



XTERRA Triathlon Briefing

- **Check the weather and prepare for the conditions on race day! Any relevant course updates will be communicated by the announcer at the start line.**
- Your transponder needs to be attached to your ankle (doesn't matter which ankle) and worn throughout the event. You must have your race number on the front of your bike and pinned on the front of your running top.
- **All athletes need to pass under the Motatapu arch and on to the beach before race start.** Race start will be a beach start at 8:00am between the fencing.
- Gear – Compulsory gear must be carried at all times

Swim

- Current water temperature in Glendhu Bay is 17°C
- You will swim 2km anti-clockwise around the marked course. You must complete 2 laps of the swim course. If you need assistance, please flip onto your back and raise your hand in the air for assistance.
- The Motatapu swim cap that was provided at registration must be worn on the outside of any other caps being worn.
- **Swim Cut off:** 90 minutes (9:30am)
- You cannot receive outside support in transition 1 or 2. Volunteers will assist if required.
- The bike mount is marked AFTER the transition racks. After mounting your bike, you must cross a main road which does not have a road closure, volunteers will be there to stop the traffic – however please respect them if they request you to stop. You then merge onto the Motatapu Road where the Mountain Bike competitors will be riding.
- Teams you change over your transponder in transition beside your allocated number on the transition racks.
- Individual T1 bags will be picked up by us and taken to the finish line for you to collect when you have finished your race. Teams are responsible for their own gear.
- Didymo Wash – teams must wash your wetsuits here in the bin provided. Individuals when you pick up your T1 bag at the finish there is a Didymo wash available for you to use.



Mountain Bike

- There are 4 water stations through the 47km mountain bike course. All stations will have water, PURE, jet planes and some stations will have a supply of Clif bars.
- **All hazards on course are not marked. Please keep your eyes open and take extra care on steeper descents, on narrow sections, and near drop offs.**
- MTB cut offs – you must reach Aid Station 1 by 11:30am and Aid Station 2 by 1:00pm. If you do not reach the Aid Station by the cut off time, you will be pulled off course and taken back out to here (Glendhu Bay).

Transition 2 – Sawpit Trail Run

- As you approach Arrowtown you will be directed towards Transition 2 away from other competitors finishing. You will turn **RIGHT** into transition. Water, PURE and bananas will be available as you exit from T2.
- **Cut off** – you must reach T2 (Arrowtown) by 3:00pm, or you will not be allowed to continue on.
- There is 1 Aid Station on the run course at the 5km mark.

A few rules and safety notes:

- iPods/headphones are not recommended as there may be emergency 4WD vehicles moving through the course. If headphones are worn, ensure that the volume is set at a level where surrounding sound can be heard.
- **TAKE OUT ALL YOUR LITTER!**
- **Transponder** – if you lose your transponder on course tell the timing crew when you finish so they can take your number and time.
- There will be support and medic crew on course in vehicles – if they are moving keep out of the way as they may be attending an accident.
- It is likely that in any accident or emergency, competitors will be first on the scene. You must stop and assist any competitor who is injured or in distress, and then go on and report it to the nearest marshal or send a person for help.