundabout take the 1st exit down Te Mata Mangateretere Road. This will take you all the way to the left hand turn (feed station) at Tuki Tuki Road.

Stay on the Tuki Tuki Road until you get to a left turn at Mill Road and this will take you back to the Lawn Road Roundabout. Take the first exit and continue on your second lap of the Tuki Tuki Valley.

Once you have completed your second lap of the Tuki Tuki Valley take the second exit and the Lawn Road roundabout on Mill Road. This will take you to a right hand turn in Clive and you will retrace your steps. Proceed along the state highway, Marine Parade, Breakwater Road turning right into Hardinge Road and Right into transition.





Cranked Cycles Bike Course Continued

Please be aware that on the Tukki Tukki Valley circuit you will be doing 2 laps and riders may merge at the Lawn Road Roundabout.

Please take care when passing, you must always pass on the right.

DO NOT CROSS THE CENTRE LINE under any circumstances.

Beware that residents and businesses will have a right to use the road and there will be official event motorbikes and vehicles on the course.

The road is **OPEN** to all normal traffic and road code rules must be obeyed at all times.

There is full traffic management in place so please listen to instructions from our marshals.

Take care on all sections of this bike course. **WARNING** You will cross two sets of railway tracks to cross going out and coming back Napier Port (Breakwater Road) and Ravensdown (State Highway). These will be marked with cones and covered.

DRAFTING PENALTIES

This event is a non-drafting race and run under [Tri NZ rules](#). These rules are monitored on the day by officials. In this race the drafting penalty is a THREE -minute stand down in the next penalty compound (see below).

A drafting penalty will be notified to the competitor by an official showing a BLUE penalty pad with their race number in black letters.

There will be **PENALTY COMPOUNDS** located on the course next to the feed station on the Tuki Tuki Valley Road and in Transition.

The following diagrams show the drafting zone and what is considered drafting.

Distance of Drafting Zone for ALL Competitors

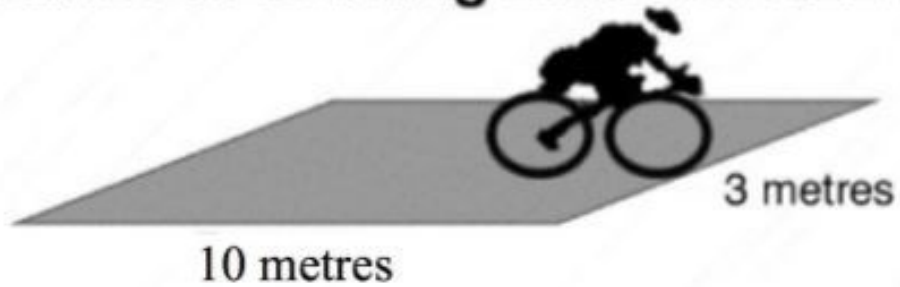
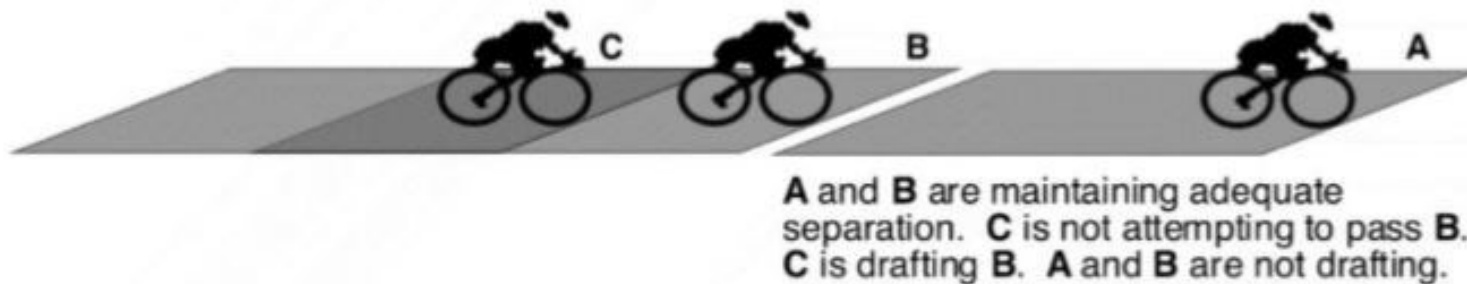


Diagram 4 Drafting and Not Drafting





Drafting Continued

An athlete may enter the Draft Zone of another athlete, but must be seen to be progressing through that zone. A maximum time of 20 seconds will be allowed to pass through the zone of another athlete.

Entry into the bicycle drafting zone:

An athlete may enter a bike Draft Zone in the following circumstances:

If the athlete enters the Draft Zone, and progresses through it within 20 seconds in the overtaking manoeuvre; For safety reasons; 100 metres before and after an aid station or transition area; At an acute turn; If the Technical Delegate excludes a section of the course because of narrow lanes, construction, detours, or for other safety reasons.

Overtaking: An athlete is passed when another athlete's front wheel is ahead of theirs; Once overtaken, an athlete must move out of the Draft Zone of the leading athlete within 20 seconds. Athletes must keep as far to the left of the road as possible or they may be liable for a blocking penalty.

Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course. The penalty for blocking is the same as for drafting. Athletes must overtake to the right of the athlete being passed. Overtaking on the left is not allowed – the penalty for passing on the left is the same as for drafting. Athletes must not cross the centre line of the road. The penalty for this is disqualification.

PLEASE SEE THE GENERAL BIKE RULES AND REGULATIONS LISTED ON PAGE 21



Hammer Nutrition Cycle Aid Station

The bike support station will be positioned at the start of the Tuki Tuki Road (See map) You will have access to this station twice, once on each lap.

Discard your empty bottles at the bottle drop target 50m before the aid station

Also if you have any rubbish from nutrition this is where you should drop it

Be aware of those competitors around you when you are entering the support station. Volunteers are there to assist you but it is your responsibility to slow down and to ensure your safety and those around you.

The cycle aid station will have the following on offer:

- Liquids – Water and Hammer lemon & Lime Fizz Hydration drink (in bike bottle), coke (in cups)
- Solids – Bananas, food bars

CYCLE COURSE MECHANICAL SUPPORT

All competitors must start with at least one spare tube. There will be a vehicle on the course carrying spare tyres & tubes but they cannot help or assist with the repair - it must be done by the competitor alone.



SHOE CLINIC NAPIER RUN COURSE

Run Course: Distance: 21.1km - 2 laps

Run cut off: 3:30pm for Individuals 3.40pm for Teams

Exit transition and continue along the boardwalk heading towards Napier Port. Before the port you will go over a level crossing and then an entrance to the port. Continue on the footpath and a marshal will direct you across another port entrance road onto the Rotary Pathway. This pathway will take you all the way down to the turnaround point. (Here you will pick up a wrist band) You will then re-trace your steps back towards transition. Just before transition you will go over a timing mat where you will turnaround and complete your second lap. (Pick up wrist band number 2) and return to the finish line

You must stay left at all times on the run course and be aware public may be walking on the footpaths.

PLEASE SEE THE GENERAL RUN RULES AND REGULATIONS LISTED ON PAGE 21

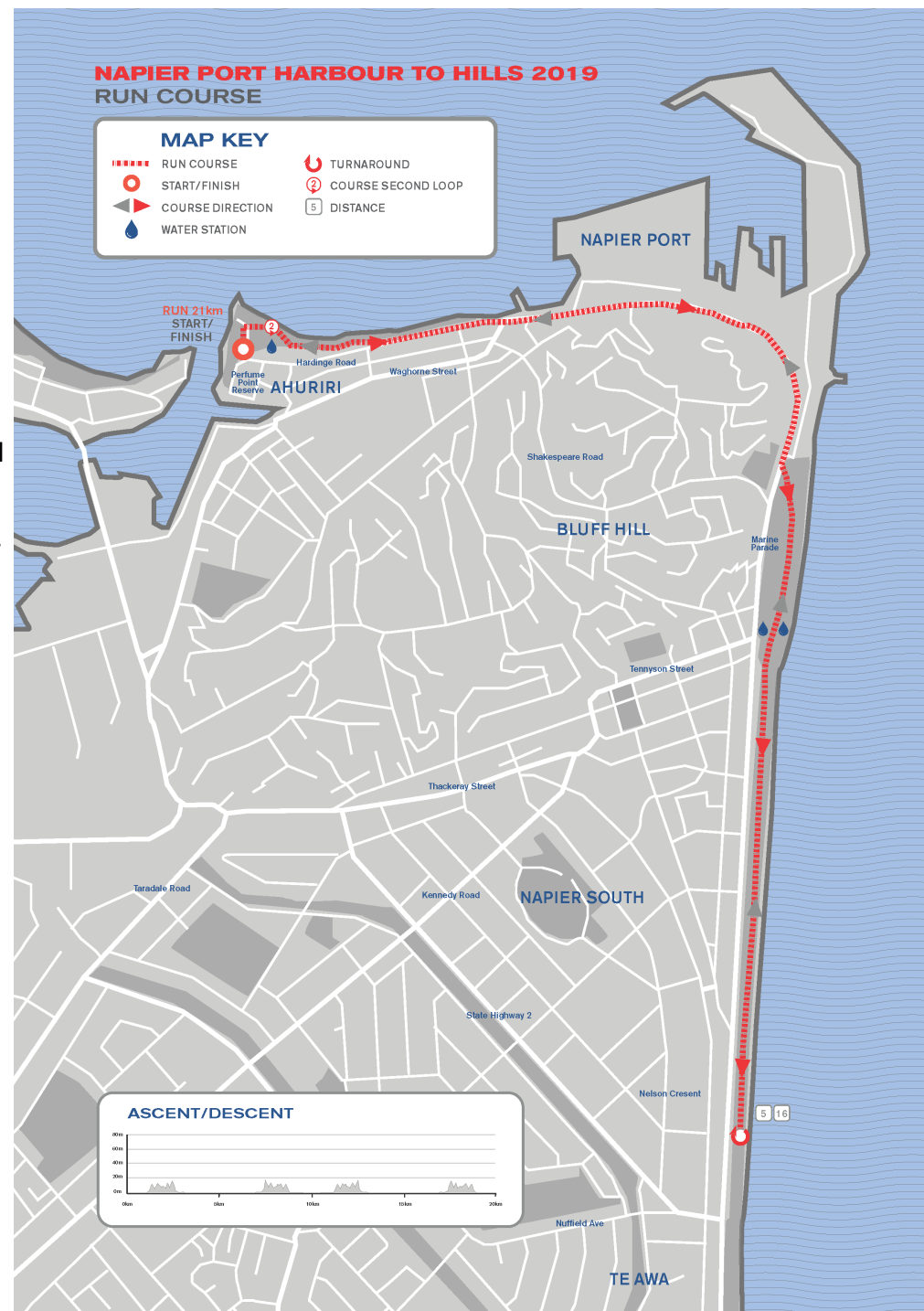


HAMMER NUTRITION RUN AID STATIONS

Liquids - Water, Hammer Lemon & Lime Fizz Hydration drink, Coke

Solids - Bananas, Food bars

Run support stations are located Approx. 3.5km apart and are identified on the map.





EVENT INFORMATION

trident | Results

TIMING

The event will use electronic timing. Each competitor will be issued with a transponder at registration which should be attached by the Velcro band to either ankle. This will be removed when you have crossed the finish line

The band must not be removed during the entire race. If you are forced to withdraw at any stage, you must report to the timing tent at the finish line as soon as possible and return the band. Failure to do so will cause delays in issuing official results. Please do not return to any race volunteers on the course. A NZ\$150 replacement cost will be charged for missing bands.

In the event of your band being lost during the race, you must report to timing personnel at transition before starting the next leg and a replacement will be issued.

Teams will have one transponder which will act as the 'baton' to be passed between each team member in transition.

RESULTS

Provisional finish times and placings will be available online as soon as possible on the day. www.tridentresults.com/event/65



RACE NUMBERS

You will be supplied with 1 race number. Your race number must be secured to your upper body clothing or on a race belt. Race belts must be worn at waist height on the run leg of the race.

Race bibs DO NOT need to be worn during the swim or the cycle, however must be worn for the run.

Your number must be clearly visible at all times. Numbers must not be folded or reduced in size in any way. Numbers must be fully visible throughout the day – on the cycle your numbers will be clearly displayed on your helmet and seat post, on the run your race bib and body markings will be visible.

If numbers are not displayed in this way competitors may be disqualified. Make sure you complete your name and medical details on the reverse of your number.





CYCLE CHECK-IN

All bikes (including team bikes) must be racked by 6pm on Saturday 6th April.

Only bikes and helmets that meet Tri NZ Competition Standards will be accepted into transition and therefore into the race. You must also bring your helmet for inspection at time of check-in. (Please note this is not a safety inspection, this is to ensure your equipment meets Tri NZ rules).

It is the responsibility of the athlete to ensure that all their equipment, including their bike and helmet are in safe, road worthy condition to complete the race.

Athletes are advised to have their bike serviced leading into the race.

Transition officials will check your bike numbers and that your helmet fits correctly on entering transition, please have your helmet on and done up as you enter transition.

Security will be onsite overnight on Saturday 6th April monitoring the transition area.

BIKE & HELMET NUMBERING

You will be given two number stickers in your race pack (in addition to your race number). One is for your helmet and the other is your bike number (as pictured). This is to be folded around your seat-post and attached to your bike.

This number is used by the race officials and must be visible from a motorbike that will pass on your right





AQUABIKE COMPETITORS

All competitors taking part in the AquaBike will do the 2km swim and 95km bike courses. Following the bike section competitors are to rack their bikes then go out the run exit turn right into the finish chute and cross the finish line where their time will be recorded

TRANSITION

Transition will be open from 3pm – 6pm Saturday 6th April for bike racking. Place your bike on the rack with your corresponding number. Note bike racks are made to fit 5 bikes per rack, please be courteous to other athletes and keep your items within a small area.

Transition will open from 5.30am – 6.30am on race morning to allow athletes to complete last minute race preparation. Please note boxes / bags / containers etc. are not allowed in transition and must be removed.

Only official race staff and competitors with an ID band are permitted inside transition. Please assist us by advising your friends and family of this.

Security will be in place overnight on Saturday 6th April to monitor bikes.

BAG DROP OFF

We will provide a bag drop off from 6.00am race day located at the side of the East Pier Hotel at the Bag Drop tent. You will not be able to leave bags/ boxes and unnecessary items in transition as space is limited and you will not be allowed access transition again until the last competitor has finished the cycle course. You will be issued with a bag tag in your race pack. Please attach this to your bag and hand it to our volunteers. These bags will be available for pick up as you finish.

AGE CATEGORIES

The official age categories for both men and women for the Napier Port Harbour to Hills are as follows.

Age groups are: 18-19, 20-39, 40-49, 50-59, 60-69, 70+

Please note your age is calculated as at 31 December 2019.

Age Group prizes will be awarded at the awards ceremony



COURSE CUT OFF TIMES

To ensure the safety of all athletes and volunteers the below cut off times are for all athletes across the event. Should an athlete not be able to reach one of these cut off time, they will no longer be able to continue racing. Results will be classified as Did Not Finish (DNF).

Event personal will assist in transporting the athlete back to the Event Village should assistance be required.

blueseventy swim course

8.10am - Swim cut off for Individuals

8.20am - Swim cut off for teams



Cranked Cycles Bike Course

12.30pm - Cycle cut off for Individuals

12.40pm - Cycle cut off for teams



Shoe Clinic Napier Run Course

3.30pm - Run course closed for Individuals

3.40pm - Run course closed for teams



RACE RULES

The Napier Port Harbour to Hills is run under Tri NZ rules. See <http://www.triathlon.kiwi/> for more details.

PROTESTS AND APPEALS

Any competitor who wishes to lodge a protest must lodge the protest with the Race Referee. The intention must be lodged within 15 minutes of the athlete's finishing time and a protest form must be lodged to the Race Referee within 30 minutes of his / her finishing time. You can contact the Race Referee through officials at the finish area.

GENERAL SWIM RULES AND REGULATIONS

Each swimmer must wear the cap provided at registration on the outside and start in the correct allocation start wave and area. No fins, paddles, snorkels, flotation devices of any kind are permitted. Competitors may not walk at any point in the swim. Wetsuit thickness must not exceed 5mm. In the interests of competitor safety, race officials reserve the right to reduce either the swim distance or the cut off time if the water conditions are adverse on race day or cancel the swim if the water temperature is below 13°C. Wetsuits are compulsory if the water temp is below 16°C and wetsuits are not allowed if the water temp exceeds 22°C. A competitor may stand on the bottom or rest by holding an inanimate object such as a buoy or stationary kayak, however a competitor may not use the inanimate object to gain an advantage.

GENERAL CYCLE RULES AND REGULATIONS

Normal NZ Road Code rules will apply during the event. Cyclists must be aware that residents and visitors will have access to the road at all times. Folding, cutting race numbers, intentional alteration of any kind, or failure to wear race numbers is PROHIBITED and may result in disqualification. A race number must be visible on the front of the helmet at all times and a race number must be visible on your bike. No headsets or head phones, mobile phone(s) or any other electronic audio or communication device. No riding in transition – push bike until/beyond the mount/dismount line. All helmets must be approved by an officially approved testing authority and are required to be worn during the entire bike leg. Helmet must be secured before you remove your bike from the rack and must remain secured throughout the entire cycle course, and must not be undone until you have racked your bike. DRAFTING is not permitted - Penalty time for the infringement of this rule is THREE minutes at the next penalty compound, with the third offence resulting in disqualification. Competitors who DROP OUT at any time on race day must notify the officials in the timing tent at the finish line immediately upon their return. Competitors who do not complete the bike course within the time frame and cut-off times may not be able to complete the event. The decision will be made by the Race Referee in the interest of the health and safety and Traffic Management requirements.

GENERAL RUN RULES AND REGULATIONS

The course will close at 3:30pm for Individuals and 3.40pm for Teams. Any competitor still on the course after this time will not be eligible for a finisher's medal and may be asked to withdraw from the race for his or her own safety. No headsets or head phones, mobile phone(s) or any other electronic audio or communication device. No form of locomotion other than running or walking is allowed – crawling is not allowed. Race numbers must be placed on the front of the runner where it is clearly visible and must not be obscured from view and must be worn at all times. The run is an out-and-back – 2 lap course. Please ensure you take care to avoid oncoming runners. Runners are expected to follow the directions and instructions of all race officials and public authorities. It is the responsibility of the competitor to know the course. You must not accept outside assistance from anyone not taking part in the race. This includes taking nutrition, clothing or other equipment from anyone other than from a race official and being paced or accompanied (either on foot or on a bike) during the run by a supporter who is not taking part in the race themselves. The penalty for this is disqualification.

For full rules and regulations - please see <https://triathlon.kiwi/events/taking-part/information-and-race-rules>

TEAM COMPETITION

Your timing transponder is your team baton. The team swimmer must start with the transponder on their ankle, pass to the cyclist and the runner must finish with it on. Your swim start is in the same place as the individual race and please be aware that you may not warm up on the course, please stay well clear of athletes already racing.

Transition must be cleared and all bikes must be racked in transition prior to it being closed at 6.30am. If you wish to continue to warm-up you must do so on a secondary bike outside the transition area. Any team members still in transition at 6.30am may be disqualified.

Swim to Bike Tag

Notes for the swimmer:

You must hand over your timing transponder in the "TEAM TAG AREA" which is situated at the rear of transition (see transition map in this manual). The swimmer should keep moving through the transition area immediately to make way for those following and to avoid congestion.

Notes for the Cyclist:

Team cyclists must assemble in the area sign posted "TEAM TAG AREA" which is situated at the rear of transition (see transition map in this manual). The swimmer will approach you and hand over the timing transponder, attach your transponder to your left ankle, collect your bike and exit through the Cycle Exit at the front of transition. You may have your helmet and shoes on prior to tagging your team member; but you must have your helmet on and secured before un-racking your bike.

Bike to Run Tag

Notes for Runner:

Team runners assemble in the “TEAM TAG AREA” which is situated at the rear of transition (see transition map in this manual). This is the same area that the team cyclists were located. Team cyclists dismount their bikes at the front of cycle dismount line, rack their bikes and then enter the “TEAM TAG AREA” by foot (without your bike). You then hand over the timing transponder to the team runner. They attach the transponder to their ankle. Team runners then exit through the run exit point and start the run. Team runners must finish wearing the timing transponder on their ankle and the race number on race belt or pinned to the front of their tops

Post Race Information

ATHLETE RECOVERY

Athletes will be directed to the athlete recovery tent after they cross the finish line. There will be water, supplements, nutrition and sponsor product as well as massage available (at a cost)

BAG COLLECTION

Please leave all gear that you do not need for the race at the Bag Drop tent located in between transition and the athlete recovery lounge before you start. Present your race number at bag drop to retrieve after the race

BIKE COLLECTION

Bikes cannot be removed from transition until all competitors have started the run course (approx. 1pm). An announcement will be made when transition is open for collection. Only competitors with the official ID band will be allowed into transition and you must show your race number in order to remove your bike.

FINISHERS MEDALS

Medals will be presented to all individual competitors at the finish line who finish within the cut off time. The team runner will be presented with three medals when they cross the finish line, that they can then pass on to their team members.

Post Race Information continued

MASSAGE

Massages will be available post event at the massage tent and these will be carried out by sports therapist Revive +

Please note that they do not have eftpos and will be cash only. Massage charged at \$1 per minute

PARKING

Parking is available in and around Ahuriri with car parks on Nelson Quay at Sailing Club and Hot Chick. There are parking options within the local streets but please park respectfully and observe all parking signage.

PRIZE GIVING

The prize giving will be held at the transition area at 4pm. Along with the age group awards we have bikes, wetsuits and other items to give away as spot prizes. (You must be there to collect) Other spot prizes will be given away randomly at the finish line.

PROTESTS AND APPEALS

Any competitor who wishes to lodge a protest must lodge the protest with the Race Referee. The intention must be lodged within 15 minutes of the athlete's finishing time and a protest form must be lodged to the Race Referee within 30 minutes of his / her finishing time. You can contact the Race Referee through officials at the finish area.

RESULTS

Provisional results can be found [HERE](#) on Sunday evening. Results will remain provisional for seven days following the event.

CONTINGENCY PLAN

A final decision if the swim will proceed will take place at 6:30am or as soon as practicable with daylight. This announcement will be made via the event PA system.

In the event that weather conditions preclude the swim, the race will revert to a Duathlon (run/bike/run).

The race will start at 7.00am or as soon as practicable in waves for all individuals and teams, (see times below).

The first run will be 5km. Starting on the road alongside the finish chute head towards the ocean turning right onto the boardwalk. Run down boardwalk and the rotary pathway to complete a 2.5km out and back loop.

Teams may elect for the original swimmer or the team runner to complete this new leg.

The remainder of the event remains as per the original race with a 95km bike and 21.1km run.

Proposed waves Starts as follows:

7.00am Male 18 to 39

7.02am Female 18 to 39

7.04am Male 40 +

7.06am Female 40+

7.08am Teams

In the event that weather conditions also prevent the bike leg taking place, the event will be cancelled. There is no 'rain-day' replacement event.

CONTACT INFORMATION

Race Owners: Triathlon Hawke's Bay

Race Director: Bruce Richardson

Phone: 0275601378 Email: events@trihb.kiwi

Website: www.harbourtohills.co.nz