



PUZZLING WORLD INTERMEDIATE CHALLENGE RACE MANUAL

For the first time in 2019 Challenge Wanaka will host the Puzzling World Intermediate Challenge open to all children in years 7 & 8. This event will provide an extended Challenge - one step up from the Puzzling World Junior Challenge distances. The event will also provide the opportunity for the most aspiring intermediate athletes to qualify to compete in the Central Otago Secondary Schools Championships.

The intermediate event will be hosted on Thursday morning 14th February 2019 and will be operated as a separate event to the Junior Challenge.

This year all year 7 & 8 students at Holy Family and Mount Aspiring College will have a subsidized \$5 entry fee to the event and will compete against their peers to become the Wanaka regional champion. The Challenge Wanaka Intermediate event is still open to year 7 & 8 students from other schools outside of Wanaka who can also compete for the title.

Puzzling World Intermediate Challenge will award the top 3 competitors in each year group with trophies and medals at the official prize giving which will take place at 11.30am in the event finish area. Each school will also be given their results independently and will announce their top 3 places for each category.

A huge thanks to our key sponsor Puzzling World who make this event possible!

RACE FORMAT

The same simple and achievable triathlon format will be offered to all intermediate competitors allowing them to enjoy the opportunity to compete in a traditional triathlon style format (swim, bike and run).

Year group	Swim	Bike	Run
Year 7	200m	6km	3km
Year 8	200m	6km	3km

REGISTRATION

- All local Holy Family and Mount Aspiring College students will register online through their school. Information will be provided in the school newsletter.
- All other intermediate competitors (not from local schools) can register through the Challenge Wanaka online registration system.

REGISTRATION PACKS

Included in your race pack will be the following:

- A race number, in the form of a wrist band.
- A bike number + zipties (kindly donated by Print it Wanaka) that can be mounted between the handlebars of each bike
- A transponder (timing device)
- A T-shirt
- A numbered sticker for your helmet

PICKING UP YOUR RACE REGISTRATION PACK

All local students (Mount Aspiring College and Holy Family) will be given their race packs at their local school by their teachers on the Wednesday of race week.

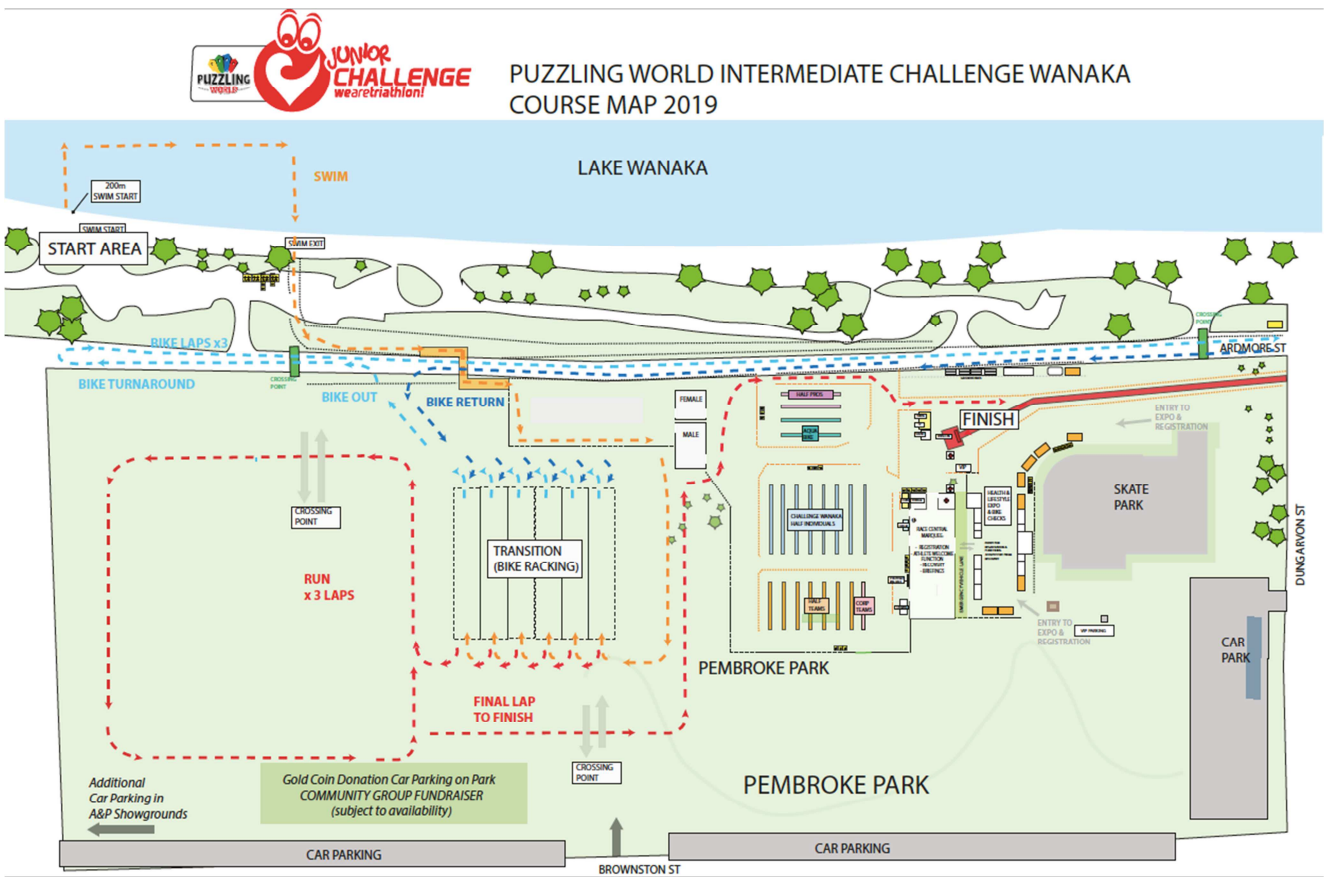
All **other** intermediate competitors, can pick up their registration packs from the Junior Challenge desk, located in the main Challenge Wanaka marquee during race week from Wednesday (13 Feb) between the times of 9am and 5pm. Registration packs can also be picked up on the morning of the event from the registration area (as indicated on the course map).

REGISTRATION PACK PICK UP ON RACE DAY

Registration – 7.00am-8.30am

Registration pick up will be located in Pembroke Park, in close proximity to the main bike transition area. Please refer to the map for further detail.

Once students have picked up their race packs, they need to make their way to their bike transition and rack their bikes in numbered order. The bike transition area will be separated into year groups. Please note the race briefing times below. All competitors will need to be in attendance at the race briefing, which will be located at the race transition area (see map below).



BIKE DROP OFF

RACE DAY THURSDAY 14TH FEBRUARY

7.00am-8.30am

The final chance to rack bikes will be between 7am and 8.30am on the morning of race day. The transition area where bikes are to be racked is in the main Junior Challenge Transition Area. Please refer to the map for further detail. Rack your bike in numbered order in your designated year group.

We suggest you label your helmet with your race number and put it on the handlebar of your bike. We also suggest you label your race gear bag (if you have one) with your race number and hang this on the handlebars as well. If everything is clearly labelled we can ensure that your gear will remain with your bike up until your race.

There will be marshals (in orange vests) inside the transition area to support competitors to locate their bikes and prepare for the bike or run leg of the course. There will also be designated parking and turnaround areas for parents dropping off bikes.

EQUIPMENT

Wetsuits/Race clothing: As there is no parental assistance allowed in transition we recommend wearing clothing that is either suitable for all 3 legs or is easily changeable. Wetsuits are not compulsory. If children do require additional gear/clothing we suggest that they put it in a numbered race bag and hang it from the handlebar of their bike. Having their gear numbered and clearly identified and contained will ensure that their gear stays with their bike.

Goggles: We recommend that children wear goggles

Bike: Mountain bikes only. No aero bars. A smooth running bike with pumped up tyres and functioning brakes is a necessity. The bike is on Ardmore Street along the lakefront (the road will be closed). For safety, we recommend you have your child's bike checked off with one of the local bike shops.

Helmets: Are compulsory. Please check your child's helmet for cracks and ensure that it fits your child's head well.

Footwear: We recommend your children wear closed footwear that they can run easily in.

Hydration and nutrition: We recommend your child has drunk at least 250mls of water

and eaten something within 30minutes of the event starting. There will be water & bananas on the finish line

Sunscreen: February is hot, so please ensure your child has water resistant sunscreen on. We will have Aloe Up Kids sunscreen available at registration.

EQUIPMENT PICK UP

The transition area will open to the public for gear collection from 11.30am – 2.00pm. Please collect your child's equipment during these times. Some allowances will be made for earlier pick ups under unavoidable circumstances.

RACE BRIEFING & EVENT START TIME

Race briefing is compulsory for all competitors and will take place from 9.00am in the Swim Start Area.

Category	In Swim Start Area	Race Briefing	Start Time
Year 7 Boys	9.15	9.25	9.30
Year 7 Girls	9.25	9.35	9.40
Year 8 Boys	9.45	9.55	10.00
Year 8 Girls	9.55	10.05	10.10
All Teams	10.15	10.25	10.30

PRIZE GIVING

The top three individuals for each year group will be announced and awarded a trophy for first and medals for 2nd and 3rd place getters. The prize giving will take place in the Challenge Wanaka Half finish area at 11.30am for all year group

THE COURSE *Please refer to course map for detail*

SWIM – 200M

The swim leg of the race will be in Lake Wanaka. Competitors will start at the shore, roughly at the bottom of McDougall St. They will swim out 50m, turn right at a buoy, swim parallel to the shore for 100m, turn right at a second buoy, to swim back in for 50m.

Competitors will swim out into the lake and it is likely they will not be able to touch the bottom for at least half of the swim. Competitors will need to swim the entire distance, but can take breaks by simply standing up in the water at anytime, but will not be able to move forward in the water whilst standing on their feet. The lake Wanaka swimmers club will be out in the water on stand-up paddle boards or in kayaks to support the swimmers, providing a safe and achievable transition from the Junior Challenge to a longer traditional triathlon swim format.

BIKE – 6 KM (3 laps)

There will be one main transition area, as illustrated in the course map. Swimmers/runners will cross Ardmore St (which will be closed to vehicles) and enter the transition area and locate their bike, which will be in numbered sections within each age category. Helmets are compulsory for the bike leg and marshals will be checking helmets are secured when competitors exit the transition. The bike will be a loop course that will go along Ardmore St towards the bottom of McDougall St, where cyclists will turn around near the new car park and head back along the lakefront. They will turn at the other end of Ardmore St just before the roundabout near Racers Edge – Torpedo 7 for 3 laps, keeping to the right hand lane on their return towards McDougall St. On the final lap they will head back from the final turn, taking the left hand lane back into transition.

RUN 3KM (3 laps)

Cyclists will enter the transition through the Ardmore St entry chute and rack their bikes and continue through the transition area to exit as directed by the marshals. They will continue their run in an anti-clockwise direction around Pembroke Park, finishing by running along the red carpet and onto the main Challenge Wanaka Half finish line. Please note that the exact run course will be confirmed shortly.

Note: Volunteer marshals will be in place along the way to assist, but please ensure your child is familiar with the course and the transition area (and direction they exit for each leg). Refer to the course maps to clarify the finer details of the course. The course will be marked from 3pm on Wednesday 13th of February 2019.

TRANSITION AREA

Please refer to the course maps for the main transition area location. The transition area will be fenced off with entry and exit points for each leg of the course. ***NO parents will be allowed in transition.***

It is important that all children rack their bike in numbered order pre-race, with the assistance of their parents/caregivers, and ensure that they have positioned their additional race equipment next to their bike. There will be marshals (in orange vests) inside the transition area to support children to locate their bikes and prepare for the bike or run leg of the course. Children will be required to walk their bikes out of the exit chute of the transition and mount their bikes once they have exited. The transition area will **close at 8.30am**, so all bikes need to be racked by this time.

SPECTATORS

We would love to have parents/supporters and friends there on the day supporting the children. There will be designated spectator sites around the perimeter of the course as well as at the start and finish line. There will also be marshals in place in key areas where you will need to cross over the race course. Please limit your crossings to these areas only. It may mean a bit of extra walking but it will keep the race running smoothly and the children safe.

VOLUNTEERS

The execution of this event is supported by local volunteers. If you can spare a few hours, please sign up on the Volunteer link through the Challenge Wanaka website. With 300 children competing over the intermediate course, we need a lot of support and the children competing really appreciate having helpers there to support them as they achieve something truly remarkable.

RACE RULES

1. EVENT OVERVIEW

- 1.1. The Triathlon for will consist of a swim/bike/run
- 1.2. All competitors will commence the race in wave start format with the first wave starting at 9.30am

2. RACE CATEGORIES

- 2.1. Year 7
- 2.2. Year 8

3. ENTRIES

3.1. Entries open on the 1st of December 2018 and close Monday 11th February at 10.00pm

4. CANCELLATIONS AND REFUNDS

4.1. Individuals may cancel their entry at any stage prior to the event, however no refunds will be provided.

4.2. If the race is cancelled due to acts of god, natural disasters, terrorism or other reasons etc, the organisers will make every effort to refund as much of the entry fee as possible to all teams. However, all individuals should be aware that any refunds will be made after event costs have been taken into consideration. Given the high number of fixed costs associated with organising the race individuals should also be aware that any refund is likely to be minimal. The race will not be re-scheduled.

5. TRANSFER OF ENTRY

5.1. Individuals are not permitted to transfer their entry to another individual.

6. RESPONSIBILITY

6.1. No responsibility is taken by Challenge Wanaka for any loss or damaged property of competitors, assistants, or friends during the Challenge Wanaka Intermediate Triathlon. By completion of the entry form the competitor accepts full responsibility for the risks entailed in competing in Challenge Wanaka Intermediate Triathlon.

6.2. Competitors and their parents or guardians understand that competing in the Event involves using public areas and roads used by other people and traffic and they are aware of the hazards involved. The hazards include but are not limited to: vehicle traffic, actions of competitors, spectators, Event personnel, weather conditions and their physical and mental state of health. They have used their judgment have sufficient competence and experience to participate safely in the Event.

6.3. Competitors and their parents or guardians understand certify that they are physically fit, have sufficiently trained for participation in the Event and have not been advised otherwise by a qualified medical person.

6.4. Competitors are required to follow the course set out for the Event, abide by the road and Event rules and follow the instructions given to them by Event officials, at all times. Failure to comply in any way with these matters may lead to me being removed from the Event and disqualified (at any time).

6.5. It is compulsory for all competitors to wear their Event number as directed by the Event officials.

6.6. Competitors and their parents or guardians acknowledge that the Event Organisers reserve the right to alter the advertised course or start time (at their absolute discretion).

6.7. Competitors and their parents or guardians consent to receive any medical treatment that may be deemed necessary in the event of injury, accident or illness during the Event, and allow that information to be passed on to the Event Organisers or third parties (as deemed necessary by the Event Organisers).

7. PENALTIES

7.1. The Challenge Wanaka Event manager reserves the right to disqualify or impose time penalties on any competitor for disregarding race rules

7.2. Rules are enforced for your safety and to create a fair event. We encourage all competitors to abide by these rules and the spirit in which they are written. Any individuals or teams found

disregarding the specified rules or purposely changing the interpretation of rules for their benefit may be disqualified.

8. COMPLAINTS

8.1. Any competitor or assistant who wishes to make a complaint about another competitor must do so in writing with supporting evidence (photos/videos) to the Intermediate Challenge Wanaka event manager within an 1 hour of the completion of the event. The Intermediate Challenge Wanaka Event manager's decision regarding the complaint is final.

9. WITHDRAWALS

9.1. In the case of withdrawal of an individual the organisers must be notified by the quickest possible means.

9.2. Any individual that does not complete a leg of the race is automatically disqualified, but may continue to finish the race.

10. LITTER ON COURSE

10.1. TAKE OUT ALL YOUR RUBBISH! If your race number is identified littering you will be disqualified.

11. ROAD CLOSURES

11.1. There are road closures on the course and normal road rules apply throughout. You must give way to any medic or support vehicle on course.

12. MEDICAL

12.1. The event organisers decision to remove a person from the race due to medical or safety reasons is final

12.2. St John will be on course and if you come across or view an accident, please inform the closest marshal or the event manager, Tim Brazier.

13. OFFICIALS

13.1. Instruction by course officials to competitors must be followed. Failure to do so will see disqualification or time penalties.

13.2. Negative behaviour towards race officials, volunteers and public (this includes support crews) will not be tolerated, and could result in disqualification.

14. SWIM PROTOCOL

14.1. SWIMMERS

14.1.1. All swimmers must complete the entire swim leg.

14.1.2. Swimmers may take a break by standing on the lake bottom, but must not move forward in the water on their feet (i.e by running or walking).

14.1.3. All swimmers must feel confident in water where they cannot touch the ground.

14.1.4. If a swimmer feels they cannot make the distance after starting the swim section, they can opt to return to the beach and wait until the last swimmer has left the water and then run through to the bike transition area.

14.1.5. Individuals must walk over the run bridge crossing on Ardmore St, in single file. A maximum of 5 children will be able to cross over the bridge at 1 time. Marshals will control the entry and passage of children on the bridge.

15. BIKE PROTOCOL

15.1. Individuals must follow route markers and stick to the assigned/marked track.

15.2. Mountain bike only. No aerobars

15.3. Helmets for the bike leg are compulsory.

15.4. Parents must ensure that bikes are in safe functioning state.

15.5. Remain in control at all times. Out of control riders are a hazard to themselves and others.

16. RUN PROTOCOL

16.1. Individuals must stick to the assigned/marked track.

16.2. Inappropriate behaviour such as pushing or shoving in the run leg will result in automatic disqualification

17. SUPPORT CREWS AND SPECTATORS

17.1. All transition areas will be manned by official races. No outside assistance from spectators/support persons are allowed in designated transition areas.

17.2. Spectators/support persons are allowed in designated spectator areas along the course.