



CANTERBURY CLASSIC ATHLETE GUIDE 2024



**AOTEAROA
GAMING
TRUST**

**Christchurch
City Council**



**Pub
Charity**
Limited



**TRIATHLON NZ
NATIONAL SERIES**

EVENT SCHEDULE

Friday 26th January	
4:00 - 6:00pm	Race pack pick up: Waltham Pool 30 Waltham Rd, Waltham, Christchurch 8023
Saturday 27th January	
12 - 2pm	Race pack pick up: Waltham Pool 30 Waltham Rd, Waltham, Christchurch 8023 Out of town athletes can collect race numbers on race morning from the Tri Club tent.
Sunday 28th January	
** ALLOW ~15mins to walk to Cass Bay from Corsair Bay transition**	
06:00am	Transition opens at Corsair Bay
07:15am	OLYMPIC DISTANCE SAFETY BRIEFING (excludes kids aquathon) This is not a full course outline just a safety briefing. It is your responsibility to know the course and rules as outlined in this document
7:30am	RACE START – Olympic Tri
7:35am	RACE START – Olympic Duathlon
7:40am	SHORT COURSE SAFETY BRIEFING
7:55am	RACE START – Short course Tri + Duathlon
8:05am	Kids aquathon (5-12 years) briefing
8:20am	Kids Aquathon start
~11:30am	Prize giving on site asap after last athlete finishes

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. Any significant changes will also be placed on the event website and the Canterbury Tri Club Facebook page <https://www.facebook.com/CanterburyTriClub>

It is your responsibility to be in the appropriate physical condition for this event and do the appropriate training.

We strongly encourage all participants to practice their open water swimming prior to race day.

The bike leg is very hilly so we recommend doing a practice ride over the course.

2. Pre Race Registration

Athletes are required to pick up their race numbers, timing chip etc from Waltham Pool at the times outlined above unless residing outside Christchurch in which case collection on race morning is allowed.

3. Race Briefings

There will be a simple safety briefing before the race but you need to know the course – refer to the race maps below

We will not do a full course breakdown at the briefings on race day. We will do a safety briefing and that is it. It is the athlete's responsibility to know the course.

Race Day Procedure

1. Parking - IMPORTANT

PLEASE DO NOT PARK ON THE COURSE!

ALLOW PLENTY OF TIME TO PARK AND GET TO THE EVENT!

Car pool to the event if possible to allow as many people as possible to park at Corsair Bay.

Parking is available in the lower car park until it reaches capacity. If you park in the lower car park you are required to stay there until at least 11am when most athletes are off the run course.

Alternate parking is either

- At at the Car Park at then end of Charlotte Jane Quay
<https://maps.app.goo.gl/bKUpfdk9v29qDFiDA> (walk 1km on the trails to the race site)
- In Cass Bay, walk/ride 1km around to Corsair Bay

PLEASE DO NOT PARK ON THE BIKE COURSE

2. Racking your bike

Bike racks will be individually numbered.

There will be a bag drop alongside transition - no bulky items are to be left in transition.

3. TEAM DETAILS

Team Cyclist – wait by your bike and transfer the timing chip between team members.

Team Runner – wait by the bike racks where your cyclist will return his/her bike. Transfer your timing chip between members. The runner wears your race number.

4. Briefings

As outlined in the schedule above all events will have a safety briefing before race start.
YOU MUST ATTEND THIS BRIEFING

The briefing will be held by the finish line.

5. Toilets

We will have 4 toilets by transition.

There are toilets at Corsair Bay off the pathway down toward the beach.

At Cass Bay there are a couple of public toilets but you definitely want to go before heading to Cass as there will likely be a queue.

6. Rules

The Olympic distance event is the NZ Triathlon Championships run under Triathlon New Zealand rules. Full rules can be found here

<https://triathlon.kiwi/wp-content/uploads/2022/11/Tri-NZ-Competition-Rules-August-2022.pdf>

A couple of key rules

- No outside assistance during the race is allowed.
- No portable music or listening devices of any kind are allowed during the event.
- Triathlon NZ sanctioned events are bound by drug free sport New Zealand and their rules relating to prohibited substances.
- Swim
 - o No fins or other floatation devices are allowed
 - o Wetsuit are allowed and encouraged (water temperature is likely to be 18-21c)
- Bike
 - o No drafting is allowed (the draft zones is 10m x 3m from the front wheel of the leading rider to the front wheel of the following rider)
 - o Crossing the centre line is an automatic disqualification.
 - o THERE WILL BE A PENALTY BOX LOCATED AT THE END OF THE RIDE NEXT TO TRANSITION you must serve any penalties in this box. The penalty for drafting is a 2 minute stand down in the penalty box for the Olympic distance, 1 minute for the short course.
- Run

- You cannot cut corners or run on the road unless directed to do so when crossing the road.

7. NZ Team Selection

The Olympic triathlon & duathlon are both selection races for NZ teams.

TriNZ are responsible for all selection matters. Please refer to the Triathlon New Zealand website for more information www.triathlon.kiwi

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The basics:

- Primary Selection Events: Eligible Athletes who either win one of the two Primary Selection Events or finish within 20% of the winner at one of the Primary Selection Events will be allocated places in the Team based on their finishing place (with priority given to the highest places) until (together with all 2020 Priority Athletes), all 16 places have been allocated. These places will be allocated based on the finishing place in the relevant Primary Selection Event. For example, if there are 10 2020 Priority Athletes in a particular age/gender group, 6 places will be available at the Primary Selection Events, meaning that (provided they all come within 20% of the winner) the first, second and third place-getter in each Primary Selection Event will be allocated places.
- Selection nomination forms MUST be received by Triathlon New Zealand (Tri NZ) no later than 2 working days following the nominated selection race. This rule will be strictly enforced.
- To be eligible for selection in a Tri NZ National Age Group Team, you MUST on selection race day:
 - Be a citizen of New Zealand, be a permanent resident of New Zealand or have been residing in New Zealand for a minimum of 12 months.
 - Be a current member of Tri NZ (TRIBE) and be in good standing with Tri NZ
 - Be a current member of a Tri NZ Affiliated Club (List of clubs available at www.triathlon.kiwi)

8. On site food

There will be the following available on site

- Coffee cart
- Ice Cream truck in the lower car park for smoothies

Race Timing

Individuals

1. Race number – you will have a race number in your race bag. This is to be worn on the front during the run (it is not required on the bike).
 - a. DUATHLETES – YOU MUST WEAR YOUR NUMBER ON THE FRONT FOR BOTH RUNS!
2. Stickers – you will receive several sticker numbers in your race pack
 - a. Helmet numbers – There are two, one to be placed on the right side of your helmet and other on the front
 - b. Bike number – is to be placed around your seat post
 - c. Bag drop number – tie around your bag and drop at bag drop zone next to transition (you cannot leave bulky items in transition)
3. Timing chip - strap your timing chip to your **left** ankle using the velcro strap provided
4. Please ensure your timing chip is handed in when you have finished. Failure to do so will result in a \$50 replacement fee.
5. 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

1. Race number – Your runner wears your race number.
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 Velcro straps – ensure the strap is well secured before you start your section of the race).
3. Everything else is as per individuals.



COURSE DETAILS / NOTES

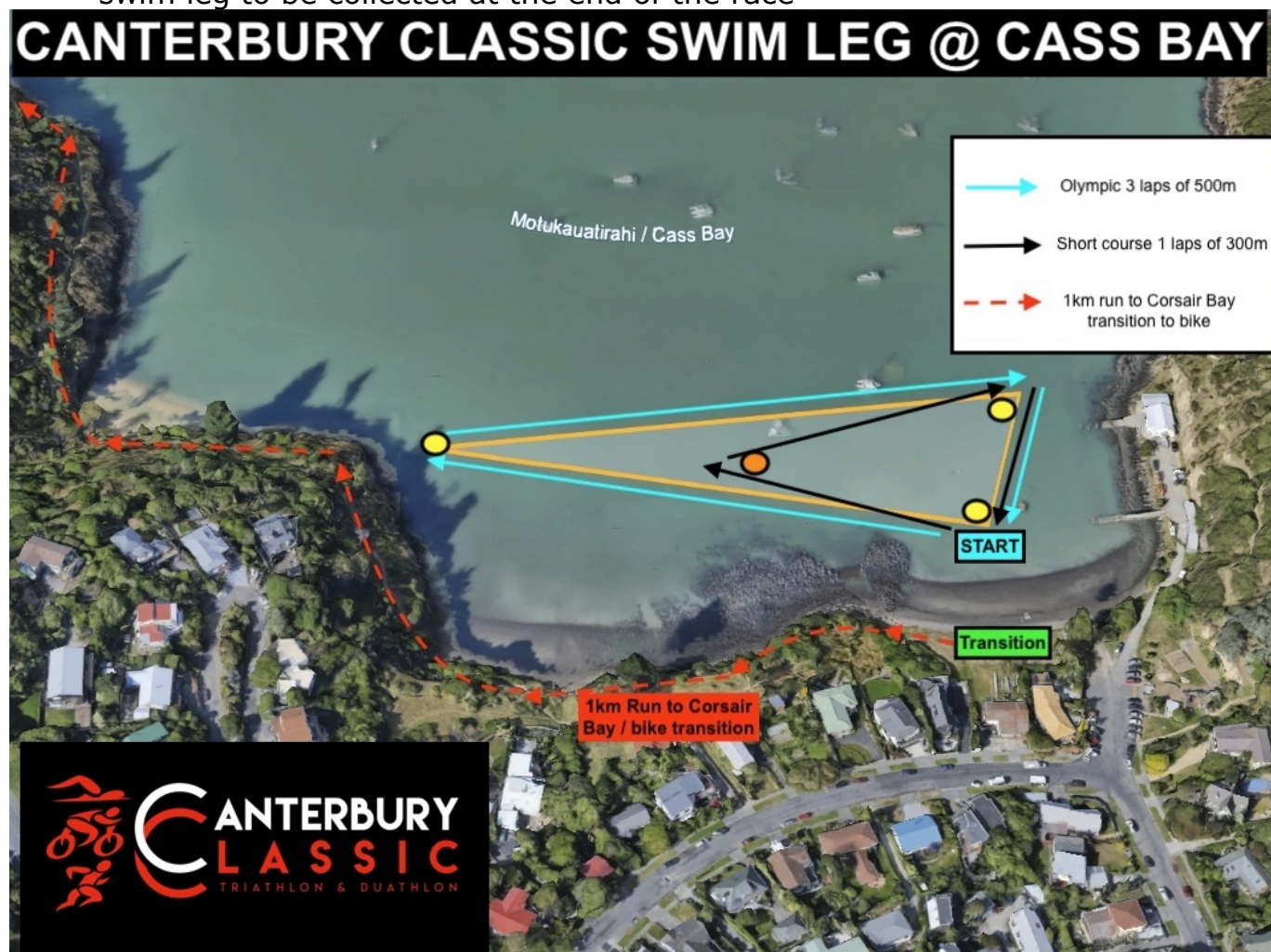
SWIM COURSE *** AT CASS BAY ****

IMPORTANT CHANGE FOR 2024

The swim leg will be held at Cass Bay thanks to ECAN's suggestion not to swim in Corsair Bay even though all tests show the water is absolutely fine except after heavy rainfall.

How it will work:

- Athletes need to make their own way to Cass Bay from Corsair (it is ~1km so a nice warm up jog).
- A numbered transition line will be set along the grass on the beach front. Upon exiting the swim athletes will remove wetsuit, put on run shoes and run 1km to Corsair Bay to start the bike leg. Prior to leaving the swim transition athletes need to stuff their wetsuit into a bag, we will provide a sticker to be placed on your bag.
- Bags will be transported back to transition after all swimmers complete the swim leg to be collected at the end of the race



- **Olympic distance:**
 - i. 3 laps around yellow buoys for 1500m (Subject to conditions).
 - ii. There will be one start for all genders, teams and aquabike athletes.
- **Short course**
 - i. 1 lap around orange buoys for 300m.
- The start will be on the beach in knee depth water.
- Self seed yourself on the start line based on ability. If you are a weaker swimmer start towards the back and vice versa.
- It is acceptable to place shoes or jandals on the beach to put on after the swim.

CONTINGENCY PLAN FOR THE SWIM

1. If athletes have a change of heart with the swim, you can switch to the Duathlon option before the race start.
2. Ocean conditions
 - a. If there is significant rain within 36hrs of the event the swim will be cancelled with all athletes switching to the duathlon.
 - b. If the swim is a bit rough the swim will go ahead but athletes will have the option of switching to the Duathlon.
 - c. If conditions are deemed too rough to use the proposed course but it is still safe to swim within the bay area an alternate lap course will be set. The swim may be shortened and start times may be altered.
 - d. If the swim is deemed to be unsafe the event will be switched to a Duathlon

“Tuffnell Drainage” BIKE COURSE DETAILS



Link to online map <https://ridewithgps.com/routes/17596526>
 Go-pro video of the bike course <https://youtu.be/B-eZiZm9rAc>

- The Olympic course turn is just past Orton Bradley Park and back (39km)
- Short course is to the bottom of Dyers Pass and back (13km)
- Bike mount – do not get onto your bike until you pass over the mount line. Make sure you are in your bottom gear to get up the hill (we suggest that most athletes put bike shoes on rather than have them clipped onto your bike)
- The course is very hilly
- **Olympic course turns**
 - o The only turns you make are veering left when you get to Governors bay (~6.9km) and on the return again at Governors Bay to turn right towards Lyttelton (~32km)

- There will be a bike turn for the short course athletes at ~6.9km
DO NOT TURN HERE.
- **Short course turns**
 - There are no turns on your course other than the turn around point and entry into Corsair Bay
 - You must give way to traffic behind and in front of you
 - Please go slowly down the access road and into transition. **THIS IS A NO PASSING ZONE.**
 - The fastest male Olympic athletes may catch the tail enders in the short course race. Please be careful!
- Bike dismount – make sure you are aware where the dismount point is and take it very slowly coming down the access road.
- A quick summary
 - You must keep left to allow others to pass. Failure to do so is “blocking” and will result in a penalty (2mins for Olympic athletes, 1min for short course athletes)
 - No drafting is allowed. The draft zone is 10m x 3m from the front wheel of the leading rider to the following riders front wheel (so allow a good 3 bike lengths between yourself and the rider in front)
 - You have 20sec to pass an athlete once you enter the draft zone.
 - If you receive a penalty this is to be served in transition at the end of the bike leg before starting the run. The penalty box will be signposted and marshalled by a technical official.



Key Points - Under no circumstances can you cross the centre line of the road. NO EXCEPTIONS. If you get stuck behind traffic it is unfortunately bad luck.

- Keep left at all times. Bike helmets must be worn and done up at all times from when you remove your bike from the rack until your bike is re-racked.
- You must give way to traffic at turn points and the turn into Corsair Bay.
- Take extreme care when coming down the access road to transition.
- You cannot remove your bike from transition before the last rider has completed the bike course.

Tips

- Unless you are a very strong rider you are best to put your bike shoes on before leaving transition to start the ride.
- We will mark any potholes with bright pink paint as well as reminding you at the safety briefing.
- Tricky parts of the course
 - o ~9.7km there is a high speed left corner followed by a right shortly after. Control your speed!
 - o ~17.8km there is a high speed descent with a fast left corner then a short climb that you can power over in a big gear but care needs to be taken with the left hand corner.
 - o On the flat stretch around Teddington (~25km mark) on your return leg (Olympic athletes) the shoulder is bumpy in places. If you ride about 30cm out from the white line on the shoulder you will avoid the bumps/holes.
 - o ~29.2km there is a climb that kicks up very quickly so ensure you are out of your big chain ring.
 - o The 2nd to last climb at Rapaki is off a fast decent and gets steep very quickly. Again, ensure you are out of your big chain ring quickly.

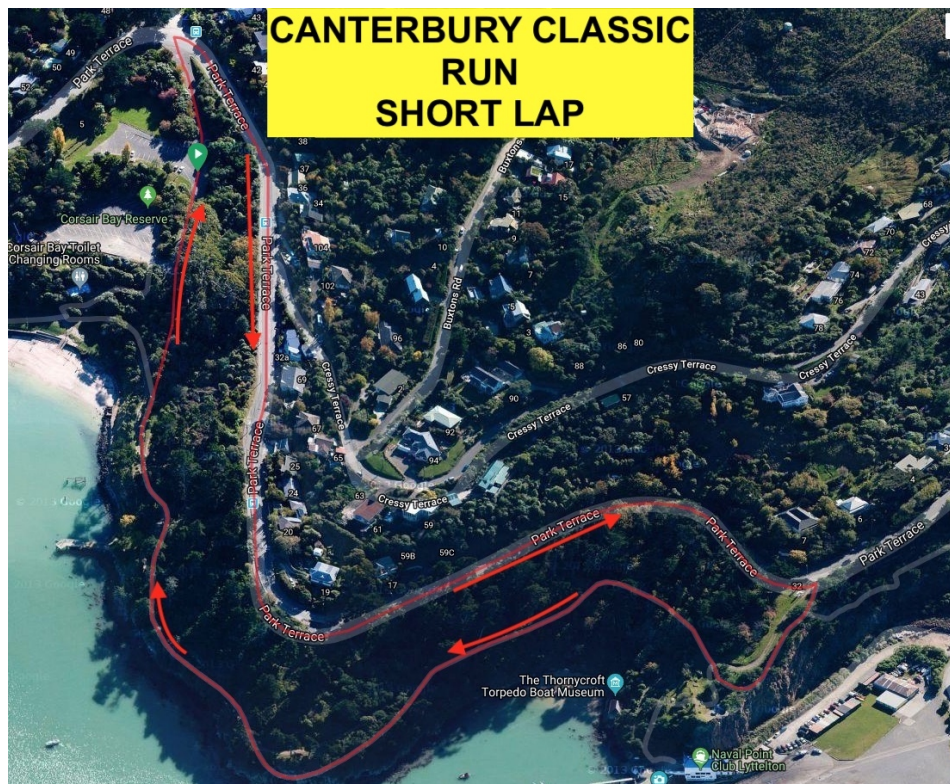
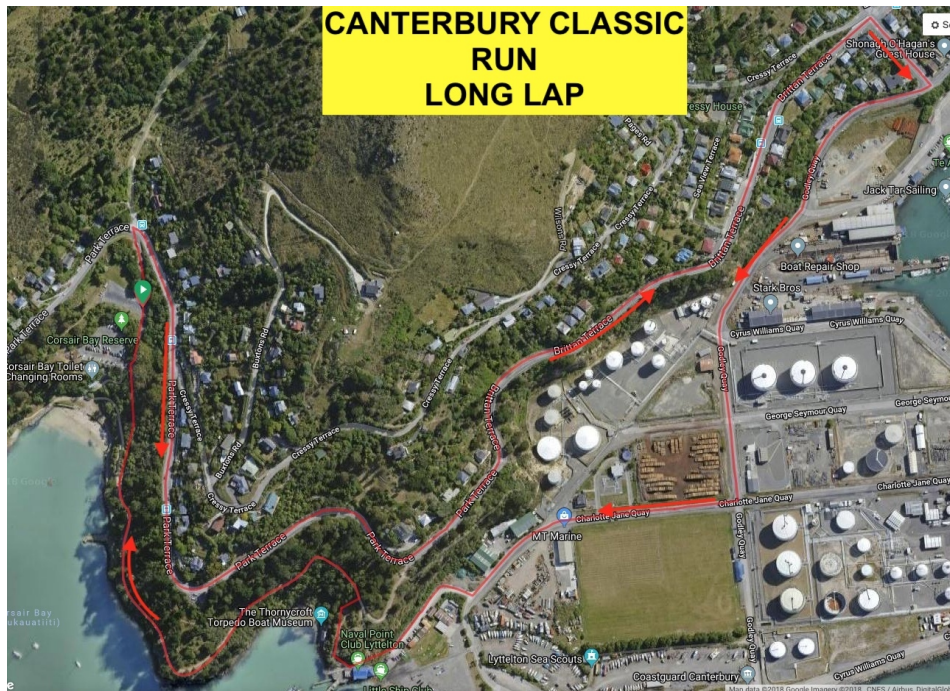
THE ROADS ARE OPEN TO NORMAL VEHICULAR TRAFFIC AND THE NEW ZEALAND ROAD CODE RULES MUST BE OBEYED AT ALL TIMES

Course profile



RUN COURSE DETAILS

- Olympic course $\sim 9.6\text{km}$ = 2 long laps + 1 short lap to finish.
- Short course $\sim 3.4\text{km}$ = 2 short laps.
- Both run laps are done in a clockwise direction.
- You must stay on the footpath when one exists, or to the right of any cones on the road. YOU CANNOT CUT CORNERS.

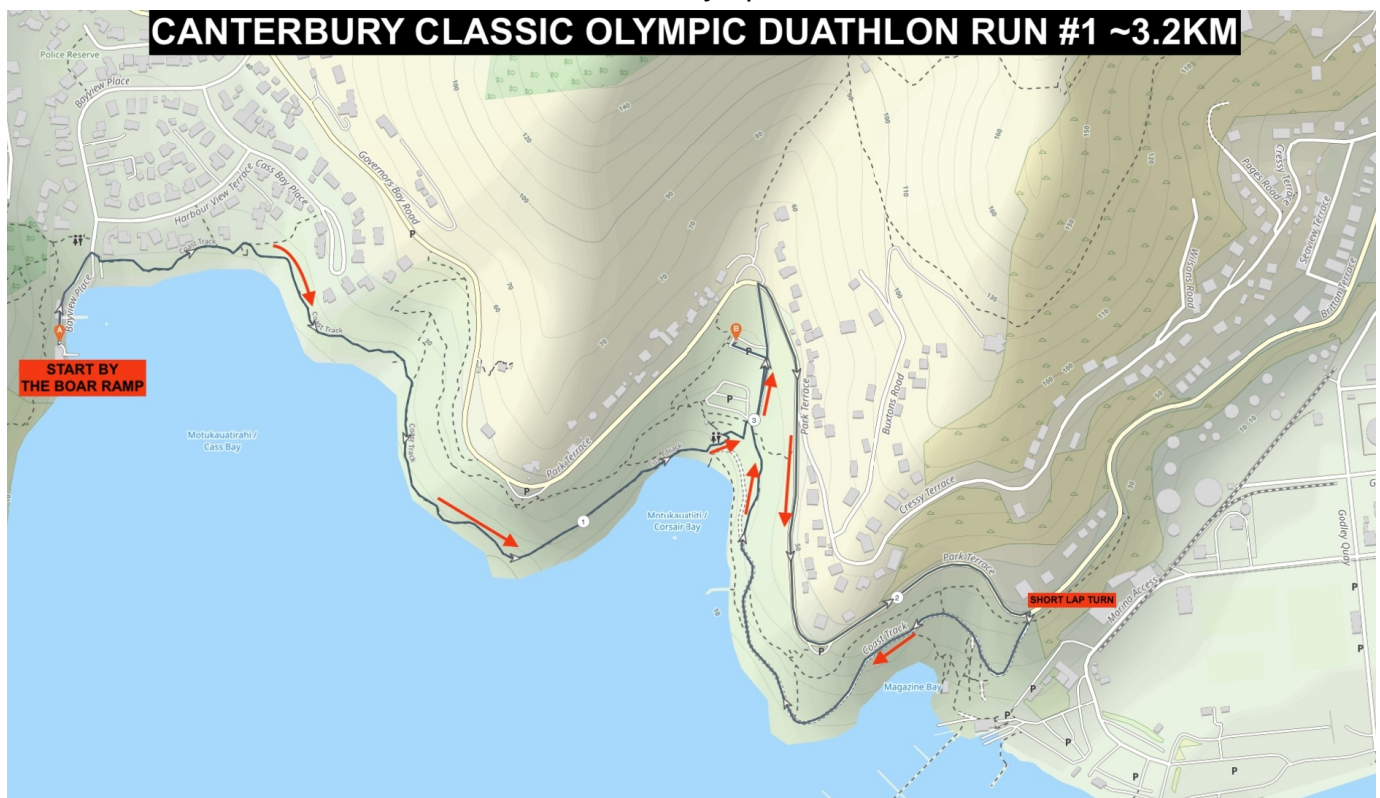


- **Long lap description:** Run up the hill out of Corsair Bay, right towards Lyttleton on the footpath, right into Voelas Rd, right into Godley Quay, right into Charlotte Jane Quay (past the playing fields), right into the carpark that leads to yacht club, behind the yacht club leading onto the track, follow the track back to Corsair Bay.
- **Short lap description:** Run up the hill, right towards Lyttleton on the footpath, hard right at the white gates that take you onto the track back to Corsair Bay.

DUATHLON OPTIONS

Olympic Duathlon

- **Run #1 ~3.2km**
 - Link to run #1 <https://www.plotaroute.com/route/2458111?units=km>
 - The start will be at Cass Bay by the boat shed/ramp.
 - Duathletes will run along past the swim transition zone joining the track to Corsair Bay
 - At Corsair Bay run up the track, past the two car parks to the road then complete 1 short lap on the run course before starting the bike leg
 - The race will start 10 minutes after the triathlon starts
 - The rest of the race is the same as the Olympic distance triathlon



Short Course Duathlon

- **Run #1**
 1. Run #1 ~1.4km to Corsair Bay

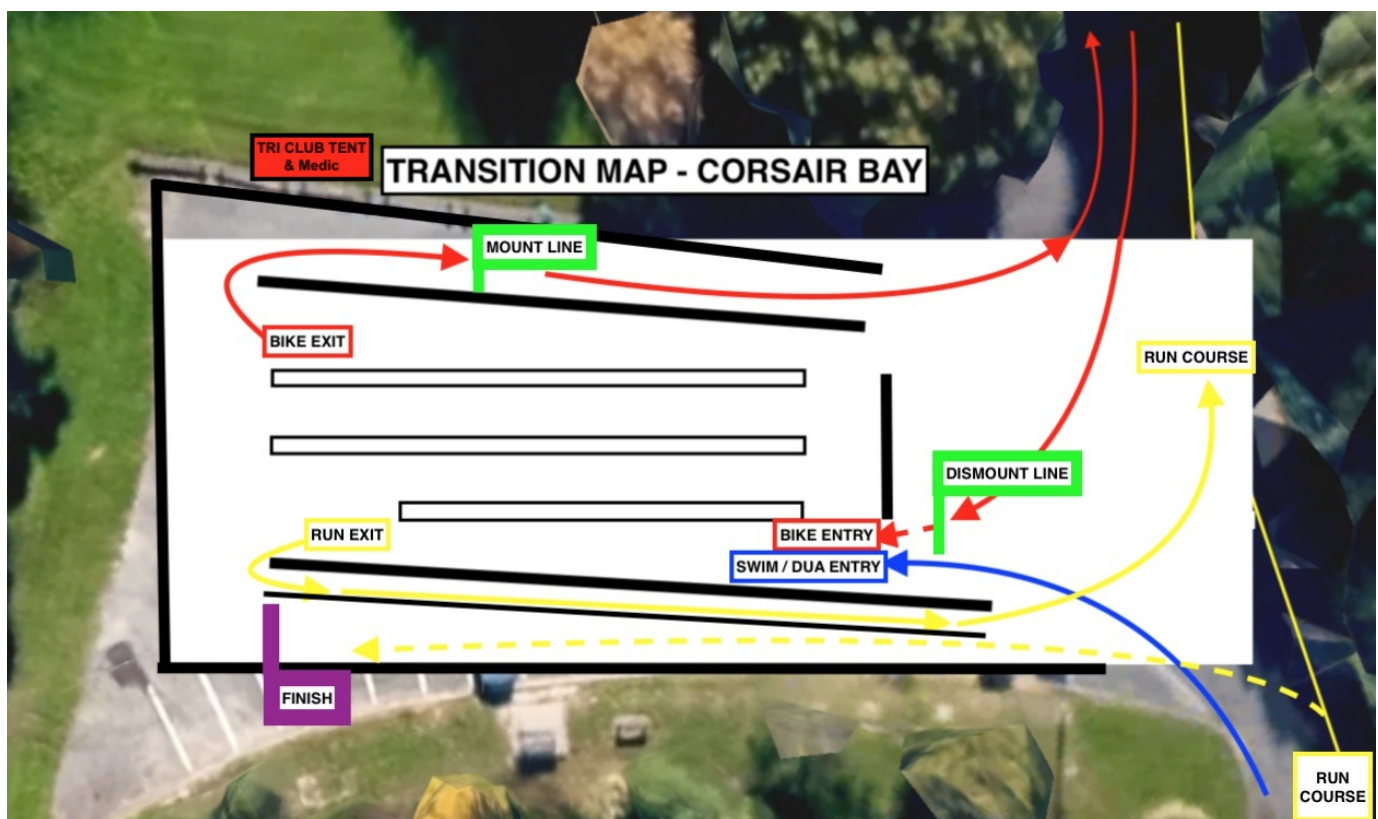
- Link to run #1<https://www.plotaroute.com/route/2458177?units=km>
- The start will be at Cass Bay by the boat shed/ramp.
 - Duathletes will run along past the swim transition zone joining the track to Corsair Bay
 - At Corsair Bay run up the track to transition
- The race will start 5 minutes after the triathlon starts
- The rest of the race is the same as the short course triathlon

AQUABIKE OPTIONS

The aquabike option starts with the triathlon. Unfortunately this year aqua bikers do need to complete the 1km run to transition thanks to ECAN, however the run will be neutralised (your finish time will be your swim, transition and bike time combined)

Aquabikers complete the swim (+1km run) & bike legs, rack your bike, exit transition as if you are starting the run leg turn and run down the finish chute.

TRANSITION MAP / RACE SITE



KIDS AQUATHON

Thanks to ECAN's wisdom we have been forced to move the swim leg to Cass Bay. Their rationale is that despite almost all their water quality testing being perfectly fine they need to advise not to swim at Corsair Bay. The only time water quality is an issue is directly after heavy rain fall, the rest of the time it is perfectly safe.

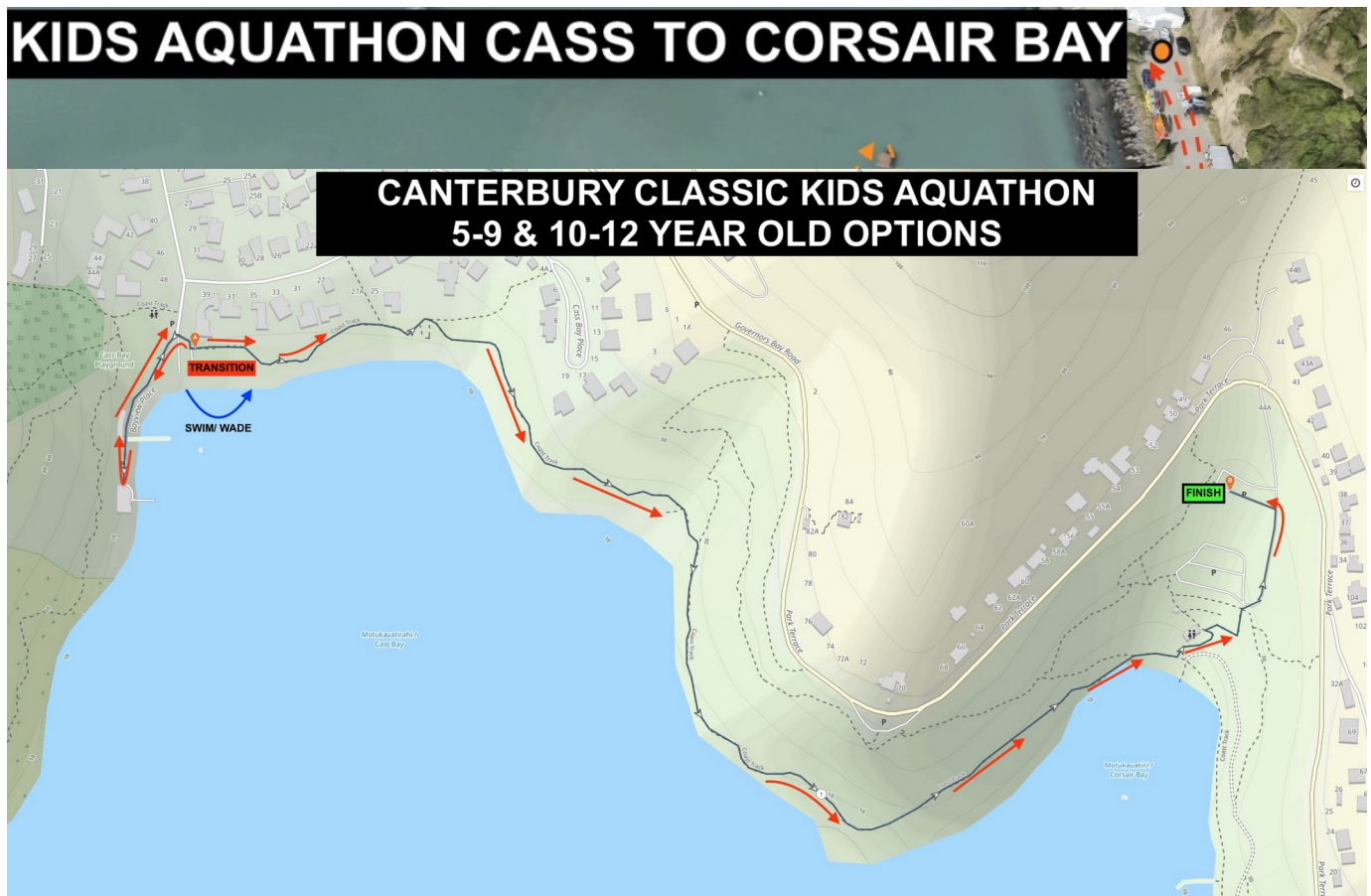
Please allow time to get to Cass Bay - it is 1km from Corsair.

Swim

- 5-9 years olds will wade along the beach
 - o The swim will be a lap run/wade/swim through the water at waist depth. We'll encourage kids to swim but they will not be out of their depth
- 10-12 year olds will swim to the pontoon or a swim buoy (subject to the tide) - they will be supported by surf lifeguards
 - o Children will be out of their depth for a swim of ~125m around the pontoon
- Transition – the kids will have their shoes lined up on the grass behind the beach. They should have a towel to dry their feet.

RUN ~1.7km

- From the transition on the grass on the beach kids will run to the boat shed and back then follow the track to Corsair Bay, up through the car parks to the finish by transition.
- It is OK for parents to run with their kids if required but we'd like to see kids running unassisted wherever possible – this will give them more confidence for future races and they will likely enjoy the event more.



Medical

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

If you have a problem please approach the ambulance which will be situated in the top car park. If this is unattended report to the Tri Club tent.

Prize Giving

We will hold prize giving on site asap after the last athlete has finished. We expect this to be ~11:30

- Olympic Triathlon & Duathlon – Medals will be awarded to the top 3 in each 10 year age group
- Short course races – the winner of each category receives a medal

There will be spot prizes including shoes from Asics, 2XU gear and much more.

Kids aquathon – we will do a small prize giving shortly after the kids finish their race, the winner of each category receives a medal

Results

Results will be posted as live as possible on www.canterburyclassic.com

Contingency Plan

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

- If the swim leg is cancelled each event will become a Duathlon with all Triathletes transferring to the Duathlon option.
- 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

