

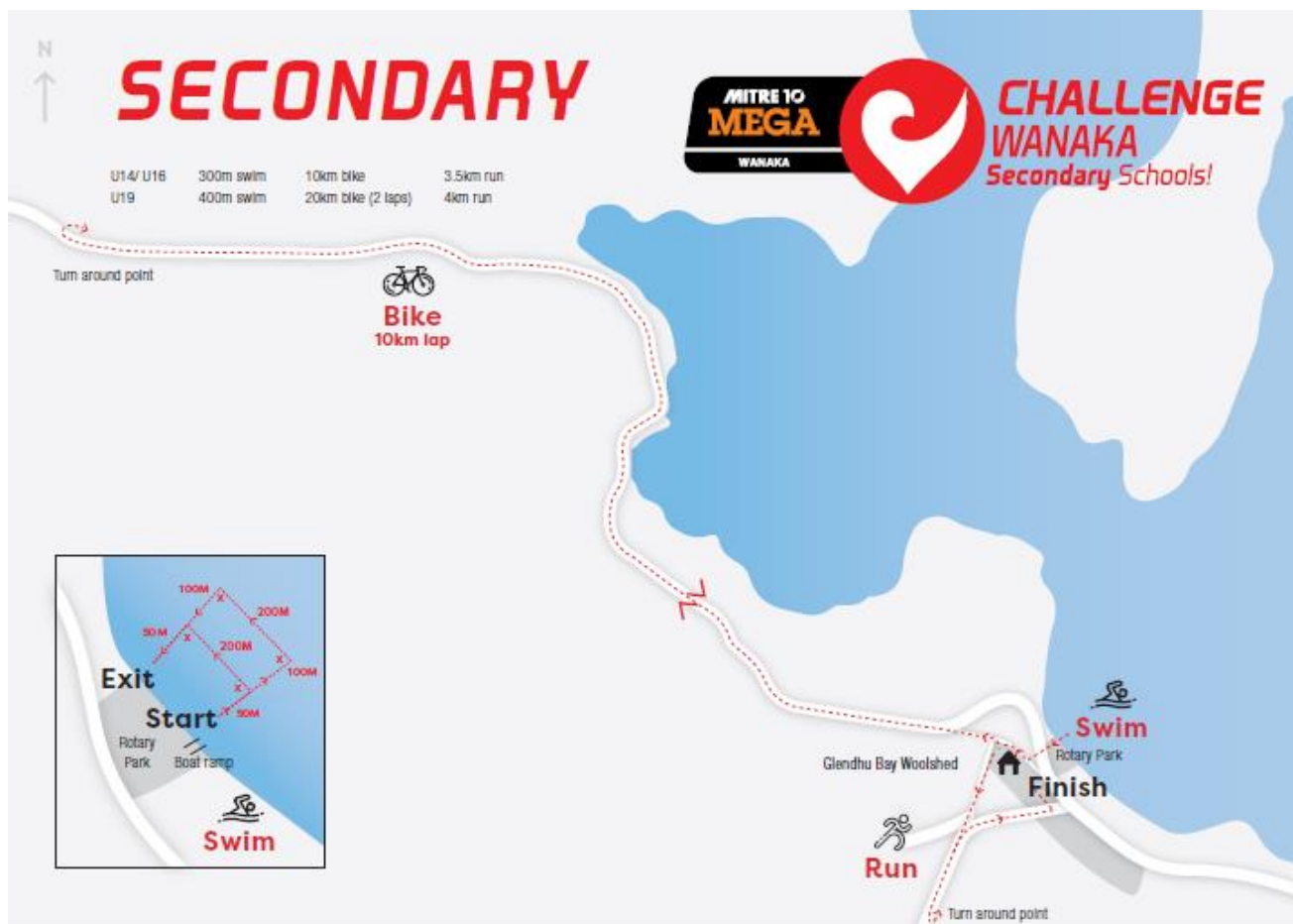
# Challenge Wanaka - Secondary School Triathlon

Glendhu Bay Wanaka - Thurs 16 Feb 2023

## Distances/categories:

For all U14 & U16 races the course will be made up of a 300m swim, 10km bike and 3.5km run.

For U19 the course will be made up of a 400m swim, 20km bike and 4km run.



**Entries Close:** Tuesday 14 Feb, 5pm

## **Cost & Registration:**

Secondary Schools from Otago (including Waitaki Girls, Waitaki Boys, St Kevins and Wakatipu High Schools) should enter through their School Sports Coordinator via the google doc (link below) for a reduced rate of \$12 individual, \$24 for a team of 2 and \$36 for a team of 3. Schools will be invoiced post event by OSSSA.

Enter here: <https://docs.google.com/spreadsheets/d/1nmfNch1vjn73Trstoi9DwnsO-cdkqVI6IXKHbXGtRWY/edit#gid=0>

Any schools that are not from the above areas are to enter online via the Challenge Wanaka Website and pay online (\$30 for individuals and \$60 for teams).

**Otago Secondary School Triathlon Champs:**

Athletes from schools within the OSSSA region will also be competing for the title of Otago Secondary Schools Champion. The results will be separated after the races and these titles along with the overall Challenge Wanaka winners will be presented at the prize giving following the race.

**Bill Godsall Trophy**

This is a new initiative which will see the Bill Godsall trophy awarded to the overall best performing school. Points will be awarded as follows for each category to determine the winner of the trophy:

1 <sup>st</sup> place individual = 5 points	1 <sup>st</sup> place team = 5 points
2 <sup>nd</sup> place individual = 4 points	2 <sup>nd</sup> place team = 4 points
3 <sup>rd</sup> place individual = 3 points	3 <sup>rd</sup> place team = 3 points
4 <sup>th</sup> place individual = 2 points	4 <sup>th</sup> place team = 2 points
5 <sup>th</sup> place individual = 1 point	5 <sup>th</sup> place team = 1 point

**Schedule: & start times TBC**

9:30 – 11:00am Registration at Race HQ, Glendhu Station

12.00pm – Briefing at the bike racks

12.30pm – U19 Boys

12.32pm – U19 Girls

12.34pm – U19 Teams

12.36pm – U16 Boys

12.38pm – U16 Girls

12.40pm – U16 Boys Teams & U16 Mixed Teams

12:42pm – U16 Girls Teams

12.44pm – U14 Boys

12.46pm – U14 Girls

12.48pm – U14 Teams

2.30 – Prize Giving

### **Important Information:**

- Transponders FIRMLY attached – tape it on or tuck it under long wetsuit. More instructions will come with transponder.
- Runner – Number worn on the front.
- Biker – Number worn on the back.
- Teams – the transponder acts as a relay batten' and MUST be worn by each athlete and changed over in transition. There are split times for each leg of the race also this year, hence transponder needs to be worn for the full duration of the race.
- Transition – every athlete/team has a designated spot to rack their bikes. This is identified by the race number. You must properly rack your bike in this spot before leaving for the run/tagging your teammate.
- Swimmers must wear the swim caps that are provided in the managers packs. They are colour coded to assist with ensuring athletes start in the correct waves/categories.
- Teams tag each other in transition area at the allocated team spot.
- Athlete Race Briefing will take place at 12:00pm sharp.

### **School Marshals:**

*Every school entering an individual or team in this event MUST supply at least one person to act as a course marshal.* Please ensure you have enough adult supervision with your athletes to allow for one adult to be in a marshalling position! – Names to be given to OSSSA with athlete registrations.

### **Race Rules:**

- All competitors enter solely at their OWN RISK.
- All competitors must attend the race briefing.
- Each school must supply at least one Race Marshal.
- The ORGANISERS WILL NOT BE LIABLE for any loss or damage to competitor's equipment.
- The event will consist of individuals and teams.
- Competitors who WITHDRAW from the event must NOTIFY THE RACE DIRECTOR as soon as possible.
- Race Marshal's reserve the right to withdraw a competitor if they believe the competitor's health or safety is at risk.
- Approved helmets must be worn on the cycle leg section. Helmets must remain secure until the cycle has been racked in the transition area.
- Shoes are to be worn on the run legs.
- All roads are open to the public. The road traffic rules apply to all competitors throughout the event.
- Race clothing – it is preferable that all entrants wear race clothing that identifies their school.
- This is a non-drafting race.
- Please see a full list of event rules on the Challenge Wanaka Website:  
<https://www.challenge-wanaka.com/enter/rules/>

### **SPOT PRIZES:**

**2 x Ruby wetsuits will be drawn as spot prizes courtesy of Glendhu Station!**

## Integrity Homes Challenge Wanaka ADAPTIVE EVENT

**Thursday 16 Feb 2023**

**AGE GRADES:** This event will be open to anyone Under 25 with an impairment (either intellectual or physical)

**CATEGORIES:**

Physical:

Adaptive Physical A:	Swim 25m in waist deep water, along the lake front + bike 1 lap (1km) + Run to the finish line (approx. 100m)
Adaptive Physical B:	Swim 50m + bike 1 lap (1km) + Run 1 lap
Adaptive Physical C:	Swim 200m + bike 2 laps (2km) + Run 2 laps

Intellectual:

Adaptive – Intellectual A:	Swim 25m in waist deep water, along the lake front + bike 1 lap (1km) + Run to the finish line (approx. 100m)
Adaptive Intellectual B:	Swim 50m + bike 1 lap (1km) + Run 1 lap
Adaptive Intellectual C:	Swim 200m + bike 2 laps (2km) + run 2 laps

**TIMETABLE: race start times TBC**

Wed 15 Feb 4:30pm: BBQ and Course Walk through at Glendhu Station. Join us for some food and a chance to get acquainted with the course before you race!

11.15am – Meet in Bike Transition for race briefing

11.30am – Race Start down by the lake front

**ENTRY LINK:**

<https://eventplus.net/CHA23> under 'adaptive'.

**COST:** \$10 per athlete

**GEAR LIST:**

Swim – Level of gear required will depend on whether the athlete is swimming or wading.

Swim: wetsuit, goggles, cap, swim noodle if required

Wading: shoes that can get wet, wear your bike gear.

Bike – A bike that is in working order- tyres pumped up, brakes checked.

Helmet

Sunglasses (optional)

Run – Comfortable clothes and shoes for running or walking in.

Sun hat

Please ensure your athlete is wearing sunscreen.