

# ***Transition & Scorching Bay flows***

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## ***Overview***

Transition is a complex situation at the best of times; how do you go from run to bike or vice versa, 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 supply this information, to help you with understanding what is transition, and how to get from A to B

Though we have multiple events and options between May and October, we have tried to keep the transition as simple and consistent as possible, so that from one event to the next, the confusion is kept to a minimum

Clarification of terms: What is T1, & T2?

- T1 - transition one - where you change from running to cycling
- T2 - transition two - where you change from cycling to running

## ***Basic flow***

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

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

To understand these flows further please refer to the explanations and diagrams that follow.

## ***Race Start***

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Refer to diagram A to match the descriptions below

- You start on the beach (as indicated) below transition
- You can spread yourself out along the start line, which will stretch from the concrete path to the water's edge
- You will run north along the beach / concrete path
- At the north end of the beach, you shall go up the path and loop around onto the grass to head south past transition

## ***Ending each run lap***

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Refer to diagram B to match the descriptions below

- As you return to Scorching Bay from Karaka Bay you will follow the path down and along the edge of the beach to the north end of Scorching Bay (as per the start), and loop up and around onto the grass.
- You will then head south back towards transition
- At this point you make a decision
  - If you are **short course** you will go into transition
  - If you are **medium or long course and on your last lap** you will go into transition
  - But, if you are **medium or long course and on you have still at least one lap to go** continue south past transition and back out to Karaka Bay

## ***Entering and exiting T1***

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Refer to diagram C to match the descriptions below

- At the end of your Opening Run you enter transition from the northern end closes to the beach,
- Go to your bike, change your gear over (shoes etc).
- 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 and across the centre line.
- Once across the centre line you are allowed to mount you bike and cycle northwards
- As you depart Scorching Bay, ensure that you go left and through the bus turn

## ***Ending each cycle lap***

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Refer to diagram D to match the descriptions below

- At the end of your cycle lap as you return to Scorching Bay you need to make a decision
  - If you are **short course** you will stay hard left on the road and go into transition
  - If you are **medium or long course and on your last lap** you will stay hard left on the road and go into transition
  - But, if you are **medium or long course and on you have still at least one lap to go** you must move towards the centre of the road, and at the marshal instructions , turn right and loop around the bus turn in a clockwise direction to start your next cycle lap.

## ***Entering and exiting T2***

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Refer to diagram E to match the descriptions below

- At the end of your last bike lap, keep hard left
- At the marshals instructions dismount your bike before entering T2 at the north 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 then undone and remove your helmet. (Please ensure it stays fastened until your bike is racked)
- Exit T2 by the Southern corner, closest to the road and then loop down towards the beach (but don't go onto the beach),
- At the top of the ramp/steps turn south and head along the path in front of the changing rooms and clubrooms to start your closing run

## ***Finish Line***

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Refer to diagram F to match the descriptions below

- At the end of your closing run, you must loop to the north end of Scorching Bay (as per every other run lap you have completed) and then approach the finishing line along the grass from the north.
- Enjoy your time coming across the finishing line



## Transition & Scorching Bay flows – Photos





