



CHALLENGE
WANAKA *AquaBike*
we are triathlon!

ATHLETE RACE MANUAL

16 FEBRUARY 2019

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THANK YOU TO ALL OUR SPONSORS



And thank you to our Patrons

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THE CHALLENGE WANAKA TEAM

| | |
|----------------------------------|----------------------------|
| Race Director | Bill Roxburgh |
| Assistant Race Director | Sally Hayes |
| Race Referee | Juliet Fahey - Tri NZ |
| Operations Manager | Hailey Rhyne |
| Commercial Manager | Anna Hiatt |
| Athlete Services Manager | Gemma Peskett |
| Swim Leg Manager | Chris Thornton/Craig Fahey |
| Bike Leg Manager | Mel Saltiel |
| Run Leg Manager | Duane Smith |
| Communications Manager | Clare Chapman |
| Transition/Finish Manager | Em Wilson/Jono Hildage |
| Gear Manager | Andy Peskett |
| Volunteers Manager | Sarah Searle |
| Marketing/Social Media | John McKenzie |
| Medical Manager | Aaron Scott |

Race Office

Lake Wanaka Centre, Ardmore Street, Lake Wanaka - from Monday 4 February 2019

Competitor Queries: event@challenge-wanaka.com

Race Director: bill@challenge-wanaka.com

Web Site: www.challenge-wanaka.com

Event App: Challenge Wanaka

TIMETABLE OF EVENTS

| | | | |
|--------------------------|--|--|--|
| Tues 12 February | 5.30pm | Volunteer Crew Briefing | Race Central Marquee, Pembroke Park |
| Weds 13 February | 5.30pm | Volunteer Traffic Management Briefing | Race Central Marquee, Pembroke Park |
| Thurs 14 February | 7.00am – 8.30am | Swim the Course (2km). You do not need to register for swim the course, water safety staff will be on duty between 7.00-8.30am | Wanaka Lakefront |
| | 2.00pm – 4.30pm | Challenge Wanaka Half & AquaBike registration open | Race Central Marquee, Pembroke Park |
| | 9.00am – 6.00pm | Health & Lifestyle Expo open | Pembroke Park |
| | 9.00am – 6.00pm | Racers Edge Bike Checks | Pembroke Park |
| | 9.00am - 11.30am | Puzzling World Intermediate Junior Challenge | Lake Front, Pembroke Park, Finish line |
| | 12.00pm – 2.30pm | Mitre10 Secondary Schools Event | Lake Front, Pembroke Park, Finish line |
| | 2.00pm | Media Conference | Finish Line, Race Central Marquee, Pembroke Park Marque Pembroke Park |
| | 2.30pm | Mitre10 Secondary Schools Prize Giving | |
| | 3.30pm | Challenge Wanaka Half Pro Athlete Briefing | |
| | 4.30pm – 5.30pm | Athlete Welcome Function (extra tickets can be purchased) | Race Central Marquee, Pembroke Park |
| Fri 15 February | 7.30am | Puzzling World Junior Challenge Wanaka registration opens | Pembroke Park |
| | 8.30am – 6.00pm | Challenge Wanaka Half and Aqua Bike registration open | Race Central Marquee, Pembroke Park |
| | 8.30am – 6.00pm | Health & Lifestyle Expo open | Pembroke Park |
| | 8.30am – 6.00pm | Racers Edge Bike Checks | Expo, Pembroke Park |
| | 9.30am | Puzzling World Junior Challenge Wanaka Start | Pembroke Park |
| | 11.45am | Challenge Wanaka Half Athlete Briefing (Individuals & Teams) | Race Central Marquee, Pembroke Park |
| | 12.45pm | Challenge Wanaka AquaBike Athlete Briefing | |
| | 2.00pm | Open Water Swimming seminar – Dan Abel | |
| | 3.00pm | PURE Sports Nutrition information & advice seminar | |
| | 3.00pm – 6.30pm | Transition open. All bikes, including teams, must be racked by 6.30pm without exception | Finish Line Area |
| 3.00pm – 6.30pm | All T1 and recovery bags to be dropped off before 6.30pm | | |
| 4.00pm | Puzzling World Junior Challenge Wanaka prize giving | | |
| Sat 16 February | 5.30am | Race Central opens | Race Central, Pembroke Park |
| | 6.30am | Remaining T1 and recovery bags to be dropped off by 6.30am. No bags will be accepted after this time | |

| | | | |
|--------------------------|---------|--|--|
| | 6.45am | Challenge Wanaka Half Pro Male Start | Lake Wanaka Swim Course |
| | 6.48am | Challenge Wanaka Half Pro Female Start | |
| | 7.05am | Challenge Wanaka Half Individual Males aged 18 – 39 Start | |
| | 7.10am | Challenge Wanaka Half Individual Males 40+ Start | |
| | 7.15am | Challenge Wanaka Half Individual Females aged 18 - 39 Start | |
| | 7.20am | Challenge Wanaka Half Individual Females 40+ Start | |
| | 7.25am | Challenge Wanaka Half Corporate Team and School Teams Start | |
| | 7.30am | Challenge Wanaka Half Male Teams Start | |
| | 7.35am | Challenge Wanaka Half Mixed Teams Start | |
| | 7.40am | Challenge Wanaka Half Female Team Start | |
| | 8.00am | Challenge Wanaka AquaBike Start | |
| | 9.45am | Swim cut-off (course closes) | |
| | 9:00am | Health & Lifestyle Expo open | |
| | 1.00pm | Challenge Wanaka Half Bike cut off | |
| | 1.00pm | Transition reopens for Challenge Wanaka Half Gear Collection | |
| | 3.00pm | Aqua Bike Course close | |
| | 3.00pm | Transition reopens for AquaBike gear collection | Transition, Pembroke Park |
| | 3.30pm | Prize Giving for AquaBike | Finish area, Pembroke Park |
| | 4.30pm | Course closes for Challenge Wanaka Half | Finish area, Pembroke Park |
| | 4.30pm | Prize Giving for Challenge Wanaka Half | Finish area, Pembroke Park |
| | 6.00pm | Music, expo and food trucks | Finish area, Pembroke Park |
| | 7.00pm | Wrap Party | |
| Sunday 17 Feb | 10.30am | Volunteers Brunch | Race Central Marquee, Pembroke Park |

PRE-RACE INFORMATION

PRE-EVENT BIKE CHECK

All bikes and helmets must be checked prior to the event. Athletes will not be allowed to use an unchecked bike or helmet in the race. You can get your bikes checked prior to the event at Racers Edge Bike shop, 99 Ardmore Street, Wanaka.

Racers Edge will be set up from 9.00am – 6.00pm on Thursday 14 February and 8.30am – 6.00pm on Friday 15 February in the Expo area for the bike checks and will also be able to supply any last-minute cycle gear needs. Please note that while the bike checks are free, any servicing/parts required will be chargeable. All bikes and helmets checked will receive a sticker that will be required in order to rack the bike in transition.

RACE REGISTRATION

Registration takes place at the Race Central Marquee starting at 2.00pm on Thursday 14 February and closes on Friday 15 February at 6.00pm.

If you are not a Tri NZ member or member of an overseas National Federation (e.g. USAT) you will need to purchase a one day membership if you have not done so during the entry process, Tri NZ and Overseas entrants will need to show proof of membership (membership card) at registration.

No athlete may compete in the race without pre-registering.

Your race pack will be issued to you when you register and this includes your race numbers. Your race pack also includes a swim cap, your RED bike gear bag, race pack bag (GREEN) is to be used for your post-race gear which is placed in the recovery tent.

Active Timing will distribute your transponder at registration once you have completed the registration process.

You will also be issued with your Race ID Wristband which gives you access to restricted athlete areas and the Athlete Welcome Function.

Extra tickets for the Athlete Welcome Function (\$20) are available at registration.

RACE NUMBERS

Each race pack includes a set of race numbers: one bib, 1 bike post sticker, 1 helmet sticker, 2 transition bag stickers. Please follow the instructions on the sheet. If you wish to use a race belt attach your bib to your race belt. Race belts must be worn at waist height throughout the race – to the rear for cycling.

Please write any important medical information such as allergies, medical conditions and any current medication and your emergency contact on the back of your race numbers.

Numbers must be clearly visible at all times from the rear on the bike course. Failure to display numbers can result in disqualification.

Number panels must be attached to the seat post of your bicycle with the number visible from the Tri NZ official motorbike that will pass you on your right hand side.

The bike helmet stickers must be placed as indicated on the sheet.

Transition bag stickers must be stuck on the drawstring on the right hand side at the base. Refer to 'how the race pack bag is labelled' as a reference.

Please note there is no body numbering.

NEW ZEALAND NATIONAL CHAMPIONSHIPS

This event is the Triathlon New Zealand AquaBike Championships and medals will be awarded for place getters in 5 year age groups. This is not a selection race for the World Championships, athletes need to pre-register with TriNZ for selection to this event in April 2019.

PRE-RACE ATHLETE BRIEFING

This takes place at 12.45pm on Friday 15 February in the Race Central Marquee and is compulsory for all athletes. Failure to attend without the approval of the Race Director or Race Referee will result in disqualification. As well as an overview of the course and key rules and regulations, you will also be advised of any last minute changes that many differ from the information published in this document or on the web site.

The briefing will be conducted in English.

CHALLENGE WANAKA ATHLETE WELCOME FUNCTION

An informal welcome to Wanaka for all athletes at the Race Central Marquee on Thursday at 4.30pm – 5.30pm after the Professionals Briefing. Hear what some of the pros have to say about the course, catch up with old friends and make some new ones. Extra tickets for partners and support crew are available for \$20.

HEALTH & LIFESTYLE EXPO

There is an Expo of sponsors and other retailers on Pembroke Park next to the Race Central Marquee where you can purchase any last minute gear needs and official race merchandise.

RACE INFORMATION

SWIM COURSE INFORMATION

The 3km swim is on a two-lap course with a beach start in the sheltered part of Roy's Bay on Lake Wanaka. The water is crystal clear with an expected temperature of 17C.

If you are not familiar with swimming in Lake Wanaka, it is highly recommended you take part in Swim the Course on Thursday 14 February. There will be swim safety in place from 7.00am – 8.30am. **Please note** you do not need to register for swim the course, the course will have water safety crews monitoring the swim course from 7.00am until 8.30am.

When training in the lake at other times, please ensure you wear a brightly coloured swim cap so you are visible to boats and other lake users. Always swim with at least one other person, preferably in a group and if possible, take a safety kayaker with you.

If you wear glasses, please hand to the designated volunteer in the swim start area who will place them on a table at the swim exit for you to pick up without delay. Please ensure they are numbered with your race number.

The warm up area is to the right of the start line.

IMPORTANT

Before lining up on the start line it is compulsory to cross the timing mat underneath the red inflatable arch as you enter the start line holding zone. Failure to do so will result in disqualification and you will not be registered in the timing system.

The start line is the water's edge of the beach with the immediate water depth varying from 1m (nearest the beach) – 2.5m (nearest the turn buoy). Position yourself according to where you feel comfortable.

The three turn buoys will be highly visible and athletes must keep these, and all intermediary marker buoys, on their left hand side. The intermediary marker buoys will be at approximately 50m intervals.

From the third turn buoy you head in a diagonal direction towards the large intermediary buoy and the swim exit. On exit from the water there is an approximate 200m run which includes a footbridge over the road to the change tents and bike transition area. Please note you must pick up your RED bike bag from the designated area just over the bridge.

Athletes must leave their RED bike bags, which now contains their wet suit and other swim gear, at the exit of the change tent. You must pack your wetsuit into the red bag before leaving the tent. These will be collected and deposited on your bike for you to collect post-race.

When packing your RED bike bag prior to the race, please remember the first aid station with drink/nutrition is 23km into the bike leg.

If for any reason you are unable to start the swim, you must hand your transponder in at the Race Central Marquee prior to 7.30am.

RACE RULES - SWIM

1. Compulsory gear includes a wetsuit and swim cap (provided by Challenge Wanaka). This may be altered or added to at the race briefing subject to the water conditions, temperature and swim course/distance (at the race director's absolute discretion).
2. Recommended gear includes a neoprene swim cap which can be worn under your provided cap.
3. Optional gear includes swim gloves (webbing not allowed), neoprene vest (under wetsuits) and swim booties (webbing not allowed). Swim Skins cannot be substituted for a wetsuit but can be worn under a wetsuit.
4. No fins, paddles, snorkels, flotation devices of any kind are permitted.
5. Swim goggles or face masks may be worn.
6. Any assistance required during swim will result in disqualification unless such assistance did not aid the swimmer in making forward progress.
7. Swim course will close 2 hours 15 minutes from race start for individuals and teams.
8. The race director has the right to change the location of the swim course, the distance of the swim course or cancel the swim course (at their absolute discretion) taking into account the weather and water temperature conditions.
9. If an athlete should decide to quit the race during the swim leg he/she must report immediately to the race director, Technical Official or the course marshals. If this does not happen and rescue operations occur, the athlete will be responsible for all costs.
10. After swimming, the competitors must pack their wetsuits into the clothing bags (bike clothes, red) themselves. If the competitor disregards this requirement an eight-minute penalty will be added to his/her time.
11. Athletes must dress for the bike leg in the designated changing tents only. No dressing is allowed in the bike rack area (this will result in a disqualification). The men's and women's change tents will be clearly signed.
12. Wetsuits may only be removed to the waist prior to entering the change tent

AQUATIC PESTS/ALGAE

Didymo, Lake Snow and Lagarosiphon are all found in Lake Wanaka. Please help stop the spread to other waterways in NZ and overseas by **rinsing your wetsuit in the yellow containers** that contain a detergent solution when leaving the transition with your gear.

or

Drying your wetsuit and keeping out of the water for 48 hours will kill the unseen pests. You will be required to rinse your wetsuit in bins provided as you leave transition after the event so as to stop the spread of aquatic pests to other parts of NZ and the world.

Please also see leaflet in your race pack.

TRANSITION AREA

Helmets must be attached to bikes in the transition area. Shoes, including socks, may also be attached to the bike. They may not be on the ground next to the bike. Athletes must put on and fasten their helmets before un-racking their bike.

No cycling is allowed within the transition area. Bikes must be pushed from the racks to the mounting marker and at the finish of the bike, competitors must dismount at the marker and push their bike back to their rack. Please note your time in transition is part of your overall time – speed is of the essence!

GEAR BAGS

Your RED bike gear bags must be dropped off to transition prior to 6.30pm on the Friday afternoon. These will be laid out for you in numerical order transition side of the bridge for you to collect as you come out of the water.

Your post race GREEN gear bags will contain any clothing/food that you will want immediately after the race. This must be handed in either prior to 6.30pm on Friday afternoon or on race morning. You will be able to collect them post race in the recovery marquee, along with your finishers' shirt.

RACERS EDGE BIKE COURSE INFORMATION

Bikes must be pushed from the racks to the mount line (on the road) and at the finish of the bike leg, dismount at the dismount line (on the road) and push your bike back to your spot on the racks and rereack your bike before unfastening your helmet.

The 120km bike is over one 90 Km lap plus an out and back 15Km leg. The course takes in two of the lakes in the Southern Lakes region. The course heads out of town towards Treble Cone to the turnaround point at Hospital Flat and heads back through the town centre. After leaving town, the course turns left towards Albert Town, over the one-way bridge and out to Lake Hawea.

Please note at the Albert Town bridge cyclists will be riding on the newly constructed cycle lane across the bridge. For safety reasons there will be a No Passing Zone from the top of the hill prior to the bridge until the cycle lane ends on the otherside. Anyone passing in this No Passing Zone will be disqualified. Please approach the bridge at a sensible speed. **Caution is required as the access is steep and narrow.**

Turning right across the Lake Hawea dam, the course heads up to through the Lake Hawea township and then onto Hawea Flat before descending down to cross the Clutha River. Please note this downhill is also a No Passing Zone due to **Aqua Bike athletes taking a sharp left turn** before the Red Bridge. You will bike 15Km out to Maori Point Road, turnaround and come back, turn left and head over the Red Bridge.

PLEASE NOTE: Challenge Wanaka Half athletes go straight ahead across the Red Bridge, (they do not do 30Km this leg)

At Luggate, competitors turn right heading up the hill past the airport and back into town via Riverbank Road and the Cardrona Valley Road.

Cyclists will turn left onto Stone Street, there is a **short steep downhill here and then a sharp left turn** onto Meadowstone Drive, then a right turn onto the lake front road which will take you back to transition. *Care is required on the downhill as this is the steepest street in Wanaka.*

There are toilets for athletes' use at every aid station.

RETURN TO TRANSITION AND FINISH

After you have racked your bike you can take your bike helmet off and leave with your bike in transition or leave on your head and run the 100 metres over the finish line. Marshals will direct you to the finish area; you will collect your finisher's medal then proceed to the recovery tent.

RACE RULES – BIKE

1. No drafting is permitted. The cycle draft zone is a 10 metre long by three metre wide rectangle between the front wheel edge of the lead cycle and the front edge of the following cycle, extending each side of the cycle by 1.5 metre, measured from the leading edge of the front wheel. Another athlete has 20 seconds to pass through that zone. Likewise, once an athlete is passed they have 20 seconds to drop back out of the draft zone.
2. Vehicle draft zone (including motorbikes) will be a rectangle thirty-five (35) metres long by five (5) meters wide, which surrounds every vehicle on the cycle segment. The front edge of the vehicle will define the center of the leading 5 metre edge of the rectangle;
3. Race numbers must not be altered in size or appearance, and must be worn on the back during the bike.
4. The following helmet standards are required: ASTM - F1447-1994, Australia and NZ Standards - AS/NZS 2063:1996 or NZS 5439 or AS2063.2, Snell-B90 or B95, CE European Standards- EN1078, US Consumer Products Safety Standards - USCPS.
5. Helmets must be secured by the chin strap before unranking the bike, and must remain fastened until the cyclist has re-ranked the bike.
6. No outside assistance is allowed. Meaning no competitor may seek or receive outside help from spectators, members of the public or any third party. This will result in a disqualification so remind friends, families and supporters of this.
7. Each participant is responsible for the state or repair of his/her own bike. Bikes must have been serviced within three weeks of the event and be in a safe and roadworthy condition. Assistance by anyone other than official technical support personnel will be grounds for immediate disqualification. This disallows the use of spare wheels and back-up bikes and requires that each competitor be prepared to handle any possible mechanical malfunction.
8. Cyclists are expected to heed directions and instructions of all race officials and public authorities. Participant may run/walk their bike if necessary.
9. Competitors must keep as far to the left as is practically possible at all times, pass others on the right and must obey all Land Transport Road User Rules, traffic regulations and the directions of Event officials and the Police. **There are no full road closures so the road is open to normal traffic at all times.** Crossing the centre line is prohibited and will result in a disqualification. The penalty for drafting, dangerous riding or unsportsmanlike conduct will be an instant four minute stand down on the side of the road. A second penalty will result in a result in an additional 4 minute stand down. A third penalty will result in disqualification
10. The race director has the right to change the location of the bike course or the distance of the bike course (at their absolute discretion) and taking into account the weather and course conditions.
11. The bike course will close at 3.00pm

TECHNICAL SUPPORT ON BIKE COURSE

No personal bike support is allowed but Racers Edge Bike will be on course and able to provide certain assistance should your bike decide to fall apart! They will have limited supplies and are for serious mechanical failures only. It is your responsibility to carry spare tubes and canisters (and know how to use them!) in case of punctures. Please note you will be charged for any parts used during on-course technical support.

DRAFTING

Challenge Wanaka is a strictly non-drafting race. Please ensure you are familiar with the following Tri NZ rules. There will be technical officials out on course. They will attract your attention and show a "blue card" meaning you must pull to the far left of the road and dismount your bike. The official will advise when the time penalty has been completed and you will be able to recommence. The first penalty is a

four minute stand down on the side of the road the second is an additional four minute instant stand down and the third penalty is disqualification.

TRI NZ DRAFTING RULES

Drafting from another athlete or motor vehicle is forbidden. Athletes must reject attempts by others to draft.

An athlete is entitled to any position on the course, provided they get to that position first, and without contacting others. When taking a position, an athlete must allow reasonable space for others to make normal movements without making contact. Adequate space must be available before passing.

An athlete, who approaches from any position to take advantage of the draft, bears responsibility for avoiding the draft.

To draft is to enter the bicycle or vehicle drafting zone:

- Bicycle Draft Zone: the Draft Zone will be a rectangle. The width will always be 3 metres wide. The centre of the leading 3-metre edge will be measured from the leading edge of the front wheel.
- The length of the rectangle will measure 10 metres
- An athlete may enter the Draft Zone of another athlete, but must be seen to be progressing through that zone. A maximum time of 20 seconds will be allowed to pass through the zone of another athlete
- Vehicle Draft Zone will be a rectangle thirty-five (35) metres long by five (5) metres wide, which surrounds every vehicle on the bike segment. The front edge of the vehicle will define the center of the leading 5 metre edge of the rectangle.

Entry into the bicycle drafting zone: An athlete may enter a bike Draft Zone in the following circumstances:

- If the athlete enters the Draft Zone, and progresses through it within 20 seconds in the overtaking manoeuvre;
- For safety reasons;
- 100 metres before and after an aid station or transition area;
- At an acute turn;
- If the Technical Delegate excludes a section of the course because of narrow lanes, construction, detours, or for other safety reasons

Overtaking:

- An athlete is passed when another athlete's front wheel is ahead of theirs;
- Once overtaken, an athlete must move out of the Draft Zone of the leading athlete within 5 seconds.
- Athletes must keep to the side of the course and not create a blocking incidence. Blocking is where an athlete who is behind cannot pass due to the leading athlete being poorly placed on the course.
- The penalty for blocking is the same as for drafting and the same procedure must be followed.

BIKE LEG AID STATIONS

The aid stations are at the following intervals:

Glendhu Bay (B1) – 23km – no toilet available

Dublin Bay (B2) – 42km

Hawea Flat (B3) – 60km

Sandy Point (B4) – 80km/

- 100km

Riverbank Road (B5) – 115km

Each bike leg aid station will have the following nutrition supplies, laid out in the order below:

| | | | | | |
|-------|------------------------|-----------|----------------|---------|-------|
| Water | PURE Electrolyte Drink | PURE Gels | PEAK Fuel Bars | Bananas | Water |
|-------|------------------------|-----------|----------------|---------|-------|

Anyone seen littering will incur instant disqualification.

The PURE electrolyte drink is served in drink bottles on the understanding that athletes will return empty bottles at the same time. No bottle, no drink. There is a bottle drop zone immediately prior to and after each aid station. Please do not drop bottles in any other place on course. Anyone seen dropping bottles outside of the drop zones will incur instant disqualification.

Water will be served in plastic **Spring Fresh** branded water bottles – please ensure these fit in your bottle holders prior to the race. The **Spring Fresh** 750mm bottles can be bought throughout New Zealand.

CARE FOR THE ENVIRONMENT

Challenge Wanaka is working with Wanaka Wastebusters to ensure the event has a minimum impact on the local environment. All cups, bags and bottles are recyclable and we ask you to avoid littering this beautiful landscape.

Please leave all energy bar wrappers at the aid stations with the volunteers rather than discarding them along the course. Littering will result in disqualification

Please leave all drinks bottles, cups and wrappers at the aid stations.

ANTI-DOPING

CHALLENGEFAMILY operates a zero tolerance policy to performance-enhancing drugs. No athlete may use any substances or procedures with the intention to improve performance, eliminate fatigue or any other purpose. Violation of this rule will result in instant disqualification. Random drug tests will be performed.

GENERAL RACE RULES

1. At all times competitors must obey the instructions of Race Officials and Police Officers and beware of vehicular transport. Any competitor who fails to obey the instructions of Race officials or the Police will be removed from the Event and disqualified. The race director and race referee have the discretion to disqualify competitors.
2. Please obey all traffic laws and rules at all times and treat all parts of the course as open to the public and vehicles at all times. While some parts of the course may be closed to public access, residential, emergency and Event vehicles will be using the course, and all road rules must therefore be followed at all times. Left hand drive rules apply.
3. Challenge Wanaka is an invitation event, and the Event organisers may refuse entry to any competitor, on any grounds, and at their own discretion without explanation.
4. Cancellation policy: Refund of 75% until 30 September 2018. Refund of 50% until 31 December 2018. Absolutely no refund after 31 December 2018. All entries are non-transferrable to other athletes or other years. No changes between disciplines are permitted after 31 December 2018.
5. Team member changes will incur a \$50 fee per change after 25 January 2019.
6. The Event Medical or Safety Team will have ultimate discretion and the final decision as to the suitability of a competitor to continue in the Event, and likewise if they should be withdrawn from the Event.
7. No competitor may use any banned substances with the intent to improve their performance, eliminate the sense of fatigue or for any other purpose. Random doping tests will be performed.
8. It is important that all competitors exhibit good behavior and sportsmanlike conduct, and treat

- fellow competitors, Event organisers, volunteers and contractors with courtesy and respect. Failure to do so may result in disqualification at any time before, during or after the Event.
9. If a competitor withdraws from the Event they must advise the finish line officials of their withdrawal as soon as possible and prior to the course closing (4.30pm 16 February 2019).
 10. The Course will close at 4.30pm, competitors finishing after this time will get a DNF.
 11. Challenge Wanaka reserves the right to alter rules, regulations, Event course and venues at any time provided athletes are advised prior to the Event, or if such a change is in the interest of competitor safety.
 12. **No headphones, cell phones or headsets may be carried during the swim or cycle. This will result in an instant disqualification.**
 13. Challenge Wanaka competitors may not compete with a bare torso. This will result in an instant disqualification.
 14. Each competitor must be familiar with the entire course and it is their responsibility to follow the correct route.
 15. Any athlete wishing to protest against another athlete or official must do so, in writing, to the Race Referee within 15 minutes of his/her finish time. The intention to protest must be verbally advised to the Race Referee within 5 mins of his/her finish time. Protest forms can be obtained from the referee and must be accompanied by a \$50 lodgment fee. If their protest is upheld, the \$50 will be refunded in full. If the protest is not upheld, the fee will be forfeited.
 16. Compulsory gear includes a wetsuit, swim cap.
 17. Recommended gear includes a neoprene swim cap worn under the supplied cap. This becomes compulsory if the water temperature is below 14C.
 18. Optional gear includes swim gloves (webbing not allowed), neoprene vest (under wetsuits) and swim booties. Swim skins are not allowed as a wetsuit alternative.
 19. Challenge Wanaka reserves the right to implement the contingency plan in the interests of competitor safety but will not be held liable for any loss as a result of such a decision. In the event such a decision is made, if the conditions are still deemed to be unsafe, Challenge Wanaka has sole discretion, and may cancel the Event without obligation to refund entry fees.
 20. Challenge Wanaka may test any athlete for the use of a prohibited substance at its own discretion - a positive test resulting in disqualification.
 21. Age Group categories will be in 5 year increments. Trophies will be awarded to the top three in each age group so long as they are an official category. The age groups are: 18 – 24, 25-29, 30-34, 35 - 39, 40 - 44, 45 - 49, 50 – 54, 55 -59, 60 – 65, 66 -69, 70+
 22. Individual athletes must be a minimum of 18-years-old on race day.
 23. Age groups categories will be decided in line with Tri NZ rules - age as of 31 December 2019.
 24. Provided race numbers must be visible at all times throughout the race.
 25. All athletes must register during the allocated times and attend the compulsory race briefing. All individuals and teams must rack their bicycles during the allocated times – there will be no exceptions to this rule. The Event organisers reserve the right to prevent anyone not adhering to these rules from racing.

RECOVERY AREA

Food and drink provided by Subway is available for athletes in the recovery marquee.

While we are unable to supply showers on Pembroke Park, the lake is just across the road if you want a quick freshen up we suggest you pack a towel in your green gear bag.

Please be advised family and friends will not be allowed in the recovery area, this is for athletes only. Once athletes leave the area they will not be allowed back in until 3.00pm for gear collection.

RECYCLING

A number of athletes have mentioned they would like to hand back their Red, Green and Blue gear bags to recycle for next year. We will have a container in the Race Central Marquee to deposit these if you do not wish to keep them.

Challenge Wanaka has a strong emphasis on recycling all rubbish so we ask you to support us in our endeavours.

FINISHER SHIRTS

Please hand in your recovery bag (GREEN) into the recovery tent (Race Central, Pembroke Park) and your finisher t-shirt will be placed in here ready for you to collect when you finish. Size changes will be available if inventory allows within the recovery area.

TIMING

Any athlete who drops out of the race MUST notify the finish line officials and return your timing chip to Race Central. This is absolutely essential as it is vital we know where you are on the course at all times for your own safety.

The transponder is to be worn throughout the entire race and can be attached using the velcro band above either ankle.

The transponder is to be worn under the neoprene/wet-suit.

In case of loss of the transponder during the race, time-taking is not possible anymore which leads to the participant's disqualification.

The transponder is borrowed property and must be returned at the end of the race. Failure to do so will result in a \$150 fine for its replacement.

CONTINGENCY PLAN

A final decision will take place by 6.00am with an announcement made over the PA system in the Race Central area. The contingency plan is as follows:

If the lake conditions are deemed unsafe for the publicised swim course, the course will be moved to the marina side of the lake. Please note this will result in a longer run to transition but will enable the race to continue in its original format.

The alternative swim course will be laid out on the far right of Lake Wanaka, departing from adjacent to the jetty in front of the Log Cabin. The course will run in a straight line to Eely Point and then return to start the second lap.

If the weather means that the swim is unable to take place at all, the remainder of the race continues as originally planned.

If the weather prevents both the swim and the bike legs taking place, the event will be cancelled. There is no lay day and no refunds will be given.

POST RACE INFORMATION

RACE PHOTOGRAPHS

Marathon-Photos.com is once again the official photographer of Challenge Wanaka and Challenge Wanaka Half. The New Zealand-based company photographs endurance events around the world, including Challenge Roth in Germany. This year the company expects to photograph more than one million people in more than 300 events in 30 countries.

Marathon-Photos prides itself on providing the best possible service to athletes. They aim to have photos online to view and order 24-48 hours after an event and are constantly developing new products and services to offer their customers. The company's internet photography service offered athletes the convenience of viewing and ordering their photos at any time.



Photos will be available to order online at www.Marathon-Photos.com.

PROTESTS AND APPEALS

Any athlete wishing to protest against another athlete or official must do so, in writing, to the Race Referee within 15 minutes of his/her finish time. The intention to protest must be verbally advised to the Race Referee within 5 mins of his/her finish time. Protest forms can be obtained from the referee and must be accompanied by a \$50 lodgment fee. If their protest is upheld, the \$50 will be refunded in full. If the protest is not upheld, the fee will be forfeited

GEAR COLLECTION

Athletes can collect their green post-race bag from the recovery tent immediately after you finish the race. The transition area will re-open at 3.00pm for bike and gear bag collection. Only athletes or the designated support person can access the transition area for security reasons. Upon leaving the transition area with your bike, your wrist band number will be checked against your bike number, for athletes who cannot physically collect their bikes please provide support crew with your race bibs as identification to check against the bike number. No number, no bike - there will be no exceptions to this rule.

PRIZE GIVING

The Prize Giving will be in the finish area at 3.30pm on Saturday after all AquaBike competitors have completed the race. We are wanting to create a party atmosphere here and will have music and food trucks on site until 6pm.

WANAKA VOLUNTEER CREW BRUNCH

This is a thank you brunch party for the 650 volunteers who have given their time to support the race and takes place at 10.30am at the Race Central Marquee on Sunday 17 February.

WRAP PARTY – 7.00PM SATURDAY 18 FEBRUARY

Time to let you hair down and celebrate your achievements and another successful Challenge Wanaka. This follows on from our after-party in the finish and Expo area on Pembroke Park and will take place at Barluga Bar, 33 Ardmore Street; it promises to be a lot of fun!

FURTHER INFORMATION OF NEW ZEALAND TEAM SELECTION

WORLD CHAMPIONSHIPS INFORMATION

ITU Multisport World Championship Festival (Aquathlon, Aquabike, Long Distance Triathlon, Duathlon & Cross Triathlon)

Event Location: Spain

Event Date: 27 April 2019

Event Website

https://www.triathlon.org/events/start_lists/2019_pontevedra_multisport_world_championships

AQUABIKE NATIONAL CHAMPS

Challenge Wanaka Aquabike 2019 will again be hosting the National Championships and prizes are up for grabs:

The winning male and female will each receive a \$2500 travel/accommodation voucher towards the World Champs in Pontevedra, Spain.

Age group podium athletes selected will get a subsidy for accommodation.

Please note: As all Multisport World Championship selections will conclude on January 15th 2019, before the Challenge Wanaka Aquabike race, only athletes who have been notified of selection by Triathlon NZ (prior to race day) will be eligible for the Challenge Wanaka Aquabike World Championship prize offering.

Aquabike selection is facilitated through application only concluding on January 15th. Application will be full cost (\$100) for those not doing Challenge Wanaka Aquabike national champs. HOWEVER Full refunds will be provided to all athletes who provide race entry confirmation for the 2019 Challenge Wanaka Aquabike. Note: that this means athletes will need to enter the Aquabike race and complete their application by mid-January.

The age group selection policy can be found on the Tri NZ website and the special circumstances application can be found here.

THE PRIZE

1) Overall first place prize

The first eligible (refer to prize eligibility below) overall male and female across the line in the 2019 Aquabike National Championship will win a voucher worth \$2500 towards return flights: Auckland - Spain plus 8 nights shared accommodation for competing in the ITU Aquabike World Championship. Please note that the Long Distance Triathlon World Championships are held on the same day - athletes cannot compete in both.

2) Age Group Category prize

The first, second and third place getter in each gendered age group (listed above) will win half the cost of 8 nights shared accommodation for competing in the ITU Aquabike World Championship, provided they meet the eligibility criteria as listed below.

Please refer to the accommodation section below for further details.

PRIZE ELIGIBILITY

Athletes must:

- Be a NZ citizen or NZ permanent resident
- Be a current and paid Annual TRIBE member and in good standing with TriNZ.
- Be a member of a NZ Tri NZ Affiliated Club (List of clubs available here)

In order to be eligible for these prizes athletes must meet race qualification criteria as outlined in the 2019 Aquabike Selection Policy. Specifically; athlete's finishing time must be within 20% of first place in their respective age group unless the age group winner is more than 10 minutes ahead of the second place getter. In this instance, the race qualification time will be taken using 20% from the second place getter.

1) Age Group Accommodation Prize

In the circumstance where either the first, second or third AGE GROUP place getter (male/ female) chooses not to accept their travel and accommodation prize, or is deemed ineligible, the prize will **not** roll down to the next eligible finishing athlete.

1 Each athlete who receives this prize is responsible for payment of their flights and all other travel related expenses.

ACCOMMODATION DETAILS

Terms & conditions

- Tri NZ will endeavour to notify all athletes of their prize within 10 working days of the Aquabike National Championship- the prize will not be considered awarded until official notification from TriNZ to the athlete has occurred.
- All athletes have 7 days following official notification to accept or decline their respective prize.
- **Acceptance of this prize will only be recognized when the Tri NZ Team Admin Fee (\$275.00) has been paid and the athlete has signed their Athletes Agreement.**
- Athletes must compete for New Zealand at the ITU Aquabike World Championships and are responsible for paying their race entry fee into this event.
- 2019 ITU competition rules state that "athletes may not compete within 36 hours in more than one triathlon or multisport event when one event is of standard distance or longer". This means that athletes will not be able to compete in the ITU Long Distance Triathlon Championships.

- Any changes from the prize offered (and outlined above) are at the sole expense of the athlete unless otherwise notified.
- Prize allocation is at the sole discretion of TriNZ, Challenge Wanaka and related parties and is subject to change.