

**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!

## LCW New Zealand (Quarter/Half/Full) Final Competitors Notes 2024

Welcome to Long Course Weekend New Zealand!! We are thrilled to welcome you to this very special event where you can complete three sporting disciplines across three days in the stunning location of Karapiro.

There are separate Competitor Notes for each event day (swim, cycle & run/walk) so please refer to them for all the information relating to each day specifically.

Below you will find the full event timetable plus further information specific to the Full, Half and Quarter Long Course Weekend NZ distances that you have chosen to enter. Basically, it is three individual days that we add together on the completion of day 3 to find the overall champions for each distance with the best combined times.

### 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](#).

### Results

These will be available at the end of each event day, with the full tallied result of 3 days available once the run/walk event has been completed. They can be found at the links below:

Full, Half & Quarter LCW NZ results [HERE](#)

Swim Karapiro results [HERE](#)

Cycle Karapiro results [HERE](#)

Karapiro Marathon results [HERE](#)

### **DAY 1 Event Day Timetable – HUUB Swim Karapiro Friday 12<sup>th</sup> April**

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
<b>**5:00pm</b>	<b>** Cut off time to start another lap</b>
5:00pm – 7:00pm	Good George Brewing Co bar open
6:30pm – 7:00pm	Prize Giving

***Please ensure you collect your exclusive Long Course Weekend NZ polo shirt at registration on Day 1***

### **DAY 2 Event Day Timetable – Shorland Peugeot Cycle Karapiro Saturday 13<sup>th</sup> April**

5:30am – 10:30am	Registration opens & late entries taken in the Sir Don Rowland Centre
6:50am	180km safety briefing at start chute
7:00am	180km event start
9:20am	90km safety briefing at start chute
9:30am	90km event start
10:50am	50km safety briefing at start chute
11:00am	50km event start
<b>**1:00pm</b>	<b>** Cut off time to start another lap</b>
2:00pm – 4:00pm	Good George Brewing Co bar open
3:30pm – 4:00pm	Prize Giving

### **DAY 3 Event Day Timetable – Thorlo Karapiro Marathon Sunday 14<sup>th</sup> April**

6:30am – 9:15am	Registration opens & late entries taken in the Sir Don Rowland Centre
7:50am	42.2km marathon run safety briefing at start chute
8:00am	42.2km marathon run event start
8:50am	21.1km half marathon run/walk safety briefing at start chute
9:00am	21.1km half marathon run/walk event start
9:20am	10.5km run/walk safety briefing at start chute
9:30am	10.5km run/walk event start
9:35am	5km run/walk safety briefing at start chute
9:45am	5km run/walk event start
12:50pm	Kids fun run safety briefing at start chute
1:00pm	Kids fun run event start
<b>**1:00pm</b>	<b>** Cut off time to start another lap</b>
1:00pm – 3:30pm	Good George Brewing Co bar open
2:30pm – 3:30pm	Prize Giving for Karapiro Marathon & overall LCW NZ presentations

### **Prize Giving - all LCW NZ athletes (Full, Half & Quarter distances)**

These events will have their overall merit prizes presented at the Karapiro Marathon prize giving on Sunday 14<sup>th</sup> April (3 times from 3 disciplines added together for an overall time and placing for your event category).

PLUS, throughout the weekend of events, you are also eligible for merit prizes for individual disciplines as well as spot prizes at all three prize givings.

### **FULL LCW NZ athletes ONLY prize giving notes:**

If you have registered for the FULL LCW NZ event (completing the longest distance in each discipline), we will be celebrating your efforts during the Karapiro Marathon prize giving. If you completed all three disciplines/distances within the cut off times, we will be calling you up on stage individually to accept your fourth medal. This extra medal combines all three of your medals into a memorable stack of your amazing achievement over the weekend.

Please ensure you are present at prize giving on Sunday 14<sup>th</sup> April to receive your final finishers medal. We encourage you to wear all 3 of the finishers medals you have already received for this prize giving. We would appreciate it if you could be wearing your exclusive LCW NZ athlete polo shirt for this ceremony also (to be collected at registration on Day 1).

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



The banner features four logos: IAU Long Course Weekend New Zealand, HUIB Swim Karapiro, SHORLAND PEUGEOT Cycle Karapiro, and THORLO Karapiro Marathon. Below the logos, it lists distances for each: 1km, 1.9km or 3.8km for swim; 50km, 90km or 180km for cycle; and 5km, 10.5km, 21.1km or 42.2km for marathon. The main text reads 'KARAPIRO APRIL 12-14 2024' and '3 DAYS | 3 DISCIPLINES | 1 WEEKEND'. A sub-note says '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/>