

 Sanitarium™  
The Health Food Company

**Weet-Bix™**

**KIDS  
TRYathlon™**

# **EVENT GUIDE WELLINGTON**

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**SUNDAY 19TH MARCH, 2023**

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**KILBIRNIE PARK, KILBIRNIE**

# 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)

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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

## 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 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	9.10am	9.35am	9.55am	10.00am	10.40am	10.55am	11.00am	11.05am	11.10am

\*Note times may vary on event day.

## TEAMS BRIEFING

9:10am

## SPLASH & DASH BRIEFING

9:25am




## PRIZEGIVING

After the final participant has completed the course - approx.12:30

## FINISH

12:50pm

# EVENT DISTANCES

	6YRS	7YRS	8-10YRS	11-15YRS
	50M	50M	100M	150M
		4KM(3 LAPS)	4KM(3 LAPS)	8KM (5 LAPS)
	1.5KM	1.5KM	1.5KM	1.5KM

## PARKING

Public parking is available at the following locations:

- Evans Bay Intermediate (access from Kemp St or Tacy St). **Cost = \$10.00 per vehicle**
- St Patrick's College (access from Evans Bay Parade). **Cost = \$20.00 per vehicle**

Please note that Evans Bay Parade is part of the cycle course, so take extra care when driving in this area. Please utilise the stop/go pedestrian crossing to cross Evans Bay Parade.



# COURSE MAP

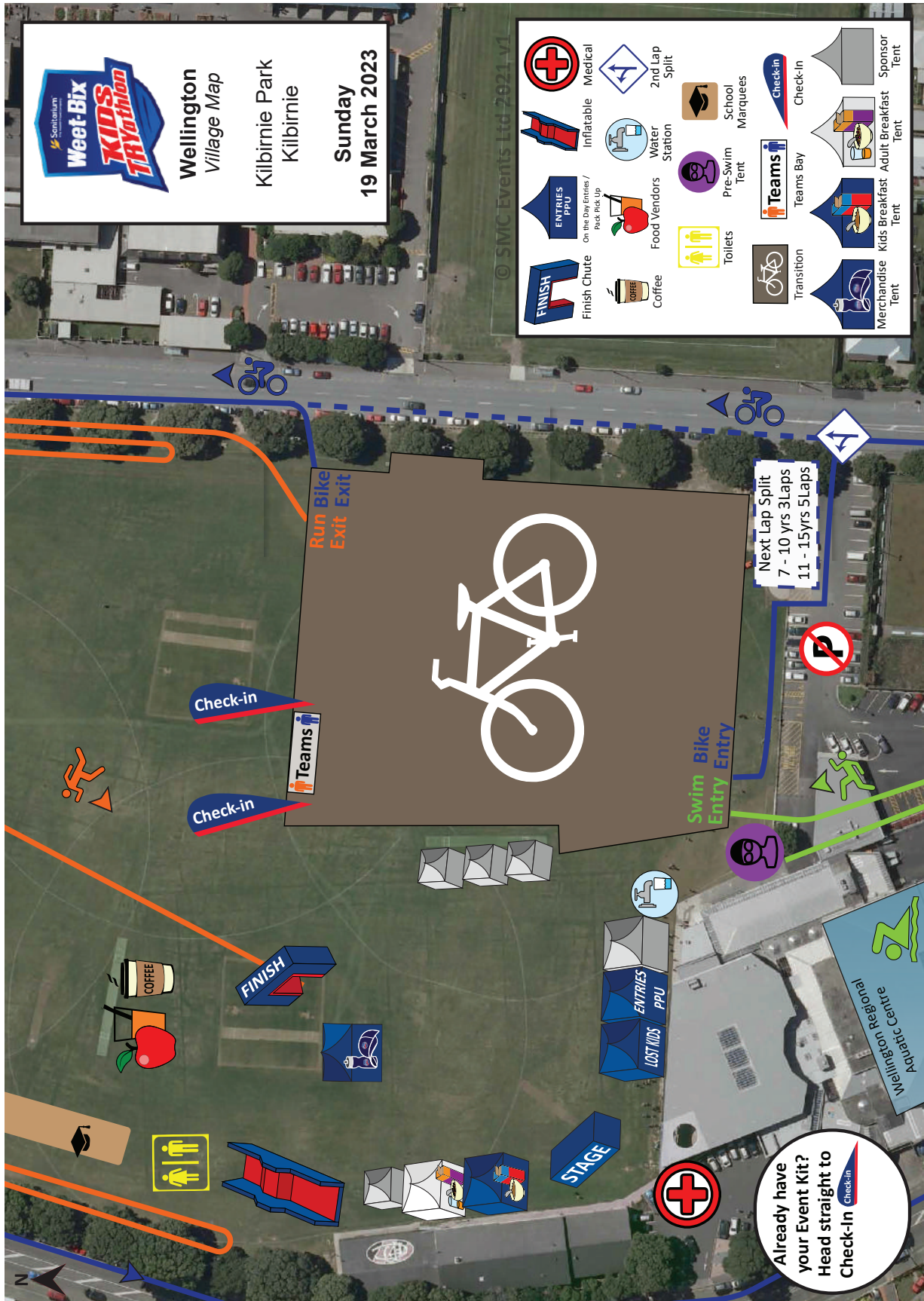
(SUBJECT TO CHANGE)

































© SMC Events Ltd 2021 v1



# VILLAGE MAP



  
**Wellington Village Map**  
 Kilbirnie Park  
 Kilbirnie  
**Sunday 19 March 2023**

Already have  
 your Event Kit?  
 Head straight to  
 Check-in 





# 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](http://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

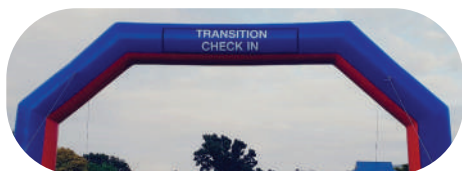
Check-In opens at 7:00am and closes at 8:00am, we advise that you allow yourself plenty of time to Check-In. Early Pack Pick Up is open 2pm - 6pm on Friday 17th March.

**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.)

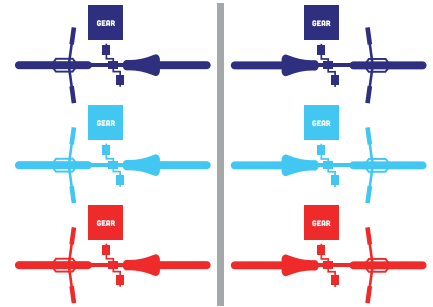
### TEAM SWIMMERS

- 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 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.

**9:10AM**

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

### SPLASH & DASH BRIEFING

**9:25AM**

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.





# 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

**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 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	9.10am	9.35am	9.55am	10.00am	10.40am	10.55am	11.00am	11.05am	11.10am

\*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 LOWER HUTT:**  
24 Rutherford Street, Lower Hutt

**EVO CYCLES WELLINGTON:**  
15 Vivian Street, Te Aro, Wellington

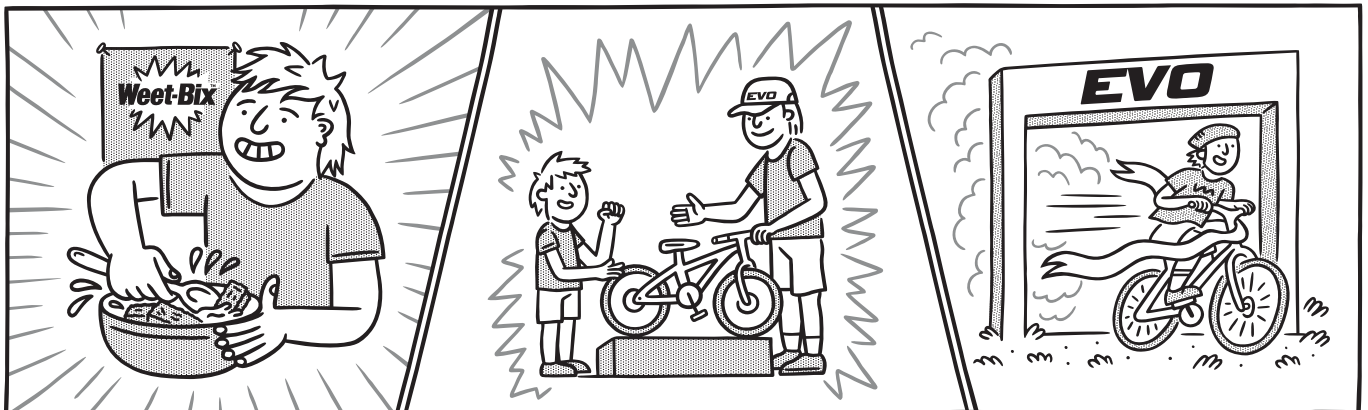
**EVO CYCLES KAPITI:**  
40 Main Road South, Paraparaumu

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.



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 12.30pm. 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

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.



### 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.



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.



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.

**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**

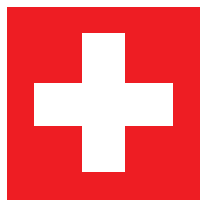
**90.1FM**

**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



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



## BRONZE PARTNERS

GARMIN.

SPORTS DEVELOPMENT  
PARTNER



MEDIA PARTNER



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