



  
**BLUE LAKE**  
*Multi-sport Festival*  
**25 & 26 JANUARY 2025**

*Proudly sponsored by*

**G.J. Gardner.**  
HOMES

[www.rats.org.nz/events/blmf/](http://www.rats.org.nz/events/blmf/)

# Competition Guide

# 2025

V1 – 12 January 2025

# Welcome

On behalf of the team at the Rotorua Association of Triathlon (RATS) we are excited to welcome you to Lake Tikitapu for the 2025 GJ Gardner Blue Lake Multisport Festival. One of NZ's most iconic and oldest triathlons, where we are proud to be celebrating our 39<sup>th</sup> year.

This document has all the information you need to know and will act as your full race briefing for the event. It must be read by all participants. In addition, there will be a short safety briefing presented before the start of each race that will highlight any new risks or hazards identified.

We extend our thanks to the local residents for their continued support along with Rotorua Lakes Council, Te Awara Lakes Trust, Tri NZ, our community funders and our family of sponsors including GJ Gardner Homes.

No matter whether you are racing as an individual, racing in a team, or just giving the sport a go, we wish you all a very successful day. Race hard, fair, safe and have fun!

***Nicola Smallwood***  
***Club President***  
***RATS Club***



Remember as a participant in this event you are responsible for your own safety and equipment.

- ✓ Please obey all traffic rules.
- ✓ Please undertake everything you do within the race to your own capabilities and swim, bike and run in a responsible and fair manner.



# Thanks to our sponsors!

## PLATINUM SPONSOR

**G.J. Gardner.**  
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## INDIVIDUAL EVENT PARTNERS



## COMMUNITY PARTNERS

## OFFICIAL SUPPLIER PARTNERS

grassroots  
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100 YEARS

 Four Winds  
FOUNDATION

  
**R-LINE**  
ELECTROLYTE DRINK

**TRI**  
NZ

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# ENTRIES



- Online entries close on 17<sup>th</sup> January 2025.
- Late entries are available at Registration on Saturday 25<sup>th</sup> January. Late Fees apply.
- No entries will be accepted on Sunday 26<sup>th</sup> January.
- If you have already entered online, You can check your entry [here](#).

# REGISTRATION & EVENT HQ

- Registration (where you pick up your race number etc) will take place at the Event HQ which is located at the Rotorua Waterski Club by the boat ramp at Lake Tikitapu.
- Registration will be open from:
  - Saturday 6.30am – 2.30pm.
  - Sunday 6.00am – 8.30am (no late entries).
- If HQ is not manned and you require assistance then please see an official at the finish line.



# RACE NUMBERS AND TRANSPONDERS

- A timing transponder will be allocated to you at registration. If you are racing multiple events you keep the same transponder for all your events.
- You must wear the transponder on your ankle at all times during the race. No transponder means no time recorded. You can wear it on any ankle.
- If you don't race or fail to complete the event you must return the transponder to the timing desk at the finish line.
- Any transponders that are not returned will result in a \$100 replacement fee.
- Transponders are nontransferable to other persons.
- For all teams events, you will have one timing transponder per team and this transponder must be passed to the next team member (as in a relay) in your designated changeover area.
- Physical Race numbers will only be issued for Pak'NSave Kids Tri, Blue Lake Top 10 Holiday Park Tikitapu Taster Tri and Cyclezone Sprint Tri. All other events your number will be written on your hand.

# PARKING

There is free parking on the North side of the Reserve. Turning right off Tarawera Road (coming from Rotorua). There is NO PARKING on Tarawera Road or on the Boat Ramp.

Please take extra care when exiting on Sunday if the cycle course is still underway.

Note: All 2km Swim participants must take the official bus transport to the start line. Please do not self drive and park at the Look Out.



# RUBBISH AND TOILETS



- We encourage you to take home what you bring and undertake sustainable practices. There will however be limited rubbish and recycling stations around the Start/Finish line.
- The only designated drop zone outside of the Start/Finish line is at the aid station. Please do not litter anywhere else on the course. If you are caught littering intentionally outside the designated areas, you run the risk of being disqualified from the event.
- There are toilet blocks located near the Event HQ (Waterski Club) and towards the exit from the forest run track. Please do not relieve yourself at any other areas, if caught, you run the risk of being disqualified from the event.

## AID STATIONS

- There is one aid station located on the run course of the Aquathlon and Sprint Tri and at all finish lines. There will be water and R-Line product available.

# SPECTATORS



- Thank you for your support of the competitors.
- Please do not follow competitors around any part of the course, the course is narrow and awkward and additional vehicle and foot traffic (including other bikes) is a hinder to all participants and increases risks.
- Please watch activities from around the transition area and/or finish chute.
- While the venue does permit dogs, it may be more enjoyable for you and your pooch if they stayed at home. It will be hot and there is limited shade. If you have no choice but to bring dogs, they must be on a leash at all times and keep well clear of all competitors and the playground. Please also ensure you pick up after them!

# FIRST AID

- First aid response is provided by Peak Safety and will have a tent next to the finish chute during the event.



# HEALTH AND SAFETY



- Health and Safety is everyone's responsibility. As such RATS are committed to providing and maintaining the highest level of health and safety standards, by ensuring that all risks and hazards associated with the event are adequately identified and managed to prevent harm from occurring to the event staff, participants, spectators and all other personnel involved in accordance with the Health and Safety at Work Act 2015.
- Please ensure you do your part and plan and act in a manner to keep yourself safe, follow the instructions of the event officials and notify a member of the event team if you see anyone who needs assistance or if you identify a hazard.
- The Event involves an element of risk of injury, that are typically present when competing in an event of this nature. You should not attempt any section of the event you do not feel capable of completing safely.
- At no stage of this event should you engage in activity that would threaten your own safety and the safety of other people.
- Roads are OPEN for all sections of this event, so you must exercise caution and obey New Zealand Road rules.
- You should obey marshals, traffic officials, and any other authority where they are instructing you for your safety.

# GENERAL NOTES



- Consider the reputation of the event, the club and the sport of triathlon at all times when interacting with members of the public or other competitors.
- Learn the course before you start. There are maps in this briefing and a description of the course. If you have any question please ask at Registration.
- If you pull out of the race for any reason, please advise the nearest marshal and the timing team when you return to transition.
- Please give assistance to fellow competitors in need of help.
- If you have finished, please have consideration for others still moving through the course. While it is preferred that you do not re-enter the course, if you do so, please remove any race numbers and transponders and undertake caution and act in the manner of a member of the general public.
- Dogs must not accompany competitors on course.
- Your torso must be covered on both the cycle and run – either with a swimming costume, or a singlet or t-shirt or tri top (or similar).
- If you are involved or witness an incident that requires medical attention or other support please notify the nearest marshal.
- Conditions on the event days are undetermined and can change during an event, please observe and act accordingly for your safety.

# CONT...



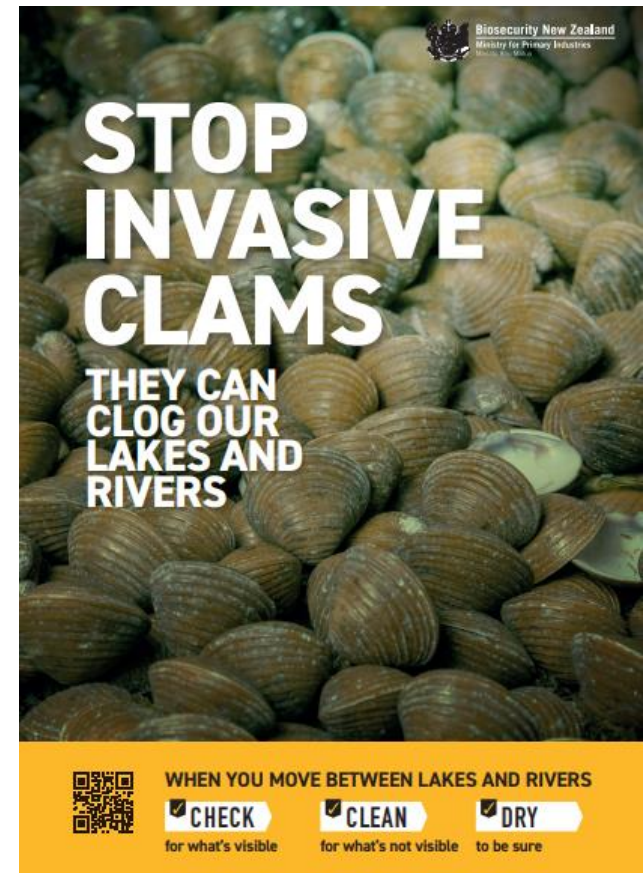
- Prepare for and bring clothing and equipment for all conditions.
- Areas involved in the course are naturally uneven / off road please remain aware at all times of potential risk to self and others.
- No earphones or headsets are allowed at any time during the event.
- Competitors must behave in a manner that is safe, fair and demonstrates good sports conduct before, during and after the race.
- We are proud that our event remains grassroots, inclusive, supportive and a participation focused event and hope that all competitors act in support of this vision. So while the event is run under the Tri NZ Rules, there are no officials on course enforcing the rules so it's the events' expectation that competitors adhere to the rules at all times. The Event Manager and Race Manager reserve the right to sanction any competitor who is deemed to be in serious breach of these rules.
- There is no formal protest policy in place. If you have any questions or concerns regarding others behaviours, please see the Event Manager or Race Manager.
- The event is delivered on 99% volunteer power and the event simply could not happen without them. They are giving up their time to help you take part, please take time out of your day to say 'thank you'. Any constructive feedback should be directed to the Event Manager.

# CHECK CLEAN DRY



- We thank the Te Arawa Lakes Trust for consent to hold this event in Lake Tikitapu.
- It is a requirement of all participants who will be swimming in this event that they undertake CHECK CLEAN DRY protocols for all their gear (including wetsuits, togs etc) PRIOR to arriving in Rotorua.
- Following these protocols will assist in preventing the spread of pests, weeds and diseases.
- You can read more about the threat and how you can play your part here.

<https://www.mpi.govt.nz/outdoor-activities/boating-and-water-activities-preventing-the-spread-of-pests-weeds-and-diseases/check-clean-dry/>





# PRE-EVENT TRAINING



- If you are intending to train on the course prior to the event please take extra care as it is a busy time of the year. Specifically ensure that you:
  - Follow the CHECK CLEAN DRY Protocols if this is not your home waterway before entering the water
  - Train with a buddy or let someone know your plans
  - Swim in the designated swim areas of the lake only
  - Follow all the road rules on the bike section and expect traffic in both directions.
  - Respect the other users of the run section. This is a public track and there are many other user groups.
- Your respect of the local residents and other users of the venue will support this event to continue into the future.
- **It is recommended that anyone who will be competing in the run section, walk or run the route prior to race day. It is an off-road run with several natural hazards, including uneven surfaces, rocks, branches and tree roots.**

# SATURDAY KEY TIMES



- **6:30am** Registration Opens for all events (closes at 2.30pm)
- **8:15am** Race briefing for the Aquathlon
- **8.30am** Aquathlon Start
- **9.30am** Aquathlon Prize Giving
- **10.45am** Kids Triathlon Race Briefing
- **11.00am:** Kids Triathlon Wave #1 starts 11-13yrs
- **11.10am:** Kids Triathlon Wave #2 starts 8-10yrs
- **11.15am:** Kids Triathlon Wave #3 starts 4-7yrs
- **12.20pm** Kids Triathlon Prize Giving (or when last competitor finishes)
- **2.15pm** 1st bus leaves taking 2km swim competitors to 2km swim start.
- **2.40pm** 2nd bus leaves taking 2km swim competitors to 2km swim start.
- **2.50pm** Race Briefings at start of both 750m and 2km swims.
- **3.00pm** 750m and 2km swims start.
- **4.00pm** Open Water Swim Prize Giving (or when last competitor finishes).

# SUNDAY KEY TIMES



- **6:30am** Registration Opens for Sprint Triathlon and Tikitapu Taster Triathlon.
- **8:00am** Registration closes.
- **8:15am** Race Briefings for Sprint Triathlon and Tikitapu Taster Triathlon.
- **8.30am** Sprint Triathlon starts.
- **8.40am (approx)** Tikitapu Taster Triathlon starts.
- **11.30am (approx)** Prize giving for Sprint Triathlon, Tikitapu Taster Triathlon and King & Queen of the Lake.

# GENERAL SWIM COURSE INFORMATION



- All swims have beach starts (except Kids Tri).
- On-Water safety is delivered by Surf Life Saving NZ.
- Wetsuits are recommended and will be compulsory if the water temperature is 15oC or below (exception is Hinemoa Swim which is a non-wetsuit swim and is undertaken at athlete's risk)
- Swim caps must be worn throughout all swims. **Please provide your own.**
- If you notice a fellow participant in trouble, please go to their aid and signal water safety.
- If you are beginning to get into trouble raise your hand, to alert water safety to come to your aid.
- If a swimmer is pulled from the water they will be brought to first aid providers. The first aid providers will decide if the athlete can continue in further events – this decision cannot be disputed.
- Swimmers of low confidence or limited experience should not attempt the 2km OPEN Water swim.



# GENERAL CYCLE COURSE INFORMATION

- Bikes and helmets must be in a road worthy condition – the safety of all your equipment is your concern. We do not conduct safety checks.
- **The roads are OPEN to all traffic. You should expect and anticipate public vehicles on the course.**
- This is a NON DRAFTING event.
- Keep to the LEFT. Do not cross the centre line
- Cycle helmets must be worn, the helmet must fit the athlete – the chin strap must be done up securely whenever the athlete is in possession of the bike – from removing the bike from the rack to replacing back to the rack.
- No head phones or distracting devices can be worn.

# CONT....



- Take extra care at the end of each lap as those finishing the bike course (1 lap for Tikitapu Taster Tri and 2 laps for Sprint Triathlon) will be moving to the centre of the road to turn right into the Lake Access Road. Those passing people at this stage will need to take care and those turning right will need to make sure they have checked behind before moving across to make their turn.
- Be wary of car doors opening during the ride section – Ōkāreka is a residential area and Lake Tikitapu is a popular tourist destination.
- Please be vigilant – the cycle course is on narrow winding roads and then on the main road to the Blue Lake – traffic will be moving at varying speeds.
- There is traffic management in place to assist with the traffic and the local residents have been advised. The marshals are on the bike course to ensure that normal traffic flows continue and to direct you if needed. The marshals will not stop traffic. Please obey the road rules.

# GENERAL RUN COURSE INFORMATION



- **The run course is off road and has several natural hazards including uneven surfaces, rocks, fall offs, low hanging branches, tree roots. It could also be slippery if wet.**
- The start of the run is on a narrow gravel pathway with oncoming traffic. Extra care is required here to ensure you do not force others onto the road. Stay on the pathway.
- Members of the public (non racing) people may also be using the track. Please be considerate.
- You must wear footwear at all times.
- You must not discard equipment, wrappers, water bottles by handing it to supporters or dropping them on the ground
- You cannot take any equipment or food/fluids etc from supporters
- You may not be paced by coaches or supporters either on foot or on bikes during the run
- No headsets or music allowed
- Note you cannot run with a bare torso/chest, this includes teams - ref Tri NZ rules in relation to apparel.

# GENERAL TRANSITION AND FINISH LINE INFORMATION

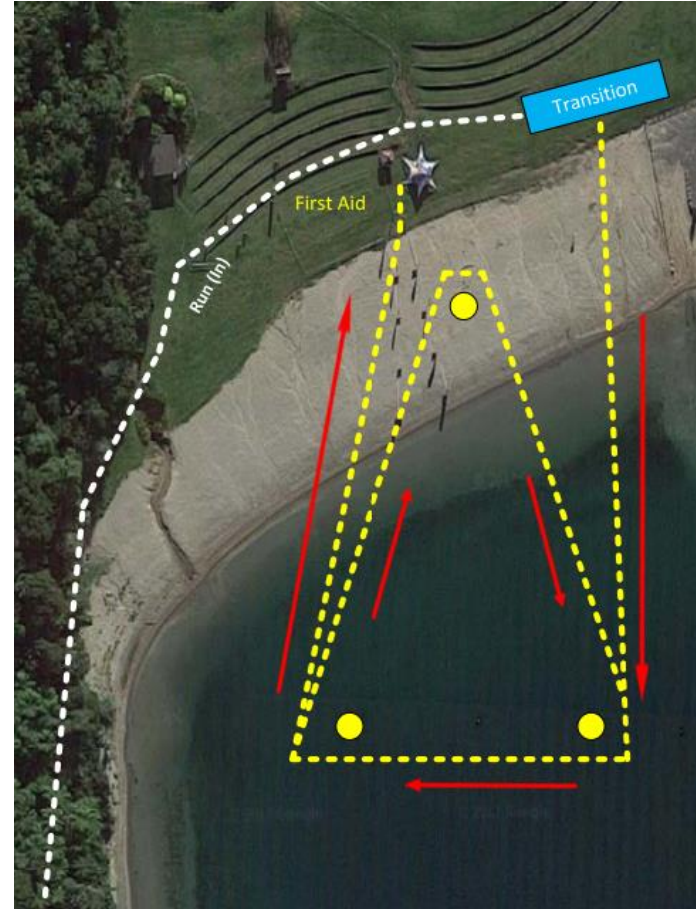
- Competitors only are allowed in the transition area during their race only.
- There are designated bike rack sections for the Taster Tri and Sprint Tri bikes although bike racks are not numbered.
- Helmet must be fastened before removing your bike from the rack and remain fastened until you re-rack your bike before your run
- Push your bike to the exit and mount beyond the mount line
- Dismount before the dismount line and push your bike back to your spot
- No boxes or large bags to be left in transition beside your bike – any boxes or bags may be moved by volunteers
- There is an aid station at the finish line.
- Once you have finished, please continue to pass through the area to avoid congestion.



# GO PHYSIO AQUATHLON



- This is a 'reverse' aquathlon with a 5km off-road run followed by a 800m swim.
- The run starts from the carpark in front of the holiday park, running clockwise onto the gravel pathway, follow this path turning right into the top 'Look-out' car park. Continue straight ahead through the gate and re-join the Blue Lake walking track. This continues until you emerge at the track exit, continue along the beachfront and into the clearly marked transition area prior to entering the water. You can carry/wear your swim cap/goggles with you on the run but all competitors must pass through the transition area before entering the water. The swim is two 400m laps with competitors exiting the water between laps and turning around the marker. The finish line is the chute up on the beach.
- Race briefing: 8.15am at the start/finish line
- Start: 8.30am at the carpark opposite the holiday park



# PAK'N SAVE KIDS TRI



- There are 3 age groups / waves for the Kids triathlon: 4-7yrs / 8-10yrs / 11yrs – 13 yrs
- The distances and start times vary for each age group

AGE GROUPS	Start time	Swim	Bike	Run
11-13 yrs	11.00 am	200m	3 laps	Approx. 1 km
8-10 yrs	11.20 am	100m	2 laps	Approx. 1 km
4-7 yrs	11.40 am	100m	1 lap	Approx. 1 km

- A Race briefing for all age groups is held at 10.45am.
- The kids' triathlon **starts in the water (no option for beach start)**. The bike takes place on the reserve in front of the blue lake. The run goes anti-clockwise around the lake walking track to the “hairy fern”
- The bike course is more suited to mountain bikes as it is on uneven grass and dirt surfaces.
- Each age range is allocated a line for transition, there are no racks in transition
- Helmets must be well fitting and fastened appropriately (volunteers will be present to assist with this)
- Children who cannot or who have not swum 50m must not enter this event.



Cycle Course:  
Clockwise laps

11 Plus kids

3 x lap



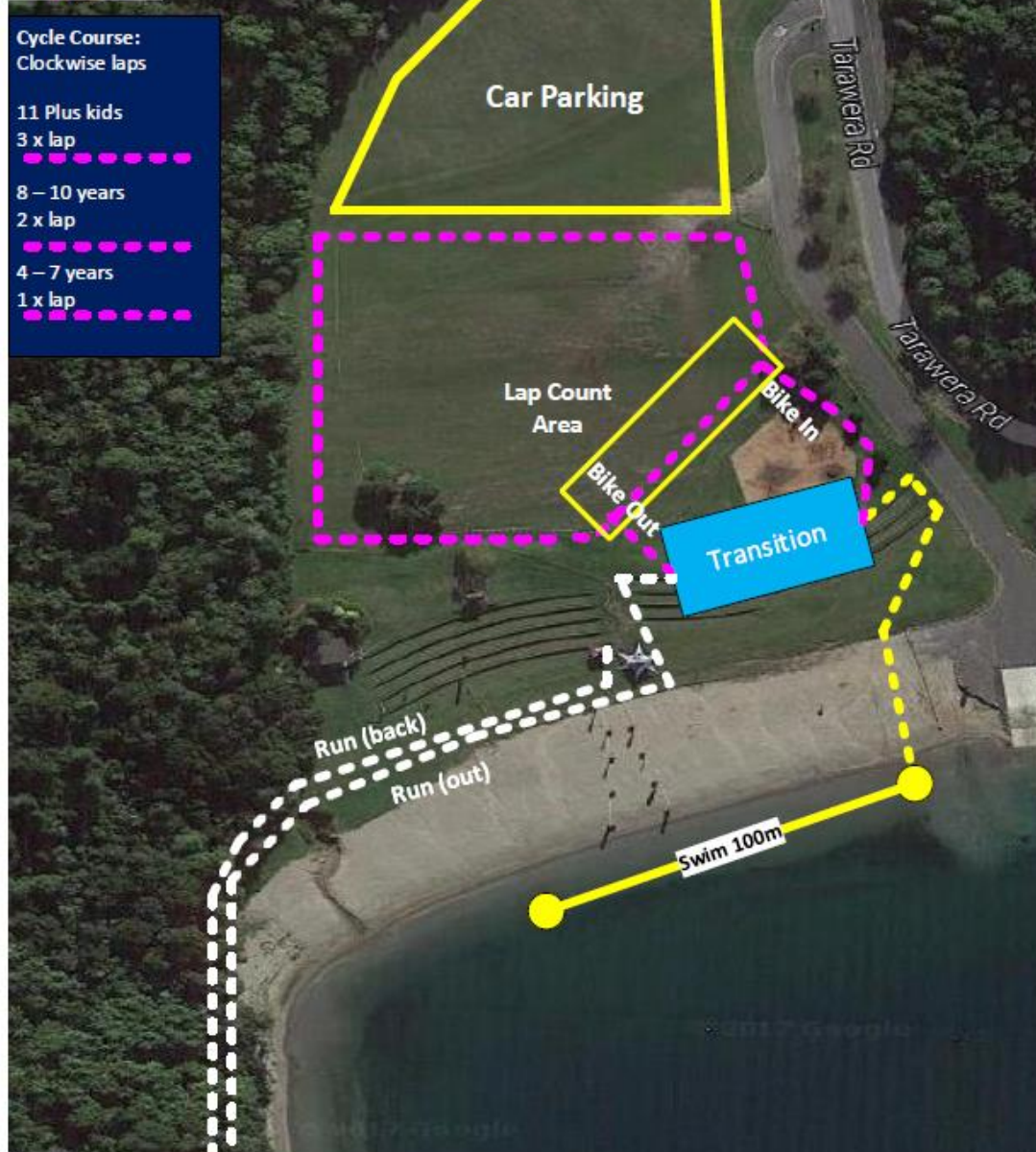
8 – 10 years

2 x lap



4 – 7 years

1 x lap

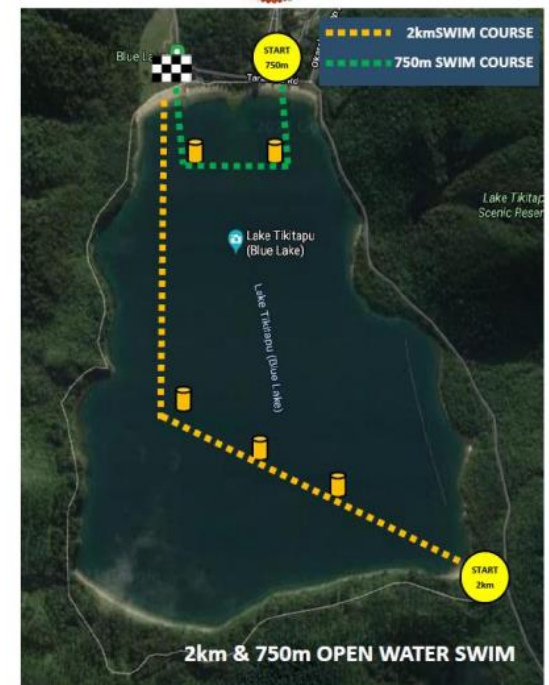




# POLYNESIAN SPA 2KM OPEN WATER SWIM



- **Swimmers of low confidence or limited experience should not attempt this swim.**
- Point to Point Swim
- Competitors must catch a BUS from outside the Water Ski club to the start at the Blue Lake Lookout. Buses will leave the Water Ski Club car park at 2.15pm and 2.40pm.
- No extra gear should be taken on the bus (it will not return to the finish line)
- All competitors MUST be at the start by 2.50pm for race briefing.
- The swim involves swimming parallel to the shore across the lookout end of the lake before turning around a large designated buoy to swim directly towards the far shore/ finish chute.
- Wetsuits are recommended and will be compulsory if the water temperature is 15oC or below (exception is Hinemoa Swim which is a non-wetsuit swim and is undertaken at athlete's risk)
- Competitors choosing NOT to wear a wetsuit (this is undertaken at athletes own risk) will be eligible for the Hinemoa (fastest female) and Tūtānekai (fastest male) Trophies.
- Race briefing: 2.50pm at the Blue Lake Lookout beach
- Start: 3.00pm at the Blue Lake Lookout beach.



# 750M OPEN WATER SWIM

- Starting opposite the Blue Lake Top 10 Holiday Park. Swim 1 lap clockwise – around both buoys and exit the water between the flags and run up the finish chute.
- Race briefing: 2.50pm at the beach opposite the Blue Lake Holiday Park
- Start: 3.00pm at the beach opposite the holiday park



# CYCLE ZONE SPRINT TRI



- Swim – One x 750 m lap around the designated buoys and exit water at main reserve. Transition will be situated on the grass next to the start/finish gantry.
- Cycle – two x 8 km laps. Competitors exit transition onto the Blue Lake Access Road and turn right into Tarawera Road. Turn left into Okareka Loop Rd and follow it up the hill to the end. Turn left back onto Tarawera Road. Complete loop twice. At the end of the second lap turn right (**with care**) into the Blue Lake Access Road into transition.
- Run – One x 5.5km loop. From transition competitors run behind the Ski Club running clockwise onto the gravel pathway, follow this path turning right into the top 'Look-out' car park. Continue straight ahead through the gate (aid station is located here) and re-join the Blue Lake walking track. Continue on this track before emerging back at the finish line on the beach.
- Race Briefing: 8.15am at the start/finish line
- Start: 8.30 am at the beach opposite the Holiday Park





# BLUE LAKE TOP 10 HOLIDAY PARK TASTER TRI



- Swim – One x 400 m lap around the designated buoys and exit water at the main reserve. Transition will be situated on the grass next to the start/finish gantry.
- Cycle – One x 8 km lap. Competitors exit transition onto the Blue Lake Access Road and turn right into Tarawera Road. Turn left into Okareka Loop Rd and follow it up the hill to the end. Turn left back onto Tarawera Road. At the end of the lap turn right (with care) into the Blue Lake Access Road into transition. **Note some of the Sprint Tri cyclists will be continuing straight.**
- Run – Out and back – 3km. From transition competitors run behind the Ski Club running clockwise onto the gravel pathway, follow this path until you reach a ‘Taster Tri turn-around’ sign. Continue back along the path (taking extra care as there will be oncoming runners), run behind the Ski Club, to the finish line.
- Race Briefing: 8.15am at the start/finish line.
- Start: 8.40 am (approx) at the beach next to boat ramp.
- The start time approx as the Race Manager will start the event once the Sprint Tri swimmers have reached a safe distance ahead. You should be ready to start at 8.30am.





# TEAM INFORMATION – all events

- You will Tag your team member inside the transition
- You must swap your timing chip each time you tag
- You must rack your bike in your spot before you go and hand over the timing chip to your runner

# RED STAG KING AND QUEEN OF THE LAKE



- Any competitor who enter and complete the following events are eligible for the King (Male) and Queen (Female) of the Lake title (and prize money).
- The winners will be the fastest male and female accumulated times for all three events.
  - Go Physio AQUATHLON
  - Polynesian Spa 2KM OPEN WATER SWIM
  - Cycle Zone SPRINT TRIATHLON

# HINEMOA & TŪTĀNEKAI TROPHIES

- The Hinemoa Trophy (Female) and the Tūtānekai Trophy (Male) are awarded to the fastest Female and Male swimmers NOT wearing a wetsuit in the Polynesian Spa 2km Open Water Swim.
- Read more about the history of the Hinemoa Trophy [here](#).



# MEDALS, PRIZES AND TROPHIES



The following results will be acknowledged at Prize giving. There will also be a number of spot prizes:

- Red Stag King & Queen of the Lake – Top 3 Male and Female
- Aquathlon – Top 3 Male and Female Overall and in Junior 16-19, Open 20-39, Vet 40+, Teams
- 2km Open Water Swim – Top 3 Male and Female Overall
- 2km Open Water Swim (Non wetsuit) – Top 3 Male and Female Overall
- 750m Open Water Swim – Top 3 in Male and Female Overall
- Kids Tri – Top 3 Boys and Girls in 4-7yrs, 8-10 yrs, 11-13yrs
  
- Sprint Tri – Top 3 Male and Female Overall and in Junior 16-19, Open 20-39, Vet 40+, Teams
- Taster Tri – Top 3 Male and Female Overall and in Youth 11-15, Junior 16-19, Open 20-39, Vet 40+

# Results and Photos!



All the results will be posted to our website [here](#).

The direct link is [here](https://www.sportsplits.com/races/gj-gardner-blue-lake-multisport-festival-2025) (<https://www.sportsplits.com/races/gj-gardner-blue-lake-multisport-festival-2025>)

Thanks to our event photographer [Scottie T Photographer](#), there will be a selection of event images available on our Facebook page after the event.

Please help us spread the word and share and tag if you see yourself!

Feel free to tag us in to your pics from the weekend!



<https://www.Facebook.com/bluelakemultisport>



[https://www.instagram.com/rats\\_triathlon/](https://www.instagram.com/rats_triathlon/)

# CONTINGENCY PLANNING

- The event recognises, and has planned for the potential for circumstances outside of their control occurring that could result in the published event format and/or schedule being adjusted in the interest of participant, personnel, contractors, and spectator safety.
- Below outlines some **likely** responses to **likely** scenarios, however the event reserves the right to make alternative responses. Should we need to make any of changes to the advertised format we will aim inform you at least 30mins before the start.

Event	Likely Scenario	Likely Response
All Events	If there is a local or central government, national agency (such as police or Civil Defence) directive to cease activity or there is a significant weather warning in place.	The event will be cancelled
Aquathlon	The water is choppy but still safe to <a href="#">swim</a> but the water safety team may decide to shorten the swim based on their knowledge and ability to safely manage the athletes.	The swim changed to two laps of 400m.
	The water is too choppy to safely go ahead	The event will be a Run Only
	The water quality is below the tolerance level.	The event will be a Run Only
Kids Tri	The water is too choppy to safely go ahead	The event will become a duathlon (run/bike/run)
2km Open Water Swim	The water is choppy but still safe to <a href="#">swim</a> . The water safety team may decide to shorten the swim based on their knowledge and ability to safely manage the athletes.	The event will swim the 750m course twice
	The water is too choppy to safely go ahead	The event will be cancelled
750m Open Water Swim	The water is too choppy to safely go ahead	The event will be cancelled
Sprint Triathlon	The water is choppy but still safe to <a href="#">swim</a> but the water safety team may decide to shorten the swim based on their knowledge and ability to safely manage the athletes.	The event will swim the 400m course once or twice
	The water is too choppy to safely go ahead	The event will become a duathlon (run/bike/run)
	An incident occurs on the bike course preventing safe passage	The event will become a <a href="#">a</a> aquathlon (Swim/Run)
Taster Triathlon	The water is too choppy to safely go ahead	The event will become a duathlon (run/bike/run)
	An incident occurs on the bike course preventing safe passage	The event will become an aquathlon (Swim/Run)

# Have any questions?



We hope that this document provides you with all the information you need to arrive informed and to set yourself up for a great race.

If you still have any questions, then please feel free to email us on [bluelakemultisport@gmail.com](mailto:bluelakemultisport@gmail.com)

If your question is urgent then please call or text our Event Manager on 021 745 676.

# Good Luck & have a great race!