



# EVENT GUIDE

## NELSON

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**SUNDAY 14<sup>TH</sup> MARCH, 2021**

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**TAHUNANUI RECREATION GROUND, NELSON**

# Covid-19 Guidelines.

We ask that you observe the following COVID-19 guidelines to ensure the health and wellbeing of all participants, caregivers, volunteers and staff at our event.



**Please stay at home if you are feeling unwell and/or experiencing COVID-19 symptoms.**



**Please scan in using the NZ COVID Tracer App when you arrive at the event. The Contact Tracing QR Code will be displayed at entry points to the venue and within the event village. Please download the NZ COVID Tracer App before arriving on site.**



**While at the event please continue to practice good hygiene by regularly washing/sanitising your hands and sneezing or coughing into your elbow. Hand sanitising stations will be available within the event village. Please consider bringing your own also.**

If you are feeling ill while at the event, please come immediately to the First Aid tent located at the Lost Kids tent.

We have implemented additional health and safety measures which you may notice while at the TRYathlon. Our event staff have been well briefed on our processes and will be able to provide assistance on the day if you have any questions or concerns.

**Unite  
against  
COVID-19**

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# 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 - 8:00am

## CHECK-IN AT TRANSITION

7:00am - 8:00am

## 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<br>Blue  | 9 years<br>Orange   | 8 years<br>Yellow   | 7-10 yrs<br>Teams Red   | 7 years<br>Pink   | 6 years<br>Green  | 11-15 yrs<br>Teams White   | 13-15 yrs<br>Black  | 12 years<br>Grey  | 11 years<br>Purple  |
| After<br>briefing   | 9.10am  | 9.30am  | 9.45am  | 9.50am  | 10.15am   | 10.35am  | 10.35am   | 10.40am   | 10.45am   |

\*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. 12:00pm


## FINISH

12:25pm





# EVENT DISTANCES

|   | 6YRS  | 7YRS        | 8-10YRS     | 11-15YRS     |
|---|-------|-------------|-------------|--------------|
|  | 50M   | 50M         | 100M        | 200M         |
|  |       | 4KM (1 LAP) | 4KM (1 LAP) | 8KM (2 LAPS) |
|  | 1.5KM | 1.5KM       | 1.5KM       | 1.5KM        |

## PARKING

Public parking is available on the surrounding streets.

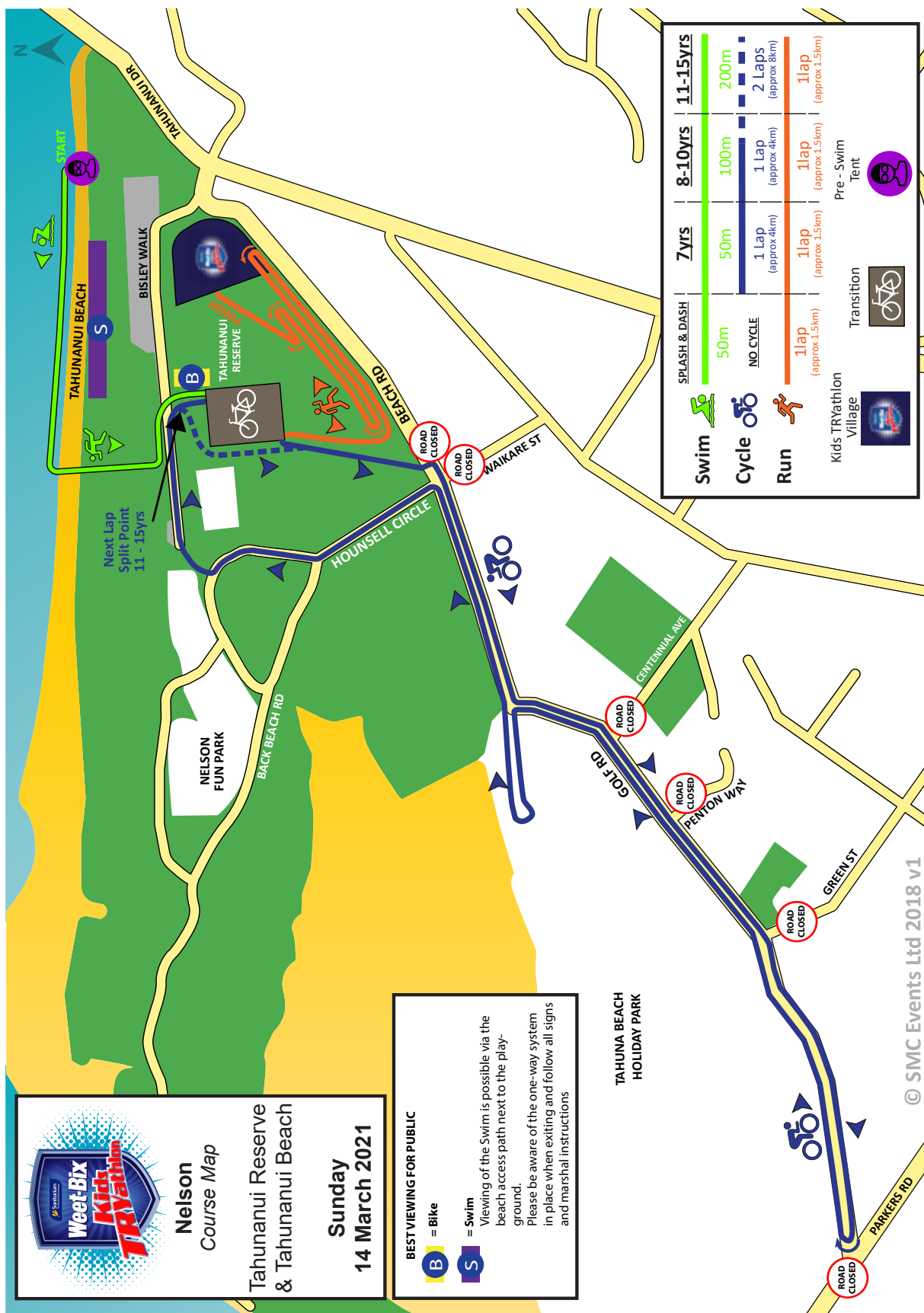
### 2 Minute Drop Off Zone:

On Beach Road, opposite Ocean Lodge. Open between 6.45am and 8.00am



# COURSE MAP

(SUBJECT TO CHANGE)



# VILLAGE MAP





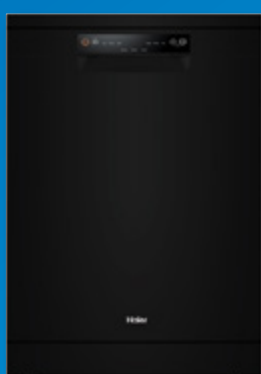
# Show us your Haier Spirit

Win one of these great prizes at each event

We think you're amazing and have the Haier Spirit for giving the Weet-Bix Kids TRYathlon a go. Make sure you pop in and visit us at the Haier tent. Your spirit might just be rewarded with one of these great Haier prizes below – make sure you stick around for prize-giving to watch the draw!



Quad Door Refrigerator,  
565L, Black finish



15 Place Setting  
Dishwasher, Black finish



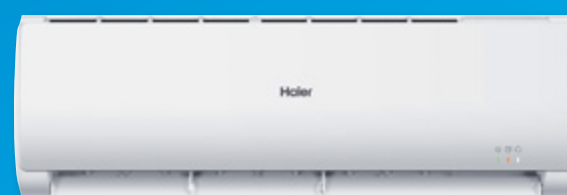
11 Function Built-in Oven with Gas on Glass Cooktop



10kg Front Load Washer



8kg Heat Pump Dryer



3.5kw Heat Pump



\* Source Euromonitor International Limited; Consumer Appliance 2018ed, % unit share, 2017 data. Major Appliances category is the sum of dishwashers, home laundry appliances, large cooking appliances, microwaves and refrigeration appliances.

# STEP-BY-STEP EVENT GUIDE

## PACK PICK UP & CHECK-IN

Check-In opens at 7:00am and closes at 8:00am, we advise that you allow yourself plenty of time to Check-In. Early Pack Pick Up is open 2pm - 6pm Friday 12th March.

**Already have your TRYathlete pack?**

**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.

|   |   |   |   |   |   |  |   |   |   |
|---|---|---|---|---|---|--|---|---|---|
|  |  |  |  |  |  |  |  |  |  |
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\*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 SWMMER 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.



## 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 photoboard 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 12.00pm. 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.





*Wattie's*<sup>®</sup>

VISIT US AT OUR TENT  
FOR PIPING HOT TOASTIES!

FROM  
10.00 AM

GOLD COIN  
DONATION





# 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 store before the event day or visit the 99 Bikes mechanic 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.



# VISIT US AT THE SANITARIUM WEET-BIX KIDS TRYATHLON.

The Toyota tent has fun activities  
and challenges for the kids!

The challenges this year are inspired by hero athletes, encouraging  
kids to challenge themselves, just as their heroes have.

## Tent Challenges.

The Dame Valerie Adams Shot Put Challenge.  
The Nicole Murray Cycling Challenge.

## Fan Hero Competitor Cards.

Submit a photo and your child's  
results to our Fan Hero URL to create  
a digital Fan Hero competitor card!

Share the card on your social channels  
and celebrate your child's participation.  
Come to the tent to get all of the details.



The all new Hilux and Fortuner  
vehicles will also be at the tent, along  
with our experienced Toyota rep to  
answer any and all of your questions!

We look forward to seeing you there!

START YOUR  
**IMPOSSIBLE**  
TOYOTA



# THINGS TO DO

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

## Weet-Bix™

### WEET-BIX KIDS BREAKFAST

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!

### WEET-BIX ADULTS BREAKFAST

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 yoghurt, Arataki honey and more.

### STAT ATTACK

Head over to the Weet-Bix Stat Attack Zone to test your skills and see if you've got what it takes to an All Black.

### ALL BLACKS

Take on a mate at the Weet-Bix All Blacks Inflatable Stadium to see who gets to the TRY line first!

### WEET-BIX MERCHANDISE

Weet-Bix Kids TRYathlon gear is on sale from the merchandise tent today! Come check out the new 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!



**COLOR'PEPS**  
COLOURING  
PENCILS



• Strong leads • Easy to hold triangular grip • Bright colours

**Available NOW**



Platinum sponsor Haier, the number 1 appliance brand in the world is celebrating everyone out there today with the Haier Spirit! Everyone entered today is automatically in the draw to win 1 of 6 fabulous Haier products including: Black thermo dry technology dishwasher, Black quad door refrigerator, 11 function built-in oven with gas on glass cooktop, 10kg front load washer, 8kg heat pump dryer, Haier heat pump.



Hey kids! Don't forget to visit the Toyota Tent to have a go at the Olympic and Paralympic challenges! You can have a go at the Dame Valerie Adams Shot Put Challenge, and the Nicole Murray cycling challenge. Parents, you can also create your Fan Hero Card for your child at the Toyota Tent! Plus, Check out the new model Toyota vehicles while you're there! Good luck everyone and have fun achieving your goals!"



The team from 99 Bikes are on site to assist with any last minute bicycle equipment emergencies. If you've got an issue with your bike, take it along to their team and let them assist you. At 99 Bikes, the world's most approachable bike stores, they've got a ride for everyone. Kids come in all different sizes, so do their bikes. So whatever kind of kid you have, 99 Bikes has got a ride for them in any of the 5 stores nationwide or visit them at [99bikes.co.nz](http://99bikes.co.nz)



Come visit us at the St Pierre's Sushi tent today and grab some delicious vegetarian or Ingham's free range chicken sushi for lunch!



Watties are bringing back the toastie! Come visit the Watties tent from 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 TRYathlon Foundation.



Our official photographic partner Supersport Images are capturing the action on course today. You still have time to save 50% on a pre-paid Digital Photo Superpack. Head now to the merchandise tent to check out the details and purchase for \$18.90.



Bargain Box are giving away 3x 'Family of Four' Boxes today! To be in to WIN a Bargain Box for your family, head over to The Hits tent and play their Ring Toss game



Head over to the brand new UP & GO horizontal bungee and see if you have got the right type of energy.



Garmin has your time keeping covered today. You can check the time at the Garmin watch on display at the stage container. Plus, on sale today are the latest Garmin Star Wars and Frozen Vivo Fit Junior watches available at the merchandise tent.



If you've got an injury, head over to the Elastoplast First Aid Tent. Have you tried the new Elastoplast wound care routine? Cleanse, protect, heal to heal wounds up to two times faster. Get up Again with Elastoplast!



Get all your Maped Artline back to school needs from Warehouse Stationery. Maped and Artline are proud sponsors of the New Zealand Weet-Bix Kids TRYathlon



## GAME ZONE

Come on down to the Rebel Sport and ASICS Game Zone and check out our AMAZING interactive Digital Wall. Or take a load off and relax on our beanbags!



While you're there, sign up to receive the latest ASICS news and promotions and go in the draw to WIN 1 of 8 \$500 ASICS prize packs.





# TOSS & WIN

**LAND 3 RINGS TO BE  
IN TO WIN ONE OF  
THREE BARGAIN BOX  
FAMILY OF 4 BOXES –  
DRAWN BEFORE PRIZE-GIVING**

**BARGAIN  
BOX** 

**THE  
HiTS**

# GENERAL INFORMATION

## FOOD & BEVERAGE

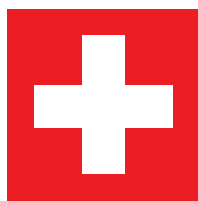
There are a number of Food & Beverage options available in the Event Village, serving a variety of hot and cold food. Whilst most food vendors have EFTPOS, we do encourage you to bring cash.

## TOILETS

Toilets will be available on site.

## 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.



## 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).



## LOST KIDS

The Lost Kids tent is located 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.



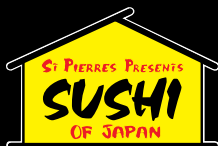
**Be SunSmart  
when training  
and on the  
big day**

## BE SUNSMART

Make sure sunscreen is part of your preparation whether its sunny or not. Apply 20 minutes before heading outside so it has time to absorb. And don't forget, you need 1 teaspoon of sunscreen per body part, reapply regularly and wear a hat.

Get your energy  
back with  
**ST PIERRES**  
after your TRYathlon!

I  **SUSHI**



**st pierres sushi**

# THANKS TO OUR SPONSORS

## Principal Partner



## PLATINUM PARTNERS



## GOLD PARTNERS



## SILVER PARTNERS

## BRONZE PARTNERS



## SPORTS DEVELOPMENT PARTNER



## MEDIA PARTNER



[WWW.TRYATHLON.CO.NZ](http://WWW.TRYATHLON.CO.NZ)