



Brad
Richards
Building



SEA 2 SKY CHALLENGE ATHLETE GUIDE 2024

Triathlon & Duathlon events



Brad
Richards
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Christchurch
City Council



Physiosouth
Move for Life

THE EVENT SCHEDULE

Friday 15 th March	
2:00-6pm	Race pack pick-up Waltham Swimming Pool 30 Waltham Road, Christchurch Turn right in reception into the Tri Club room
Saturday 16 th March	
12-3pm	Race pack pick-up Waltham Swimming Pool 30 Waltham Road, Christchurch Turn right in reception into the Tri Club room
Sunday 17 th March	
7:00am	Transition opens at Scarborough Domain
7:45am	CUT OFF TIME TO HAND IN RUN BAG (for athletes doing full Sea2Sky Challenge) – the bag will be given to you at pre-race registration, you must place your race number sticker on it as well as the 2 nd number around the drawstring. This bag will be transported for you to the bike to run transition at Godley Head There will a truck parked adjacent to the clock tower where you will place your run leg bags.
8:00am	RACE BRIEFING – excludes kids challenge
8:15am	TEAM RUNNERS DEPARTURE – meet by the bike exit of transition (next to toilets) for transport to Godley Head by bus. You can take a bag with clothing that will be returned after the race
8:30am	RACE START Sea2Sky Challenge Triathlon & Duathlon + Teams Challenge.
9:00am	RACE START – Run challenge from Sumnervale Reserve
9:00am	RACE START Try a Tri/ Du & Junior Tri/Du Note the duathlon starts from the swim exit steps.
9:05am	BRIEFING (next to the steps by the swim exit) – Kids aquathon challenge
9:15am	RACE START – Kids aquathon challenge
10:00am	Bike cut off for athletes to be past Evans Pass on route to Godley Head
From 11:00am	Bikes returned to Scarborough from Godley Head by truck
11:30am	Prize giving – on site at Scarborough

Key information

Thanks for entering. Please remember when you are racing we try as hard as we can to make your race as straight forward as possible. Respect your fellow competitors and the public whilst enjoying being out there on a stunning course. Remember to thank marshals and volunteers who are out there enabling you to participate.

KEY POINT – **all athletes** should bring a spare pair of run shoes just in case there are issues with the swim. If the sea is extremely rough the swim will be replaced with a run but those doing the full challenge will have their shoes on route to Godley Head for the 2nd run.

1. Key points for the full triathlon & Duathlon in 2024

- There is an extreme fire warning in place around the Port Hills. In the event of a fire during the bike leg you should turn around on the bike leg and return to Scarborough domain entering transition at the exit point so we can account for everyone. If there was a fire on the run leg you should either return to Godley Head or continue running depending on your location.
- Bike
 - i. Specific instructions for Evans Pass:
 1. Evans Pass is not closed to traffic. The intersection will be controlled with a stop/go trying to limit traffic flow. HOWEVER the Sumner Rd is a no stopping zone except for the top section so we cannot stop many cars at a time.
 2. Turning right into Summit Rd (climbing) from Evans Pass. You may have to give way and stop before making your right hand turn. Please try to keep your cool if you do have to wait for a few seconds.
 3. Coming down Summit Rd from Mount Pleasant. There will be a timing point just before the mandatory stop line, there will be another near the cattle stop on the other side of the intersection. This is a neutralised zone. So however long it takes to get over this intersection that time will be taken from your finish time eg if you cross the finish line at the same time as someone else but you waited for 5 seconds while they waited for 45seconds you will have different total times. We hope for the majority of you it will simply be a stop, put your foot down, check for traffic and go.
 4. Stopping at Evans Pass intersection heading to Godley Head, you must come to a complete stop at the stop line with your foot down and wait until the marshals give you the all clear to proceed through the intersection. Please respect marshals and know that any time you loose waiting at this point will be taken from your finish time
 - ii. **IMPORTANT**
 1. There is a bike cut off time 90 minutes after the swim/run start to be through the Evans Pass intersection on the return leg from the Mt Pleasant turn point.
 2. There will be runners on the Summit Road from just before the Evans Pass intersection. The change for 2024 is that runners will cross the Evans Pass intersection then turn right after the first cattle stop onto the Crater Rim track which takes them all the way to Godley Head (so you will not have runners on the Summit Road to Godley Head this year)

3. The road to Godley Head has been resealed. We have requested the road to be re-swept before the race. If it is not we will at least sweep downhill corners but please exercise caution.

- Transition

- i. Transition #2 at Godley head is slightly different to last year. Refer to the map in the transition section of this document

- Run

- i. The start of the run at Godley head is as per last year which cuts ~500m off the original course. The alternate route goes straight down the hill across the grass.
 - ii. Run course marshals will come off duty from 11:15am but athletes can continue to their finish unsupported.

2. 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 strongly encourage all participants to practice their open water swimming prior to race day. Please note that there can be a rip down past the boat ramp at the race site at Scarborough. If you want to practice at Scarborough ensure you understand the sea conditions and never swim by yourself.

3. Pre Race Registration

All athletes must pick up their race bags at race registration BEFORE RACE DAY! The only exception to this is out of town athletes who can collect race bags on race morning.

4. Race Briefings

This document acts as your race briefing.

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 athletes responsibility to know the course.

5. Post race information

Trophies will be awarded to category winners along with medals to the top 3. Prize giving will be held at 11:30am regardless if there are still athletes on the course Note that age is taken as of 31/12/24

Bikes are returned from Godley Head from ~11am

Race Day Procedure

1. Parking

Please do not park on the bike course. There is plenty of space elsewhere.

2. Racking your bike

Please rack your bike in the designated position (bike racks will be numbered). Transition is tight so please avoid leaving bulky items in transition.

3. Run Gear (for full Sea2Sky Challenge) IMPORTANT

When you complete your pre-race registration you will have a **red bag** with a draw string – please place your bag sticker on your bag plus place drawstrings sticker around the drawstrings. This is your bag to put your run gear into for collection at the end of the bike. On race morning there will be a bag drop area in the back of a truck at the entry to transition.

Duathletes – you will need two pairs of shoes if you are doing the full challenge. One pair for the opening run that will stay in the Scarborough Domain, the other pair you will collect at Godley Head for the second run.

4. Bike transport from Godley Head back to Scarborough

For athletes doing the full challenge we will transport bikes back to the transition area at Scarborough. Please ensure you have your bike number sticker on your bike & helmet. We will do our best to get bikes back as quickly as we can. We expect the first bikes to be in ~2.5 hours after the start of the race but please be patient if it takes longer. Thanks to Allied Pickford for supplying the blankets.

5. TEAM DETAILS

Team Cyclist – you will finish your ride at Godley Head. It will be your responsibility to make your way back to Sumner (ie spin along to the Top of Evans Pass and drop into Sumner). Please note: you will need to be extremely careful as there will be cyclists coming towards you.

Team runner – you are required to meet by the bike exit point at 8:05am as soon as the race briefing is done to be transported to Godley Head. You can take gear with you in your race bag. There will be a bit of a wait at Godley Head, you can wait on the bus. We expect the first riders to arrive ~45-50mins after the start time.

6. Toilets

If you do require a toilet stop during the race there are toilets at Godley Head by transition and in Taylors Mistake (turn left when you reach the aid station by the surf club and run through the car park)

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 (it can be on your front or back for the bike if you are using a race belt).
2. You will also have stickers in your race bag
 - a. 2 for your helmet (large one on the front, small one on the side)
 - b. 1 for your bike
 - c. 1 for the drawstring of your run bag (full challenge athletes)
 - d. 1 for the outside of your run bag – place over the plastic window.
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 fee to cover the cost of a replacement.
5. If you 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 – Swimmer has no number, cyclist has the stickers for their bike and helmet and your runner wears the bib 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. Please ensure your timing chip is handed in when you have finished. Failure to do so will result in a \$25 fee to cover the cost of a replacement.
4. If you 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.

SEA 2 SKY CHALLENGE – COURSE DETAILS

THE SWIM 750m OR RUN 2km



The above image shows the likely swim course subject to conditions

Procedure

1. All athletes will have a swim cap issued to them in their race bag. You can reuse caps from previous years.
2. The start will be from the boat ramp
3. The exit will likely be by the steps by the cafe

Water Safety

There will be an IRB and other safety craft 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 in to the timing staff by the finish line and hand in your timing chip.

OUR CONTINGENCY PLAN FOR THE SWIM

1. If athletes have a change in heart with the swim, you can switch to the duathlon option before the race start but you need to notify the registration team.
2. Ocean conditions
 - a. If the swim is a bit rough the swim will go ahead but athletes will have the option of switching to the duathlon

- b. If the swim is deemed to be unsafe the event will be switched to a duathlon. PLEASE ENSURE ALL TRIATHLETES HAVE A 2nd PAIR OR RUN SHOES INCASE THIS HAPPENS.

Duathlon Run Option

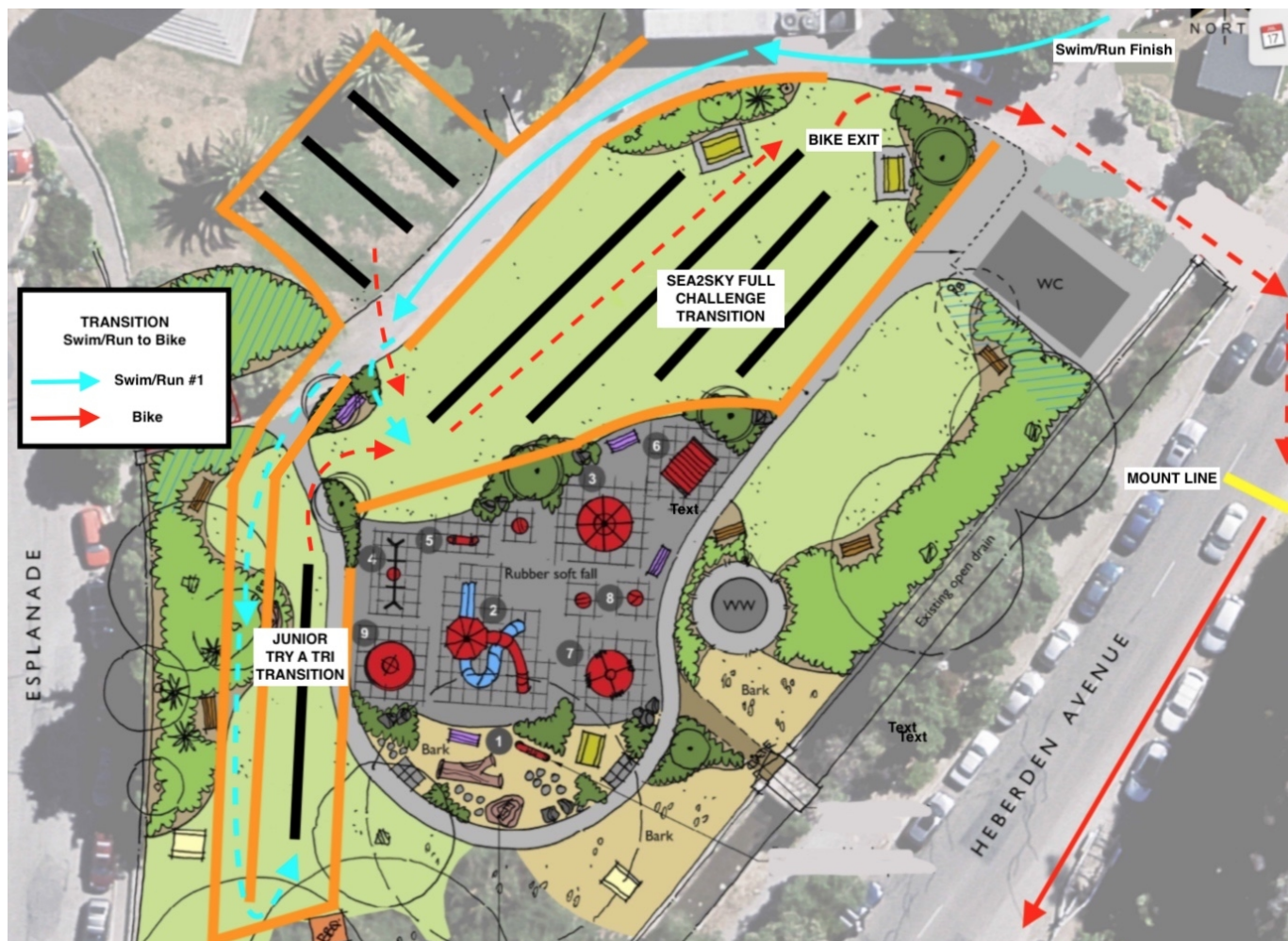
Athletes will start behind the boat ramp. The course will run up to the promenade where you complete two laps. Run to the far turn point about halfway down the main straight, turn and run back towards the clock tower, turn again in front of the cafe. Note you do not run back to the boat ramp to complete your laps the turn point will be between the finish line and the cafe.

On completion of your second lap run past the finish area turning right just past the café where the swimmers are exiting the swim leg.

Please keep to the left at all times making right hand turns at turn points.

Do not run down the finish chute on your 2nd lap.

TRANSITION #1 LAYOUT



BIKE 18km

IMPORTANT PLEASE READ

1. Turning right into Summit Rd (climbing) from Evans Pass. You may have to give way and stop before making your right hand turn if there is oncoming traffic.
2. Coming down Summit Rd from Mount Pleasant. There will be a timing matt just before the mandatory stop line, there will be another near the cattle stop on the other side of the intersection. This is a neutralised zone so however long it takes to get over this intersection that time will be taken from your finish time eg if you cross the finish line at the same time as someone else but you waited for 5 seconds while they waited for 1 minute you will have different total times. We hope for the majority of you it will simply be a stop, put your foot down, check for traffic and go.
3. Stopping at Evans Pass intersection heading to Godley Head, y. You must come to a complete stop at the stop line and wait until the marshals give you the all clear to proceed through the intersection. Please respect marshals and know that any time you loose waiting at this point will be taken from your finish time
4. **FAILURE TO STOP WILL RESULT IN DISQUALIFICATION – WE ARE SERIOUS ON THIS MATTER.**

Key Points

- The cattle stops will not have any covers on them.
- Please be mindful of runners around Evans Pass, they will be crossing the road at the first cattle stop to get onto the Crater Rim track
- Under no circumstances can you cross the centre line of the road. There will be a drone watching
- Keep left at all times. NB there is no centre line from the top of Evans Pass to Godley Head but you still need to keep left of the centre of the road.
- Bikes will be carefully transported for you back to transition from Godley Head. This is included in the race entry fee.
- On the descent from the top of the Summit Rd down to Evans pass there are some fast corners. We will sweep the corners but there may still be some shingle so please be careful.
- Between Evans Pass and Godley Head there are several cattle stops. There will still be a lip on them so please ride with caution. We accept no responsibility for broken equipment.
- **NO DRAFTING** is allowed (leave 3 bike lengths between yourself and the rider in front)
- **Music devices cannot be worn at any stage in the race.**

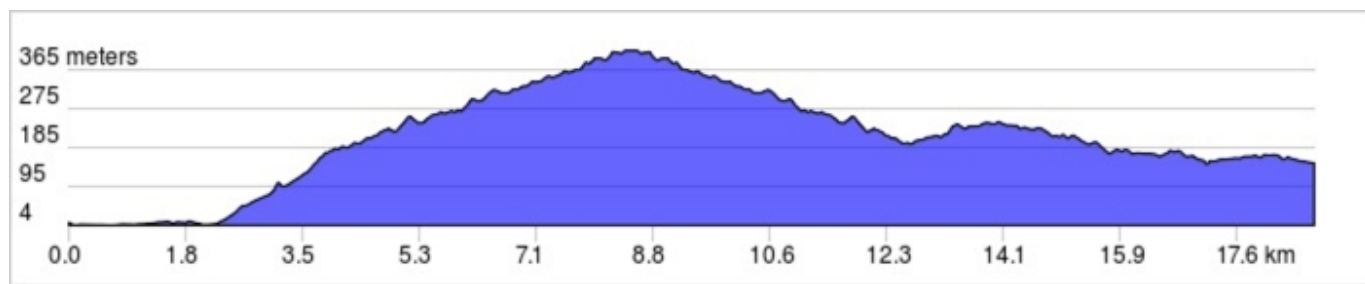
Link to bike map <http://ridewithgps.com/routes/11676174>

Bike Route

- Out of transition you will cross the road and turn right into Heberden Ave
- Follow the road to the right around the corner into Nayland
- Left into Head St
- Right into Colenso
- Left into Wakefiled
- Up Evans Pass
- Right onto Summit Rd at the top of Evans Pass
- Turn just past the Mt Pleasant turn off on the Summit Rd (the turn will be at the high point with a lovely view over the city)
- Return on the Summit Rd – through the top of Evans Pass (stopping and giving way)
- Proceed out to Godley Head

THE ROADS ARE NOT CLOSED TO NORMAL VEHICLE TRAFFIC AND THE NEW ZEALAND ROAD CODE RULES MUST BE OBEYED AT ALL TIMES

Bike course profile



Transition #2 (SLIGHT CHANGE FOR 2024)

There will be a team waiting for you at the bike to run transition. There is a slight change to the layout of transition flow to make it smoother for everyone. We still need to use the alternate course at the start of the run as the works at the buildings has still not been completed.

Key points

- When you arrive at the 2nd transition please rack your bike as far down the rows as possible
- Take your helmet with you after racking your bike. Put it into the bag you have your run shoes in along with other clothing you discard (it's fine to leave bike shoes on your bike clipped into your pedals)
- After racking your bike the run bags are placed in rows with #1-99 on the left and #100-299 on the right.
- Teams – cyclist rack your bike then run over to tag your team mate (then go back to your bike to spin back to Sumner)

TRANSITION #2



THE RUN ~7.2km

We strongly encourage all athletes to run the section from Taylors Mistake to the finish in a training run to familiarise yourself with the route.

Please ensure your run shoes are in the numbered bag that you were given at the pre race registration.

When you reach the bike to run transition you will rack your bike first. Your numbered bags will be lined up numerically just beyond the bike racks. **Put on your run gear and place your helmet and any other loose gear you take off back into your numbered bag.**

NO MUSIC DEVICES MAY BE WORN ON THE RUN!

Run route (as per 2023):

- Exit transition turning left along the Summit Rd
- Go over the stile over the fence by the cattle stop and turn right
- Follow the alternate track down the hill following the small orange cones. This diversion joins the normal track near one of the gun emplacements.
- You will then turn left to join the Godley Head Track which takes you all the way to Taylors Mistake.
- Just before arriving at Taylors Mistake you will turn right down some rocky steps to join the beach. Proceed along the beach before turning left to run past the right side of the surf club.
- When you reach the road turn there will be an aid station, turn right and run to the end of the street. Here you will join the Taylors Mistake track.
- As you climb along the track you will encounter some steps and steep pitches on this narrow track.
- Follow the track all the way to Nicholson Park (not turning up the steep section to the road as in the early years of this event)

- Enter Nicholson Park and follow the track down the hill to Whitewash Head Rd (not turning left through the zig zag section amongst the houses as in early years)
- At the end of the track you will reach Heberden Ave / Scarborough Rd. Turn sharp right onto the foot path.
- Proceed past the lifeboat ramp, onto the Promenade into the finish chute to complete your day.



Aid Stations

- There will be an aid station at Taylor's Mistake by the surf club.

Taylor's mistake section of the run



TRY A TRI / DU & JUNIOR TRI / DU

SWIM 150m / RUN 1km

The swim will start on the beach out to the orange buoy and back to shore.



Duathlon option: The 1st run will start at the swim exit steps running 500m up the promenade, returning to the start point where runners will merge with the swimmers as they exit.

TRANSITION #1

Refer to full Sea2Sky Challenge transition map above.

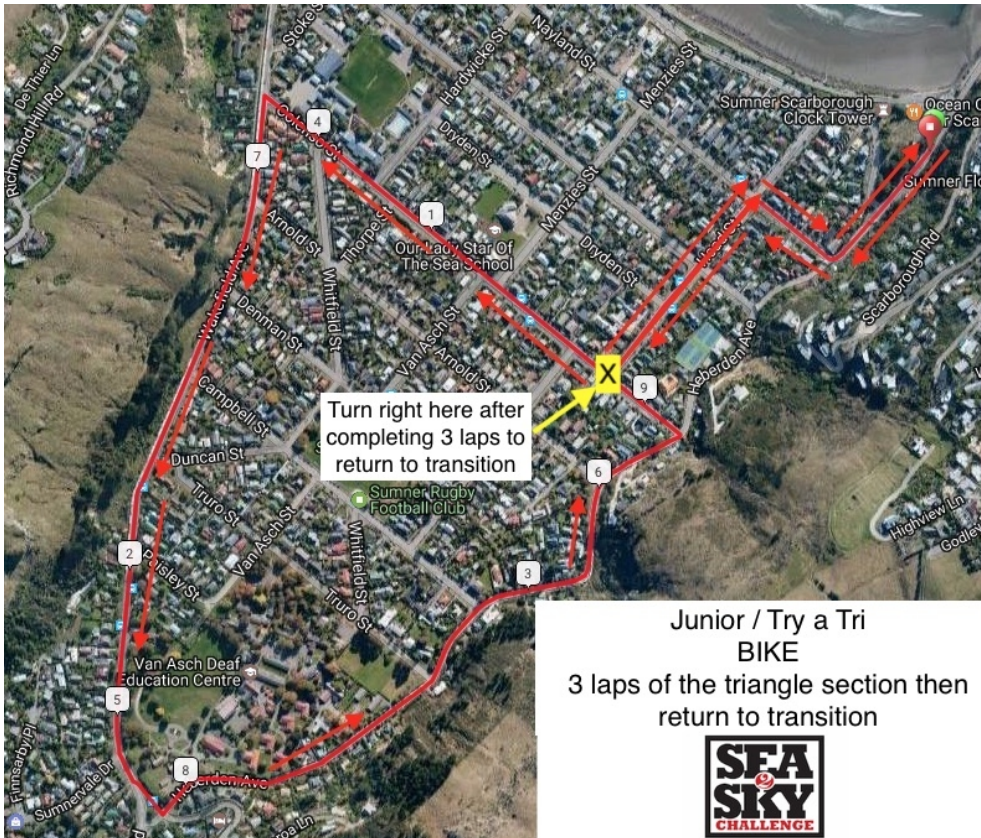
BIKE 9km

The bike involves riding up to Colenso St, completing 3 anti-clockwise laps of the triangular course (Colenso, left into Wakefield, left into Heberden, left into Colenso) then returning back to transition.

Link to course map www.ridewithgps.com/routes/19024545

- Right out of transition on Heberden
- Veer right into Nayland
- Left Head St
- Right into Colenso
 - 3 laps
 - Along Colenso
 - Left into Wakefield
 - Left into Heberden (over a small hill) - this road is narrow
 - Left into Colenso
- After completing 3 laps of the above "triangle"

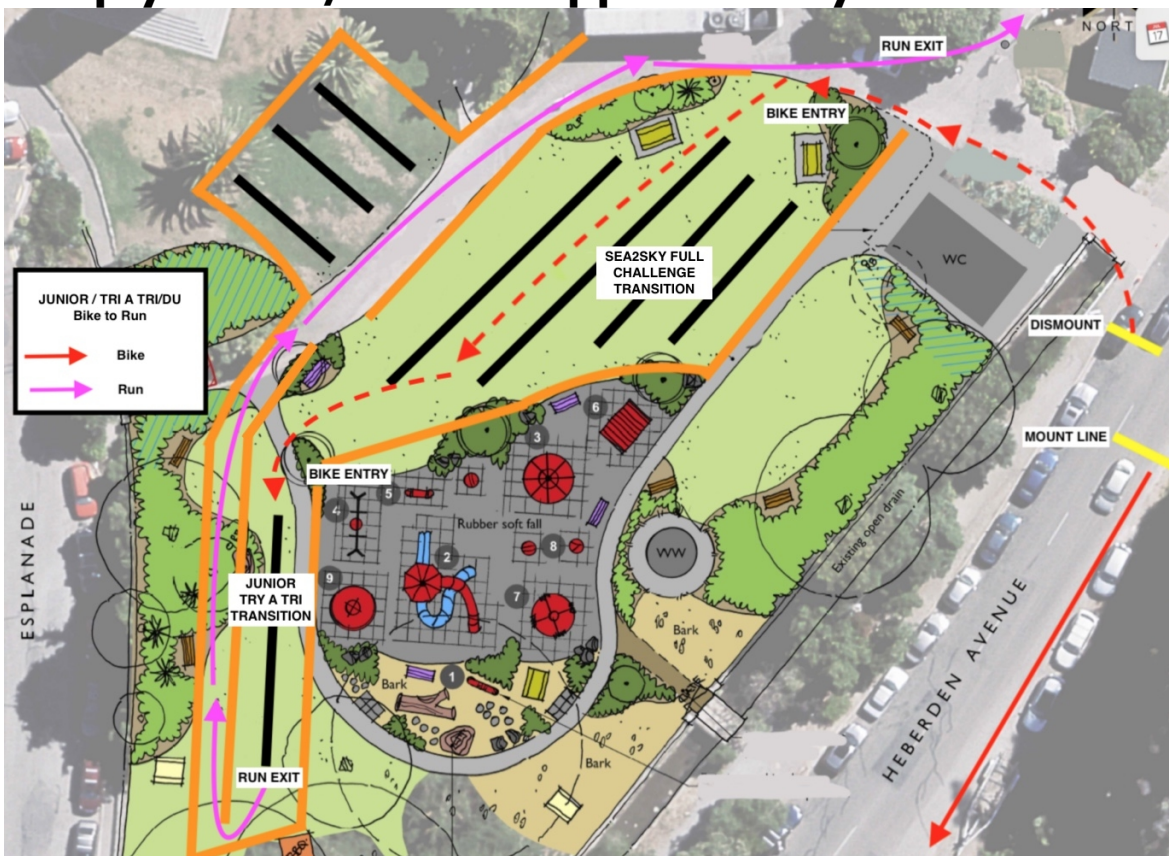
- Right into Head St (you must give way to traffic when turning right). There is a small chance you may be crossing cyclists here if you are a tail end athlete.
- Right into Nayland which veers left into Heberden
- Left into transition



Junior / Try a Tri
BIKE
3 laps of the triangle section then
return to transition



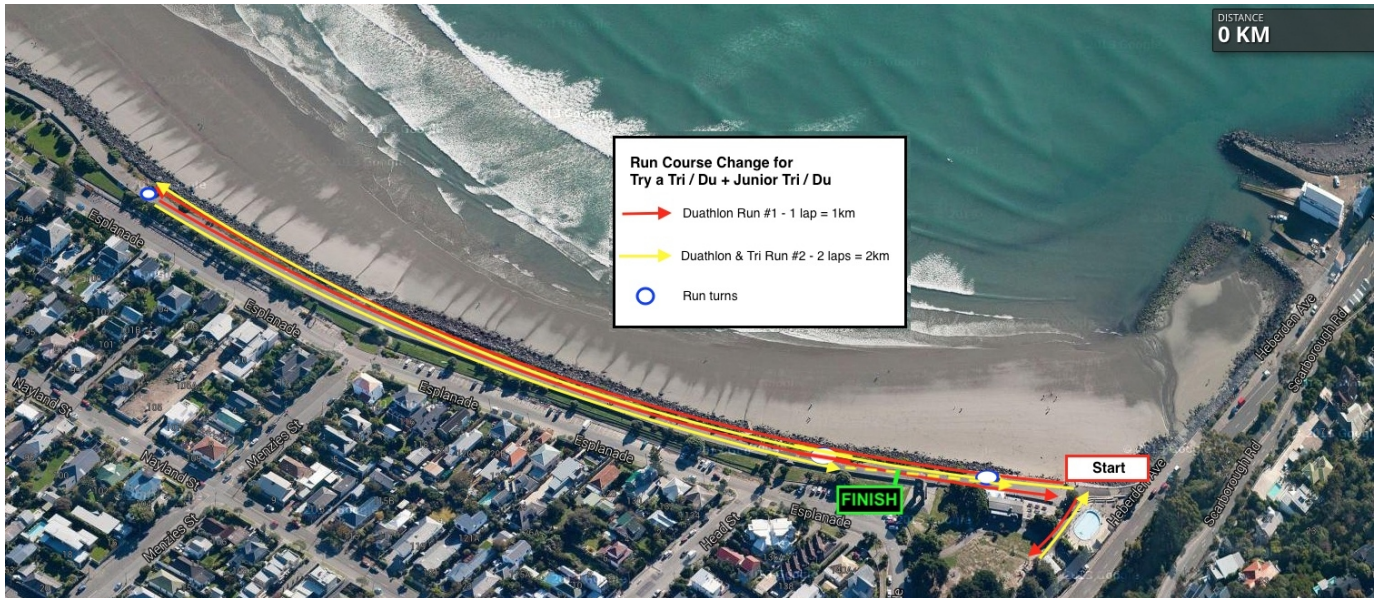
TRANSITION #2 (Junior / Try a Tri) Simply run in/out the opposite way to transition #1



RUN 2km

Exit transition and proceed to the promenade.

Run past the finish line and complete two laps of the run course running on the left hand side. The turn points will be around half way down the promenade and between the clocktower and the cafe.



TEAM INFORMATION

Team Tag

- a. Swim to Bike – the cyclist will stand by their bike which is racked in the numbered position. The change over of the timing chip happens where the bike is racked
- b. Bike to Run – the cyclist will dismount and rack their bike first then run over to the runner who will be waiting in the team tag area alongside where individuals run gear is stored.
- c. Finish – all 3 team members are allowed to run down the finish chute but please respect other athletes who might want to finish fast

Medical

If you suffer from any medical conditions that may, in any way, affect your participation in the event you must have indicated this condition at time of entry.

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 officials by the finish area. The medical team will be in the Tri Club tent.

Prize Giving

Trophies will be awarded to:

- The winners of each category of the full Sea2Sky Challenge in 10 year age groups
- The run challenge will award open, vet (40-59) and super vet (60+)
- Overall winners of the Try a Try & Duathlon
- Winners of the & kids aquathon junior categories

Medals will be awarded to all place getters.

Results

Results will be posted on www.sea2skychallenge.com within 24hrs of the race finishing. All entrants will also be emailed results

Contingency Plan

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

1. If the sea is rough we will endeavour to have a shortened swim to avoid the surf.

2. If the swim leg is cancelled each event will become a Duathlon with a 2km run replacing the swim leg for the full Sea2Sky or a 1km run for the Try a Tri & Junior Challenge.
3. If there is wind or rain that make riding on the Summit Rd too dangerous the event will change to a shorter race on the flat (ie the Try a Tri course) or athletes would turn left at the top of Evans Pass and proceed directly to Godley Head.
4. If the swim and the bike are cancelled the event will become a run only event on the promenade (team swimmers and bikers will be eligible to run)

Event Rules

SWIM COURSE

1. Each swimmer must wear the cap provided at registration. This cap must be worn on the outside of any other caps worn by the swimmer.
2. No fins, paddles, snorkels, flotation devices of any kind are permitted.
3. Swim goggles or face masks may be worn.
4. No individual paddlers or escorts allowed. The course will be adequately patrolled by safety vessels and surfboard paddlers.
5. Wetsuits are optional but encouraged for the 750m swim.
6. 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. No tandems, recumbents, fairings or any device designed exclusively to reduce air resistance are permitted to be used.
2. Handle bar ends must be plugged, tyres well glued to prevent rolling, helmets and seat posts tight and wheels true. Each wheel must have a brake.
3. Helmets must be worn at all times during the cycle section. Leather or vinyl hairnet helmets will NOT be allowed. Competitors not wearing approved helmets with a chinstrap and properly secured during any section of the bike leg will be disqualified.
4. Each participant will be INDIVIDUALLY RESPONSIBLE for repair and maintenance of his/her own bike. Assistance by anyone other than official technical support personnel will be grounds for immediate disqualification. This disallows the use of spare wheels and back-up bikes and requires that each competitor be prepared to handle any possible mechanical malfunction.
5. Participants may run / walk their bike if necessary but must have their helmet securely fastened when in contact with their bike.
6. 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.
7. 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.
8. All riding is on left side of the road. The "normal lane" is that on the left and the "passing lane" is between the normal lane and the centre line. The passing lane should only be entered for passing or safety reasons. After completing a pass the rider must return to the normal/left lane and remain there until again trying to pass another rider.
9. **No drafting is permitted.** 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 20 seconds to pass through this zone. The cyclist that has been overtaken then has 20 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 20 seconds has lapsed. In summary the zone requires a rider to ride single file with around 4 bike lengths (10m) between the lead and the following bikes; measured from the rear wheel of lead bike and front wheel edge of following.

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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. It is the responsibility of the competitor to know the course .
2. **Wearing of any headphones during this event is not permitted.**
3. Drafting will not be permitted on the cycle leg.
4. Individual competitors cannot enter as part of a team.
5. Support crew are not allowed to assist competitors in any part of the race.
6. No refund will be given on non starting of the event.
7. There is no road closure for any part of this event, all road rules, directions from race officials and police must be obeyed at all times.
8. The minimum age to compete in the full sea2sky challenge is 14 years old.
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 director's decision is final.

