

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 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 water side behind the finish line, and exit the Transition to the road side closest to Grays road

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

The bike racks and event options

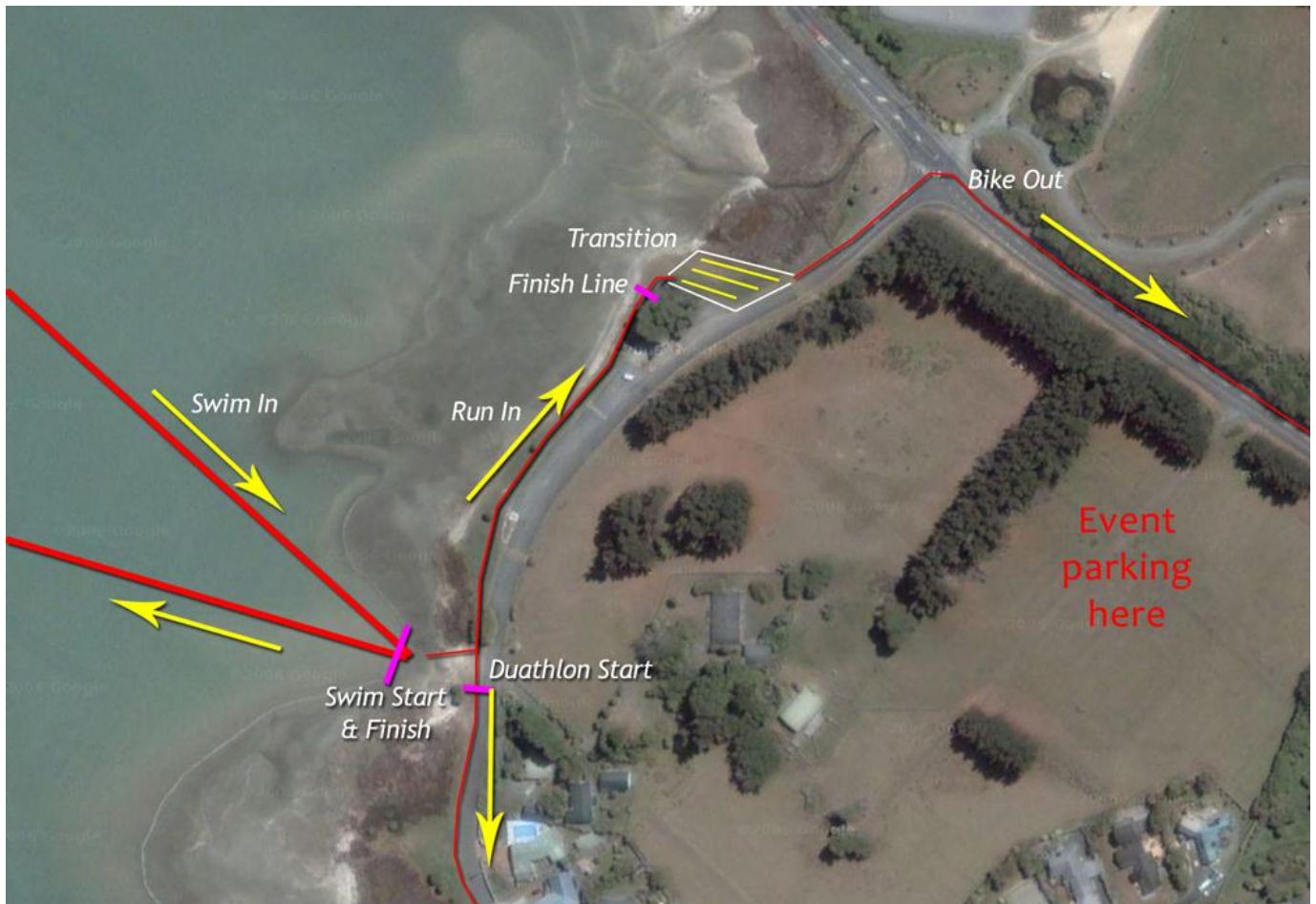
Within the Transition we have multiple racks, these relate to the two basic course options (short & medium) that we run at the Motukaraka Point

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

The bike rack closest to the Grays road:	Is for Medium course participants only
The middle bike rack:	Is for Medium course participants only
The bike rack closest to Whitby:	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

- After exiting the swim or you r opening run, run north along the grass (thru the finish line), and
- Enter T1 from the sea side of transition closest to the finish line,
- 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 corner closest to Grays road.
- 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 out to Grays Road,
- On the marshal instructions cross the road and cycle east

TRANSITION – T2



T2 Activities / Flow

- At the end of your bike lap, stay hard left on Grays road
- At the marshals instructions Turn into Motukaraka Point
- Follow the marshals directions as you come up to transition and dismount your bike before getting to the grass
- Walk / run your bike around the northern then western sides of transition, and enter T2 from the south/west corner behind the finish line
- 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 at the north east corner near Grays Road, Turn South and run along Motukaraka Point to start you run

FINISH LINE



Finish Line

- The finish line is located on the grass to the south of transition as documented above
- When finishing your run, follow the marshal instructions on moving off the road to run along the grass to the finish line
- Enjoy crossing the finish line.