



**KARAPIRO
APRIL 12-14 2024**

3 DAYS | 3 DISCIPLINES | 1 WEEKEND

Compete on all three days or
create a tailor-made weekend of your favourite discipline or two!

HUUB Swim Karapiro Final Competitor Notes 2024

Welcome to the HUUB Swim Karapiro! We are thrilled to welcome you to this event where you can take on the 1km, 1.9km or 3.8km courses. Please read through the final competitor notes below and use these for your final preparations into this weekend's event.

Event Day Timetable

1:00pm – 3:30pm	Registration opens & late entries taken in the Sir Don Rowland Centre
3:50pm	3.8km safety briefing at start chute
4:00pm	3.8km event start
4:05pm	1.9km safety briefing at start chute
4:15pm	1.9km event start
4:20pm	1km safety briefing at start chute
4:30pm	1km event start
**5:00pm	** Cut off time to start another lap
5:00pm – 7:00pm	Good George Brewing Co bar open
6:30pm – 7:00pm	Prize Giving

Travel & Parking

Travel to the [event venue](#) at Mighty River Domain is accessible from varying directions, please ensure you leave ample time to arrive at the event ahead of collecting race packs from registration and allowing yourself enough preparation time ahead of starting your race. We'd recommend checking for any current road closures, detours, or delays ahead of travel and amending your route accordingly.

PLEASE NOTE: Due to the closure of the hydro dam, there will be NO vehicle access to the venue via the dam if coming from a southern direction. You will need to go via Cambridge, so allow an extra 20mins of travel time. Once you arrive at Mighty River Domain, please enter via Gate 2 and follow all parking marshal instructions.

Whilst travelling to the Mighty Waikato, make the most of your trip and check out what else there is to do in the area around your race day/s. [Where to eat and drink](#) or [top 10 things to do](#) outside of the event when [exploring the area](#).

Is the water in Lake Karapiro safe to swim in?

Yes, it is safe to swim in. The water is monitored for 12 weeks over the summer period (beginning of December to end of February) and data from the past three monitored bathing seasons shows that the overall recreation risk here is low. The lake is a very popular location and is used extensively throughout the year, with extensive use over summer for water sports such as water-skiing, wakeboarding, kayaking, rowing and swimming. It is the chosen swim training location for New Zealand's elite triathletes.

**** IMPORTANT INFORMATION ABOUT THE RIVER CLAM OUTBREAK IN NEW ZEALAND ****

In terms of the biosecurity for the event, we are following MPI's CHECK CLEAN DRY guidelines specifically for swimmers and their wetsuits. This applies to all water equipment, whenever anyone is moving between rivers and lakes, not just during major events. These cleaning protocols are particularly important for stopping the spread of the juvenile clams (and other unwanted invasives) as they are invisible to the naked eye and have a mucus thread which can attach to wetsuits and other water equipment. These clams are extremely invasive, and it only takes the introduction of 1 individual (as they can breed asexually) to a new lake or river to establish a new breeding population.

We require all competitors to abide by the following cleaning procedures:

Before arrival: If wetsuits have been used outside of Lake Karapiro in the past 30 days, these need to be submerged in hot water (55 degrees) for 5 mins AND fully dried for 2 days before arriving, alternatively overnight freezing is an option too. This is to prevent pests from arriving at Lake Karapiro that are not already present e.g. Didymo.

Post event: All wetsuits need to be submerged in hot water (55 degrees) for 5 mins and dried for 2 days before they can be used again, alternatively overnight freezing is an option too. This applies even if the wetsuits will next be used in salt water as the clams can survive in this environment. This protocol is to prevent the spread of invasive pests to other water bodies by the competitors.

Unfortunately, there is no access to large quantities of hot water at the domain so these hot water cleaning procedures will have to take place at home. Detergent is also ineffective against clams and bleach will likely damage the wetsuits.

Further information can be found here:

<https://www.mpi.govt.nz/biosecurity/exotic-pests-and-diseases-in-new-zealand/pests-and-diseases-under-response/freshwater-gold-clam/>

Start / Finish

The start / finish chute is on Judd Lane in the Karapiro Rowing Clubs boat ramp, in front of the Sir Don Rowlands Centre within the Mighty River Domain.

As all competitors have a timing transponder, nobody is disadvantaged as all swimmers will receive their swim time from when they cross the antenna mats at the start line. Gun time will be used for the first three competitors across the finish line, but transponder time will be used to calculate 1st, 2nd and 3rd in each age group for safety reasons.

Event Timing

You will be given a timing transponder to wear around your ankle during the swim. This must be worn to account for all swimmers who enter and exit the water, as well as to provide you with your finish time.

Course Description

The race will begin on Judd Lane in the Karapiro Rowing Clubs boat ramp, right in front of the Sir Don Rowlands Centre within the Mighty River Domain.

All competitors swim straight across the lake and then turn right around a large buoy. Swim down the lake in the rowing lane. The 1km course turns right at the first large buoy; 1.9km course turns right at the second large buoy and the 3.8km is 2 laps of the 1.9km course.

All swims come across three lanes and then right around a buoy to head back towards the finish line at the boat ramp staying within the rowing lane. All events swim to the last large buoy on their left where all competitors turn left to the boat ramp to the finish line.

Cut Off Times

For safety purposes, and to ensure all swimmers are off the course ahead of course closure, no swimmers will be allowed to begin a new lap of the course from 5:00pm.

If you are unable to complete your registered distance due to the cut off, you will be moved down to the subsequent distance you do end up completing.

Wetsuits / Swim Caps / Other Equipment

While a wetsuit is not mandatory, it is advised for all swim distances. If you do wear a wetsuit, it must NOT cover the hands and feet and must be no thicker than 5mm.

You will be issued with a swim cap that indicates which distance you are doing to the water safety team. This MUST be worn for your event, and is required to be on top of any other swim caps you choose to wear.

Gloves, booties and snorkels are NOT permitted to be worn.

Course Maps

These can be found online here - <https://www.swimkarapiro.com/athletes/course-maps/>

Showers / Toilets

There are showers available for \$6.00 at the event venue. Please see the Mighty River Domain office for more information onsite.

Toilets are also available at registration in the Sir Don Rowland Centre.

Results

A full set of results for all finishers will be available [HERE](#) for all distances on the evening of the event day.

Finishers Medal

All competitors will receive a stunning finishers medal. Competitors will be awarded their medal on the finish line once having completed their allocated 1km, 1.9km or 3.8km swim.

Prize Giving

Prize giving will be held at 6:30pm on stage in the Sir Don Rowland Centre. Here we will commend our top male and female finishers, as well as merit prizes for the age group winners and present some spot prizes.

Competitors must be present at prize giving to be eligible for spot prizes.

The Good George Brewing Co bar will be open in the Sir Don Rowland Centre from 5:00pm.

Official Event Photos

Marathon Photos are the exclusive event photographers who will be capturing participants out on the course whilst you take on your chosen distance and discipline.

Your personalized images are a great way to remember the event and may be viewed in the week following the event [HERE](#).

Please support our amazing sponsors, event partners and funding organisations. We couldn't bring this event to life without them 😊

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The Hidden Lake logo, featuring a stylized lake and the text "HIDDEN LAKE HOTEL & APARTMENTS".
HIDDEN LAKE
HOTEL & APARTMENTS

The Riverside Adventures logo, featuring a stylized river and the text "RIVERSIDE ADVENTURES WAIKATO".
RIVERSIDE
ADVENTURES
WAIKATO

The Mighty Waikato
Where magic runs deep

Lake **Karāpiro**

The Waipa District Council logo, featuring a stylized "W" and the text "Waipa DISTRICT COUNCIL".
Waipa
DISTRICT COUNCIL

The Thermal Explorer logo, featuring a stylized figure and the text "THERMAL EXPLORER Regional Events Fund Waikato + Rotorua + Taupō + Ruapehu".
THERMAL EXPLORER
Regional Events Fund
Waikato + Rotorua + Taupō + Ruapehu

Event Merchandise

If you have pre ordered merchandise, this will be available to collect from the merchandise area on the day of your event alongside registration. We will have limited additional stock available for purchase.

If you do not collect your merchandise at the event, we can post it to you after the event, however there will be an additional postage fee (\$5.00) which needs to be paid ahead of posting.

Food and Beverages at Event HQ

Mighty River Domain is a world class venue, and they have a great café onsite, Podium, which will be open each day for you to purchase a variety of food and beverages. As the swim is a late afternoon/evening event, the café will be closed from mid afternoon, so please bring food and snacks with you for straight after the event. After prizegiving, head on into nearby Cambridge to one of the many dining options available in town.

The event bar, hosted by Good George Brewery Co, will be open ahead of prize giving in the Sir Don Rowland Centre from 5:00pm.

Dogs

Dogs are NOT permitted at the event venue. Please ensure you leave your furry friends at home.

FAQ's

There is a list of FAQs on the website if we haven't answered anything above. Click [HERE](#).

**We hope you have an amazing day out there from The Long Course Weekend
New Zealand Team - Proudly brought to you by Event Promotions.**



The banner features four logos for the disciplines: IHI Long Course Weekend New Zealand, HUIB SWIM KARAPIRO (1km, 1.9km or 3.8km), SHORLAND PEUGEOT CYCLE KARAPIRO (50km, 90km or 180km), and THORLO FOOT PROTECTION KARAPIRO MARATHON (5km, 10.5km, 21.1km or 42.2km). Below the logos, it states 'KARAPIRO APRIL 12-14 2024' and '3 DAYS | 3 DISCIPLINES | 1 WEEKEND'. A subtext reads: 'Compete on all three days or create a tailor-made weekend of your favourite discipline or two!'.

Information on other events run by Event Promotions can be found online here:

<https://eventpromotions.co.nz/>