



INTEGRITY | HOMES

**CHALLENGE
WANAKA HALF**
wearetriathlon!

Challenge Wanaka Half Athlete Race Manual

20 February 2021

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THANK YOU TO OUR SPONSORS



THANK YOU TO OUR PATRONS

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THE CHALLENGE WANAKA TEAM

Race Director

Assistant Race Director

Race Referee

Operations Manager

Commercial Manager

Athlete Services

Swim Leg Managers

Bike Leg Manager

Run Leg Manager

Communications Manager

Transition/Finish Manager

Gear Manager

Volunteers Manager

Marketing/Media

Medical Manager

Bill Roxburgh

Sally Hayes

Ken O'Rourke - Tri NZ

Cass Harvey

Amy Carroll

Catherine Hall

Chris Thornton/Craig Fahey

Trevor Page

Duane Smith

Carly Parker

Jono Hildage

Sarah Searle

Sophie Luther

Aaron Scott

Race Office

Lake Wanaka Centre, Ardmore Street, Lake Wanaka: Monday 8 - Friday
12 February 2021

Glendhu Station Woolshed: Monday 15 - Saturday 20 February 2021

E: event@challenge-wanaka.com

W: www.challenge-wanaka.com

TIMETABLE OF EVENTS

| Wednesday 17th February | | |
|--------------------------------|--|--------------------------------------|
| 12.00pm | Adaptive BBQ and course walk through. Staff & volunteers welcome | Finish area, Glendhu Station |
| 4.00pm - 7.00pm | Intermediate Challenge Bike drop off | Bike Transition, Glendhu Station |
| Thursday 18th February | | |
| 6.30am – 7.00am | Competitive Bay to Bay Swim. Transponder pick up and late registrations | Race HQ, Glendhu Station |
| 7.15am | Bay to Bay swim start | Glendhu Bay (Mt Aspiring view end) |
| 8:00am | Swim the Course open. Swim safety staff will patrol the course until 9am | |
| 9.00am – 5.00pm | Expo open | Glendhu Station |
| 9.00am – 6.00pm | Racers Edge Bike Checks | Expo, Glendhu Station |
| 9.00am - 11.30am | Puzzling World Intermediate Junior Challenge | Lake Front, Glendhu Bay, Finish line |
| 11.30am | Adaptive Start | Lake Front, Glendhu Bay |
| 12.00pm – 2.30pm | Mitre10 Secondary Schools Event | Lake Front, Glendhu Bay, Finish line |
| 2:00pm – 5.30pm | Challenge Wanaka Half & AquaBike Registration Open | Race HQ, Glendhu Station |
| 2:00pm | Meet the Pro Athletes All welcome | Finish Line, Glendhu Station |
| 2.30pm | Secondary Schools Prize Giving | Finish Line Glendhu Station |
| 2.45pm | TriNZ U19 Elite Race | Lake Front |
| 4.00pm -7.00pm | Bike Transition open for Junior Challenge Bike drop off | Transition area |
| 5.30pm | Athlete Welcome Function | Edgewater Resort |

| Friday 19th February | | |
|-------------------------------|--|--------------------------|
| 7.30am | Puzzling World Junior Challenge Wanaka Registration opens | Race HQ |
| 8:30am – 6:00pm | Challenge Wanaka Half & AquaBike Registration Open | Race HQ |
| 8:30am – 6:00pm | Racers Edge Bike Checks Open | Expo, Glendhu Station |
| 9:00am – 5:00pm | Expo Open | Glendhu Station |
| 9.00am | CWH Pro Athlete Briefing | Edgewater Resort |
| 9:30am | Puzzling World Junior Challenge Wanaka Start | Glendhu Bay, Lake front |
| 1.00pm | Challenge Wanaka Half Transition walk through | Transition |
| 2.00pm | Open Water Swimming seminar – Dan Abel | Glendhu Station |
| 3.00pm | PURE Sports Nutrition information & advice seminar | |
| 3.30pm | Challenge Wanaka AquaBike Transition walk through | Transition |
| 5.30pm | Challenge Wanaka Half Transition walk through | Transition |
| Saturday 20th February | | |
| 5.00am – 6.30am | Transition open for bike racking – Half & AquaBike Recovery tent open for bag drop off | Race HQ, Glendhu Station |
| 7.00am | Conditions/Weather/ Changed Briefing | Swim Start |
| 7.15am | Challenge Wanaka Half Pro Male Start | Swim course |
| 7.18am | Challenge Wanaka Half Pro Female Start | |
| 7.35am | Challenge Wanaka Half Individual Males aged 18 – 39 Start | |

| | | |
|-----------------|---|-----------------------------------|
| 7.40am | Challenge Wanaka Half Individual Males 40+ Start | Swim Course |
| 7.45am | Challenge Wanaka Half Individual Females aged 18 - 39 Start | |
| 7.50am | Challenge Wanaka Half Individual Females 40+ Start | Swim Course |
| 7.55am | Challenge Wanaka Half Corporate Team and School Teams Start | |
| 8.00am | Challenge Wanaka Half Male Teams Start | |
| 8.05am | Challenge Wanaka Half Mixed Teams Start | |
| 8.10am | Challenge Wanaka Half Female Team Start | |
| 8.30am | Challenge Wanaka AquaBike Start | |
| 10.15am | Swim cut-off (course closes) | |
| 9:00am – 5:00pm | Expo Open | Glendhu Station |
| 1.45pm | Challenge Wanaka Half Bike cut off | |
| 1:45pm | Transition reopens for Challenge Wanaka Half gear collection | |
| 3:30pm | AquaBike Course Closes | |
| 3.30pm | Transition opens for AquaBike gear collection | |
| 4.00pm | AquaBike Prize Giving | |
| 5.00pm | Challenge Wanaka Half Course Close & Prize GIVING | Finish Line Area, Glendhu Station |
| 5.30 - 7pm | Live Music and Bar open | Finish Line Area |
| 5.30pm | Volunteer Party | Race HQ |

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.

This year your bike must be checked by Racers Edge staff and receive a sticker on your helmet. This sticker must be shown at registration in order to pick up your race numbers.

Racers Edge will be set up from 9.00am – 6.00pm on Thursday 18 February and 8.30am – 6.00pm on Friday 19 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.

RACE REGISTRATION

Registration takes place at Race HQ at the Glendhu Bay Station Woolshed starting at 2pm on Thursday 18 February and closes on Friday 18 February at 6.00pm. 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 and a recovery bag (GREEN) which is to be used for your post-race gear and is placed in the recovery tent. Note: Teams will also receive a BLUE gear bag for the cyclist.

In your pack will also be a voucher for food from the Aspiring Rotary in recovery after you finish. We allow family/friends into the recovery tent to be with the athlete if they wish. Food will strictly be served only to athletes in exchange for the voucher.

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

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.

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

RACE APP

Your friends and family can follow your progress around the course with predictive tracking on the App, wherever they are in the world. Your progress will be updated at these points: on each bike lap; 18km, 36km, 54km, 72km, 90km, and at each run aid station - 1.5km, 5.5km, 9km, 12km, 14km, 18km. These tracking points will allow your supporters to get regular updates on your progress and let team members know approximately how far out you are from transition. You will need to download the free Challenge Wanaka App from your App Store or Google Play.

RACE NUMBERS

Each race pack includes a set of race numbers: two bibs (one for run one for bike, 1 bike post sticker, 1 helmet sticker, 1 recovery bag sticker). Please follow the instructions on the sheet. If you wish to use a race belt, please stick together the two large bibs and then attached to your race belt. Race belts must be worn at waist height throughout the race – to the rear for cycling and to the front for running.

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 and from the front on the run course. **Failure to display numbers will result in disqualification.**

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

The bike helmet sticker must be placed according to instructions on the sheet.

Recovery bag sticker must be stuck to the right hand side, half-way down the gear bag.

CHALLENGE WANAKA ATHLETE WELCOME FUNCTION

An informal welcome to Wanaka for all athletes at Edgewater Resort on Thursday 18th February at 5.30pm – 6.30pm. 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 through the entry system.

COMPULSORY PRE-RACE ATHLETE BRIEFING

This will be available on-line from 1st February, please visit the Integrity Homes Challenge Wanaka website for this. It is compulsory to view the race briefing. Failure to view the briefing without the approval of the Race Director or Race Referee will result in disqualification. The briefing will be conducted in English.

As well as an overview of the course and key rules and regulations, you will also be advised of any last minute changes that may differ from the information published in this document or on the web site. This briefing will take place at 7am lake side on Saturday morning where any changes, weather or other relevant information will be passed on

TRANSITION WALK THROUGH AND QUESTIONS

Integrity Homes Challenge Wanaka Staff will run two walk through transition and answer any questions. These take place at 1:00pm and 5:30pm on Friday 19th February.

Please note: There is no Friday night bike racking – bike racking is Saturday morning from 5.30am

PRO ATHLETE INFORMATION

A 'Meet the Pro Athletes Session' will take place at 2:00pm on Thursday 18th February at the Expo area by Race HQ. We have scheduled at this time so that you are able to stay and hand out medals to our secondary schools competitors as they finish.

You will be able to register and collect race packs from 2pm on Thursday. **The Pro Race Briefing takes place at 9:00am Friday 19th February in the Edgewater Resort.**

EXPO

There is an Expo of sponsors and other retailers at Glendhu Station where you can purchase any last minute gear needs and official race merchandise.

RACE INFORMATION

SWIM COURSE INFORMATION

The swim is on a one-lap course with a shore start in the sheltered part of Rotary Park, Glendhu Bay on Lake Wanaka. The water is crystal clear with an expected temperature of 17C – 18C.

If you are not familiar with swimming in Lake Wanaka, it is highly recommended you take part in the Open Water swim event – Bay to Bay or swim the course, which will have water safety patrolling.

The Bay to Bay competitive swim (\$20) starts at 7.15am and swim the course is open from 8.00am – 9.00am on Thursday 18 February. To register for the Bay to Bay swim please login to the registration system and add to your cart from the merchandise store or be prepared with \$20 on the day. Registration and late entries from 6.30am Thursday morning at the Glendhu Bay Woolshed. Buses will be available to take swimmers to the swim start.

Please note: this is the only practice session with a water safety patrol on duty.

When training in the lake, 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. There is no body numbering.

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 left of the start line. Please do not cross into the course while warming up – this will result in disqualification.

The start line is on the beach.

The three turn buoys will be highly visible and athletes must keep these on their right hand side. There may be some intermediary marker buoys. Failure to complete the correct course will result in a disqualification.

From the third turn buoy you head to the large red chute and the exit. On exit from the water there is an approximate 200m metre run over the road to the bike transition area. Please note there is no change tent, you will need to change at your bike.

The first aid station with drink/nutrition is 5km into the bike leg.

Please leave your wetsuit under the bike rack so other competitors will not

be inconvenienced when they come into transition.

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

RACE RULES - SWIM

1. Compulsory gear includes a wetsuit and swim cap. Compulsory gear requirements may be changed at the discretion of the Race Director/Race Referee and announced at the Race Briefing (bring everything) 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. (this should be worn under the official race swim cap)
3. Optional gear includes swim gloves (webbing not allowed), neoprene vest (under wetsuits) and swim booties (webbing not allowed), swim speed suits may be worn under a wetsuit but they cannot be used instead of 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 at 10:15am 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 officials 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 leave their wetsuits under the bike rack and out of the way of any other competitors. If the competitor disregards this requirement an eight-minute penalty will be added to his/her time.
11. Wetsuits may only be removed to the waist prior to getting to your bike in the transition.

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 information on the App.

TRANSITION AREA

Your helmet may be on your bike in the transition area. Shoes, including socks, may be attached to your bike or left on the ground underneath your bike. (Please ensure your gear is under your bike and not interfering with other competitors). 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: there is a 200m section of smooth gravel leaving transition to get onto the road, you may bike or push your bike over this section.

Do not leave your wetsuit in the walking lane, put under the bike rack, time penalties maybe added for unsportsman like conduct if your equipment is going to hinder other athletes. Please note your time in transition is part of your overall time – speed is of the essence!

GEAR BAGS

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 between 5.30am – 7.30am 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 rerack your bike before unfastening your helmet.

The 90km bike is over five laps. The course heads out of Glendhu Bay towards Treble Cone Ski field access road. Just past Hospital Flat Aid Station there is a one lane bridge. This will be single file across the narrow bridge and a no passing zone which will be well marked and marshalled. 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.

The turnaround at the Glendhu Bay end will be near the Rotary Park entrance.

When you turn around at Treble Cone you will need to hold out your left arm and a volunteer will slip a band on your arm, each lap you will get one – when you have 5 you are on your finishing lap. **It remains the athlete's responsibility to count their own laps.**

At the end of your 5 laps bike pass the turnaround to the dismount area and push your bike back to the transition. Rack your bike back to your bike rack, you must keep your helmet on until your bike is racked.

Your running shoes should have been left there, put them on there and follow the directions to the run course out the back of the transition.

Please note: There are toilets for athletes' use at the aid station.

RACE RULES – BIKE

1. No drafting is permitted. The cycle draft zone is a ten 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-racked 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. **We do have a road closure in place until 12.30pm but as a condition of our traffic management plan we do need to escort through some commercial / tourist operators during the road closure. Crossing the centre line is prohibited and will result in a disqualification.**

10. The penalty for drafting will be served in the penalty box at transition. The first penalty is four minutes, the second is an additional four minutes (first and second will be served together – 8 minutes) and the third penalty is disqualification.

11. 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.

12. The bike course will close at 1.45pm

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 Half 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”. You will serve your penalty in the penalty box at transition. The first penalty is four minutes, the second is an additional four minutes (first and second will be served together – 8 minutes) 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 20 seconds.
- Athletes must keep to the left 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 a one minute road side stand down..

BIKE LEG AID STATIONS

The aid station is at the Hospital Flat Climbing area car park.

The aid station will have the following nutrition supplies, laid out in the order below:

| | | | | | |
|-------|------------------------|-----------|---------|---------|-------|
| Water | PURE Electrolyte Drink | PURE Gels | OSM Bar | Bananas | Water |
|-------|------------------------|-----------|---------|---------|-------|

ANYONE SEEN LITTERING WILL INCUR AN INSTANT PENALTY OF 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 an instant penalty of disqualification.

Water will be served in plastic branded water bottles – please make sure they fit your bottle holders prior to the race – they are the Spring Fresh brand from Naturally Pure NZ and can be bought throughout New Zealand.

RUN COURSE

RUN COURSE INFORMATION (21.1km)

The run will take you through the new trails of the stunning Bike Glendhu Mountain Bike Park. Heading into the valley you will loop the well-formed bike tracks up to Jack's Spot and back down to continue out of the Bike Park along the Motatapu Road where you will turn around at the Gorge car park and return back along the road to the finish line at the Glendhu Station Woolshed to be welcomed back by your cheering supporters.

RACE RULES – RUN

1. Competitors must not alter the size or appearance of the race number, and must wear it clearly and visibly on their front. Failure to do so will result in a disqualification.
2. Slower competitors must keep to the left with other competitors overtaking on the right.
3. Runners must stay inside the cones at all times. Runners who step outside the cones onto the open road will be disqualified immediately.
4. No individual support vehicles or non-participant escort runners or cyclists are allowed. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside competitors, may not pass food or other items to competitors and should be warned to stay completely clear of all participants to avoid the disqualification of a participant. Runners are expected to follow the directions and instructions

of all race officials and public authorities.

5. Competitors must obey all traffic laws, traffic rules and the directions of Event officials and the Police. The road is open to normal traffic at all times, please be careful when running on and crossing roads.

6. The Race Director has the right to change the location of the run course or the distance of the run course (at their absolute discretion), taking into account the weather and course conditions.

RUN COURSE AID STATIONS

The run leg aid stations are at the following intervals with a portalo available at every station:

R1 – 1.5Km

R2 – 5.5Km

R3 – 9Km

R4 – 12Km

R5 – 14Km

R6 – 18Km

RedBull – 19Km

Each run leg aid station will have the following nutrition supplies, laid out in the order below. Sponges will also be available.

| | | | | | | |
|-------|------------------------------|--------------|------|---------|---------------|-------|
| Water | PURE Electrolyte Drink | PURE Gels | Coke | Bananas | Jet Planes | Water |
|-------|------------------------------|--------------|------|---------|---------------|-------|

On the run course you will have a choice of gels either with or without caffeine.

There will be a Redbull only aid station 3Km from the finish.

CARE FOR THE ENVIRONMENT

Challenge Wanaka Half 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.

Athletes dropping anything outside the Aid Station drop zones will be disqualified

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.

Challenge Wanaka is working with Drug Free Sport New Zealand to ensure this policy is upheld and to maintain the integrity of the sport. Random drug tests will be made at the end of the race and if you are requested to undergo one of these tests, your participation in the race is your agreement to do so.

TEAM INFORMATION

Each relay team will receive one blue bag for the team biker to leave at the bike rack with clothing and a green recovery bag for the runner, three wristbands and one transponder for timing. This transponder represents the relay baton and therefore must be handed over to the next team member. Failure to do so will result in disqualification.

SWIMMERS

Change to cycling: The transponder must be handed over to the cyclist next to his/her bike. The transponder must be handed over at the bike, prior to the cyclist removing the bike from the bike rack. Drinks for swimmers are available at the recovery tent. Please rinse your wetsuit in the yellow bins before leaving transition.

CYCLISTS

Start: Wait beside your bike for your swimmer. You must take over the transponder from the swimmer at the bike. **Only the two athletes involved in the handover may participate in the exchange of the timing chip. Failure to do so will result in a time penalty.** In the event that the timing chip has been lost the team will serve a 30 second time penalty (to be served on the spot) at EACH exchange during which the timing chip is missing.

Bicycle finish: You must hand over the transponder to the runner by your bike rack once you have racked your bike. Pick up your BLUE clothing bag from the bike rack and enjoy some food and drink in the recovery tent. Please note that if you exceed the time limit for the swim and cycle leg, the Race Director has the right to remove your team from the race.

RUNNERS

Before the start: Put your after-run clothing into the GREEN clothing bag and deposit it in the marked area in the recovery tent.

Cyclist update: You download the APP and follow progress of your team

member, if you want to keep track of your cyclist's progress otherwise we suggest you arrive in transition to wait for your cyclist with plenty of time to spare.

Start: You must take over the transponder from the cyclist next to where his/her bike which has been racked prior to the exchange.

Finish: Pick up the GREEN clothing bag at the recovery tent and enjoy some well-earned food and drink.

Once you have tagged your team-mate, please leave transition immediately – no unauthorised people to be in transition at any time. Please note you cannot re-enter transition once you have left this zone.

COMPETITORS DOING TWO LEGS

Pack your run gear in the Blue gear bag and end of race clothing in the GREEN bag. Leave the gear bags in the designated areas outlined above.

Team competitors; please note it is not compulsory to deposit a gear bag.

SECONDARY SCHOOLS TEAMS

Teams are to be made up of 4 or 5 athletes (any teams wanting to compete with fewer team members please contact the Race Director)

Teams to have one swimmer, the bike leg can be done by one or two cyclists, if two cyclists the first does three laps 54Km and the other 2 Laps 36Km – there will be a transition pen just past the turnaround on the Rotary Park side of the road where cyclists can change over. All teams MUST have 2 runners which will do approximately 10.5Km each. Your run changeover will be at the Bike Glendhu Café.

All other CWH rules apply. Your swim start will be with Corporate Teams. All team members should run up the finish together to receive their medals. There will only be trophies for the first 3 teams.

Please Note:

Accompanying participants on the race course, both on the cycle & run course, is strictly prohibited and will lead to the disqualification of the respective participant. No outside assistance is permitted. Competitors should make sure friends, family & supporters are aware of this rule.

RELAY MEETING POINT FOR FINISH

Swim and bike relay team members can meet up with their run team member by waiting at the Motatapu Road. All three team members may then run along the chute and cross the finish line together.

There will be an opportunity to get a photo together as a team immediately after the finish line.

TEAM FINISHER SHIRTS

You can collect your finisher t-shirts from the Recovery Tent when your team has crossed the line. Size changes may be possible if quantities allow.

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 Half 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 2020. Refund of 50% until 31 December 2020. Absolutely no refund after 31 December 2020. All entries are non-transferrable to other athletes or other years. No changes between disciplines are permitted after 31 December 2020.
5. Team member changes will incur a \$30 fee per change until 12 February 2021 and \$50 fee per change from 13 - 19 February 2021.
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 (5.00pm 20 February 2021).
10. Challenge Wanaka Half 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.

11. No headphones, cell phones or headsets may be carried during the swim or cycle. This will result in an instant disqualification. Music is permitted on the run leg. Volume must be at a level that allows outside noise to be heard. If an official is not heard by an athlete due to excessive volume, the Event reserves the right to remove the device in the interest of safety.

12. Challenge Wanaka Half competitors may not compete with a bare torso. This will result in an instant disqualification.

13. Each competitor must be familiar with the entire course and it is their responsibility to follow the correct route.

14. Any athlete wishing to protest against another athlete or official must do so, in writing, to the Race Referee within 30 minutes of his/her finish time. The intention to protest must be verbally advised to the Race Referee within 15 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.

15. Compulsory gear includes a wetsuit and swim cap.

16. Recommended gear includes a neoprene swim cap worn under the supplied cap. This becomes compulsory if the water temperature is below 14C.

17. Optional gear includes swim gloves (webbing not allowed), neoprene vest (under wetsuits) and swim booties (no webbing allowed).

18. 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.

19. Challenge Wanaka may test any athlete for the use of a prohibited substance at its own discretion - a positive test resulting in disqualification.

20. Age Group categories will be in five 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, 60-64, 65-69

21. Individual athletes must be a minimum of 18-years-old on race day.

22. Team athletes must be a minimum of 16-years-old on race day.

23. Age groups categories will be decided in line with Tri NZ rules - age as of 31 December 2021

24. Pro Prize Money: NZ Dollar - 1st \$5000, 2nd \$3000, 3rd \$2000

25. Provided race numbers must be visible at all times throughout the race.

26. All athletes must register during the allocated times and watch 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 Aspiring Rotary is available for athletes in the recovery tent – you must present your voucher which is in your race pack. We allow family and team into recovery to share the finish with athletes but food will only be served to the athletes upon receipt of a voucher. There are food trucks in the Expo area for family and friends.

While we are unable to supply showers on Glendhu Station, the lake is just across the road if you want a quick freshen up or showers are available at the Glendhu Bay camp ground for \$2. We suggest you pack a towel and a \$2 gold coin in your green gear bag.

Once athletes leave transition they will not be allowed back in until 1:45pm for gear collection. If you urgently require your gear prior to this, please contact one of the security staff and they will arrange a volunteer to escort you. This is for safety purposes and to ensure athletes who are still racing are not obstructed in transition.

TIMING

There are 10 start times – see the timetable at the beginning of this manual. The course will close for Challenge Wanaka Half at 5.00pm (this is 9 hours and 15 minutes after the individual start). If an athlete exceeds these times, the race organisers reserve the right to remove them from the course.

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.

Times will be posted at regular intervals on the notice board at the information tent. Please note these are unofficial times until they are approved by the race referee.

CONTINGENCY PLAN

A final decision will take place by 7.00am with an announcement made over the PA system in the Race Central area. The contingency plan is as follows:

If the weather means that the swim is unable to take place at all, the event will revert to a duathlon as a last resort. In the case of a duathlon, the initial run will start on the Motatapu road and run up 1.5km and back to transition. The start will be in waves, starting with pro athletes and then in age group categories at five minute intervals. For teams, the waves will be in the following order: corporate open, male, mixed, female. You will have to remove your shoes from transition and replace them after the initial run.

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 Lake Wanaka Half. The New Zealand-based company photographs endurance events around the world, including Challenge Roth in Germany. 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 30 minutes of his/her finish time. The intention to protest must be verbally advised to the Race Referee within 15 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 1.45pm for bike and gear bag collection.** Please plan your travel arrangements accordingly. Only athletes can access the transition area through the gate on the Glendhu Station access road. 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.

RECYCLING

A number of athletes have mentioned they would like to hand back their Green or Blue gear bags to recycle for next year. We will have a container in the Marque 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 here as well.

MEDAL ENGRAVING

Medal engraving will be available from the Mitre 10 tent in the Expo area for \$6. Eftpos or cash payment accepted.

PRIZE GIVING

The Prize Giving will be in the finish area at 5.00pm on Saturday after the last CWH competitors have finished. We are wanting to create a party atmosphere here and will have music and food trucks on site until 7pm.

CROMBIE LOCKWOOD VOLUNTEER CREW PARTY

This is a thank you party for the 450 volunteers who have given their time to support the race and takes place at 5.30pm at the Glendhu Station Woolshed on Saturday 20 February.

WRAP PARTY – 7.30PM SATURDAY 20 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 at Glendhu Station and will take place at Rove Bar, Post Office Lane, 33 Ardmore Street; it promises to be a lot of fun!



SUZUKI TRIATHLON NZ NATIONAL SERIES

Challenge Wanaka Half will be the South Island Championship Mid Distance race as part of the TriNZ Suzuki National Series! Find out more on the [Triathlon NZ Website](#).

THE CHAMPIONSHIP



The allocation of age group slots for **THECHAMPIONSHIP** Samorin, Slovakia 23rd May 2021 is outlined as follows:

Challenge Family Age Group Athlete Slots (Individuals)

- One slot for each of the top twelve (12) finishers in each male and female age group at **CHALLENGEFAMILY** full distance and half distance races.
- Slots will not roll down in each category.
- Based on the current number of **CHALLENGEFAMILY** full and half distance races and the above allocation of slots, there is a total of 5,412 individual age group qualifying slots available across **CHALLENGEFAMILY** full and half distance races.

Relay Team (Age Group) Athlete Slots

- One slot for each of the top three (3) finishers of the mixed relay team at all **CHALLENGEFAMILY** full and half distance events (where relays are conducted).
- One slot for each of the top three (3) finishers of the all-male relay team at all **CHALLENGEFAMILY** full and half distance events (where relays are conducted).
- One slot for each of the top three (3) finishers of the all-female relay team at all **CHALLENGEFAMILY** full and half distance events (where relays are conducted).

QUALIFIER ENTRY SYSTEM

- Upon qualifying for **THECHAMPIONSHIP** at any one of the qualifier events, the qualifying athlete will receive a registration code (via email) from Challenge Family. This code will allow the athlete to complete the on-line registration form for **THECHAMPIONSHIP** at the event website. Qualification for **THECHAMPIONSHIP** is only finalized upon completion of the on-line registration form and full payment of the event registration fee.
- The qualifying athlete will have seven (7) days to register for **THECHAMPIONSHIP** (and pay the event registration fee) following the receipt of the registration code. Failure to register within the 7-day expiry period will waive the qualification.



www.challenge-wanaka.com
20 February 2021