



KINLOCH TRIATHLON FESTIVAL 2026

ATHLETE BRIEFING NOTES

Seven Oaks Kinloch Triathlon Festival • 14–15 February 2026

READ FIRST: Race details & contacts

Website: <https://trisporttaupo.co.nz/events/seven-oaks-kinloch-triathlon-festival-2026/>

Email: events@trisporttaupo.co.nz

Please read the race information specific to your event on the website. If you have questions, contact the team.

RACE SCHEDULE (14–15 FEB 2026)

SATURDAY 14 FEB — AQUATHON

Compulsory briefing (at swim start)	First wave	Event	Bib colour	Bib no.	Distance (S/B/R km)
3:15	3:30	National Aquathlon U16	Orange	3200–3399	0.25 / 2.5
3:15	4:00	National Aquathlon U19	Pink	3400–3599	0.5 / 2.5
3:15	4:30	National Aquathlon Champs Age Group	Brown	3000–3199	1.0 / 5.0

SUNDAY 15 FEB — TRIATHLON / SWIM EVENTS

Compulsory briefing (at swim start)	First wave	Event	Bib colour	Bib no.	Distance (S/B/R km)
7:45	8:00	Kinloch Standard Race – Erin Baker	Light Blue	300–499	1.5 / 40 / 10
7:45	8:00	Teams Standard	Violet	Team name	1.5 / 40 / 10
7:45	8:00	Aquabike	Dark Green	4000–4299	1.5 / 40
8:45	9:00	Open Water Swim	N/A	1000–1199	0.75, 1.5, 3.0
10:05	10:20	Kinloch Sprint Race (U19 & Age Group)	Mustard	1–300	0.75 / 20 / 5
10:05	10:20	Teams Sprint	Black	Team name	0.75 / 20 / 5
11:25	11:40	U16 Youth	Teal	600–699	0.3 / 10 / 2.5
11:25	11:50	Try-A-Tri	Red	500–599	0.3 / 10 / 2.5
11:55	12:10	Splash & Dash	Light Green	800–899	0.1 / 1.0

Schedule notes (wave starts)

Wave starts: Male (first) & Female approx. 3–5 minutes apart.

Teams start approx. 3–5 minutes after females.

U16 & U19 Tri Series competitors start approx. 3–5 minutes ahead of the male wave (youth/try-a-tri/sprint).

Wetsuit rule (Tri NZ events)

If water temperature exceeds 22°C, wetsuits are NOT permitted in Tri NZ events (events shown in red in the original briefing).

IMPORTANT INFORMATION

- Registration and race pack pick-up is at the Residents Hall in the Kinloch Domain (see event maps).
- Please read all Biosecurity information in the week ahead of the event and ensure you have completed the CHECK-CLEAN-DRY procedures if required.
- We encourage recycling. Please bring your own swim cap.

REGISTRATION TIMES

Day	Time	Applies to
Saturday 14 Feb 2026	1:30 pm – 5:00 pm	All events (Aquathon racing starts approx. 3:30 pm – do not be late)
Sunday 15 Feb 2026	6:00 am – 7:00 am	Standard (Erin Baker) Tri / Aquabike
Sunday 15 Feb 2026	6:00 am – 8:30 am	Sprint Tri / U19
Sunday 15 Feb 2026	6:00 am – 10:00 am	Youth & Try-A-Tri / U16
Sunday 15 Feb 2026	6:00 am – 10:00 am	Splash & Dash
Sunday 15 Feb 2026	6:00 am – 10:00 am	Open Water Swim(s)

Registration & Race-Day Notes

Briefings are 15 minutes before race start (attendance compulsory) and held at the swim start.

All races have wave starts (males first).

All participants must register to receive their race pack.

Bike racking: Sunday only, as per Transition Director guidance.

Bikes must be racked 45 minutes before your race starts.

Late entry: Yes — come and see us at registration (you must have an online account with Barefoot Sports).

BIOSECURITY ALERT — CHECK • CLEAN • DRY (MANDATORY)

Why this matters

Freshwater gold clam has been found in the Waikato River, along with other unwanted organisms and noxious weeds (Lake Maraetai/Mangakino and downstream).

New requirements apply for how to Check • Clean • Dry your gear to prevent spreading invasive species.

BEFORE YOU MOVE GEAR

- From any part of the Waikato River and lakes to any other lake, river or estuary
- Between any lake, river or estuary in the North Island, or when going from North Island to South Island
- From Lake Maraetai (Mangakino) on the Waikato River to anywhere upstream

STEP 1 — CHECK (for what is visible)

- Check and flick off any visible matter (weed, mud, algae, adult clams) at the site.
- Shake or squeeze out as much river or lake water as possible from your gear.

STEP 2 — CLEAN (for what is not visible)

You may need to do this step at home. Juvenile clams may be invisible and may have mucous strands attached.

- Lay out your gear and blast it (inside and out) with tap water.
- Absorbent items (wetsuit, neoprene cap, booties, towel) may stay wet longer — apply one of the treatments below.
- This also applies to goggles, swim caps and footwear (crocs/jandals) used in other freshwater bodies — rinse thoroughly with tap water onto grass (not down drains) then dry for 2 days.

TREATMENTS (choose ONE)

- 1) Hot tap water soak: 55°C for at least 5 minutes; OR
- 2) Household bleach soak: 10% (1:10 ratio) for 1 hour; OR
- 3) Freeze until solid (overnight).

Tip: If freezing a wetsuit, lay flat or in half — do not roll it (it may not freeze in the middle).

STEP 3 — DRY (to be sure)

- Hang gear to dry to touch, inside and out (turn wetsuit inside-out).
- Speed up drying by rubbing wetsuit with an old towel.

- Leave dry for 2 days (48 hours) before using again.

IMPORTANT

You will be asked about this at registration.

Failure to complete Check–Clean–Dry may result in you not being able to use that equipment during the event.

RACE-DAY RULES, SAFETY & VENUE NOTES

- Familiarise yourself with the course and turnaround points. Review course maps online and on the noticeboards.
- There are no formal bike/helmet safety checks at the event. It is recommended you have your bike and helmet checked beforehand. Officials may check compliance.
- Wear your helmet (fastened) when checking into transition.
- No bike racking on Saturday.
- Kinloch is a BYO swim cap event — bring your cap.
- If you are in trouble during the swim, raise your arm. Experienced surf lifesavers will be on the course.
- Separate female and male swim starts (approx. 3–5 minutes apart).
- Complete the emergency/medical information on the back of your race number and advise the team at registration of serious medical conditions.
- If you are part of a team, share this briefing with your team members.
- Stay after your race to support other athletes — there will be spot prizes and great racing.
- Parking restrictions apply. Use the official event car park at Kinloch Domain on Mata Place (signposted). Vehicles parked elsewhere may be towed.
- All events except the “Sprint Triathlon” are non-drafting. Tri NZ draft-illegal rules apply, including equipment.
- Motorbike marshals will monitor drafting on the bike course.
- Bikes must be racked in the same position you took it from.
- Helmet must be on and fastened before unracking your bike; do not unclip until your bike is racked after the cycle leg.
- Obey marshall instructions at all times.
- Venue note: Transition and swim start are across from the shops. Use footpaths and take care crossing roads (two roads in/out).
- Warm-up swimming: Swim to the west of the swim courses (west of the raft) and wear a brightly coloured cap.
- On the bike course: keep left, ride single file, always wear your helmet, and be aware of other road users and residents.
- Event village: sponsors on site with activities; shop and coffee cart across the road from transition.

RACE NUMBERS & TRANSPONDERS

- **Race bib:** Pin the large number to the FRONT of your T-shirt (avoid pinning two layers together) or use a race belt.
- **Run requirement:** You must wear the bib on the front for the run (optional for the cycle).
- **Bike sticker (seat post):** Wrap the long rectangular sticker around the seat post with the number sticking out the back like a flag.
- **Helmet sticker:** Attach the small rectangular sticker to the FRONT of your helmet.
- **Bag sticker:** Attach the bag sticker before taking your bag to the bag drop.
- **Timing transponder:** Wear the transponder around either ankle. Individuals wear it for the whole race.
- **Teams:** One transponder per team; pass it between members during transitions like a relay baton. The transponder must complete the whole course.

COURSE FAMILIARISATION & TRANSITION TIPS

If this is your first triathlon, transition can feel confusing. Even experienced athletes benefit from checking the venue when they register.

- Pack the night before so you don't forget anything and keep it in one bag.
- Lay out only the items you need for bike & run (including nutrition), in the order you will use them.
- Place bike shoes, helmet and sunglasses at the front; run shoes and cap at the back.
- Apply talcum powder to your shoes to help keep feet dry and reduce blisters.
- After removing run shoes, place them tidily in your space beside your bike.
- Don't forget to remove your bag from the transition and take it to the bag drop.

PRIZEGIVING

Time: 1:15 pm

Location: By the #Love Taupo sign

Bring your race number — you'll need it for spot prizes.

SPONSORS

Remember: without these generous sponsors we would not have an event.

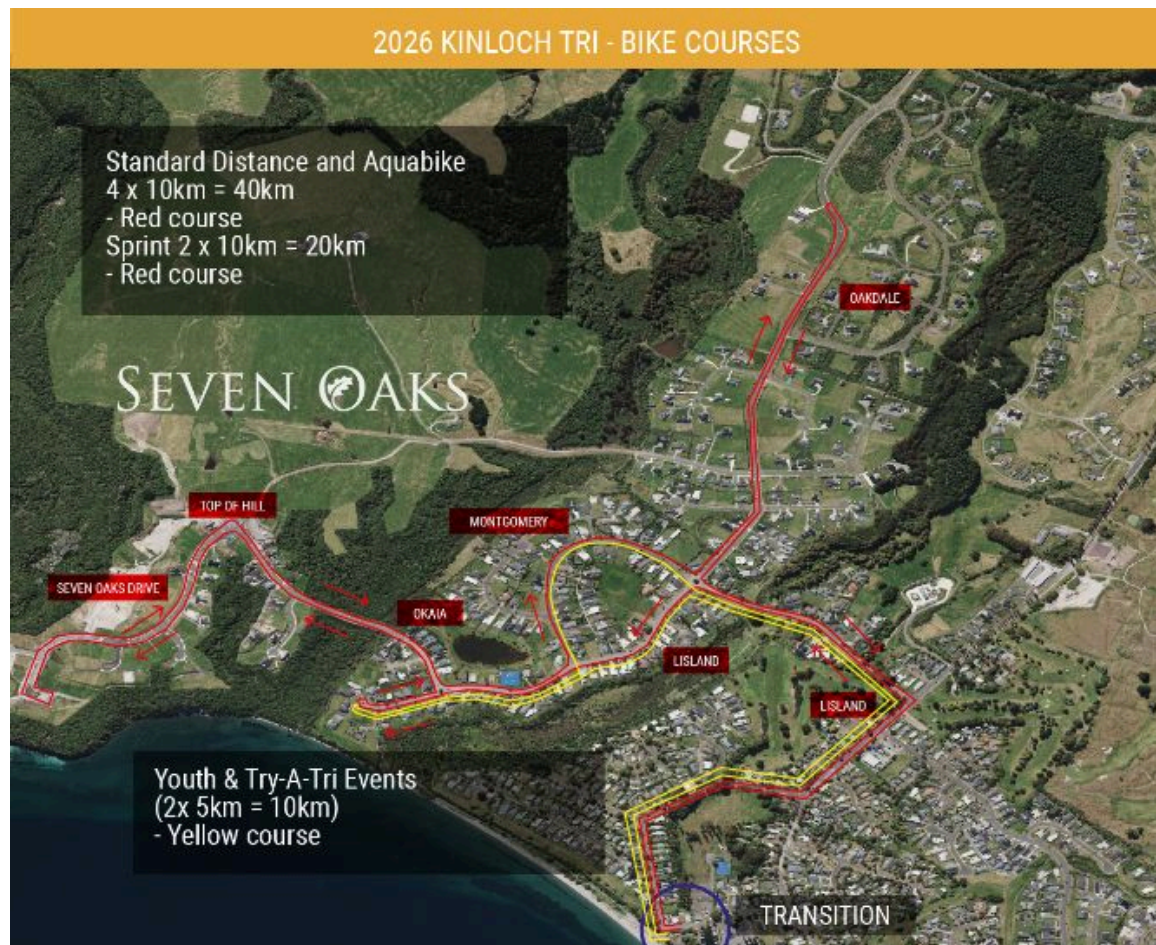
Please support them in any way that you can.

COURSE MAPS

Course maps are available online and will also be displayed on noticeboard panels at the venue. Please review them before racing.



Website: <https://trisporttaupo.co.nz/events/seven-oaks-kinloch-triathlon-festival-2026/>



2026 KINLOCH TRI - RUN COURSES





Good luck, race safe, and enjoy the Kinloch Triathlon Festival!

FAQs –

Registration & Event Information

- Registration Saturday 14th: Kinloch Community Hall (1:00pm – 5:00pm).
- Registration Sunday 15th: Portacom in transition area up to 1 hour before each race.
- You will be asked about the Clean–Check–Dry process; failure to comply may prevent use of your equipment.
- Bring your own swim cap.
- Bike racking available on Sunday only.

Registration Times

- Saturday Feb 14th 2026: 1:00pm–5:00pm (Racing starts 3pm–4pm)
- Sunday Feb 15th 2026: 6am–7am Standard (Erin Baker) Tri
- Sunday Feb 15th 2026: 6am–8:30am Sprint Tri
- Sunday Feb 15th 2026: 6am–10am Youth & Try-a-Tri

- Sunday Feb 15th 2026: 6am–10am Splash & Dash
- Sunday Feb 15th 2026: 6am–10am Open Water Swims

Race Briefings

- Briefings occur 15 minutes before race start.
- Attendance is compulsory and held at the swim start.
- All races will have wave starts, males first.

Course description

- Standard (Erin Baker) Tri
 - Swim 1.5km
 - Bike 40km
 - Run 10km
- Sprint Tri – [Draft Legal](#)
- Swim 750m
 - Bike 20km
 - Run 5km
- Youth Tri
- Swim 300m
 - Bike 10km
 - Run 2.5km
- Try-a-Tri
- Swim 300m
 - Bike 10km
 - Run 2.5km
- Splash and Dash Aquathon (9 years and under)
- Swim 100m
 - Run 1km
- Open Water Swim
- 750 Metres
- 1500 Metres
- 3km

Helpful Hints

- If you are entering on the day please be early.
- Get to the Transition area early.
- Don't forget your transponder & don't lose it or it will cost you \$50.
- Please don't park anywhere on the race course.
- You MUST attend the race briefing on race day
- Please wear covered shoes at all times during the race.
- Please wear a helmet at all times during the bike section of the race.
- Please have your upper torso covered at all times during the race (except in the swim if you don't wear a wetsuit).
- Turn up to race hard & have FUN
- Grab a coffee& lunch from the wonderful Kinloch Cafe