



PUZZLING WORLD JUNIOR CHALLENGE RACE MANUAL

Friday 14th February 2020

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 duathlon or a triathlon alongside their peers in their own backyard. Individual endurance sport is something that assists and supports the development of resilience and inner strength. We hope each and every child is able to get something out of this unique opportunity.

This year all local children from each local primary school, including Wanaka Primary, Hawea, Holy Family, Take Karara, Tarras and Makarora will be given free entry to the event. 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 and we hope to see many junior competitors from around NZ and the world, on race day.

The Puzzling World Intermediate Challenge will be hosted again in 2020 and is scheduled for the morning of Thursday the 13th of February (1 day before the Junior Challenge). The event is open to all children in years 7 & 8 and is designed to 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 Otago secondary schools

Championships at a later date. More information relating to this event can be found on the Challenge Wanaka website.

In 2020 Challenge Wanaka is also hosting the National Secondary Schools Triathlon Championships. The event will be held on Sunday the 16th of February. The national secondary schools triathlon championship is an event open to kids year 7 through to year 13 the opportunity to compete in a triathlon that is sanctioned by NZ Tri. This is an incredible opportunity for any high school children to experience Triathlon delivered on a national level and aligned with international standards. Please note-You do not need to qualify to compete in this event. Any child age 10 to age 18 who attends a NZ secondary school can compete in this event. More information and a link to enter this event can be found here.

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 assembly.

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.

Age Group	Run	Bike	Run
Year 1	250m	1km	250m
Year 2	250m	1km	250m
Year 3	250m	1km	1km (1 lap)

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

Age Group	Swim	Bike	Run
Year 4	50m	3km (3 laps)	1km
Year 5	100m	3km (3 laps)	1km
Year 6	200m	3km (3 laps)	2km (2 laps)

Year group categories will be allocated based on the child's current school year group as of the 1st of February 2020.

REGISTRATION

- All local Wanaka Primary, Take Kerara and Holy Family children will register with a google form sent to them by their respective schools. Information will be provided in the school newsletter.
- Hawea flat school, Tarras, Makarora and local home school students have been provided with a 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.

RACE PACKS

Race 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 to go on your ankle
- A Junior Challenge T-shirt
- A numbered helmet sticker
- A swim cap
- A race number tattoo
- Instructions on what to do with all of your race pack contents
- Brief last minute instructions for race day
- A race map

Non-local children will also receive an additional wrist band for one parent to wear. This will enable parents to gain access to the finish line area to pick up their children post event.

LAST MINUTE RACE PACK PICK UP

7AM TO 8.45AM - 14TH FEBRUARY

Last minute Race pack 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 registered and children have picked up their race packs, children will need to make their way to their bike transition and rack their bikes in numbered order (by 8.45am). The bike transition area will be separated into year groups. Please note the race briefing times below. Children will need to be in attendance at their respective race briefings, which will be located at the Challenge Wanaka swim start location. This will be the starting area for all events.

RACE DAY INFO

Children 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 their respective race briefings, which will be located at the Challenge Wanaka swim start location. This will be the starting area for all events.

BIKE DROP OFF

7AM TO 8.45AM - 14TH FEBRUARY

The designated bike racking time for the Junior Challenge is 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 race gear bag (if you have one) with your race number and hang this on the handlebars. 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 in Pembroke Park.

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. A running/biking top (t-shirt/singlet top/long sleeve top) is compulsory for all children. 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 if they are competing in the triathlon

Bike: A smooth running bike with pumped up tyres and functioning brakes is a necessity. The bike in 2020 is on road and will take place along Ardmore st. We recommend you have your child's bike checked off with one of the local bike shops to ensure its functioning well and is safe to ride. This is your responsibility.

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. We also recommend you have your child's helmet inspected by your local bike shop and replace the helmet if it is damaged.

Footwear: It is a requirement that every child wear closed footwear that they can run and bike 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 bungee 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. We will disqualify any child who is not wearing closed footwear on the bike or run leg.

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 children 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.

EQUIPMENT PICK UP

The transition area will open to the public for gear collection from 2.45pm to 6pm. Please collect your child's equipment during these times. Some allowances will be made for earlier pick ups in exceptional and unavoidable circumstances. This will be on a case by case basis and will require a written submission and permission granted from the event manager sally@challenge-wanaka.com. Please do not attempt to enter the transition area between 9am and 2.45pm as you will undoubtedly affect the race of other children competing.

RACE BRIEFING & EVENT START TIME

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

Age Category	Race Briefing	Race Start
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.

THE COURSE *Please refer to course map for detail*

SWIM (YEAR 4-6)

The swim leg of the race will be in Lake Wanaka and will be designed in the shape of an upside down U. Children start according to their year division in wave starts and will swim out to the first buoy, across (parallel to the lake shore) and back into the exit chute. The race will commence with wave starts, which will consist of a maximum of 25 children per wave. Wave's will commence approximately 2 apart, and only when the last swimmer of the last wave exits the water.

The depth of the swim 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. Please ensure your children are comfortable swimming in the lake at a depth where they cannot touch the bottom. As we know swimming is intimidating for some children, 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. 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 1km loop course that will go up and back down Ardmore st. This is a change from previous years. There will be an automatic lap counter counting each child's laps. It is important that your child knows how many laps of this 1km course they need to complete before returning to the transition area. *1 circuit (up and down Ardmore st = 1 lap).*

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 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 250m (as per the course map description).

Year 6 children will complete two laps of the run course around Pembroke Park. Upon completing 1 lap they will be handed a colored band, which is evidence of their 1st lap completing. They will need to hand this to the volunteers stationed at a desk upon completion of their 2nd loop and then continue to make their way to the finish line. If children only complete 1 loop they will be disqualified. 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 Wednesday the 12th 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 9am, so all bikes need to be racked by this time.

FINISH LINE: T-SHIRTS, PRIZES AND MEDALS

All kids will receive their Puzzling World Junior Challenge t-shirt and a swim cap 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 have a wrist band on and will be required to collect their child quickly and efficiently. . One parent will need to wear this wrist band to gain access to the finish line area.

Local kids - 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. Unfortunately no access will be granted to the finish line area for local parents. However each school will have a designated area (which they will communicate) where you can meet your child that is in an uncongested area in and around the Challenge Wanaka marquee.

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.

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 1st of February 2020
 - 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 1st of December 2019 and close at 6pm on the 7th February 2020

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

14.1.3. 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. Protective clothing on the torso and legs is 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 walk over the run bridge crossing on Ardmore st, in single file.
- 16.2. Protective clothing on the torso and legs is compulsory
- 16.3. Individuals must stick to the assigned/marked track.
- 16.4. 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.