

TRANSITION

Overview

Transition is a complex situation at the best of times, how do you go from swim to bike and then later from bike to run, where do you enter and exit transition?

There are many questions that arise in a task that takes up such a small part of the overall event. Being prepared for what you will face in transition can make your day so much easier and simpler, so that is why we have this page, to help you with understanding what is transition, and how to get from A to B

Though we have multiple events, we will insure that the transition is kept as simple as possible and always with the same layout. This is so that from one event to the next, the confusion is kept to a minimum (for both you and us when setting up)

Clarification of terms: What is T1, & T2?

Both are the same location for the Contact Scorching Triathlons, you just have different tasks to perform as you move between one discipline and the next

T1 - transition one - where you change from swimming to cycling for the triathlon (and run to cycle for the duathlon)

T2 - transition two - where you change from cycling to running (for both the triathlon and duathlon)

The basic flow

To keep the Transition as simple as possible and to be as safe as possible we have make the way you progress through the Transition the same, no matter whether you are finishing your swim to start your cycle or finishing your cycle to start the run.

You enter the Transition from the North (away from the buildings), and exit the Transition to the South (near from the buildings)

To understand this flow further, please refer to the diagrams and explanations that follow.

The bike racks and event options

Within the Transition we have multiple racks, these relate to the three basic course options (short, medium and long) that we run each event

There are signs placed on the end of each rack at the Northern end to remind you on the morning...

The bike rack closest to the road:	Is for Long course participants only
The middle bike rack:	Is for Medium course participants only
The bike rack closest to the sea:	Is for Short course participants only

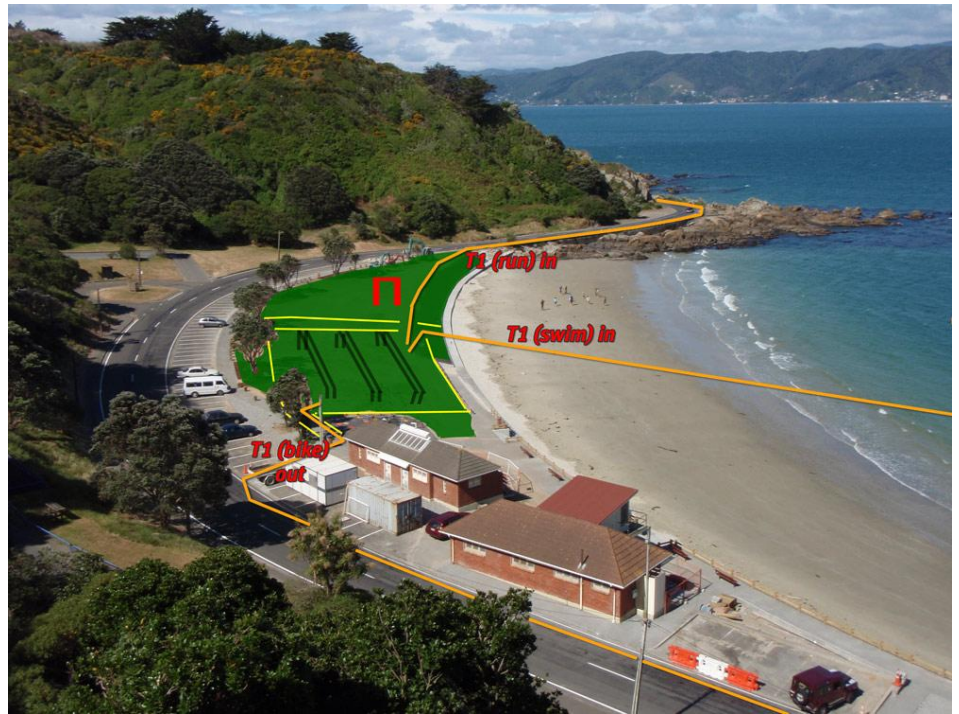
Please can you ensure that you place your bike on the appropriate bike rack. THANK YOU!

TRANSITION – T1

T1 Activities / Flow

Note: This applies for both Duathletes and Triathletes

- Enter T1 from the north end (from the sea side of transition of course),
- Go to your bike, get out of your wetsuit (if you are wearing one), get into your cycling gear.
- Before you take your bike off the rack ensure that your helmet is on your head and fastened
- Walk or run your bike from Transition at the Southern corner.
- Walk you bike onto the road (stay on the sea side of the road).
- Once on the road you are allowed to mount you bike and cycle south



TRANSITION – T2

T2 Activities / Flow

- At the end of you bike lap, move to the centre of the road (do not cross the centre line)
- At the marshals instructions cross the centre line and dismount your bike before entering T2 (ie before you are on the grass) at the Northern end
- Walk or run your bike through T2 back to the where you originally had your bike positioned, rack the bike properly (do not throw your bike on the ground)
- Once your bike is properly racked you may touch, unfasten and take your helmet off. (please do don't do this before your bike is racked)
- Change from your cycling gear to your running gear,
- Exit T2 by the Southern exit, and go down the ramp onto the path and run along the path to the north end of Scorching Bay



RUN TURN & FINISH LINE

Run Turns

- For those participants who are doing multiple run laps (Long course for all events) and Medium course in November only (2 laps to Kau point) you need to turn in Scorching Bay to start your second run lap
- The turn at Scorching Bay is located next to the finish line at the north east corner of transition
- As you run back into Scorching Bay, move on to the grass, but stay just above the beach, run towards the transition
- When you are level with the finish gantry turn towards the water at the cones / signage as instructions by the marshals
- Run down the back north along the path out of Scorching Bay to start your second lap



Finish Line

- The finish line will be located north edge of Transition towards the seaward side as documented above
- Enjoy crossing the finish line.