



## **PUZZLING WORLD JUNIOR CHALLENGE RACE MANUAL**

Congratulations on having the courage to give Triathlon a go. The Challenge Wanaka Junior event is designed to provide children with the opportunity to take on the challenge to complete a swim, bike and run in their own backyards.

This year all local children from each local primary school, including Wanaka Primary, Hawea, Holy Family, Tarras and Makarora will be given free entry to the event and will compete against their peers to become the Wanaka regional champion. Children from Year 1-3 will participate in a duathlon (run/bike/run) and Year 4-6 children will have the opportunity to compete in a triathlon (swim/bike/run).

The Challenge Wanaka Junior event is still open to outside junior athletes from the Year 1-6, who can also compete for the title and we hope to see many junior competitors from around NZ and the world, on race day.

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 14<sup>th</sup> February 2019 and will be operated as a separate event to the Junior Challenge. More information relating to this event can be found on the Challenge Wanaka website.

Puzzling World Junior 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 4pm in the event in the finish area. Each school will also be given their results independently and will announce their top 3 year group competitors at their local assemblies.

A huge thanks to our key sponsor Puzzling World who make this event possible! All the course information relating to the event is illustrated below.

## **RACE FORMAT**

A simple and achievable duathlon format will be offered for Year 1-3 children. There are options for non-swimmers to participate with their peers. In total, there will be six different year categories ranging from Year 1, through to Year 6. Children will compete against their peers in their own year group in waves of 25 children at a time. This ensures that the swim is safe and enjoyable for all children and allows the flow of the event to run smoothly without congestion. Children will wear timing chips so accuracy can still be provided in terms of race times and awards.

| <b>Age Group</b> | <b>Run</b> | <b>Bike</b> | <b>Run</b> |
|------------------|------------|-------------|------------|
| <b>Year 1</b>    | 250m       | 1km         | 250m       |
| <b>Year 2</b>    | 250m       | 1km         | 250m       |
| <b>Year 3</b>    | 250m       | 3km         | 1km        |

From Year 4 and up, all children will have the opportunity to compete in a triathlon. The format for the Triathlon is as follows:

| <b>Age Group</b> | <b>Swim</b> | <b>Bike</b> | <b>Run</b> |
|------------------|-------------|-------------|------------|
| <b>Year 4</b>    | 50m         | 3km         | 1km        |
| <b>Year 5</b>    | 75m         | 3km         | 1km        |
| <b>Year 6</b>    | 100m        | 3km         | 2km        |

Year group categories will be allocated based on the child's current school year group as of the 1<sup>st</sup> of February 2019.

## **REGISTRATION**

- All local Wanaka Primary and Holy Family children will register online through their school. Information will be provided in the school newsletter.
- Hawea flat school, Tarras & Makarora primary school have been provided with a code and can use this code to register through the Challenge Wanaka Entry System.
- All other junior competitors (not from local schools) can register through the Challenge Wanaka registration system.

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## **REGISTRATION PACKS**

Included in your race pack will be the following:

- A race number, in the form of a wrist band.
- A bike number (kindly donated by Print it Wanaka) that can be mounted between the handlebars of each child's bike
- A timing device
- A Junior Challenge T-shirt
- A numbered helmet sticker

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## **PICKING UP YOUR RACE REGISTRATION PACK**

All local children will be given their race packs at their local school by their teachers on the Tuesday of race week.

All other junior competitors who do not attend local schools (Wanaka, Hawea and Holy Family) can pick up their registration packs from the Junior Challenge desk, located in the main Challenge Wanaka marquee on Pembroke Par during race week from Wednesday the 14<sup>th</sup> of February between the times of 9 AM and 5 PM. Registration packs can also be picked up on the morning of the event from the registration area (as indicated on the course map).

## **REGISTRATION 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.

### **Registration packs will include**

- A race number, in the form of a wrist band
- A bike number (kindly donated by Print it Wanaka) that can be mounted between the handlebars of each child's bike
- A timing device.
- A Junior Challenge T-shirt
- A numbered helmet sticker

Once registered, children 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 age groups. Please note the race briefing times below. Children will need to be in attendance at the race briefing, which will be located at the Challenge Wanaka swim start location. This will be the starting area for all events.

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## **RACE LEAD UP**

### **BIKE DROP OFF**

## **RACE DAY 15<sup>TH</sup> FEBRUARY**

**7.00am-8.45am**

The final chance to rack bikes will be between 7am and 8.45am on the morning of race day. The main transition area where bikes are to be racked is in the centre of Pembroke park. Please refer to the [map](#) for further detail. Rack your bike in numbered order in your designated age 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 children 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.

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## **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:** A smooth running bike with pumped up tyres and functioning brakes is a necessity. The bike is off road, so road bikes/tyres are not recommended. 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 helmets for cracks and ensure that it fits your child's head well and that they are proficient at taking it off and putting it on themselves.

**Footwear:** We recommend your children wear closed footwear that they can run easily in. Having laces that are undone is a safety risk and for this reason we recommend they have shoes that they can put on themselves and with either bungie laces or Velcro. Marshals will ask children to stop and fix their shoes if their laces are undone, before allowing them to continue to bike or run.

**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.

Note: Year 1-3 year olds are best to wear their helmets during the first run. Children from Year 4-6 need to put their helmets with their bikes in the transition area.

Children can opt to swim in their runners if they want to and to avoid delays and congestion within transition.

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## **EQUIPMENT PICK UP**

The transition area will open to the public for gear collection from 3pm to 6pm. Please collect your child's equipment during these times. Some allowances will be made for earlier pick ups under unavoidable circumstances.

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## **RACE BRIEFING & EVENT START TIME**

Race briefing is compulsory for all children and will take place 5 minutes before each age category starts.

| <b>Age Category</b> | <b>Race Briefing</b> | <b>Race Start</b> |
|---------------------|----------------------|-------------------|
| Year 1              | 9.25am               | 9.30am            |
| Year 2              | 9.55am               | 10.00am           |
| Year 3              | 10.25am              | 10.30am           |
| Year 4              | 11.10am              | 11.15am           |
| Year 5              | 12.10pm              | 12.15pm           |
| Year 6              | 1.10pm               | 1.15pm            |
| Prize-giving        | 4pm                  | 4pm               |

## **PRIZE GIVING**

There will be a prize giving where the top three individuals for each year group will be announced and award a trophy for first and medals for 2nd and 3rd place getters. The prize giving will take place in the Challenge Wanaka finish area at 4:00pm for all age groups.

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## **THE COURSE** *Please refer to course maps for detail*

### **SWIM (YEAR 4-6)**

The swim leg of the race will be in Lake Wanaka and will run parallel to the shore. Children start according to their year division in wave starts and will swim parallel to the lake. The race will commence with wave starts, which will consist of a maximum of 25 children per wave. Wave's will commence approximately 2-5minutes apart, and when the last swimmer of the last wave exits the water.

The depth of the swim will enable all children and under to be able to stand up in the water at anytime, but will be deep enough to allow children to swim fluidly. We know how intimidating it is for children participating in Triathlon and especially within the first swim leg. For this reason, we have an option for non-swimmers. Non-swimmers will have the option to run along the beach, after the last swimmer has left the water instead of swimming. But for those who choose to swim, they 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 Wanaka Lake Swimmers club will be out in the water with noodles to support and regulate each wave of children. The Lake Wanaka swimmers club will be out in the water on stand-up paddle boards or in kayaks and waves will stay small with 25 children per wave. This enables a safe and achievable transition from the Junior Challenge to a longer traditional triathlon swim format.

## **BIKE (YEAR 1-6)**

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 children exit the transition. The bike will be a loop course that will go along the Millennium track that runs parallel to Ardmore st towards Stoney Creek carpark. Year 1-3 will turn around just after the toilet block and head back along the gravel path that runs alongside the lake. The older children (Year 4-6) will continue up Ardmore/Mt Aspiring rd) and turn right into Wanaka Station Park before linking up with the grassy verge which runs above the Millennium track. Children will continue along the grassy verge until they reach Edgewater where they will turn around and continue back along the Millennium track, via Stoney creek and back to transition area.

## **RUN (YEAR 1-6)**

Children will enter the transition through the Ardmore st entry chute and rack their bikes and continue to exit on the Brownstone st end of the transition area.

Year 1 & 2 children will take a swift left turn after exiting the bike transition and make their way to the finish line area (main Challenge Wanaka finish line).

Year 3, Year 4 and Year 5 children will take a right turn as they exit the bike transition area and continue in an anti-clock wise direction boarding the transition area. They will then continue anti-clock wise on a 750m square loop towards the Cardrona Valley road end of Pembroke park. Upon completing the loop they will then continue towards the Challenge Wanaka finish line area (as per the course map description).

Year 6 children will complete two loops of the 750m course around Pembroke Park. Upon completing 1 lap they will be handed a colored band, which is evidence of their 1<sup>st</sup> lap completing. They will need to hand this to the volunteers stationed at a desk upon completion of their 2<sup>nd</sup> loop and then continue to make their way to the finish line. If children only complete 1 loop they will be disqualified so please ensure your children are aware of the two loop course.

Note: We will have volunteer marshals in place along the way to assist, but please ensure your children are 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 Thursday the 14th of February 2019.

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## **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 8.45am, so all bikes need to be racked by this time.

## **EQUIPMENT PICK UP**

The year group will commence at 1pm and will be finished at approximately 1.45pm. The transition area will open to the public for gear collection at this time and remain open until 6pm. Please collect your child's equipment during these times. Some allowances will be made for earlier pick ups under unavoidable circumstances.

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## **FINISH LINE: T-SHIRTS, PRIZES AND MEDALS**

All kids will receive their Puzzling World Junior Challenge t-shirt in their race packs, pre-event. At the finish line, all children will also receive a finishers medal, plus a prize from Puzzling World. There will be a holding area that all children need to wait in after they cross the finish line. Non-local children can be picked up from this area. There will be one entrance area with a security guard on the gate. They will let in parents of children who have completed the event and will be required to collect their child quickly and efficiently. Teachers will be responsible for walking all the local children from each age group back to the school's area in Pembroke Park. It is important that you do not try to take your child from this area.

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## **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 1000 children competing over the course of 6 hours, we need a lot of support and the children competing really appreciate having helpers there to support them as they achieve something truly remarkable.

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## **RACE RULES**

### **1. EVENT OVERVIEW**

- 1.1. The duathlon for Year 1-3 will consist race consists of a run/bike/run
- 1.2. The Triathlon for Year 4-6 will consist of a swim/bike/run
- 1.3. All children will commence the race in wave start format

### **2. RACE CATEGORIES**

#### **2.1. Individuals age group categories as of the 1<sup>st</sup> of February 2019**

- 2.1.1. Year 1
- 2.1.2. Year 2
- 2.1.3. Year 3
- 2.1.4. Year 4
- 2.1.5. Year 5
- 2.1.6. Year 6

### **3. ENTRIES**

- 3.1. Entries officially open on the 1<sup>st</sup> of December 2018 and close at 11pm on Wednesday (13<sup>th</sup> of February 2019).

### **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 Junior Triathlon. By completion of the entry form the competitor accepts full responsibility for the risks entailed in competing in Challenge Wanaka Junior.

**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 and 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 them 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 Junior Challenge Wanaka event manager within an 1 hour of the completion of the event. The Junior 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, Sally Currie

## **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.

## **14.2. NON-SWIMMERS**

14.2.1.All non-swimmers will be have their own wave start, which will commence immediately after the last swimmer in their wave has exited the water. Non swimmers will commence their run along the beach in parallel to the swim course.

## **15. BIKE PROTOCOL**

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

**15.2.** Helmets for the bike leg are compulsory.

**15.3.** Parents must ensure that bikes are in safe functioning state.

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

## **16. RUN PROTOCOL**

**16.1.** 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.

**16.2.** Individuals must stick to the assigned/marked track.

**16.3.** 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 race s. 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.