

 Sanitarium™
The Health Food Company

Weet-Bix™

**KIDS
TRYathlon™**

EVENT GUIDE PALMERSTON NORTH

TUESDAY 21ST MARCH, 2023

ONGLEY PARK, PALMERSTON NORTH

Please keep our event safe



**Stay home
if you are sick**



**Take a test if
you are sick**



**Practise
good hygiene**



**Cough or sneeze
into your elbow**

Find out more at [Covid19.govt.nz](https://www.covid19.govt.nz)

CONTENTS

TRYathlete Checklist.....	4
Event Day Schedule	5
Event Distances & Parking	6
Course Map.....	7
Village Map.....	8
Step-By-Step Event Guide	10-15
Top Tips, Rules & Safety	17
Things To Do.....	19
General Information	22



TRYATHLETE CHECKLIST

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

8:00am

PACK PICK UP & ON THE DAY ENTRIES

(Blue Weet-Bix Marquees in Event Village)

8:00am - 9:00am

CHECK-IN AT TRANSITION

8:00am

TRANSITION CLOSES

9:15am

BRIEFING AT WEET-BIX STAGE CONTAINER

9:30am

START

10:00am

(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 Purple	7 years Green	6 years Dark Blue	11-15 yrs Teams White	13-15 yrs Black	12 years Grey	11 years Red
After briefing	10.05am	10.20am	10.35am	10.40am	11.10am	11.20am	11.20am	11.25am	11.30am

*Note times may vary on event day.

TEAMS BRIEFING

10:10am

SPLASH & DASH BRIEFING

10:25am




PRIZEGIVING

After the final participant has completed the course - approx.12:45

FINISH

1:05pm

EVENT DISTANCES

	6YRS	7YRS	8-10YRS	11-15YRS
	50M	50M	100M	150M
		4KM (1 LAP)	4KM (1 LAP)	8KM (2 LAPS)
	1.5KM	1.5KM	1.5KM	1.5KM

PARKING

Public parking is available at Manawaroa Park, access via Manawaroa Road. Please follow parking signs and marshal instructions.

2 MINUTE DROP OFF ZONE: On Park Road, next to event village. Drop Off Zone signs will be there to identify allocated parking spots. Open between 7.45am and 9.00am



COURSE MAP

(SUBJECT TO CHANGE)



Palmerston North
Course Map
Ongley Park
West End
Tuesday
21 March 2023

BEST VIEWING FOR PUBLIC

B = Bike
S = Swim - Viewing of the swim is possible by entering the pool complex via the side gate entrance beyond the main entrance on Park Rd.

	7yrs	8-10yrs	11-15yrs
SPLASH & DASH	50m	100m	150m
Swim	1lap (approx. 4km)	1lap (approx. 4km)	2laps (approx. 8km)
Cycle	1lap (approx. 1.5km)	1lap (approx. 1.5km)	1lap (approx. 1.5km)
Run	1lap (approx. 1.5km)	1lap (approx. 1.5km)	1lap (approx. 1.5km)

Kids TRYathlon Village

Transition

Aquatic Centre

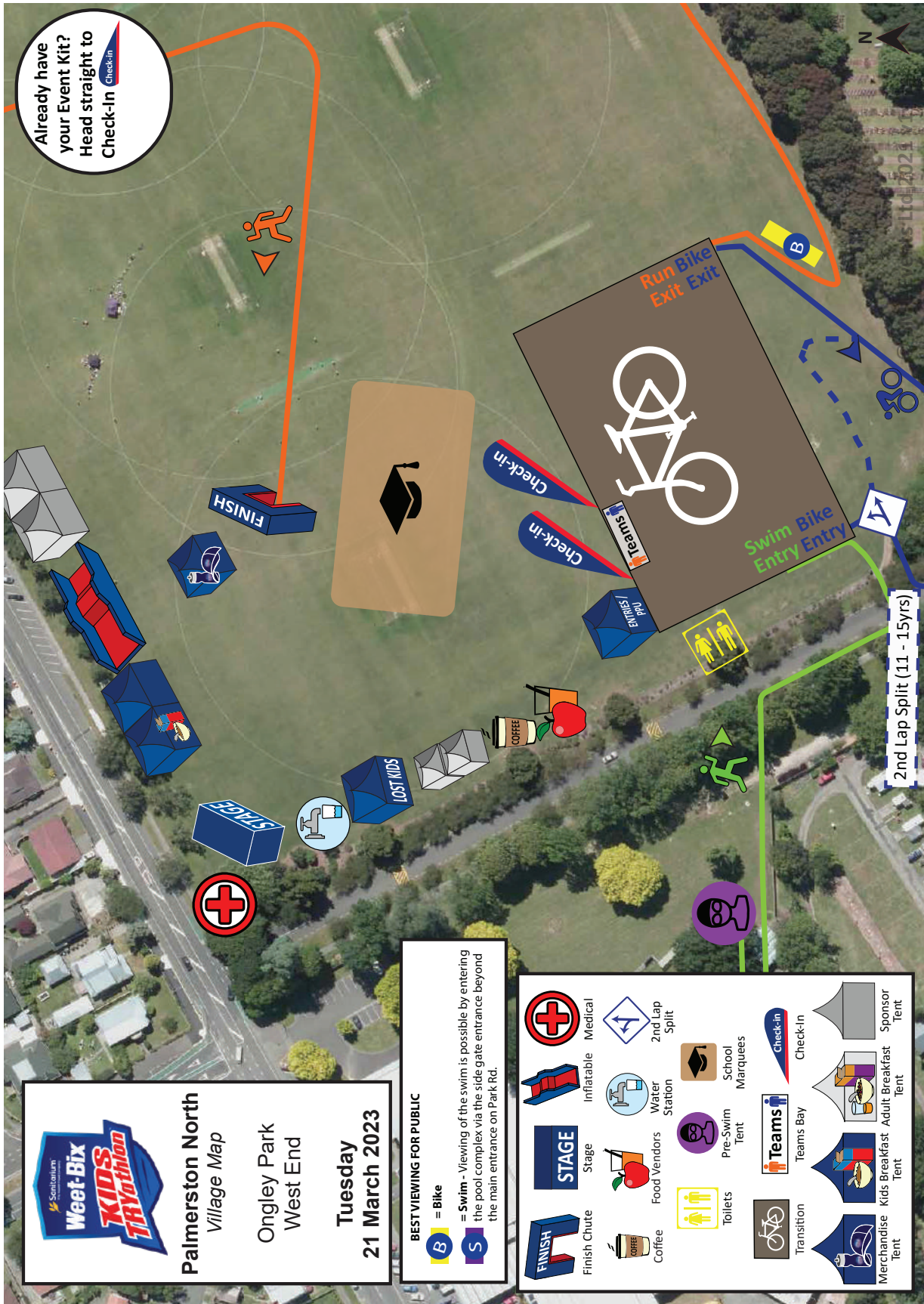
Lido

Pre - Swim Marquee

© SMC Events Ltd 2021 v1



VILLAGE MAP



Sanitarium
Weet-Bix
KIDS TRIATHLON
 Palmerston North
 Village Map
 Ongley Park
 West End
 Tuesday
 21 March 2023

BEST VIEWING FOR PUBLIC
 B = Bike
 S = Swim - Viewing of the swim is possible by entering the pool complex via the side gate entrance beyond the main entrance on Park Rd.

- FINISH Chute
- COFFEE
- STAGE
- Medical
- Inflatable
- Water Station
- 2nd Lap Split
- Food Vendors
- Toilets
- Pre-Swim Tent
- School Marquees
- Transition
- Teams Bay
- Check-in
- Check-in
- Merchandise Tent
- Kids Breakfast Tent
- Adult Breakfast Tent
- Sponsor Tent



What's cooking at the Haier tent?

Visit the Haier tent at the TRYathlon to try out some games and be in to win prizes!

For the adults, we have a Haier kitchen package to be won as part of our 'Guess how many appliances' game. Scan the QR code at the tent to play.

haier.co.nz

- **Bake off**
Can you find all the words?
- **Fridge frenzy**
Test your fridge filling skills
- **Guess how many appliances**
A challenge for the adults

STEP-BY-STEP EVENT GUIDE

PACK PICK UP & CHECK-IN

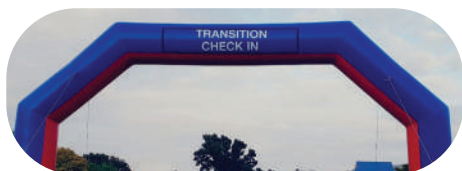
Check-In opens at 8:00am and closes at 9:00am, we advise that you allow yourself plenty of time to Check-In. Early Pack Pick Up is open 2pm - 6pm on Monday 20th March.

**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.)

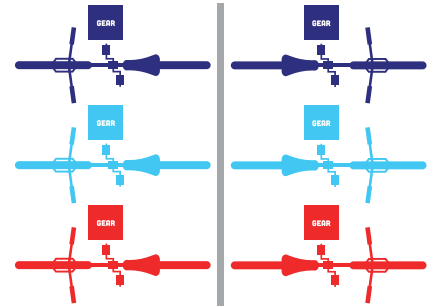
TEAM SWIMMERS

- 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

9:30AM

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

All TRYathletes and caregivers need to be present.

TEAM BRIEFING

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

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

10:10AM

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.

10:25AM

SPLASH & DASH





Fuel up with the goodness of Anchor Dairy

A great day starts with
great nutrition.

That's why our Anchor milk is full of
dairy goodness in every glass, with
nutrients like calcium, vitamin B2
and protein.



TRYATHLON START

10:00AM

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 Purple	7 years Green	6 years Dark Blue	11-15 yrs Teams White	13-15 yrs Black	12 years Grey	11 years Red
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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 SWIMMER their running gear so they can get changed. 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:

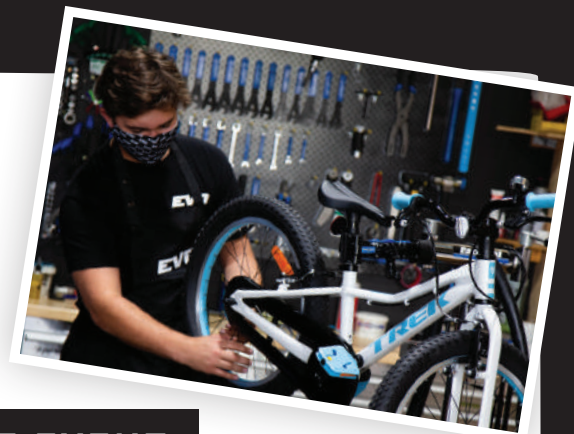
- Listen to marshal instructions
- Watch out for other cyclists
- Stay within the cones
- Ride on the left hand side of the course

ARE YOU READY TO RIDE?!

HERE'S HOW TO GET YOUR FREE PRE-EVENT BIKE CHECK!



*MAKE SURE YOU GET
YOUR PRE-EVENT CHECK
STICKER!!!*



BEFORE EVENT DAY

IN SHOWROOM:

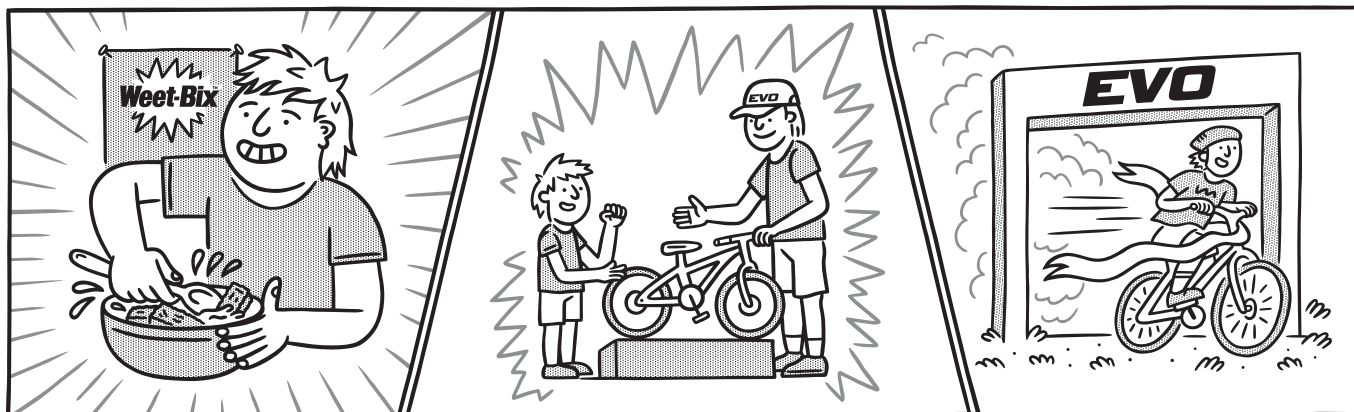
EVO CYCLES PALMERSTON NORTH:
Ferguson &, Oxford Street,
Palmerston North Central
Palmerston North 4410

Drop in and the Evo Crew will inspect your bike to make sure it's event-ready. We strongly recommend getting this done prior to event day so everything goes smoothly.

AT THE EVENT

LAST-MINUTE EVENT DAY CHECKS

Bring your bike to the **giant black Evo balloon** if you're having issues or it hasn't been inspected yet. We will be busy, so it's recommended that you have your bike inspected at your local Evo before the event! If you have an unforeseen bicycle emergency then we'll do our best to get you up and running.



EVO

LET'S RIDE KIWI KIDS

WWW.EVOCYCLES.CO.NZ/TRYATHLON

EST. 2007

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 12.45pm. 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

FEED THE LOVE

VISIT OUR TENT FOR HOT TOASTIES!

- FROM 10AM -

GOLD COIN
DONATIONS GO TO

Weet-Bix

TRYATHLON
FOUNDATION



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 Evo Cycles 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.



JOIN THE TOYOTA POWER UP CHALLENGE



Come and take part in the epic Toyota Power Up Challenge at the Sanitarium Weet-Bix™ Kids TRYathlon, where you can pedal it out against your friends to power up a RAV4 Plug-in Hybrid. How much power will you create?

There will be awesome spot prizes too, so don't miss out. See you at the Toyota tent!



*Let's
Go
Places*

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

AdultsHead 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.



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!



Visit the Haier tent at the TRYathlon to try out some games and be in to win prizes! For the adults, we have a Haier kitchen package to be won as part of our 'Guess how many appliances' game. Scan the QR code at the tent to play.



TOYOTA

Hey kids, make sure you get along to the Toyota Tent where you can take part in a physical challenge to power up the RAV4 plug-in hybrid car! Make sure you take your leg muscles and mental grunt to pedal up for 10 seconds and see how much power you can create! Good luck everyone!



Bring your bike to the giant black Evo balloon if you're having issues or it hasn't been inspected yet. We will be busy, so it's recommended that you have your bike inspected at your local Evo before the event! If you have an unforeseen bicycle emergency then we'll do our best to get you up and running.



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.

GARMIN.

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 at the merchandise tent are the latest Garmin vivofit jr watches.



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!





**WIN
WITH
THE HITS!**

**VISIT THE HITS STREET
TEAM ON EVENT DAY
FOR YOUR CHANCE TO
WIN PRIZES!**

**LISTEN TO JONO & BEN
WEEKDAYS 6-9AM**

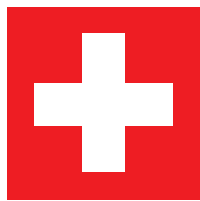
97.8FM

OR LISTEN ON  iHeartRADIO

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

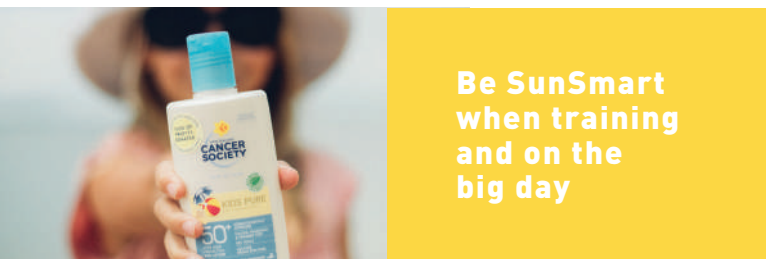
A First Aid station, staffed by Paramedics, is located next to the Lost Kids Tent in the Event Village. First Aiders and paramedics will also be on the course. If you experience a medical problem on course tell a Help Team member and they will provide assistance. Please remember to bring all required 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

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.



Be SunSmart
when training
and on the
big day



st pierres **sushi**

THANKS TO OUR SPONSORS

Principal Partner



PLATINUM PARTNERS



GOLD PARTNERS



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