Sanitarium™
health & wellbeing

Weet-Bix™ Kids TRYathlon™

NEW PLYMOUTH
EVENT GUIDE

TUESDAY 26TH MARCH 2019

NGAMOTU BEACH, NEW PLYMOUTH

EVENT SITE OPENS 8:00AM | CHECK-IN 8:00AM–9:15AM | FIRST GROUP STARTS 10:00AM

PRIZEGIVING START ESTIMATED AT 12.25PM

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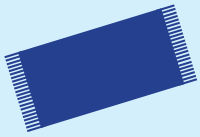
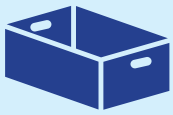
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TRYATHLETE CHECKLIST

 ☐ Official Event T-Shirt with Bib Number sticker	 ☐ Swim Cap	 ☐ Swimming Togs	 ☐ Goggles (Optional)
 ☐ Towel	 ☐ Bike with bib sticker on handle bars	 ☐ Helmet with bib sticker number	 ☐ Shorts
 ☐ Running shoes and socks	 ☐ Medication	 ☐ Full water bottle	 ☐ Transition box
 ☐ Bib Numbering	 ☐ Sunscreen	 ☐ Hat	 ☐ Wet Weather If the weather is not looking great, check our event Facebook page before leaving home, and listen to THE HITS for updates. It is very unlikely we will cancel. The course may be altered to suit conditions.
 ☐ Spare shirt and shoes/jandals	 ☐ Jersey/jacket	 ☐ Bike Marker	

EVENT DAY SCHEDULE

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

ALREADY HAVE YOUR TRYATHLETE KIT?

(T-Shirt and Bib Number)

If you need to change the size of your official event T-shirt, head to the Pack Pick Up tent before heading to Transition.

YES

You need to Check In and put your gear in Transition. Look for the big Weet-Bix inflatable archway.

NO

Go to the Pack Pick Up & On the Day Entry tent before heading to Transition and Check-In.

CHECK-IN

8:00am - 9:15am

TRANSITION CLOSES

9:15am

BRIEFING AT STAGE CONTAINER

9:30am

START

10:00am

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

10 years Light Blue	9 years Orange	8 years Yellow	7-10 yrs Teams Red	7 years Green	11-15 yrs Teams Navy	13-15 yrs Black	12 years Silver	11 years Purple
After briefing	10.10am	10.30am	10.40am	10.45am	11.10am	11.10am	11.15am	11.20am

TEAMS BRIEFING

10:10am

At Teams Bay in Transition

(The same blue tents you checked into at the start of the day)

PRIZEGIVING

After the final participant has completed the course - approx. 12:25pm

FINISH

12:45pm

EVENT DISTANCES

	7YRS	8-10YRS	11-15YRS
	50M	100M	200M
	1 LAP [4km]	1 LAP [4km]	2 LAPS [8km]
	1 LAP [Approx. 1.5km]		

EVENT PARKING

Parking is available at Moturoa School. Please follow signage and direction of marshals. A gold coin donation is requested, with all proceeds going to Moturoa School, to assist in funding projects that will benefit their students.



TOP TIPS FOR TRYATHLETES

- Give yourself plenty of time to check in and set your gear up in Transition.
- Write your bib number on your right forearm and right shin before the event.
- 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.
- Familiarise yourself with the Transition entry and exits.
- Swim caps must be worn during the swim leg.
- Know when your age group swim start is and then listen out for the call for your age group to proceed to the Pre Swim Tent by the swim start.
- Keep hydrated and fuel up on a FREE Weet-Bix Better Brekkie.
- Visit all the sponsor activations in the Event Village.
- Have Fun!





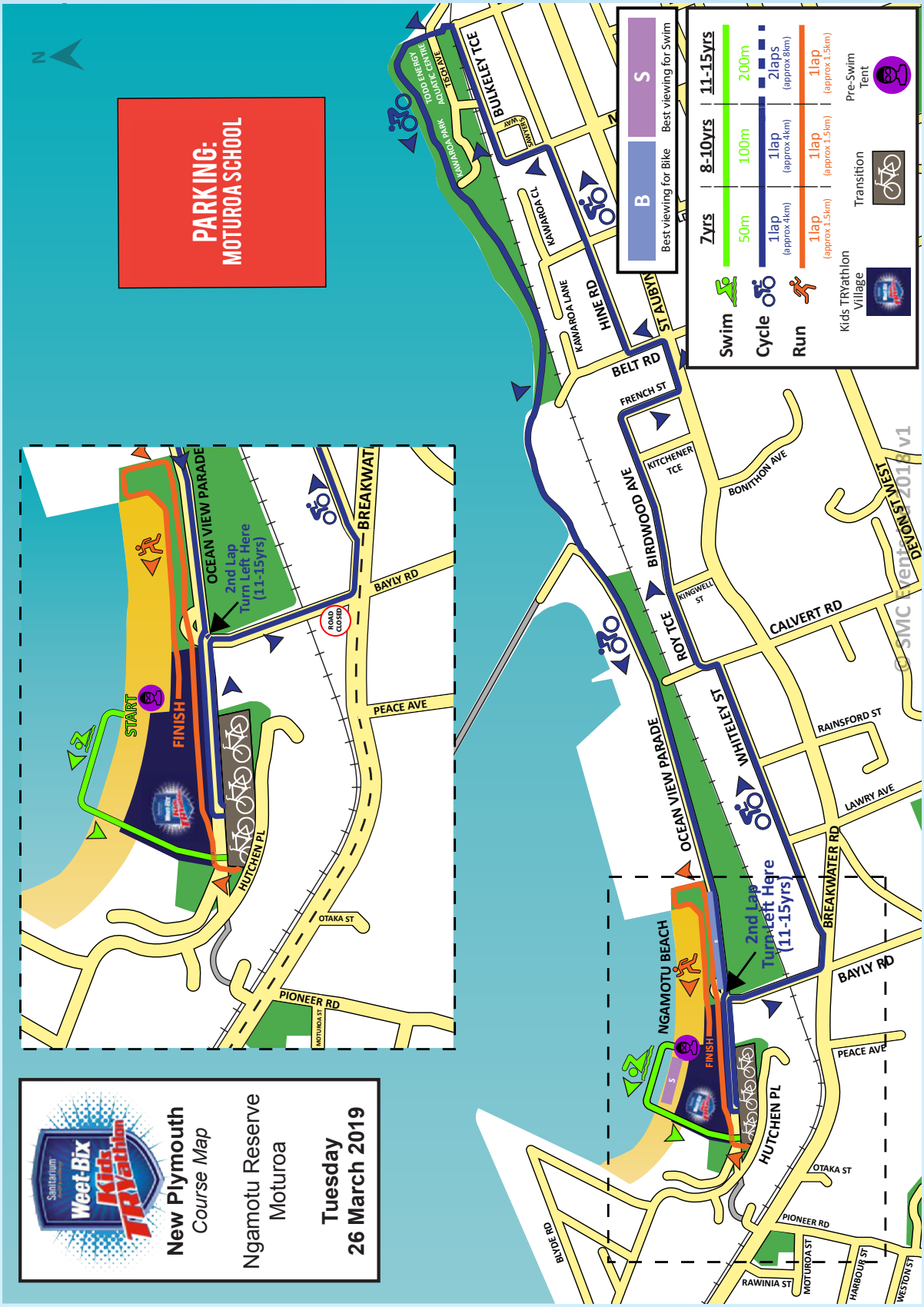
TOP TIPS FOR PARENTS & CAREGIVERS

- It can get hot so bring some shade cover as well as a hat and sunblock.
- Write your child's name and phone number on everything to reduce the risk of losing items.
- 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.
- EFTPOS is available on site but it is recommended that you bring cash if you intend on purchasing food, beverage or merchandise.
- The finish area can be very busy so choose a meeting point at the beginning of the day.
- Consider carpooling with friends as car parking can be limited.
- Check out our event parking instructions on page 5.

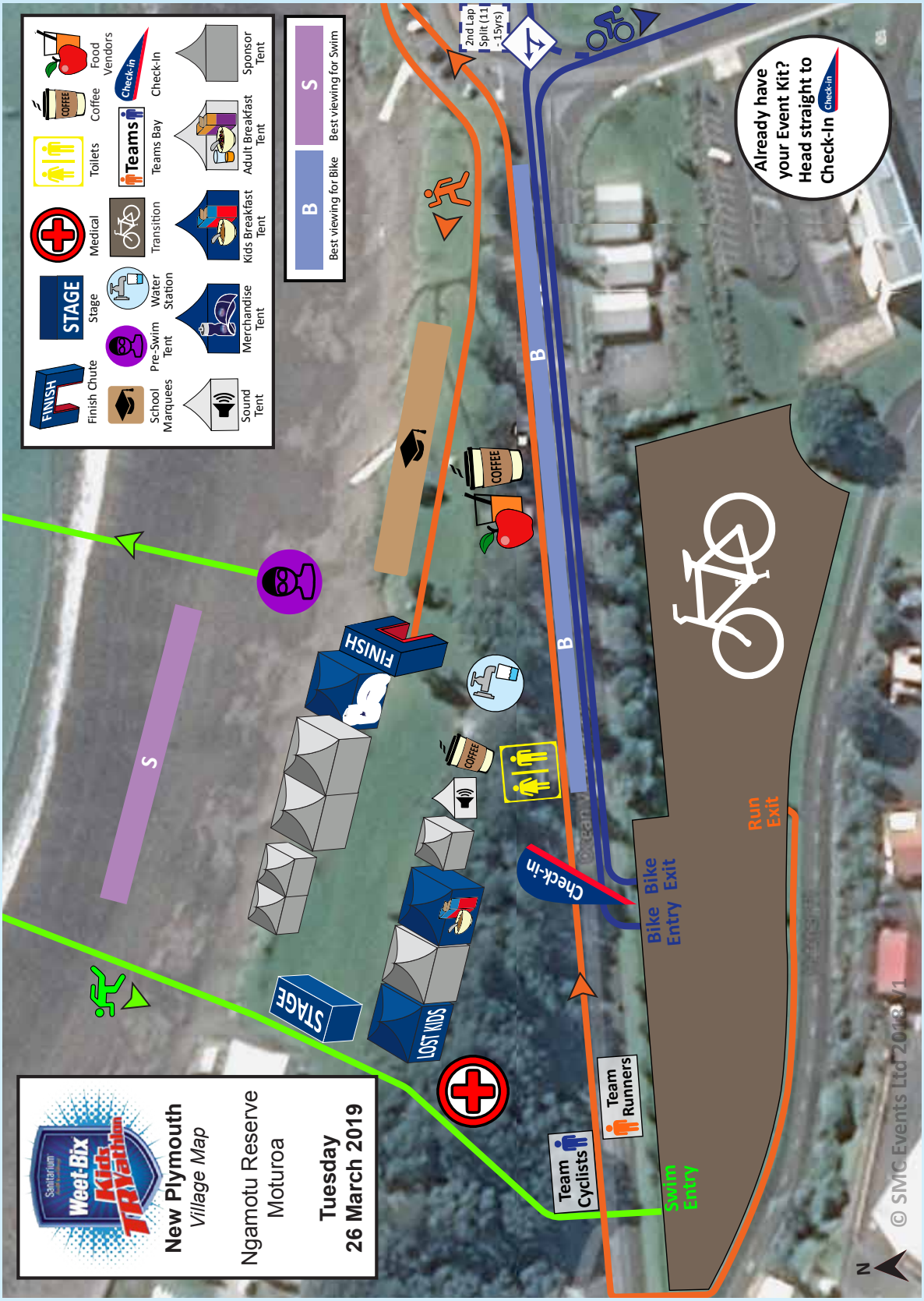




COURSE MAP (SUBJECT TO CHANGE)



VILLAGE MAP


Weet-Bix Kids TRYathlon
New Plymouth
Village Map
Ngamotu Reserve
Moturoa
Tuesday
26 March 2019
Finish Chute
Stage
School Marquees
Pre-Swim Tent
Water Station
Sound Tent
Merchandise Tent
Medical
Transition
Kids Breakfast Tent
Toilets
Coffee
Teams Bay
Adult Breakfast Tent
Food Vendors
Check-In
Sponsor Tent
B Best viewing for Bike
S Best viewing for Swim
2nd Lap Split (11 -15yrs)
Already have your Event Kit? Head straight to Check-In
FINISH
STAGE
LOST KIDS
COFFEE
Check-in
Bike Entry
Bike Exit
Run Exit
Team Runners
Team Cyclists
Swim Entry
N
© SMC Events Ltd 2018 V1

STEP-BY-STEP EVENT GUIDE

1. CHECK-IN 8:00AM – 9:15AM

Check-In opens at 8:00am and closes at 9:15am, we advise that you allow yourself plenty of time to Check-In.

Received YOUR TRYathlete Kit by courier?

Go straight to Check-In with your bike and gear

www.youtube.com/watch?v=qtUlb-1PAfE

Need to pick up your TRYathlete Kit or change your t-shirt or bib sticker?

Proceed to the Pack Pick Up tent with your registration confirmation email. Pick Up your TRYathlete Kit – including your official event T-shirt & bib number

Go to Check-In with your bike and gear

https://youtu.be/YZACjUjva9g

Check-In tents are located at the entrance to Transition.

- Present your bib number sticker stuck on your official event T-shirt to the Help Team Marshalls to be scanned and collect your Aqualine swim cap.
- Swim caps will be colour coded to your age group and will match the colour of your bib sticker.
- Please ensure your bib number is written on your right forearm and right shin.
- Our friendly Help Team volunteers located at the blue Warehouse Stationery Numbering flags, close to the CHECK-IN, will be able to write your bib bumber on for you. This is a safety requirement and will help our event photographers recognise you.

www.youtube.com/watch?v=ZS5RG-QbPfc

STEP-BY-STEP EVENT GUIDE

2. SETTING UP IN TRANSITION

Transition is the big fenced off area for TRYathletes' bikes and is the change-over point between legs of the TRYathlon.

WHAT TO DO:

1. Find your age group's row, identified by coloured flags (as per your swim cap) with age groups written on them.
2. Find a space to place your gear, within your age group row.
3. There will be a string line on the ground, running from one end of the row to the other. Position your bike (lying down or using the bike stand) so that the front wheel is facing out and the back wheel is up to line. Place any additional gear to the side of the bike.
4. Help Team members will be there to assist you.
5. Familiarise yourself with the Transition entry and exits and look for a marker (such as a sign or bright towel) to help identify where your gear is positioned.
6. Please be respectful of other TRYathlete's gear while in Transition.
7. Once you are set up, leave the Transition area, head to the Event Village and wait for the Event Briefing.

PLEASE LEAVE THE FOLLOWING IN TRANSITION:

To Leave In Transition *(Except Team Swimmers)*

- ❑ Official event T-shirt with bib number sticker on the front. *(Except Team Cyclists who'll be wearing it)*
- ❑ Bike with bib number sticker attached to the handle bars.
- ❑ Helmet with bib number sticker attached to the front. Helmets are compulsory for the bike leg.
- ❑ Closed in running shoes and socks. Shoes are compulsory for both the bike and run legs.
- ❑ Towel.
- ❑ Shorts to cycle and run in.
- ❑ Drink bottle.
- ❑ Any medication you may need use of during the TRYathlon (eg. asthma inhaler)
- ❑ Some way of identifying your bike in the Transition Area. Something bright is a good idea; you could use a brightly coloured towel on your bike seat or handlebars.
- ❑ A box or something similar to put your things in next to your bike.

To Keep With You
(Except Team Cyclists)

- ❑ Swimming togs.
- ❑ Aqualine Swim cap.
- ❑ Swimming goggles (optional).
- ❑ Something warm to wear until you start the swim. Please note, this cannot be your official event T-shirt as you are required to wear this for the cycle and run leg so it needs to be left with your bike in Transition.
- ❑ Shoes to wear until you start the swim. Please note, these cannot be your closed in running shoes as you are required to wear these for the cycle and run leg so they need to be left with your bike in Transition.
- ❑ Sun cream and a hat.

STEP-BY-STEP EVENT GUIDE

3. EVENT BRIEFING 9:30AM

A full event briefing will take place in front of the Weet-Bix stage container in the Event Village. It is recommended that all TRYathletes attend. There will be a warm up for all TRYathletes run by Weet-Bix Guy & Girl to get them TRYathlon ready!

www.youtube.com/watch?v=tBdVz9VxOvs

4. TRYATHLON TIME! TRYATHLON BEGINS AT 10:00AM

The TRYathlon will start at 10:00am with the first group of TRYathlete's called to the Pre -Swim area. TRYathlete's will be called by age group. Final age group start times will be emailed closer to the day, be available on the Information boards in the Event Village and will be announced at the Event Briefing.

The start order will be:



1. SWIM

Wait in the Event Village until your child's age group has been called before heading to the big white Pre Swim Tent.

This is where you say goodbye to your family and friends and join the other TRYathletes. You will be directed by the Swim Team Marshals, so make sure you listen carefully for any last minute tips.

- Swim caps must be worn in the swim leg.
- For safety reasons swimmers will be sent off in small groups of swimmers within their age group.
- Follow signs and advertised times, and listen for call up announcements.

WHAT TO TAKE TO THE SWIM:

- Swim Cap
- Goggles (Optional)

STEP-BY-STEP EVENT GUIDE

2. TRANSITION 1 - SWIM TO BIKE



- You will enter Transition through the "Swim Entry" gate.
- Look out for the coloured flag row your bike is in and locate your bike.
- Make sure you take off your swim cap and goggles and leave these by your bike (ideally in your box).
- You must put on your helmet, official event T-shirt and shoes before you pick up your bike.
- Ensure your shoelaces are tucked into your shoes.
- Do not ride your bike in the Transition area, you must walk it until you reach the "Hop On" sign.
- Leave Transition through the "Bike Exit" gate.

www.youtube.com/watch?v=Jwh4HVWUqi4

3. BIKE



- The course is fully marked out and there are Event Marshalls on the course to assist you if you need it.
- When riding stick to the left hand side of the course.
- Remember to slow down and brake at the corners.
- Be aware of other TRYathletes especially when passing cyclists.
- Listen to Help Team Marshal instructions.

www.youtube.com/watch?v=0m6dW1bG1KY

4. TRANSITION 2 - BIKE TO RUN



- You will enter Transition through the "Bike Entry" gate.
- Please do not ride your bike into the Transition area, you must hop off your bike when you complete the cycle course and reach the 'Hop Off' sign before the Transition Area.
- There will be a Help Team Marshal there to remind you.
- Be sure to take your helmet off and leave it with your bike.
- If you brought a hat, put it on for some sun protection!
- You can start running as soon as you have completed this.
- Leave Transition through the "Run Exit" gate.

www.youtube.com/watch?v=501djFFVYBs

STEP-BY-STEP EVENT GUIDE

5. RUN



- The run is the last part of the TRYathlon and is approximately 1500 metres long.
- The course is marked by fencing and/or orange cones.
- Look out for Weet-Bix Guy and Weet-Bix Girl cheering you on as you approach the finish chute.
- Once you cross the finish line you will be presented with your TRYathlon medal and have your photo taken in the champion zone.
- There is water available and along with delicious PICKMEE apples.
- You will be in the Finish Area for a few minutes.
- The finish area can be very busy so choose a meeting point at the beginning of the day so that you can meet up with your family / support team after you have completed the TRYathlon.

www.youtube.com/watch?v=Wv6Tyi5uGI4



5. TEAMS OF TWO

- If you are completing the TRYathlon as a team of 2 then one team member will complete the swim, the second team member will complete the bike leg and then both team members will complete the run leg,
- Both participants must go to the blue Check-In tents at Transition to be scanned in before Transition closes at 9:15am.
- Team members should only leave the Team Cyclist's bike and helmet in Transition.
- After the main briefing from the stage container, a special Team Briefing at 10:10am will be held at the Teams Bay in Transition (same blue Check-In tents).
- **The team swimmer will then leave their TRYathlete bag with their Official event T-shirt and shoes with the Team cyclist who will be waiting for them under the blue Check-In/Teams Bay tents at Transition when they are underway.**
- The team cyclist must be dressed in their Official event T-shirt and shoes, and will wait in the Teams Bay for their swimmer to complete the swim.
- The team swimmer will run to the Teams Bay and tag the team cyclist. The Team cyclist will then complete the bike course.
- The team swimmer needs to change into their Official event T-shirt and shoes while waiting in the Teams Bay for the team cyclist to return.
- When the team cyclist returns both TRYathletes then complete the run leg together.

www.youtube.com/watch?v=CLKka1ieZWE

BIKE RELEASE

- The Transition area will be opened for the general removal of bikes at the conclusion of Prize Giving.
- However, for those wishing to leave the event early, there will be a controlled release of bikes from Transition. Approximately 10 minutes prior to the start of Prize Giving (once the final participant leaves Transition on the start of their run leg.)
- Please form an orderly queue and follow the instructions of the Transition Marshal.
- TRYathletes and parents / guardians will be escorted to their bike by a Help Team Marshal.
- All children will need to be accompanied by an adult and will need to show that their bib number translates to the bib number on their bike.
- For everyone's safety please keep in mind that some TRYathletes may still be completing the event and prize giving will be taking place.
- Please approach a TEAM LEADER in Transition to determine where the early exit queue will be positioned.

www.youtube.com/watch?v=427y0qki304





PRIZE GIVING

Prize Giving will be held once all TRYathlete's have completed the TRYathlon.

All TRYathletes who checked in will be in the draw to win some great spot prizes from our sponsors, but you must be present at Prize Giving to claim your prize! There are individual TRYathlete prizes, 4 School Group prizes and 2 School Group Co-ordinator prizes to be won.

www.youtube.com/watch?v=d0lEfdqg9U

TRYATHLETE PRIZES INCLUDE:

- Sanitarium Show Bags made up of Sanitarium Products.
- Sanitarium Merchandise Bag which includes a Weet-Bix towel, drink bottle & hat.
- Bike Barn bikes
- Bike Barn helmets
- Asics $150 voucher
- Toyota Prize Packs
- Warehouse Stationery Kookie Prize
- St Pierres Sushi $50 voucher

SCHOOL GROUP & SCHOOL COORDINATOR PRIZES INCLUDE:

- $1000 Haier Appliance Vouchers thanks to Haier
- $300 Sports Gear Vouchers thanks to Toyota
- $500 Warehouse Stationery Vouchers thanks to Warehouse Stationery
- $1000 Bike Barn Vouchers thanks to Bike Barn
- $150 St Pierres Sushi voucher thanks to St Pierres Sushi
- 15x FREE 2019/2020 Weet-Bix Kids TRYathlon Series entries (rrp value $562.50) thanks to Sanitarium
- Sanitarium Product Packs (rrp value $300) thanks to Sanitarium
- Weet-Bix Kids TRYathlon Merchandise Prize Pack (rrp value $1000) thanks to Sanitarium
- School Coordinator Prizes of an Asics Jacket (rrp value $95) thanks to Asics
- School Coordinator Prizes of a Wattie's Product Hamper (rrp value $50) thanks to Wattie's

Terms and Conditions apply. *https://tryathlon.co.nz/event-policies/*



THINGS TO DO

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

KIDS BETTER BREKKIE

All TRYathletes get a free breakfast at the Kids Better Brekkie Tent thanks to Weet-Bix & our breakfast partners Meadow Fresh, Watties & Arataki Honey. Build your own Better Brekkie with Weet-Bix and a number of tasty toppings!

WEET-BIX ALL BLACKS INFLATABLE STADIUM

The Weet-Bix All Blacks Inflatable Stadium is the perfect place to sharpen up on your rugby skills!

WEET-BIX MERCHANDISE

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

If you've pre-purchased merchandise online, head over to the Weet-Bix merchandise tent located at the finish chute with your confirmation email to pick up your order.

EVENT DAY SOCIAL MEDIA COMPETITION

Parents and supporters, please share your TRYathlon photos with us throughout the day using #kiwikidstry and you could be in to WIN! Winners will be announced on our Facebook or Instagram pages throughout the day.

Haier

Don't forget to head over to the Haier Home Heroes tent and have a go at the Bedroom Blitz, the Dishwasher Dash and the Chef's Challenge. Collect the full set of Haier TRYer Fridge magnets and go in the draw to win a Haier Tryer mini fridge. Plus, don't miss the chance to challenge your friends on the Haier Inflatable obstacle course - enter the draw to win it for a day at your school.

TOYOTA Believe

Test your throwing skills with the Toyota Believe Challenge. Shoot a ball through each Toyota Believe Partnership target and score a matching tattoo. Collect all 4 tattoos and go in the draw to WIN a Toyota Partnership Prize Pack at Prize Giving.

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ws warehouse stationery

Be sure to head over to the Warehouse Stationery tent to get a little kookie in their colourful ball pits and play the Kookie memory game. All players will recieve a free tattoo and are in with a chance to win some cool stationery prizes.

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bikebarn GROW YOUR ADVENTURE

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/.

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!

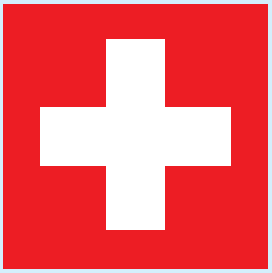


We recommend that if you have other children with you on the day who are not participating, that you write your mobile number on their arm in case they get lost.

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.

RULES AND SAFETY

Please familiarise yourself with the following rules to ensure you and all other TRYahtletes 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.
- TRYathletes must wear shoes for both the bike and run leg of the TRYathlon.
- Write your bib number on your right forearm and right shin.

TIPS FOR A CORRECT FIT

1. Position the helmet so that it protects your forehead
   (1-2 fingers above your eyebrows)
2. Secure the clip on the strap under your chin and tighten the strap up so you can still fit one finger under it to make sure it isn't too tight.
3. The plastic clips on each side of the strap should be slid up to make a triangle that meets just below your ears.
4. The helmet should fit your head so that it touches on all sides and can't be slid forwards, backwards or side to side.
   Use the extra pads supplied with your helmet to ensure a snug fit.



THANKS TO OUR SPONSORS

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TOYOTA | Believe

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www.SUPERSPORTIMAGES.com

TOLL

Sanitarium Weet-Bix Kids TRYathlon