



Intermediate Challenge Race Information

Date: Thursday 17th February 2022

Location: Glendhu Bay

Event: Intermediate Challenge

COVID Protection Framework Protocols for this event

- If your child is over 12 years and 3months of age on Thursday 17 February 2022, they will require proof of a Vaccine Pass to enter.
- All children under 12 years and 3months of age on Thursday 17 February 2022 are exempt
- All spectators, parents, caregivers, supporters, contractors entering the event site **MUST** show proof of a valid Vaccine Pass to gain entry and also sign in via the QR code

Events – Starting Order

Year 7 Girls

Year 7 Boys

Year 8 Girls

Year 8 Boys

Year 7 Girls Team

Year 7 Boys Team

Year 7 Mixed Team

Year 8 Girls Team

Year 8 Boys Team

Year 8 Mixed Team

How the day will run

- Each year group will run in waves
- Prize giving for each year group will be held as soon as the final start wave of that year group has finished.
- Prize giving will be held at the Western end of the Recovery Tent
- Start times for each year group are listed later in this document. Confirmed start times will be distributed to schools, in race packs and posted on the Challenge Wanaka website

Registration – local Wanaka students

All local Mt Aspiring College and Holy Family children register online via the following link <https://forms.gle/9LTYEpVsEDJbtom19>

Registration – non-local students

- All non-local students can register via the Challenge Wanaka website at the following link <https://eventplus.net/JCW22>
- Information has been and will continue to be provided in school newsletters and updated on the Challenge Wanaka Intermediate Challenge website page and email.

Registration closes for all Intermediate Challenge events on Friday 11th February

Bus Transport:

Buses will be provided for Holy Family School and Mt Aspiring College for all students attending from these schools.

Bike Transport

Challenge Wanaka will collect bikes from Mt Aspiring College and Holy Family on Wednesday to be taken out to Glendhu and placed in the Transition area.

Please make sure your child/children take their bike(s) to school that day

All bikes MUST have the student's MTB race plate number cable tied to the front of their handle bars before collection and/or drop off at the bike transition

Bikes will be racked/placed in Year Groups and by Gender in the *bike transition area*

Dropping bikes at Glendhu

**Parents have the option to take their children's bikes out to Glendhu to place in the transition area on Wednesday between 4-7pm or before 8.30am on Thursday morning before the start of the first event of the day*

Non-Local Entries

- Pick up your registration pack *in front of the Woolshed* on Wednesday between 4-7pm or Thursday between 8am - 8.30am
- Ensure that you have attached your race plate to your bike
- Rack your bike in the bike transition (on the rack with your Year Group/gender) before
- Proceed to the school zones beside the finish area to wait for your event to be marshalled

Designated School Areas/ Corrals beside finish area

These will be positioned near the finish line area and signposted for each school and a designated area for non-local entrants

- Signage with the name of each school will be on each school corral

- Students will sit in year groups in their Corral for ease of marshalling
- Non-local students will have a dedicated corral
- Year Groups will migrate from one end of the corral to the other end of the corral based on if they are arriving and about to start or finishing and getting ready to leave
- *No parents will be allowed in the school corrals*

No parents will be allowed in the transition area while an event is under way

Finish Area

- Once students finish their event they will be presented with a finishers medal and will proceed to into the recovery tent beside the finish area.
- Prize Giving will be held as soon as the final participant of the final wave of each event has finished at the Western end of the Recovery Tent
- Students then proceed back to their school zone to board buses to go back to school

Start times/Run Sheet for the day

Intermediate Runsheet	
Time	Year Group
7.30am	Bike Transition Open Race Packet pick up – non-local students in front of Woolshed
8.45am	Buses load at schools (MAC + Holy Family)
9.20am	Buses arrive at Glendhu
9.25am	Students walk through Bike Transition to drop shoes and any additional clothing
9.30am	Race Briefing at Start Corral + Timing Chips given out
9.40am	Year 7 Boys
9.45am	Year 7 Girls
9.50am	Year 8 Boys
9.55am	Year 8 Girls
10.00am	Year 7 Boys Team
10.02am	Year 7 Mixed Team
10.04am	Year 7 Girls Team
10.08am	Year 8 Boys Team
10.10am	Year 8 Mixed Team
10.12am	Year 8 Girls Team

12.25pm	Prize Giving
12.40pm	Load buses to return to school
1.15pm	Students back at school

- Look out for the CONFIRMED Timetable/Run sheet that will be distributed to schools, on the website and in race packs

Non-local students

- arrive at Glendhu Bay at 8am if you need to collect your registration pack and rack your bike
- be ready and waiting in the school zone beside the finish area 30mins before the beginning of your Year Group start time so that you can be marshalled for your event

Transition Familiarisation - Individual

Each event wave will walk by their Year Group bike rack in transition **to place their shoes + helmet + any additional clothing** as they are walked to the start line of the swim so that they know where they are heading when they run through transition to collect their bike.

Teams Events

- All team members will attend the briefing at the school corral near the finish line before heading to their starting position
 - Swimmers – to the swim start
 - Bikers – to their bike in the bike transition area
 - Runners to the bike transition exit
- Swimmers will complete their swim then run to the bike transition to tag their biker
- Bikers are not allowed to mount their bike until they have exited the transition area (this will be clearly marked).
- Bikers will receive marks on their wrist for each lap they complete then head back to transition to rack their bike and tag their runner
- Bikers must dismount at the entry to transition and place their bike in their original spot then run to the bike transition exit to tag their runner.
- Runners exit transition onto the run course.
- Runners will receive a wrist band for each completed lap.

All team members to congregate at the finish line upon completing their leg to cheer/welcome home their team mates as they finish and to receive their finisher medals/prizes

Race Briefing

Briefing for each event will be held 5mins before the start time of each event.

Transition

We have a dedicated Challenge Wanaka staff member who will be the dedicated leader/helper in the transition area with nominated volunteers to assist children with the transition from swim-bike and bike-run for Individual and Teams events.

Lap Counting – Bike + Run

Both the bike + run are multi-lap courses.

- *Bike: wrists will be marked with a sharpie by marshals to indicate the completion of each lap*
- *Run: wrist bands will be handed out each lap to ensure that each child does the required number of laps and does not lose count.*

Finish Line

Each school will have a designated sign inside the recovery tent for all children from each school to muster at once they have crossed the finish line and received their participation medal and prize from Puzzling World.

- Holy Family
- Mt Aspiring College
- Other schools

Recognition

All place getters in each year group:

- Are recognised with trophies
- *earn the right to represent the Upper Clutha at the Central Otago Primary Schools Triathlon later in the year*
- *get the opportunity to be 'balloon kids' in the Challenge Wanaka finishing chute to welcome home the top pros on Saturday*

All finishers receive:

- a medal
- a finishers prize from Puzzling World at the finish line (which is always a secret until the finish line!).

Race Packs Distribution/Collection

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

*All other Intermediate competitors **who do not attend local, local home school students or other schools;***

- can pick up their registration packs from the Junior/Intermediate Challenge desk, located in front of the Glendhu Station Woolshed on Wednesday 16th of February between 4pm-7pm.
- Registration packs can also be picked up on the morning of the event from the registration desk in front of the Woolshed between 8.00am-8.30am.

Race Packs

Race packs will include:

- **MTB Race Plate** with number printed on the front. **Attach this to the front handle bars of your child's bike** with the cable ties provided

- **Number Tattoo – apply this the morning of race day!**
- Swim Cap
- Tee-shirt
- Instructions on what to do with all of your race pack contents
- instructions for race day
- Run sheet for the day of the race
- A race map

**** If Timing Chips are not included in Race packs, they will be given out in start corrals on Race day**

Race Format

Children will compete against their peers in their own year group and teams events in waves of a maximum of 30 children at a time.

This ensures that the swim is safe and they are able to move easily through the Transition area while allowing event to run smoothly without congestion.

Timing: Children will wear timing chips and receive an overall time for their swim/bike/run and placing in their year group.

Tattoo Race Numbers

Each child will receive a race number tattoo in their race pack.

Apply to ***Right Leg just below the knee on the outside of the leg***



Please ensure this is applied before they go to school on the morning of the event or before they get to the event site if they do not attend a local school.

EQUIPMENT

Wetsuits/Race clothing:

- *We recommend wearing clothing that is either suitable for all 3 legs or is easily changeable in the Transition area.*
- A running/biking top (t-shirt/singlet top/long sleeve top) is compulsory for all children.
- Wetsuits are allowed but 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 as they walk through Transition to the start corral.*
 - *Having their gear numbered and clearly identified and contained will ensure that their gear stays with their bike.*
- *There are volunteers in transition to help children if they need assistance*

Goggles:

- We recommend that children competing in the Individual Year 7+8 and Team Swimmers wear goggles to help them see in the water during the swim. Please name your goggles so that we can return them to you if you lose them.

Bike: *This event is MTB ONLY (no road bikes or bikes with electric motors)*

Please ensure your child's bike *is safe and in good running order.*

- MTB race number attached with cable ties (provided) to the front of the handle bars
- Tyres are pumped up
- Brakes are working properly
- Gears are working smoothly

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.

If you need assistance getting your child's bike to a working and safe condition please contact your school and they will put you in touch with our local community workshop.

***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.

Children take their helmet to school with them to school on the day of the event

- Individual athletes will need to place their helmets (and their running shoes + any additional clothing) with their bikes in the transition area as they make their way to the swim start.

Footwear:

- Every child must wear fully CLOSED footwear that they can RUN and BIKE in.
- *We recommend that children have shoes that they can put on themselves*
 - can TIE THEIR OWN LACES

- or use BUNGIE LACES
- or shoes with VELCRO closure

***Having laces that are undone is a safety risk and for this reason Marshals will ask children to stop and fix their shoes (and assist them) 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.*

***Children can opt to swim in their running shoes if they want to*

Hydration and nutrition:

- **BRINGS THEIR OWN DRINK BOTTLE TO THAT IS ABLE TO BE REFILLED (Covid-19 Protocol)**
- We recommend your child has
 - drunk at least 250mls (1cup) of water
 - eaten something within 30minutes of the event starting (i.e. ½ a banana or something similar that is easy for them to digest)
- takes something to eat after their event while they wait to go back to school

There will be water & bananas on the finish line

Sunscreen:

Please ensure your child has water resistant sunscreen on when they go to school on the day of the event.

Warm Clothing:

We recommend that all children have an item of warm clothing (i.e. a jersey or a jacket) in their bag to put on after their race should they be cold or if the weather is inclement.

Notes for Parents + Supporters

Parents are *NOT ALLOWED* in Transition Area or in the designated school corrals.

Dedicated Supporter Zones will be marked out for parents and supporters to watch, cheer and encourage their children at various points.

These will be clearly marked and communicated.

*****Parents of students attending Mt Aspiring College or Holy Family School are NOT to transport their children away from the event site at Glendhu*****

RACE BRIEFING & EVENT START TIME

Race briefing is compulsory for all children and will take place at the start corral on the beach 5 minutes before each age category starts.

Age Category	Race Briefing	Race Start
Year 7 Boys	9.35am	9.40am
Year 7 Girls	9.40am	9.45am
Year 8 Boys	9.45am	9.50am
Year 8 Girls	9.50am	9.55am
Year 7 Boys Team	9.55am	10.00am
Year 7 Mixed Team	9.57am	10.02am
Year 7 Girls Team	10.02am	10.04am
Year 8 Boys Team	10.04am	10.06am
Year 8 Mixed Team	10.06am	10.08am
Year 8 Girls Team	10.08am	10.10am
	12.25pm	Prize Giving
	12.40pm	Load buses to return to school
	1.15pm	Students back at school

PRIZE GIVING

Will be held at the conclusion of all Intermediate Events at 12.25pm at the Western end of the Recovery Tent

SWIM

- The swim leg of the race will be in Lake Wanaka at Rotary Park and is a U shape.
- Children start according to their year/event division in wave starts and will swim out to the first buoy, across (parallel to the lake shore) and back into the exit chute.
- Please ensure your child is able to swim the entire distance (see non-swimming option below)
- Please ensure your child is comfortable and able to swim without being able to touch the bottom (*Glendhu Bay is deeper than the previous course on the Wanaka lakefront*)
- The race will commence with wave starts, which will consist of a maximum of 25 children per wave. Wave's will commence approximately 2minutes apart, and only when the last swimmer of the last wave exits the water.
- Individual and Team Swimmers exit the water and run/walk up to the Bike/Run Transition area to collect their bike/tag their biker.

SWIM SAFETY

- The Wanaka Lake Swimmers club will be out in the water with pool noodles, kayaks and stand up paddleboards to support and regulate each wave of children.

BIKE

There will be 1x transition area for both the Bike and the Run as illustrated in the course maps

- The bike is a 1km loop course and is multiple laps.
- Individual athletes will enter the transition area (as illustrated in the course map) and locate their bike, which will be in numbered sections within each Year Group/Event category.
- Team Swimmers will run through transition to find their Biker and tag them. Bikers must be tagged by their Swimmer before they can leave Transition.
- Helmets are compulsory for the bike leg and marshals will be checking helmets are secured when children exit the transition.
- *They will receive a mark on their wrist at the completion of each lap so that they know they have completed the required number of laps*

RUN

- Individual athletes will enter the transition area, rack their bikes and continue to exit on to the run course (towards Bike Glendhu).
- Team Runners will be waiting at the bike transition exit for their Biker to tag them.
- *All Individual and Team Runners will receive a wrist band so that they know they have completed the required number of laps*

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.

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

Course Map – detailed below



RACE RULES

1. EVENT OVERVIEW

- 1.1. The Triathlon for Year 7+8 will consist of a swim/bike/run
- 1.2. 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 2022
 - 2.1.1. Year 7
 - 2.1.2. Year 8

3. ENTRIES

3.1. Entries officially open on the 22nd November 2021 and close at 6pm on the 11th February 2022

4. CANCELLATIONS AND REFUNDS

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

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

5. TRANSFER OF ENTRY

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

6. RESPONSIBILITY

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

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

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

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

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

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

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

7. PENALTIES

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

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. Bikes This is a mountain bike only event – no road bikes are allowed to be used.

9. COMPLAINTS

9.1. 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.

10. WITHDRAWALS

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

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

11. LITTER ON COURSE

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

12. ROAD CLOSURES

12.1. 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.

13. MEDICAL

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

13.2. 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

14. OFFICIALS

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

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

15. SWIM PROTOCOL

15.1. SWIMMERS

15.1.1. All swimmers must complete the entire swim leg.

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

15.1.3. 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.

15.2. NON-SWIMMERS

15.2.1. All non-swimmers will 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.

16. BIKE PROTOCOL

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

16.2. Helmets for the bike leg are compulsory.

- 16.3. Protective clothing on the torso and legs is compulsory
- 16.4. Parents must ensure that bikes are in safe functioning state.
- 16.5. Remain in control at all times. Out of control riders are a hazard to themselves and others.

17. RUN PROTOCOL

- 17.1. Individuals must walk over the run bridge crossing on Ardmore st, in single file.
- 17.2. Protective clothing on the torso and legs is compulsory
- 17.3. Individuals must stick to the assigned/marked track.
- 17.4. Inappropriate behaviour such as pushing or shoving in the run leg will result in automatic disqualification

18. SUPPORT CREWS AND SPECTATORS

- 18.1. All transition areas will be manned by official races. No outside assistance from spectators/support persons are allowed in designated transition areas.
- 18.2. Spectators/support persons are allowed in designated spectator areas along the course.

19. I/we acknowledge that the Event Organisers reserve the right to alter the advertised course or start time (at their absolute discretion) and Ministry of Education guidelines regarding Covid will be adhered to and followed.