



# CHRISTCHURCH AM EVENT GUIDE

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**SUNDAY 23RD FEBRUARY, 2020**

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**JELLIE PARK, BURNSIDE**

# CONTENTS

TRYathlete Checklist .....	3
Event Day Schedule.....	4
Event Distances & Parking .....	5
Course Map .....	6
Village Map .....	7
Step-By-Step Event Guide .....	8-13
Top Tips, Rules & Safety .....	15
Things To Do .....	16
General Information.....	17



# TRYATHLETE CHECKLIST

<input type="checkbox"/>  <p><b>Official Event T-Shirt and Swim Cap</b></p>	<input type="checkbox"/>  <p><b>Bib Number Sticker on official shirt</b></p>	<input type="checkbox"/>  <p><b>Swimming Togs</b></p>	<input type="checkbox"/>  <p><b>Goggles (Optional)</b></p>
<input type="checkbox"/>  <p><b>Towel</b></p>	<input type="checkbox"/>  <p><b>Bike with Number Sticker on Handle Bars</b></p>	<input type="checkbox"/>  <p><b>Helmet with Bib Sticker Number</b></p>	<input type="checkbox"/>  <p><b>Shorts</b></p>
<input type="checkbox"/>  <p><b>Running Shoes and Socks</b></p>	<input type="checkbox"/>  <p><b>Medication (If required)</b></p>	<input type="checkbox"/>  <p><b>Full Water Bottle</b></p>	<input type="checkbox"/>  <p><b>Transition Box</b></p>
<input type="checkbox"/>  <p><b>Bib Numbering (Complete at home or event)</b></p>	<input type="checkbox"/>  <p><b>Sunscreen</b></p>	<input type="checkbox"/>  <p><b>Hat</b></p>	<input type="checkbox"/>  <p><b>Weather Check</b></p> <p>If the weather is not looking great, check our event Facebook page before leaving home, and listen to <b>THE HITS</b> for updates.</p> <p>It is very unlikely we will cancel. The course may be altered to suit conditions.</p>
<input type="checkbox"/>  <p><b>Spare Shirt and Shoes/Jandals</b></p>	<input type="checkbox"/>  <p><b>Jersey/Jacket</b></p>	<input type="checkbox"/>  <p><b>Bike Marker (Optional)</b></p>	

# EVENT DAY SCHEDULE

Times are subject to change. Use as a guide only. Check Information Boards and listen to event briefing on the day for an up-to-date schedule.

## EVENT VILLAGE OPENS

7:00am

## PACK PICK UP & ON THE DAY ENTRIES

(Blue Weet-Bix Marquees in Event Village)

7:00am - 8:15am

## CHECK-IN AT TRANSITION

7:00am - 8:15am

## TRANSITION CLOSES

8:15am

## BRIEFING AT WEET-BIX STAGE CONTAINER

8:30am

## START

9:00am

(Be at Pre-Swim Tent at the time matching your swim cap colour)

									
10 years Blue	9 years Orange	8 years Yellow	7-10 yrs Teams Red	7 years Pink	6 years Green	11-15 yrs Teams White	13-15 yrs Black	12 years Grey	11 years Purple
After briefing	After briefing	9.25am	9.40am	9.45am	10.05am	10.15am	10.15am	10.20am	10.25am

\*Note times may vary on event day

## TEAMS BRIEFING

9:10am

Blue Check-In Tents at TRANSITION

## SPLASH & DASH BRIEFING

9:25am

Blue Check-In Tents at TRANSITION

## PRIZEGIVING

After the final participant has completed the course - approx. 11:40pm




## FINISH

12:00pm



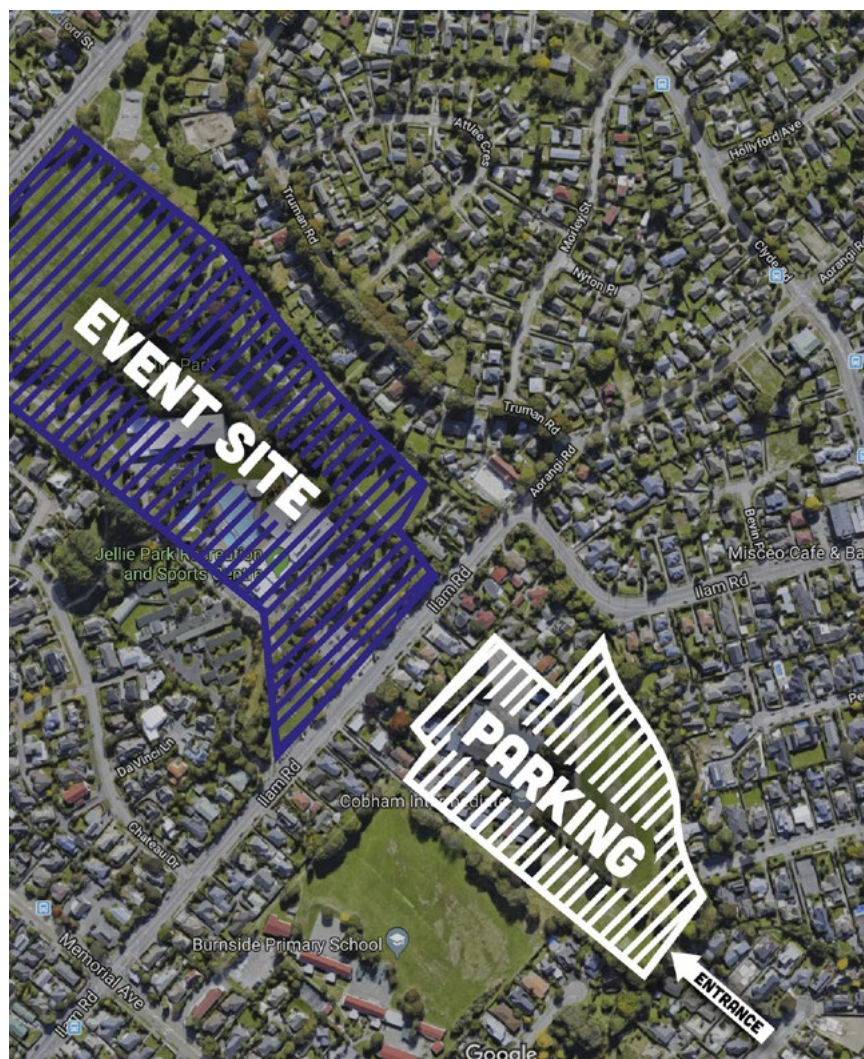


# EVENT DISTANCES

	6YRS	7YRS	8-10YRS	11-15YRS
	50M	50M	100M	150M
		4KM 1Lap	4KM 1Lap	8KM 2Laps
	1.5KM 1Lap	1.5KM 1Lap	1.5KM 1Lap	1.5KM 1Lap

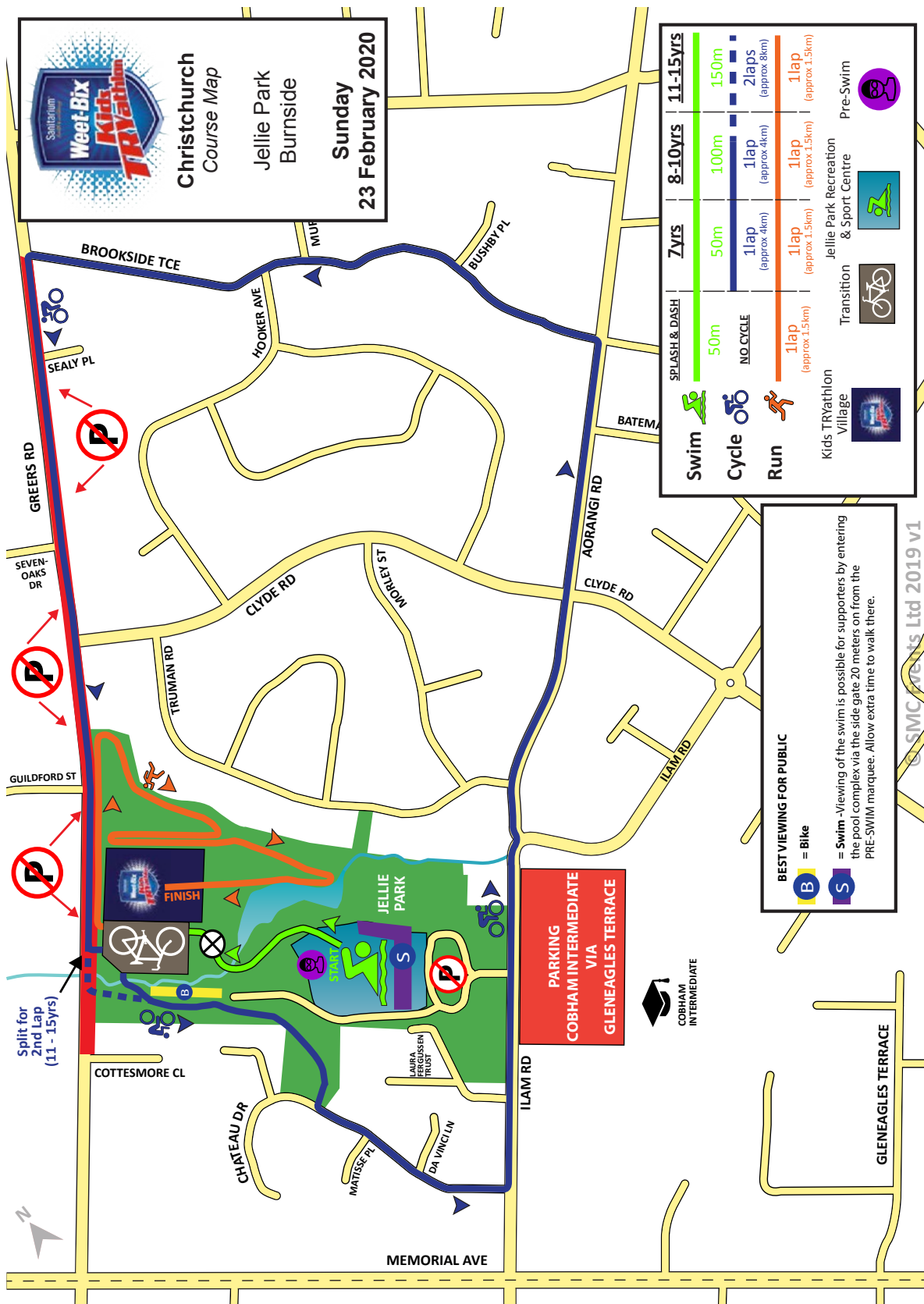
## PARKING

Public parking is available at Cobham Intermediate School (weather dependent), access from Gleneagles Terrace.  
**MORNING EVENT:** car park open from 6.30am



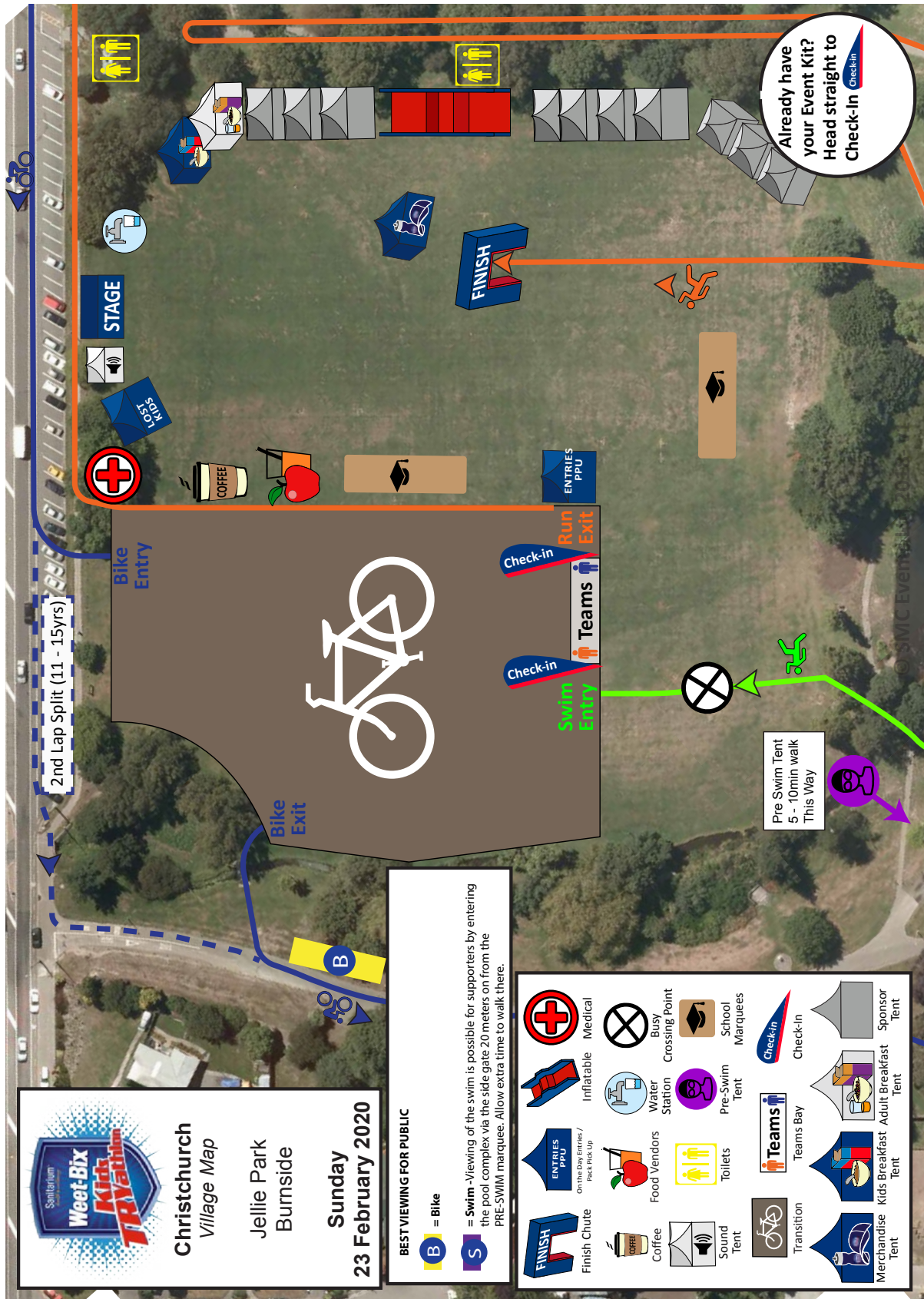
# COURSE MAP

(SUBJECT TO CHANGE)





# VILLAGE MAP



# STEP-BY-STEP EVENT GUIDE

## PACK PICK UP & CHECK-IN

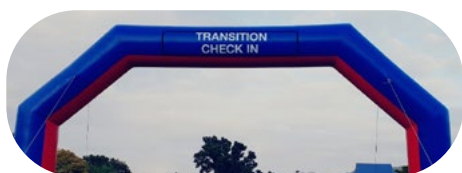
Check-In opens at 7:00am and closes at 8:15am, we advise that you allow yourself plenty of time to Check-In.

**Received YOUR  
TRYathlete Pack  
by courier?**

**Go straight to Check-In with  
your bike and gear.**

**Look for the big Weet-Bix  
Inflatable archway**

**[www.youtube.com/  
watch?v=qtUlb-1PAfE](https://www.youtube.com/watch?v=qtUlb-1PAfE)**



**Need to pick up your  
TRYathlete Pack or change  
your T-shirt or bib sticker?**

**Head to the Pack Pick Up  
tent and line up according  
to Surname to receive your  
TRYathlete Pack**

**Go to Check-In with your  
bike and gear**

**<https://youtu.be/YZACjUjva9g>**

### ALL PARTICIPANTS

- Must be scanned in at Check-In (you'll need to present your bib number sticker)
- Must have their event bib number written on their right forearm and right shin. (There is a NUMBERING station located at the entrance to TRANSITION.)

### TEAM SWIMMERS

- Can head straight back out to the village, once they have been scanned.
- Make sure that your TEAM CYCLIST has your bag containing your towel and running gear. (Event T-Shirt, shorts and shoes)



# GETTING SET UP IN TRANSITION



1. Find the age group flag that matches your age / BIB Colour
2. Find a space to place your gear
3. Place your bike with your front wheel facing out from the line
4. Leave your event T-Shirt, shoes, bike helmet, towel, shorts, and anything else you need after your swim neatly beside your bike.
5. Once you are all set up, you can head to the Event Village



## BREAKFAST

Fuel up for the TRYathlon with a Weet-Bix Breakfast from the Weet-Bix Breakfast tent before the Event Briefing

## TRYATHLON BRIEFING



**8:30AM**

TRYathlon Briefing takes place at the Weet-Bix Stage Container in the Event Village.

All TRYathlete's and caregivers need to be present.

### TEAM BRIEFING

All TEAM TRYathlete's and caregivers need to be present at the TEAMS BAY – the blue tents where you Checked In at TRANSITION - for a 5 minute briefing.

**9:10AM**

TEAM SWIMMERS Please ensure that your TEAM CYCLIST has your towel and running gear.



**9:25AM**

### SPLASH & DASH BRIEFING

All SPLASH & DASH athletes and their caregivers need to be present at the blue tents where you Checked In at TRANSITION for a 5 minute briefing.



# TRYATHLON START

**9:00AM**

Head to the PRE SWIM marquee, once your age group / swim cap Colour has been called. Take your swim cap and your goggles.

TEAM CYCLISTS – You need to go to the TEAMS BAY marquee in TRANSITION when your Age Group / Swim Cap Colour has been called.

									
10 years Blue	9 years Orange	8 years Yellow	7-10 yrs Teams Red	7 years Pink	6 years Green	11-15 yrs Teams White	13-15 yrs Black	12 years Grey	11 years Purple
After briefing	After briefing	9.25am	9.40am	9.45am	10.05am	10.15am	10.15am	10.20am	10.25am

\*Note times may vary on event day

## THE SWIM

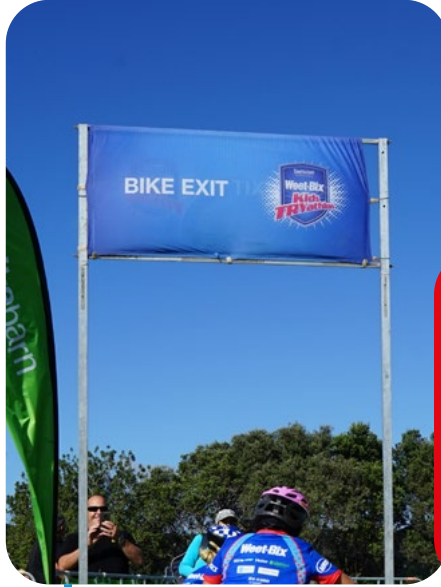
The first part of your TRYathlon will be the swim. There will be lifeguards in the water to help you.

Swim caps must be worn at all times in the swim leg.

Swimmers will be sent off in small groups (waves) within their age group.



# SWIM TO BIKE TRANSITION



From the swim you will run to TRANSITION, put on your cycle gear (including event T-Shirt, helmet and shoes) and walk your bike to the BIKE EXIT in TRANSITION.

The Haier Help Team will be there to help if you need any assistance.

## TEAMS

The SWIMMER will make their way to the TEAMS BAY, after completing the swim to tag their CYCLIST. The CYCLIST will hand the SWIMMER their gear so they can get changed into their running gear. The CYCLIST will go to their bike, put on their helmet and walk their bike to the Hop On sign at the BIKE EXIT.

# SPLASH & DASH

## SWIM TO RUN TRANSITION

From the swim you will run to transition, through the "Entry from Swim" entrance to change into your event T-Shirt and shoes. Then head towards the RUN EXIT.

Caregivers, you are able to join your child at the SWIM ENTRY at TRANSITION to assist your child getting changed.

When your child is ready to head out on the run, you must exit via the blue tents in TRANSITION.



## THE BIKE

On the bike remember to:

- Listen to marshal instructions
- Watch out for other cyclists
- Stay within the cones
- Ride on the left hand side of the course



# BIKE TO RUN TRANSITION



Dismount your bike at the “HOP OFF” Sign and walk your bike into Transition. Place your bike back where your gear is, take off your helmet and head towards the RUN EXIT.

## TEAMS

After the CYCLIST places their bike back next to their gear, they need to go to the TEAMS BAY to find their teammate, before completing the run together via the RUN EXIT.



## THE RUN

Follow the run course, which is marked by orange cones, until you reach the Weet-Bix Finish Arch. You might even see Weet-Bix Guy or Girl on the way.

Remember to smile for the cameras as you cross the finish line.





# THE FINISH

Once you have your medal and some water, head out of transition and catch up with your supporters.

# PHOTOS

## AT THE CHAMPION PHOTO ZONE

In your own time come and get a photo in front of the TRYathlon photoboards beside transition. Our official event photographers will be there taking photos for those that have purchased (or want to purchase) an event photo pack or you can take your own selfie with your friends and family.



# CHILLING IN THE VILLAGE

There are lots of fun things to do in the village both before and after your TRYathlon. Check out all the cool sponsor activities, grab some food or cheer on all the other TRYathletes!

# PRIZEGIVING

Prize giving will take place at around 11.40pm. There will be lots of individual prizes for TRYathletes drawn at random and also prizes for our schools groups.



# BIKE RELEASE

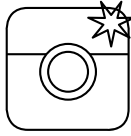
An early bike release will be available for those that are NOT attending prize giving after the final TRYathlete has begun the run. This will take place from the 2 x blue Check-In tents /teams bay at Transition. General bike release will begin after prize giving starts.



# GET YOUR FREE TOYOTA START YOUR IMPOSSIBLE POLAROID PHOTO

Come and visit us at the Toyota Tent for a free polaroid photo of your child. It's simple. Use your smartphone to take a photo and then upload it to Instagram using the hashtag #startyourimpossible. Our special printer will then print out your photo, right there on the spot! Limit to one photo per child.

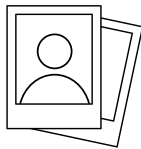
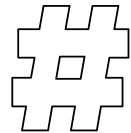
If you don't have Instagram, just make sure you download and install beforehand. And remember, you need to make sure your account is set to public using the steps below.



## INSTRUCTIONS:

1. Open your Instagram application
2. Click on your Profile icon in the bottom right hand corner of your screen
3. Click on the horizontal bars icon in the top right hand corner of your screen
4. Click on Settings at the bottom of the screen
5. Go to Privacy and Security
6. Select Account Privacy
7. Slide the button in the top right corner from blue to white
8. Your account has now been set to public and you can now access the Toyota Start Your Impossible Hashtag Printer on the day

Good luck and remember to follow @toyota\_nz



**START YOUR IMPOSSIBLE**  
**TOYOTA**

## Here's a Haier 5 to you for doing the Weet-Bix Kids TRYathlon!

You deserve a  
**5**  
**Haier**

**Here are a few Haier 5 tips  
to make sure you're ready to  
take on the challenge.**

1. Get your chilled water bottle from the fridge
2. Make sure your gear is clean, dry and ready to go
3. Start the day with a healthy breakfast
4. Double check your bike is safe to ride
5. Be a Haier Home Hero and empty the dishwasher before you go!



We look forward to seeing you at the Haier Home Heroes tent for the Haier 5 Challenge!



# TOP TIPS FOR TRYATHLETES

1. Give yourself plenty of time to check in and set your gear up in Transition.
2. Write your bib number on your right forearm and right shin before the event.
3. Get your bike checked at a Bike Barn store before the event day or visit the Bike Barn mechanics on the day before you check in.
4. Familiarise yourself with the Transition entry and exits.
5. Know when your age group swim start time is and the location of the Pre Swim Tent.
6. Have Fun!



## TOP TIPS FOR PARENTS & CAREGIVERS

1. It can get hot so bring some shade cover as well as a hat and sunblock.
2. Write your child's name and phone number on everything to reduce the risk of losing items.
3. Pack a picnic rug, snacks and chilled water for you and your TRYathletes. There are also a number of food and beverage options for sale at the event.
4. EFTPOS is available on site but it is recommended that you bring cash if you intend on purchasing food, beverage or merchandise.
5. The finish area can be very busy so choose a meeting point at the beginning of the day.



## RULES & SAFETY

**Please familiarise yourself with the following rules to ensure you and all other TRYathletes and supporters have a great day out.**

- Follow the directions given to you by Team Leaders, Help Team members and other event officials.
- Remain respectful and courteous to one another.
- Helmets must be on correctly, and done up securely before leaving Transition.
- TRYathlete's must take care on corners particularly if conditions are wet.
- When biking keep left unless overtaking. Remember that the bike course is like a normal road, and normal road rules apply.
- Your official event T-shirt must be worn during the ride and run.
- Familiarise yourself with the course – maps can be found on the Information boards located throughout the event arena.
- Please do not move other TRYathlete's bikes or gear in the Transition area at anytime.
- TRYathlete's must wear shoes for both the bike and run leg of the TRYathlon.
- Write your bib number on your right forearm and right shin.



# THINGS TO DO

There are plenty to keep you and your family entertained in the Event Village before and after the TRYathlon.

## Weet-Bix

### KIDS BETTER BREKKIE

All TRYathletes get a free breakfast at the Kids Better Brekkie Tent thanks to Weet-Bix & our breakfast partners Watties, Anchor & Arataki Honey.

Build your own Better Brekkie with Weet-Bix and a number of tasty toppings!

### BETTER BREKKIE FOR GROWN UPS

Adults ....Head on over to the "Better Brekkie for Grown Ups" tent where our adult supporters can grab themselves a free breakfast including a delicious combo of ingredients from the Weet-Bix Blends Range, Watties fruit, Anchor milk and greek yoghurt, Arataki honey and more.

### WEET-BIX MERCHANDISE

Weet-Bix Kids TRYathlon gear is on sale from the merchandise tent today! Come check out the items available including sports gear, towels, caps, drink bottles, bicycle bells and more! Also up for grabs are iron on letters for you to personalise your Weet-Bix shirt. The merchandise tent is located next to the finish chute so head over there now!

### WEET-BIX ALL BLACKS STAT ATTACK ZONE

Bring along your Weet-Bix Stat Attack cards to our new Stat Attack Zone. You can swap your double ups and complete your sets. Plus there are lots of awesome activities and games to play too, including Stat Attack tournaments.

### WEET-BIX ALL BLACKS INFLATABLE STADIUM

Have a go on the Weet-Bix All Blacks Inflatable Stadium to sharpen up on your rugby skills and have some fun!

Haier

You deserve a Haier 5! To mark 5 years with the Weet-Bix Kids TRYathlon, Haier is celebrating the tryathletes, the volunteers and the parents with a HAIER 5. To find out what it's all about, head down to the Haier tent and take on the Haier 5 Challenge to collect your Haier TRYER collectables.



Hey kids! Don't forget to visit the Toyota Tent to submit your IMPOSSIBLE goal and you could be getting a surprise visit at your school from a Toyota Olympic Athlete! Or get Mum or Dad to take your photo at our Olympic podium to get a FREE polaroid photo when they upload to Instagram using hashtag #startyourimpossiblencz! Plus come try your hand at an actual Paralympic Sport "Boccia" (pronounce as botch-ya) and go in the draw to win a Toyota Start your Impossible prize pack. Winner to be announced at prize giving. Good luck for today and remember to have fun achieving your goals!



Bike Barn The team from Bike Barn will be on site to assist with any last minute equipment emergencies! Be prepared by getting a FREE bike check before your event. Check out your local Bike Barn store and cycle tips at [tryathlon.co.nz/preparation/cycling-tips/](http://tryathlon.co.nz/preparation/cycling-tips/).



Come visit us at the St Pierre's Sushi tent at your event and grab some delicious, fresh sushi for lunch!



Come chill out us with us on our comfy bean bags at the Rebel Sport tent after your TRYathlon.



Get involved in the challenges at the ASICS tent for a chance to win yourself a prize. You can also view the huge range of kids and adults footwear while you're there!



Watties are bringing back the toastie! Come visit the Watties tent at 10am at your event for a piping hot spaghetti or baked bean toastie. Don't forget your gold coin donation. All funds raised will go to the Weet-Bix Kids TRYathlon Foundation.



Have you got the right type of energy? See if you can make it to the end of the Horizontal Bungee. While you're there get your Up & Go Fridge pack from the Up & Go Kiosk only \$12 for a 12 pack.



# GENERAL INFORMATION

## FOOD & BEVERAGE

There are a number of Food & Beverage options available in the Event Village, serving a variety of hot and cold food. Whilst most food vendors have EFTPOS, we do encourage you to bring cash.

## TOILETS

Toilets will be available on site.

## LOST KIDS

The Lost Kids tent is located next to the Admin Tent in the Event Village.

Our Help Team will be on hand to care for any lost children – this is the best spot to find lost parents too!

We recommend that if you have other children with you on the day who are not participating, that you write your mobile number on their arm in case they get lost. Any lost property that is handed in will be held at the Lost Kids Tent.

## FIRST AID

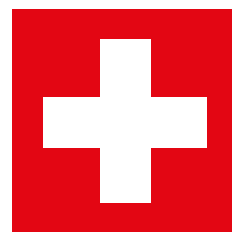
A First Aid station, staffed by Paramedics, is located next to the Lost Kids Tent in the Event Village. First Aiders and paramedics will also be on the course.

If you experience a medical problem on course tell a Help Team member and they will provide assistance.

Please remember to bring all required medication if you suffer from any medical conditions (eg. Asthma).

## DOGS

For the safety of all children and event attendees dogs are not permitted in the event village at any time. Outside of the event village dogs must be kept on a lead at all times.



## Grown Ups, you're awesome for supporting your little TRYathlete!

So you're automatically in the draw to **WIN** a Haier appliance today! Winner will be announced at prize giving.

You deserve a  
**Haier**





*Wattie's*<sup>®</sup>

VISIT US AT OUR TENT  
FOR PIPING HOT TOASTIES!

FROM  
10.00 AM

GOLD COIN  
DONATION



# THANKS TO OUR SPONSORS

## Principal Partner



# Weet-Bix

## PLATINUM PARTNERS

**Haier**

 **TOYOTA** | Believe

 **bikebarn**  
GROW YOUR ADVENTURE

## GOLD PARTNERS

 **asics**



**REBEL**  
SPORT

## SILVER PARTNERS

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SWIM WITH US

**Wattie's**

## BRONZE PARTNERS

**GARMIN.**

**TOLL**

**HIREACE**  
COMMERCIAL VEHICLE AND TRAILER RENTAL

 **Anchor**



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## SPORTS DEVELOPMENT PARTNER



## MEDIA PARTNER

**THE HITS**



**WWW.TRYATHLON.CO.NZ**