



### Junior Challenge Race Information

**Date: Friday 17<sup>th</sup> February 2023**

**Location: Glendhu Bay**

**Event: Junior Challenge**

#### **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* (it is a rolling prize giving throughout the day).
- 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 Wanaka Primary, Take Karara, Holy Family and Hawea Flat children will register online via the following link:

<https://forms.gle/tqELHzQ98kckFxMu9>

\*Students who are starting a new school at the start of 2023: register with the name and year group of your new school)

*Registration closes for all Junior Challenge events on **Friday 10<sup>th</sup> February***

All event Information can be found on the [Challenge Wanaka Junior Challenge webpage](#)

#### **Bus Transport:**

Buses will be provided for all local Wanaka primary schools.

*Bus transport timetable will be issued to schools on Monday 13<sup>th</sup> February*

#### **Bike Transport**

Challenge Wanaka have arranged for a truck to collect bikes from schools (Holy Family/TK/Wanaka Primary) on Thursday 16<sup>th</sup> February to be taken out to Glendhu and placed in the Transition area.

Separate bike transport is arranged for Hawea Flat.

*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 handlebars 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 rack in the transition area on Thursday between 4-7pm and before 8.30am on Friday morning before the start of the first event of the day*

### **Designated School Areas/Corrals beside finish area**

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

- Signage with the name of each school will be on each school corral
- Non-local students will have a dedicated corral
- Students will sit in year groups in their Corral for ease of marshalling
- 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 are 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 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

### **Local students arriving via Bus Transport**

- Children will arrive at Glendhu Bay a minimum of 30mins before the beginning of each Year Group start time.
- We will start with Year 3 and finish with Year 6.

Waves of maximum 30 children will start in each wave at 2minute intervals to avoid congestion in Transition areas (each child wears a timing chip and will have their individual time recorded that will be collated at the conclusion of each Year group to ascertain the 1<sup>st</sup>/2<sup>nd</sup>/3<sup>rd</sup> for prize giving).

- Prize giving will be held at the conclusion of each Year Group then students will board buses back to school.

**\*\*Parents are NOT to transport their children from the event site at Glendhu\*\***

## **Race Briefing**

Briefing for each event will be held 5mins before the start time of each event by the Start Marshall on the beach.

## **Transition Familiarisation**

### **Year 3-2-1**

Each Year Group will walk by their Year Group bike area/rack in the transition area as they are walked to the start line of the duathlon so that they know where they are heading when they run through transition to collect their bike

### **Year 4-5-6**

Each Year Group will walk by their Year Group bike rack in transition **to place their shoes** 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

## **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 to find their bikes/shoes.

## **Lap Counting – Bike + Run**

For those year groups completing multiple laps of the bike/run course (Year 4-5-6) wrists will be marked in a specially designed chicane on the bike course to ensure all children complete the correct number of laps. Each child must have the correct number of laps marked on their wrist before racking their bike and heading out onto the run course.

*Each child is responsible for getting their wrist marked each lap.*

## **Finish Line**

Each school will have a designated sign beside the finish chute 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 Wanaka Primary

Hawea Flat

Holy Family

Take Karara

Tarras

Makarora

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**

All local school children (Wanaka Primary, Take Karara and Holy Family students) will be given their race packs at their local school by their teachers on the Tuesday or Wednesday of race week

## 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
- **Timing Chip – DO NOT forget this!\*\***
- 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
- Course 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 in waves of maximum 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 the event to run smoothly without congestion.

## 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 Years 4-5-6 children 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.*

**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 putting it on and taking it off by themselves.*

*We also recommend you have your child's helmet inspected by your local bike shop and replace the helmet if there is any sign of damage.*

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

- Year 3-2-1 children wear their helmets during the first run.
- Years 4-5-6 children need to place their helmets (and their running shoes) 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 to tie their shoelaces (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:**

- **CHILDREN TO BRING THEIR OWN DRINK BOTTLE TO THAT IS ABLE TO BE REFILLED**
- We recommend your child has:
  - drunk at least 250mls (1cup) of water and
  - 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 the Transition Area or 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 Wanaka Primary, Holy Family School + Take Karara 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 5 minutes before each age category starts.

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

### **PRIZE GIVING**

Will be held at the conclusion of each Year Group wave at the Western end of the Recovery Tent

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

- 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 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)
- The race will commence with wave starts, which will consist of a maximum of 30 children per wave. Wave's will commence approximately 2mins apart
- Weaker/Non-swimmers will be allowed to walk along the shore line and exit with the last swimmer of their start wave.

### **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 2x transition areas (1x for Years 1-3 and 1x for Years 4-5-6 ), as illustrated in the course maps

- The bike will be a 1km loop course
- Swimmers/runners will enter the transition area (as illustrated in the course map) 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.
- *Year 4-5-6 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 (YEAR 1-3)**

- *Year 1-3 will run a shortened course for both the run legs of their duathlon*
- *Year 4-5-6*
  - Children will enter the transition area, rack their bikes and continue to exit on to the run course (towards Bike Glendhu).
  - *Year 6 will receive a wristband 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

## Start times/Run Sheet for the day

Junior Run Sheet	
TIME	DETAILS
9.30am	Year 3 Start Time
10.05am	Year 3 Parents to Collect Bikes from Transition
10.10am	Year 3 Prize Giving
9.50am	Year 2 Start Time
10.35am	Year 2 Parents to Collect Bikes from Transition
10.40am	Year 2 Prize Giving
10.40am	Year 1 Start Time
11.40am	Year 1 Parents to Collect Bikes from Transition
11.45am	Year 1 Prize Giving
11.40am	Year 4 Start Time
12.55pm	Year 4 Parents to Collect Bikes from Transition
1.00pm	Year 4 Prize Giving
12.30pm	Year 5 Start Time
1.40pm	Year 5 Parents to Collect Bikes from Transition
1.45pm	Year 5 Prize Giving
1.30pm	Year 6 Start Time
2.45pm	Year 6 Parents to Collect Bikes from Transition
2.50pm	Year 6 Prize Giving
3.35pm	Year 6 to be Collected from School

\*Times may be subject to change

CONFIRMED Timetable/Run sheet that will be distributed by schools, published on the website and included in race packs during race week.





# JUNIOR



Year 1 & 2	250m run	1km bike	250m run
Year 3	250m run	1km bike	1km run
Year 4	50m swim	3km bike (3 laps)	1km run
Year 5	100m swim	3km bike (3 laps)	1km run
Year 6	200m swim	3km bike (3 laps)	2km run (2 laps)



Detailed Course Maps – below  
Year 1+2



Year 3



## Year 4-5-6



## RACE RULES

## **1. EVENT OVERVIEW**

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

## **2. RACE CATEGORIES**

### **2.1. Individuals age group categories as of the 1<sup>st</sup> of February 2023**

- 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 22<sup>nd</sup> November 2022 and close at 6pm on the 10<sup>th</sup> February 2023

## **4. CANCELLATIONS AND REFUNDS**

- 4.1. Individuals may cancel their entry at any stage prior to the event, however no refunds will be provided.
- 4.2. If the race is cancelled due to acts of god, natural disasters, terrorism or other reasons etc, the organisers will make every effort to refund as much of the entry fee as possible to all teams. However, all individuals should be aware that any refunds will be made after event costs have been taken into consideration. Given the high number of fixed costs associated with organising the race individuals should also be aware that any refund is likely to be minimal. The race will not be re-scheduled.

## **5. TRANSFER OF ENTRY**

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

## **6. RESPONSIBILITY**

- 6.1. No responsibility is taken by Challenge Wanaka for any loss or damaged property of competitors, assistants, or friends during the Challenge Wanaka Junior Triathlon. By completion of the entry form the competitor accepts full responsibility for the risks entailed in competing in Challenge Wanaka Junior.
- 6.2. Competitors and their parents or guardians understand that competing in the Event involves using public areas and roads used by other people and traffic and they are aware of the hazards involved. The hazards include but are not limited to: vehicle traffic, actions of competitors, spectators, Event personnel, weather conditions and their physical and mental state of health They have used their judgment have sufficient competence and experience to participate safely in the Event.
- 6.3. Competitors and their parents or guardians understand 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

**8.** 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.

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

## **10. COMPLAINTS**

**10.1.** 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 1 hour of the completion of the event. The Junior Challenge Wanaka Event manager's decision regarding the complaint is final.

## **11. WITHDRAWALS**

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

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

## **12. LITTER ON COURSE**

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

## **13. ROAD CLOSURES**

**13.1.** 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.

## **14. MEDICAL**

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

**14.2.** 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

## **15. OFFICIALS**

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

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

## **16. SWIM PROTOCOL**

### **16.1. SWIMMERS**

**16.1.1.** All swimmers must complete the entire swim leg.

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



16.1.3. 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.

**16.2. NON-SWIMMERS**

16.2.1. 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.

**17. BIKE PROTOCOL**

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

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

**17.3.** Protective clothing on the torso and legs is compulsory

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

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

**18. RUN PROTOCOL**

**18.1.** Individuals must walk over the run bridge crossing on Ardmore st, in single file.

**18.2.** Protective clothing on the torso and legs is compulsory

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

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

**19. SUPPORT CREWS AND SPECTATORS**

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

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

**20. 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.**