



CRANKWORX
ROTORUA

NORTH ISLAND MTB CHAMPIONSHIPS



XCO, XCR, DHI and END

2024 EVENT MANUAL

17th – 19th March 2024

Version 8 – Published 15 March 2024

EVENT SUPPORTERS

We would like to thank the following sponsors and supporters for their contribution to this event.

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WELCOME

The Rotorua Mountain Bike Club and Crankworx Rotorua welcomes all North Island School students and supporters to the 2024 North Island School Mountain Bike Championships. Based in the beautiful Whakarewarewa Forest, we anticipate a great level of racing across a diverse range of trails that encourages young riders to give it a go and develop their riding skills.

To Rotorua Lakes Council, and particularly the Whakarewarewa Forest Management Group, we thank you for allowing the students the unique opportunity to race in this spectacular venue.

We look forward to seeing some top competition and loads of smiles throughout the event.

KEY EVENT STAFF

CYCLING NEW ZEALAND SCHOOLS CONTACT:	Chris Christensen
EVENT MANAGER (Overall)	Jo Hastings
EVENT MANAGER (XCO & XCR):	Michelle Millington
EVENT MANAGER (END & DHI):	Clair Coker
CHIEF COMMISSAIRE:	Dereck McCarthy

KEY VERSION UPDATES:

Version	Date	Comments
1.0	23 November 2023	First Publication
2.0	18 December 2023	Incorporation on updated MTBNZ Technical Regulations -effective 1 Jan 24
3.0	24 January 2024	Course Preview Links Added. Registration times amended
4.0	12 February 2024	XC Course Closure times amended
5.0	29 February 2024	Addition of Sponsors
6.0	10 March 2024	Change in DH schedule
7.0	12 March 2024	Enduro Practice details updated.
8.0	15 March 2024	XC Course change.

EVENT VENUES

All events will take place in the Whakarewarewa Forest. There will be two event hubs.

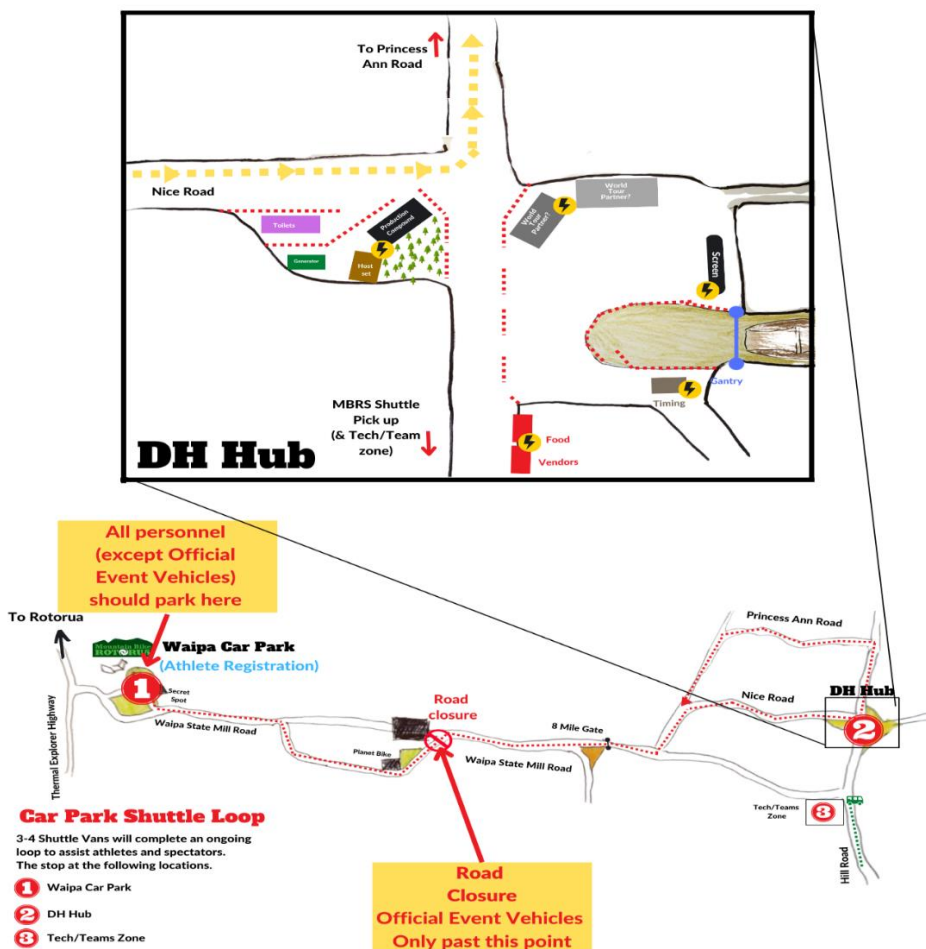
The Cross Country (XCO), Cross Country Relay (XCR) and Enduro (END) will be based out of the Waipa Event Hub, Waipa State Mill Road, approximately 1.0 km south SH5 Roundabout at Te Puia.

The Downhill event hub will be at the bottom of the Taniwha Downhill Track on Pipeline Road within the forest.

ALL parking for these four events will be at the Waipa Carpark (main carpark between Mountain Bike Rotorua and Secret Spot). **All vehicles must park here, there is no private vehicular access past this point.**

Below is the parking/site map for reference – please note this is subject to change at any time as it is a working forest and the event site subject to outdoor weather conditions.

Access to the main DH Hub and finish line for the Taniwha Downhill can be accessed by foot, bike, or shuttles for Spectators – no Shuttle Pass will be required to access this part of the forest via shuttle.



ALCOHOL, SMOKE, DRUG, & VAPE FREE

The entire event and all venues are smoke, drug, vape and alcohol free. Please ensure all your supporters are aware of this. We are running these events in a working forest and no use of any of these substances will be tolerated. Expect to be asked to leave the venue immediately if you ignore this rule.

CONCUSSION PROTOCOL

Any rider having a serious crash or witnessed having any kind of head knock, whether showing signs of concussion or not, will need to get concussion clearance from our medics before continuing with any event. Any decision made by a Medic contracted by the RMTBC and/or Crankworx Rotorua for the North Island Schools MTB Championships around the rider's ability to continue, or not, will be final and will not be entered into.

The Crankworx Rotorua and Rotorua Mountain Bike Club Concussion Policy is attached in Appendix B.

EVENT SCHEDULE

NOTE: All times are subject to change. Follow the Schools Cycling Facebook event page for updates and check you are viewing the latest manual version.

Registration/Race Plate Pick Up:

- All plates are packaged per school. Individual plates will not be broken from a school pack at registration.
- Plates are available to be collected at the Waipa Event Hub – in the white marquee on the field in front of Mountain Bike Rotorua. School packs are available for pick up between 10:30am and 1:30pm Saturday 16th March.
- **Riders use the same plates for all events.**
- DH riders will only be able to access the shuttle buses with the correct plate for practice and racing.
- Prize Givings will be held at the respective race hubs after the completion of the event.

Saturday 16th March:

Registration Day for **ALL EVENTS**

Sunday 17th March:

XCountry and XCountry Relay Race Day

Monday 18th March:

Downhill Race Day

Tuesday 19th March:

Enduro Race Day

ENTRY INFORMATION

All entries must be through your school (no individual entries accepted) through [Enter Now](#). Schools must be affiliated with Cycling New Zealand Schools prior to entering. Schools Affiliation are open, click [here](#) for more information.

All School Affiliation fees, and Event Entry fees must be paid before riders are permitted to start the event. Race Packs will not be issued to schools who have outstanding fees. Please ensure you check with your school to ensure affiliation and payment has been made.

All invoices must be paid by individual schools by 13th March. **Invoices must be downloaded by schools** from Enternow after registration closes on March 4th. Please make sure you are aware of the terms and conditions of entry found in Enter Now.

Restricted Entry

*Due to the restricted number of entries available for the Downhill, Cycling New Zealand Schools will open a pre-registration period for the **Downhill only** (see dates below). Schools have until the advertised cut-off date to get their (pre)registration in. If entries have not yet reached the maximum capacity after the pre-registration period then all entries will be confirmed and invoices sent out to schools. If entries have exceeded maximum capacity after the pre-registration period. CNZS reserves the right to determine which schools may need to remove riders from the entry list (see the criteria in appendix 5). Please read Appendix 5 - the Capacity Event Entry Process in the [Cycling New Zealand School Rules](#) for more details on this.*

Key Dates

Thursday 1 February	Entries open for Cross Country, Relay and pre-registration opens for Downhill and Enduro
Friday 23 February	Pre-registration for Downhill and Enduro closes
Monday 26 February	Downhill & Enduro spaces allocated to schools as per the Capacity Event Entry Process
Friday 1 March	Schools must confirm Downhill & Enduro riders names by this date as well as the riders on their waitlist if applicable
	Entries for Cross Country and Cross Country Relay close
Monday 4 March	All invoices to be downloaded by schools from Enter Now
Wednesday 13 March	All invoices must be paid by this date

Entry Fees

Event	Entry Fee
Cross Country (XCO)	\$45
Cross Country Relay (XCR)	\$75 per team
Downhill (DHI)	\$80
Enduro (END)	\$60

Competitors & Course knowledge

Managers of all school teams should make every effort to ensure that all their competitors have read the event manual, have studied the courses being used for events and know where the event hub is in relation to trails being ridden.

RACE INFORMATION

Registration:

Race plate pick up - TEAM MANAGERS ONLY

Saturday 16th March – 10:30am – 1:30pm March from Waipa Event Hub (white marquee on field), next to [Waipa MTB Carpark](#).

During this time school packages of race plates will be available to be collected by team managers, or a designated pick-up person.

Individual plates will not be given out.

Age Categories:

The age category of the rider is determined based on their age as at 31st December 2024.

Course:

Riders are not permitted to shortcut a course. The responsibility for following the official route lies with the rider. If you do not follow the official route, you will be disqualified.

If a rider exits the course or breaks through tape, they must re-enter at the place they exited or they may be disqualified.

Riders are not permitted to willingly alter the course in any way. This includes moving rocks, logs, tape or other natural obstacles.

Practice:

Please read carefully below for the official practice times for each event:

(NB. This is subject to change so please keep referring back to the event manual)

Expect the 2024 Taniwha DH race line to be closed prior to the competition for trail maintenance and event preparation. Official closure date to be advised based upon the balance of forest operational needs.

The North Island Secondary School DH line is not this line but some parts of the NISS line may be affected when these closures take place.

Pre-event: (before Sunday 17th March). Riders can practice the courses before the event at their own risk, with the exception of the designated course marking times and courses affected by CRANKWORX events as outlined below, when each course will be CLOSED.

Those practicing all courses must remember that the forest is live and shuttle buses run every day of the week on Hill, Moerangi and Tawa Roads.

Thursday 14th March

- Enduro - unmarshalled access to trails (at own risk). There will be no marshals or medics on course. These trails will also be open to the public and shuttles will still be running. Please respect all forest users.

Friday 15th March

- 8am – 12pm: XCO and XCR **Courses are closed for taping.**
- 12:30pm-4pm: XCO and XCR – open for unmarshalled practice (at own risk). These trails will also be open to the public and shuttles will still be running. Please respect all forest users.
- DH trail - **closed** for the Crankworx Rotorua Taniwha DH be closed event.
- Enduro Trails – taping will be happening at some point throughout the day, trails will remain open but please be careful and aware that taping may be happening.

Saturday 16th March

- 9am -2pm: XCO and XCR Courses - unmarshalled practice (at own risk). These trails will also be open to the public and shuttles will still be running. Please respect all forest users.
- 2pm – 4pm: XCO and XCR Courses – **CLOSED** for Commissaires Track walk.
- DH trail - **closed** for the Crankworx Rotorua Taniwha DH event.
- Enduro - unmarshalled access to trails (at own risk). There will be no marshals or medics on course. These trails will also be open to the public and shuttles will still be running. Please respect all users.

Sunday 17th March

- XCO and XCR Race Day - Whilst the event is happening and signage is up, we cannot completely close these trails to the public, as they cover a vast area of the forest. Marshals will politely request that public refrain from riding the trail due to the event but please be aware that you may come across other general riders whilst racing.
- DH trail - **closed** for the Crankworx Rotorua Taniwha DH event.
- Enduro - unmarshalled access to trails (at own risk). There will be no marshals or medics on course. These trails will also be open to the public and shuttles will still be running. Please respect all forest users. ***There may be some restrictions in place depending on XC.***

Monday 17th March

- DH Race Day – Only Downhill competitors will be able to ride the designated race course for that day.
- Enduro - unmarshalled access to trails (at own risk). There will be no marshals or medics on course. These trails will also be open to the public and shuttles will still be running. Please respect all users.

Tuesday 18th March

- Enduro Race Day - Whilst the event is happening and signage is up, we cannot completely close these trails to the public, as it covers a vast area of the forest. Marshals will politely request that the general public refrain from riding the trail due to the event but please be aware that you may come across other riders whilst racing.

GENERAL INFORMATION

EQUIPMENT REQUIREMENTS:

For equipment requirements, please refer to the MTB Protection Policy in the [MTBNZ Technical Regulations V2 Effective 1 January 2024](#). The required protective equipment must be worn at all times during the event, this includes practice sessions and racing.

XCO & XC RELAY:

- **MANDATORY:** A helmet that satisfies the current New Zealand or equivalent international standards is compulsory in all sanctioned events.
- **Highly Recommended:** Sunglasses or protective eyewear
- **Highly Recommended:** Full finger gloves

ENDURO:

- **MANDATORY:** Full Face Helmet - Any 1 or 2-Piece helmet with approved Safety Certification (see below) is permitted - 'Enduro Style' 2 Piece helmets with removable Chin-bar are permitted if they meet the approved Safety Certification below. Note the Chin-bar must be attached any time the rider is on course - Must achieve one of the following approved Safety Certification standards: ASTM-F1952 (ASTM for DH), UN/ECE Reg No. 22, AS 1698, NZ5430, British standard BS 6658 or Japanese standard. T8133
- **MANDATORY:** Pants – long or short combined with suitable knee and shin protection. Must be of a type specifically designed and sold for BMX or MTB events, one piece construction & tear resistant. Long pants must cover to just above the shoe or ankle, short pants must be worn together with suitable knee and shin protection to just above the ankle.
- **Highly Recommended:** Elbows/Forearm Protection/ Shoulder/Spinal/ Neck protection
- **Highly Recommended:** Full finger gloves/Protective eyewear.

DOWNHILL - Junior: (U13, U14, U15, U16, U17)

- **MANDATORY:** Full Face Helmet. A helmet with chin-bar and meeting approved Safety Certification (as per Enduro, above) is permitted.
- **MANDATORY:** Neck Brace. Leatt (leatt.com) or similar to work in conjunction with the Full Face Helmet
- **MANDATORY:** Elbows/Forearm Protection. Long sleeve jersey, worn to the wrist, tucked in.
- **MANDATORY:** Pants – long or short combined with suitable knee and shin protection. Must be of a type specifically designed and sold for BMX or MTB events, one piece construction & tear resistant. Long pants must cover to just above the shoe or ankle, short pants must be worn together with suitable knee and shin protection to just above the ankle.
- **Highly Recommended:** Shoulder/Spinal protection/Full finger gloves/Protective eyewear.

DOWNHILL - Senior (U20)

- **MANDATORY:** Full Face Helmet. A helmet with chin-bar and meeting approved Safety Certification (as

per Enduro, above) is permitted

- **MANDATORY:** Long sleeve jersey, worn to the wrist, type specifically sold for BMX or MTB, must be close fitting at waist or tucked in to pants before start.
 - **MANDATORY:** Pants – long or short combined with suitable knee and shin protection. Must be of a type specifically designed and sold for BMX or MTB events, one piece construction & tear resistant. Long pants must cover to just above the shoe or ankle, short pants must be worn together with suitable knee and shin protection to just above the ankle.
 - **Highly Recommended:** Neck Brace/Elbows/Forearm Protection/ Shoulder/Spinal protection/ Full finger gloves/Protective Eyewear
-

HELMETS

Helmets must be worn at all times when on a bike, competing or otherwise. For Enduro riders all helmets must remain on and properly fastened on all transitions. Any competitor seen to have removed their helmet, may be disqualified.

MARSHALS/VOLUNTEERS

Schools **MUST** provide/register ONE marshal for every FOUR entries. If schools do not put forward sufficient marshals their riders will not be able to race. Please register here:

[Volunteers Registration 2024](#)

MECHANICALS

Bike changes are not allowed - all riders must start and finish each event on the same bike with the same number plate they started with.

XCO: External technical assistance can only be given in the XCO tech zone. Riders can do their own repairs and/or assist other riders from their own school anywhere on the course, but they must only use tools/parts carried by the rider(s) or collected from the Tech Zone.

ENDURO: External technical assistance is permitted between timed stages. Repairs may be carried out by competitors, their support people or neutral technicians. There is no restriction on repairs, however, the same bicycle frame must be used for all stages.

NON-COMPLETION OF EVENT

Please reiterate to your students that if for some reason they cannot finish the event they or the school manager must tell a race official and **MUST** return their race timing chip to avoid a non-return fee.

PASSING

Sportsmanship is important at any level of mountain biking. We highly encourage you to watch out for your fellow riders, whether they be your team-mates or not.

Remember, if a faster rider, approaching from behind, calls out 'rider on your right' or simply 'rider' please allow them to pass on your right or at the next possible spot that you deem is safe for yourself, and the fellow rider to pass.

Rider's overtaking must do so safely and not put other riders in danger.

THIS IS EXTREMELY IMPORTANT FOR DOWNHILL, IF SOMEONE HAS CAUGHT UP WITH YOU – YES THEY ARE FASTER THAN YOU - SO LET THEM PASS AS SOON AS POSSIBLE!

MANAGERS, please stress the need to let other competitors pass if they have been caught by another rider.

PLATES

Riders will use the same race plates for all events.

Race plates must be mounted vertically in front of the handlebars, so the number is clearly visible. Altering, cutting, bending, or placing of unauthorised sponsors logos on number plates may result in disqualification. All riders must display their race numbers if riding the course on the official practice times or on race day

RESULTS

Any queries regarding results are to be made by the Team Manager only directly to the Chief Commissaire.

Any protests are to be submitted in writing (see form at back in Appendix A) and will be reviewed by the Disputes Panel.

Official results will be posted to www.schoolscycling.nz as soon as possible after the event. Provisional results will be available on www.facebook.com/CyclingNZLSchools/

We are planning on having live timing, any live timing results are all provisional, not final. Where to access live timing will be posted closer to the time.

RIDER UNIFORM

All riders must wear school kit, if you do not have school kit, plain kit is acceptable. Please refer to Point 5 and Appendix 2 of the Schools Cycling Rules for more information on Uniform Guidelines. Ensure you are

compliant before you arrive at the event to avoid any unnecessary stress. For any queries on this, contact schools@cyclingschools.co.nz

RULES

The event is endorsed by School Sport New Zealand and is run under [Cycling New Zealand Schools Rules](#), the NZSCA Rules for Schools Cycling Events (1/10/21) and [MTBNZ Technical Regulations](#).

SPORTSMANSHIP

Sportsmanship is important at any level of mountain biking. We highly encourage you to watch out for your fellow riders, whether they be your team-mates or not.

Riders must not use offensive or abusive language during the event, act in any anti-sporting manner, be disrespectful to the event volunteers/officials or ignore the race regulations.

START LISTS

Start lists will be posted on the [Event Website](#) after entries close and seedings are finalised.

TIMING CHIPS

We will be using active timing chips with the chips to be zip tied to the fork of the bike. These can only be collected in the allotted times before each event, see race day schedules below. You must have your race plate visible, and you must collect your own chip at the designated times. Chips will be collected from competitors immediately upon finishing a race so we can record your time. No chip, no time! Lost chips, willfully damaged chips or unreturned chips (due to non-completion of the race) will be charged at \$150.

XCO SEEDING

The seeding order for XCO will be determined by Event Management in conjunction with Schools Cycling NZ in accordance with section 22.5 of the NZSCA Rules for School Cycling Events.

AWARDS

First, second and third place getters in each race will receive medals.

Overall champions will be notified after the event. The Overall Champion in each age group will be the

competitor who has accumulated the most points over the XC, DH and Enduro races. (They must start ALL races to be eligible.) Points for Overall Champion will be awarded as follows:

1st	60	7th	38
2nd	54	8th	36
3rd	49	9th	35
4th	45	10th	34
5th	42	11th	33
6th	40	12th	32

Etc. Until 43rd and below who all shall receive 1 point. DNF = 0

In the event of a tie for a placing (i.e. same number of points for the three races), then the fastest time in each age group in the Enduro race total time will decide the rankings.

BIKE REPAIRS

Riders should ensure their bikes are in race ready condition and/or serviced before the event. The availability of onsite mechanics is still TBC.

CANCELLATION OF EVENTS

The organisers reserve the right to cancel one or more of the events in the case of adverse weather conditions. Any contingency plans will be announced via Facebook and the website.

Please note that there will be no refunds if any event is cancelled.

CONTINGENCY PLAN

We have no contingency plan.

The event recognises that there is the potential for circumstances outside of their control occurring that could result in the published event format and/or distance being adjusted in the interest of participant and/or officials' safety. If inclement conditions exist, all decisions regarding the the running of the event made by the Race Organisers, Event Manager and PCP at the earliest possible time.

MEDICAL/FIRST AID

If you require special medication (eg. asthma inhaler) please make sure you have it with you.

Peak Safety will be on site for all official practice and race events providing medical support. They will also be in the forest if you ride the trails outside of these times (see Event Schedule) but will be managing the

whole forest and will not be there specifically for NISS competitors.

Peak Safety is reachable on 0800 WHAKA 1. (0800 942 521)

If you require medical attention at any other times, see below for local Medical Centres
Rotorua Hospital, approx 6km.

Corner Arawa Street, Pukeroa Road, Rotorua 3010

Lakes PrimeCare Accident & Urgent Medical Care Centre, approx 6km
1165 Tutanekai Street, Rotorua 3010

FOOD AND WATER

DH Hub Venue:

There is a water tap available approximately 200m from the finish of DH track, located by the Composting toilet on Pipeline Road.

Please ensure students have sufficient fluid and nutrition for the duration of the event. There will also be limited food/coffee outlets at the race site.

Waipa Hub Venue:

There are water taps available at the carpark. There are also food and coffee vendors in this location as well.

Please ensure students have sufficient fluid and nutrition for the duration of the event. There will be limited food outlets on the race sites so please bring enough for the day.

RESPECT FOR THE VENUE

Whakarewarewa is a privately owned Commercial Forest. **Everything that goes in with you must come out.** This includes food wrappers from competitors on course, all plates and cable ties.

Please ensure you take all your rubbish with you to dispose of when you reach your accommodation.

PARKING

ALL parking for these four events will be at the Waipa Carpark (main carpark between Mountain Bike Rotorua and Secret Spot). **All vehicles must park here, there is no private vehicular access past this point.**

Access to the main DH Hub and finish line for the Taniwha Downhill can be accessed by foot, bike or shuttles for spectators – no Shuttle Pass will be required to access this part of the forest via shuttle. The shuttle from Waipa Carpark will take athletes and spectators to the DH Hub.

There will be a second shuttle running from the DH Hub to the start of the course. This shuttle is for registered athletes only. Athletes must have their DH race plate fastened to their bike to access the shuttle.

SCHOOL TENTS

For a tent site at either of the Event villages you need to book on the link below:

There is limited space at both event hub venues, these sites will be allocated on a first in first served basis. We ask that you book a site so that we can set out the space in advance.

[School Tent Registration](#)

Please ensure that you bring appropriate weights or pegs to keep your tent down. Liability and damage for tents left on site overnight lies wholly with the school that they belong to. Schools are also responsible for removing any waste at the end of each day. Please help us in supporting our host venues and respect their property. Overnight security is still TBC.

SPECTATORS

Access to the main DH Hub and finish line for the Taniwha Downhill can be accessed by foot, bike or shuttles for spectators – no Shuttle Pass will be required to access this part of the forest via shuttle. The shuttle from Waipa Carpark will take athletes and spectators to the DH Hub.

Please note, athletes will take first priority on the shuttles from carpark to DH Hub to ensure they meet their training/race time requirements, parents and spectators will be shuttled in at the same time as children wherever possible.

There will be a second shuttle running from the DH Hub to the start of the course, this shuttle is NOT available for spectators to access unless they have a Mountain Bike Rotorua Shuttle Pass.

Below is the parking/site map for reference – please note this is subject to change at any time as it is a working forest and the event site subject to outdoor weather conditions.

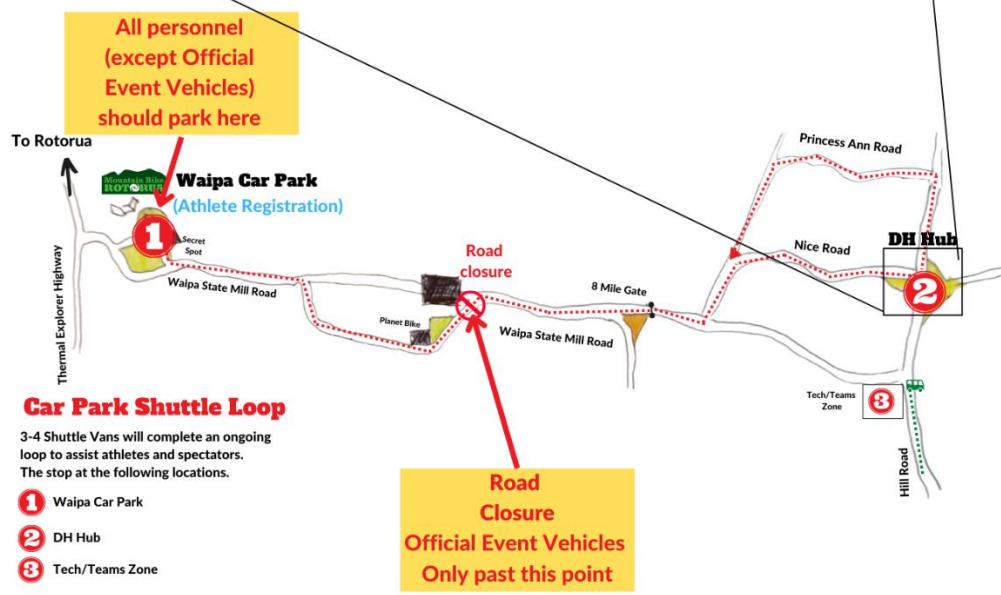
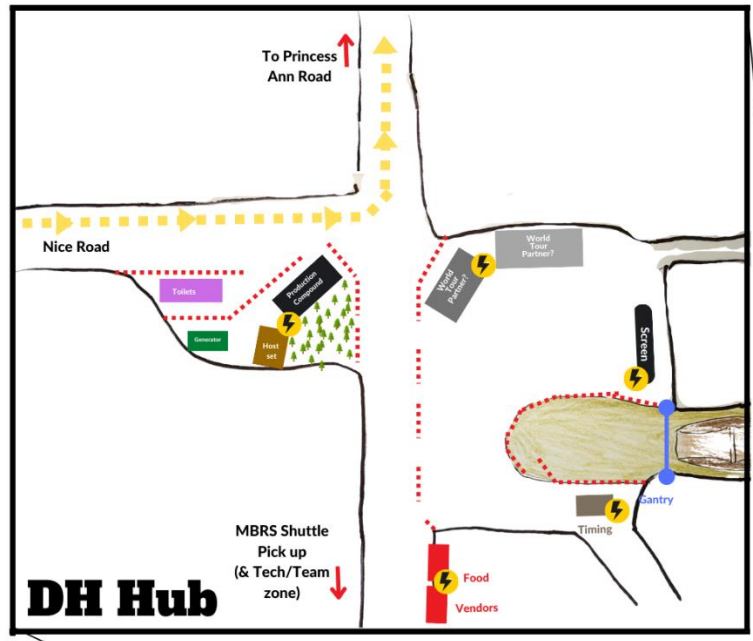
Directions for Walkers/Bikers:

You must not walk or bike on Waipa State Mill Road or Waipa Bypass Road. You must use the trails provided.

Walkers: Follow Waipa State Mill Bypass Road (on the very safe trail) past Planet Bike and past the Mill entrance. Veer left to Puarenga Stream. There are two shared trails which traverse each side of the stream which walkers can use to get to the start of Hill Road. Then follow Hill Road up to Pipeline Road.

The hub is at the intersection of Hill and Pipeline Roads, opposite the Shuttle pick. Walkers follow the purple then yellow then purple line.

Bikers: Follow Waipa State Mill Bypass Road (on the very safe trail) past Planet Bike and past the Mill entrance. Go left of the vegetation and veer right along the sealed path (not the road) to the Ball and Chain Mountain Bike Trail, enter the trees just before you hit Hill Road, and follow the trail to the beginning of Hill Road. Then follow Hill Road up to Pipeline Road. The hub is at the intersection of Hill and Pipeline Roads, opposite the Shuttle pick up. Bikers follow the purple, blue then purple line.

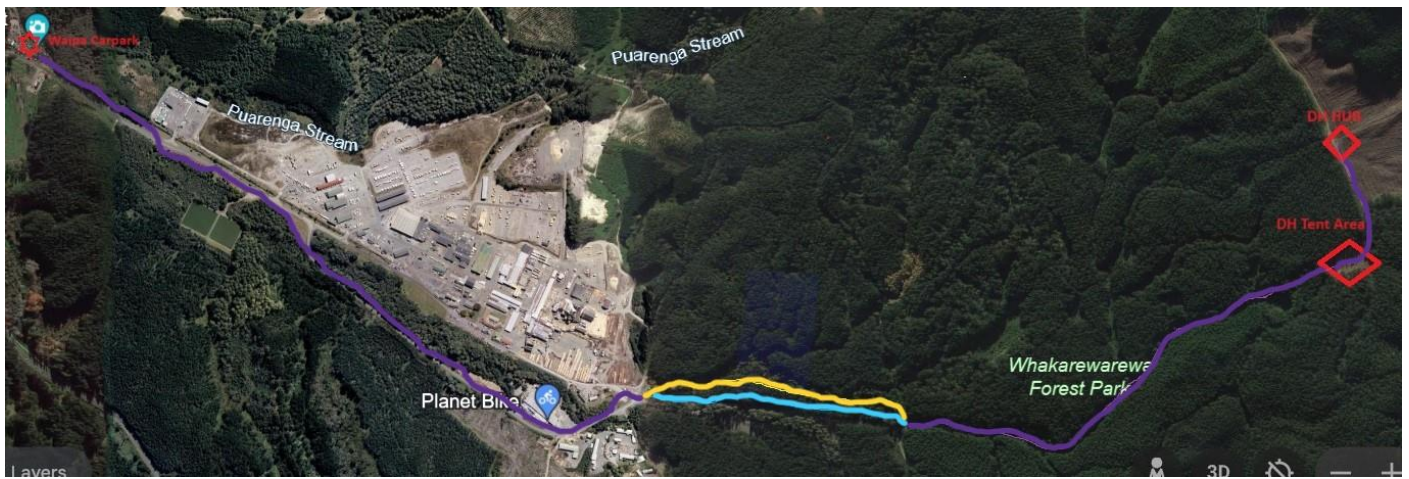


Car Park Shuttle Loop

3-4 Shuttle Vans will complete an ongoing loop to assist athletes and spectators. The stop at the following locations.

- 1 Waipa Car Park
- 2 DH Hub
- 3 Tech/Teams Zone

Road Closure
Official Event Vehicles
Only past this point



SAFETY COMMITMENT

Cycling NZ Schools are committed to providing and maintaining utmost health and safety standards, by ensuring that all risks and hazards associated with the event are adequately identified and managed to prevent harm from occurring to the event staff, participants and all other personnel involved in accordance with the Health and Safety at Work Act 2015.

Please report any hazards or accidents/incidents to the Event Manager or Coordinator at the Event Trailer.

Please ensure you have the correct protective equipment as set out in this document and in accordance with the MTB Technical Rules [here](#). Riders must ensure their helmets meet the required standard. Bell helmets with removable chin bars are NOT allowed, unless they are the new DH model. Riders will be checked when loading onto shuttles. You will NOT be allowed to practice or race with non-regulation equipment.

WITHDRAWING FROM THE EVENT

Please reiterate to your students that if for some reason they cannot finish the event they must tell a race official and return their race timing tag.

BIKE SHUTTLES FOR DH

All competitors are responsible for ensuring that their bikes have been secured to the shuttle trailers correctly. The commercial shuttle provider (Mountain Bike Rotorua), Crankworx Rotorua and the Rotorua Mountain Bike Club take no liability for any damage to bikes as a result of using this shuttle service.

SOCIAL MEDIA

We encourage you to get involved in the event through social media. The key links are provided:

Facebook	https://www.facebook.com/CyclingNZSLchools/
Instagram	https://www.instagram.com/cyclingnzschoools/
Website	https://schools.cyclingnewzealand.nz/north-island-school-mtb-championships/
Event Hashtag	#NISMTBChamps

COMMUNICATIONS

Waipa Event Hub has decent coverage, occasionally patchy with Spark networks.

Whakarewarewa Forest has patchy coverage over the site. The Downhill Hub has intermittent coverage.

TOILETS/SHOWERS

DH Hub area - there is one composting toilet on site and portaloos will also be provided for race day.

There is a full ablution block at the Waipa Carpark. Showers are available. These require a kiwi cash fob to use (which can be purchased from Mountain Bike Rotorua).

DOWNHILL INFORMATION

[DH Line Video](#) .

Event: North Island Schools Downhill (DH) Championship

Date: Monday 18th March 2023

Location: Whakarewarewa Forest, Taniwha Trail

Track Closures: Friday 15th March to Sunday 17th March the DH Track will be closed to all public and NISS competitors for the Crankworx DH event.

Expect the 2024 Taniwha DH race line to be closed prior to the competition for trail maintenance and event preparation. Official closure date to be advised based upon the balance of forest operational needs.

The North Island Secondary School DH line is not this line but some parts of the NISS line may be affected when these closures take place

Monday 18th DH Track is closed to the public all day. Competitors only.

Practice: Unofficial practice - Whakarewarewa Forest is open to the public every day. Shuttles run every day from Hill Road and/or Te Putake o Tawa. Mountain Bike Rotorua are the shuttle providers, and you will require shuttle uplifts to access the shuttles. Find out where to buy at [Mountain Bike Rotorua](#)

Race DAY Schedule:

GROUP A – Boys U13, U14, U15. Girls – All

GROUP B – Boys U16, U17, U20

250 RIDERS		
TIME	ACTION	Comments
6:45am	Race venue open Gate open	Permit access only
7:15-8am	Rider and Spectator shuttle in to race venue	Leaving from Waipa Bike carpark (Waipa State Mill Road, Rotorua)
7:30am	Marshall Briefing	
7:30am-8:00am	GROUP A (transponder collection)	No entries on the day - Transponder Allocation only
7:45am	Marshall Uplifts	
8:15am	Shuttles Open Loading for the first uplift	No plate No uplift
8:30am	GROUP A TIMED Practice Runs Start	At least two runs.

9:15am-9:45am	GROUP B (transponder collection)	No entries on the day - Transponder Allocation
10:10am	GROUP A Last Shuttle	
10:15am	GROUP B Shuttles open	
10:30am	GROUP A TIMED Practice Ends	
10:35am	GROUP B TIMED Practice Runs Start	At least two runs.
1:30pm	GROUP B TIMED Practice Ends	
1:30pm-1.45pm	Lunch Break	No riders on course
1.45pm	Race Briefing	No riders on course
1.50	Shuttles Open	First riders loading for uplift
2.15pm	Race Runs	
5:00pm	Race Runs End -approx.	
Approx 5:15pm	Prize Giving	

Race plates: All riders are to wear the issued race plate (1 per rider) placed on front of handlebars (please do not cut or reconfigure)

Timing Transponder: Pick up prior to race at times below at registration located at the DH HUB, Pipeline Road:

GROUP A	7:30am-8:00am
GROUP B	9:15am – 9:45am

TIMED PRACTICE Practice runs will be timed. Race start positions will be determined from timed practice.

Shuttles: Bikes must be loaded onto the trailer and secured by the riders/staff of MBR - riders are to ensure bikes have been secure correctly.

Rider Intervals: Riders will start at 30 second intervals for their race runs.

Equipment: Please refer to MTBNZ Technical Regulations for the full MTB Protection Policy.

Course: Dirty Dingo b-line(right option) onto R15, through midpoint jumps (all with b-line options), dirty dingo end section to finish. White arrows will be placed on course before official taping is completed on Thursday to help those who wish to come and check it out.

ALL RIDERS TO NOTE:

PRACTICE: if you stop at any time, make sure you are clear of the track and other riders. **DO NOT STOP** in the take-off or landing zones for jumps. When rejoining make sure no one is coming down the track when you do.

RACING: if someone has caught you, **THEY ARE FASTER THAN YOU**, let them pass!



CROSS COUNTRY INFORMATION

[XC Course Video](#)

Event: North Island Cross Country (XCO) Championships

Date: Sunday 17th March

Location Race Day: Whakarewarewa Forest, Rotorua. **Waipa Carpark Hub**

Practice times: Unofficial practice - Whakarewarewa Forest is open to the public every day. The XC Course will be taped on the morning of Friday 14th March and after that the course will be open to ride at your own risk. On Saturday 15th the course will be closed from 2pm-4pm for the commissaires track walk. There will be no marshals or medics on course. These trails will also be open to the public and shuttles will still be running. Please respect all forest users.

Timing Chips: Pick up prior to race at times below at registration located at the Waipa Carpark, Waipa State Mill Road.

Race 1. U13 & U14	7:00am-7:30am
Race 2. U15 & U16	9:00am-9:30am
Race 3. U17 & U20	11:00am-11:30am

Briefing/Racing times: Race Times

Race 1

Starts at 8.00am - riders to be at the start boxes 10 minutes prior (you'll be briefed at this time)

Race 2

Starts at 10.00am - riders to be at the start boxes 10 minute prior (you'll be briefed at this time)

Race 3

Starts at 12pm - riders to be at the start boxes 10 minutes prior (you'll be briefed at this time)

Prize giving: Will be held at Waipa for all races at the end, but before the beginning of the team relay.

Race numbers: All riders are to wear the issued race number (per rider) placed in front of handlebars and must be clearly visible to the front (do not cut or reconfigure)

Please refer to 10.3.2 in the MTBNZ Technical Regulations for seeding order.

Feed Zone: Riders may receive food, drink and clean eyewear from assistants within the designated feed zone at an event. Food, drink and glasses must be passed hand to hand. Only one feeder per rider is permitted in the feed zone.

Tech Zone: External technical assistance can only be given in the feed/technical assistance zones. Spare equipment and tools for repairs must be kept in these zones. Repairs and equipment changes can be carried out by the rider themselves or with the help of a teammate, team mechanic or neutral technical assistance. In addition to

technical assistance in feed zones, technical assistance is permitted outside these zones only between riders who are members of the same school.

Lap Guidelines: Provisional laps and waves are below. Final wave groups and lap numbers will be determined by the Chief Commissaire after entries close. Once the winning rider for an Age Group has finished, riders in that Age Group will not be able to commence any new laps of the course.

This is subject to change so please keep referring to it near race day for any changes.

RACE	Wave	Age Group	Laps	Total Distance
1	A	U 14 Boys	2	12 km
1	B	U 13 Boys	2	12 km
1	C	U 14 Girls	2	12 km
1	C	U 13 Girls	2	12 km
2	A	U 16 Boys	3	18 km
2	B	U 15 Boys	3	18 km
2	C	U 16 Girls	3	18 km
2	C	U 15 Girls	3	18 km
3	A	U 20 Boys	4	24 km
3	B	U 17 Boys	4	24 km
3	C	U 20 Girls	3	18 km
3	C	U 17 Girls	3	18 km

XCO Course:

Start/Finish – Waipa Carpark Hub

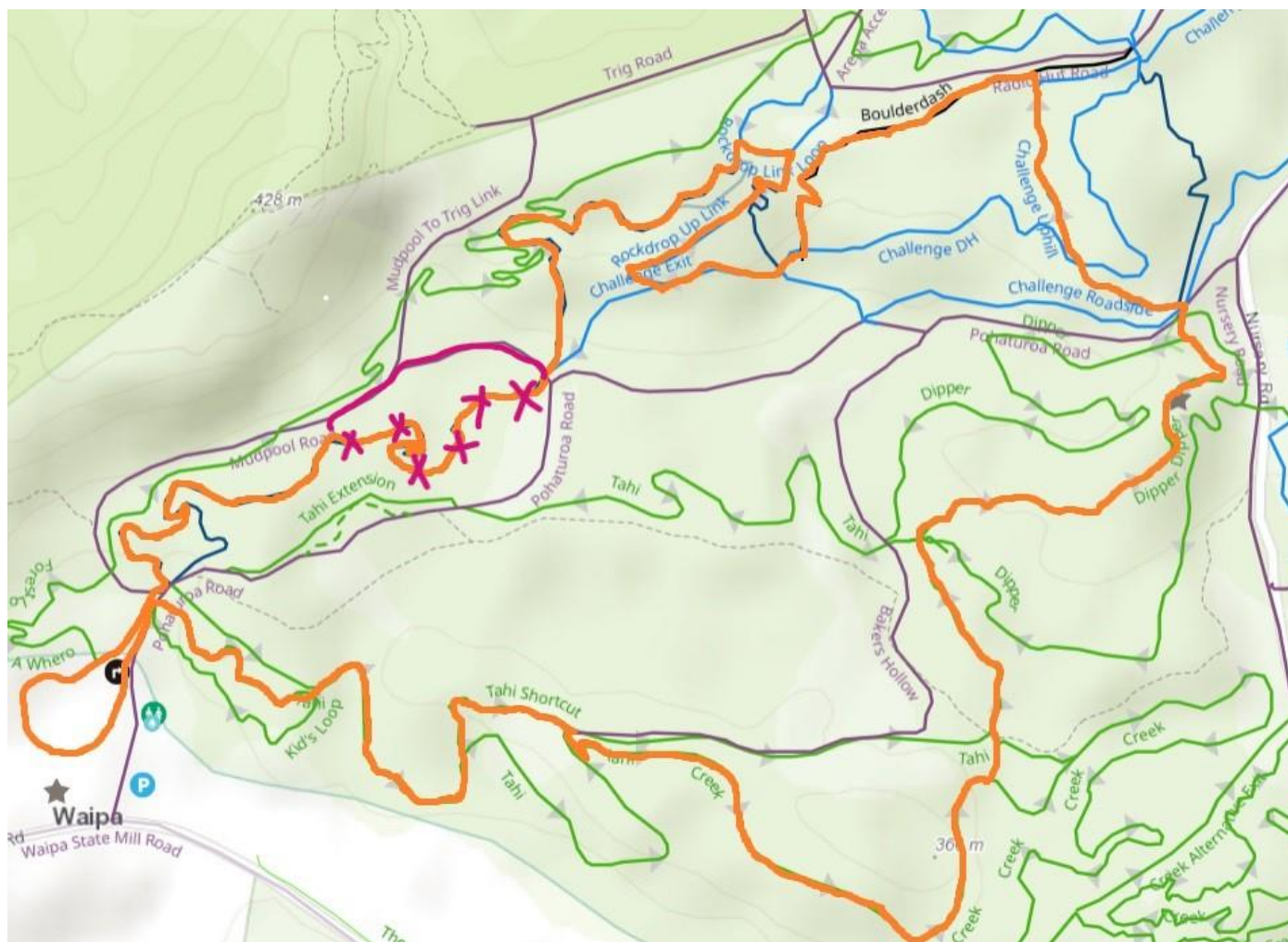
Course description -

This proposed course starts at the Waipa car park hub in the grass fielded area, where schools could have their tents set up.

- Mass start on the Waipa Field
- Out across the main pedestrian bridge, turning right into Kids Loop Trail.
- Kids loop into Tahī, follow Tahī and take Tahī shortcut to Bakers Hollow.
- Into Creek to top of the hill and take left fork downhill and out to connect to Tahī/Dipper trail.
- Follow Tahī/Dipper Trail to Dipper Up Trail, follow up to Puhoturoa Road, cross road to Challenge Uphill.
- Challenge Up to Boulderdash. Follow Boulderdash to Rockdrop bottom trail. The Boulderdash rock drop will be taped off for the race, Race line is via B Line.
- Along Rockdrop bottom/challenge link trail to Rockdrop Up Trail. At the top intersection, turn left climbing up to Rockdrop Trail.
- Into Rockdrop down, out onto Puhoturoa Road, across into Rosebank. NB. The line down to the creek will be the right line around the edge of the hill. The left, direct line, this will be taped off for the race.
- Rosebank back to Waipa field across bridge.

Technical/Feed Zone will be in the Waipa Carpark Field.

Approx 6 km and is a mixture of single track through forest and gravel roads linking the single track.
Follow the orange line.



CROSS COUNTRY RELAY INFORMATION

Event:	North Island Cross Country Relay (XCR) Championships
Date:	Sunday 17 th March
Registration/Timing Chips:	Teams need to pick up a team race transponder at: 1:45 to 2:00pm .
Briefing/Racing times:	From approx. 2:30pm
Prize giving:	Approx 4.00pm
Race plate:	Each team will be issued with a TEAM transponder. Rider 1 will start - wearing the transponder. The race transponder will be swapped with the next rider in the team, in the Transition Area between laps. If the transponder is NOT transferred between riders, your team laps will NOT be recorded.
Age Groups:	U16, U20.
Categories:	Girls, Boys
Description:	Teams Relay will consist of teams of three riders who will rotate riders every lap in strict rider order for 60 minutes. It is very important that this rule is adhered to.
Mixed Teams:	Mixed gender teams will compete in the male category.
Key Information:	Rider 1 starts the race with their team race transponder attached to their ankle. The transponder must stay in place for the entire lap. Riders must dismount before entering the Transition Area, then push their bike (running or walking) to their awaiting team mate. Once inside the Transition Area, at the conclusion of each lap, the rider must hand over the transponder to the next rider (assistance can be given by rider 3). Once the transponder is secured to the next rider, they can leave the Transition Area. Riders must ride single laps in their designated order (Rider 1 hands to Rider 2 who hands to Rider 3, who hands to Rider 1, etc) and may not miss a rider from their turn. Failure to do so will result in disqualification. Approx 2 km loop (using Tahi Trail), with the start and finish in the same location. Some grass and gravel road to link single track.

ENDURO INFORMATION

Event:	North Island Enduro (END) Championships
Date:	Tuesday 19 th March
Location:	Whakarewarewa Forest, Rotorua. Waipa Carpark
Registration times:	U13, U14, U15, Girls only U16, U17 & U20 - 7:00am - 8:00am Tuesday 19 th March, Waipa Carpark. Each rider must come and pick up a Transponder for the race, please ensure race plates are visible. Boys only U16, U17, U20 - 10:45 am - 11:45 am Tuesday 19 th March, Waipa Carpark. Each rider must come and pick up a Transponder for the race, please ensure race plates are visible.
Practice times:	Whakarewarewa Forest is open to the public every day. Tracks where required will be taped on Friday 14 th April for unofficial. Tracks will not be closed but please take care as taping could be happening on course .
Briefing/Racing times:	RACE A - 8:15 am - compulsory Race Briefing - U13, U14, U15, Girls only U16, U17 & U20 RACE B - 12:00 pm - Compulsory Race Briefing - Boys only U16, 17, U20s
Prize giving:	1:00 pm (approx.) - Enduro Prize-giving U13, U14, U15s, Girls only U16, U17, U20 4:30 pm (approx.) - Enduro Prize-giving Boys only U16, U17, U20s
Race Plates:	All riders are to wear the issued race plate (1 per rider) placed on front of handlebars (please do not cut or reconfigure) Timing chips/transponders will be issued, refer above to allocated issue times.
Seeding:	Riders will need to self-seed within their age/gender groups.
Rider Intervals:	Riders will start at 30 second intervals.
Equipment (Helmets):	A full face helmet, meeting <i>specified</i> Safety Certification standards is MANDATORY for Enduro. Please refer to MTBNZ Technical Regulations for the full MTB Protection Policy.

STAGES: Stage 1 – Old Exit Stage 2 – Te Huinga Stage 3 – Gunna Gotta Stage 4 – Box of Birds

Course: RACE A. **Order of Stages**

U15 Boys only	Box of Birds (4)	Gunna Gotta (3)	Te Huinga (2)	Old Exit (1)
U14 Boys, U16, U17 & U20 Girls	Gunna Gotta (3)	Box of Birds (4)	Old Exit (1)	Te Huinga (2)
U13 Boys , U13, U14, U15 Girls	Te Huinga (2)	Old Exit (1)	Gunna Gotta (3)	Box of Birds (4)

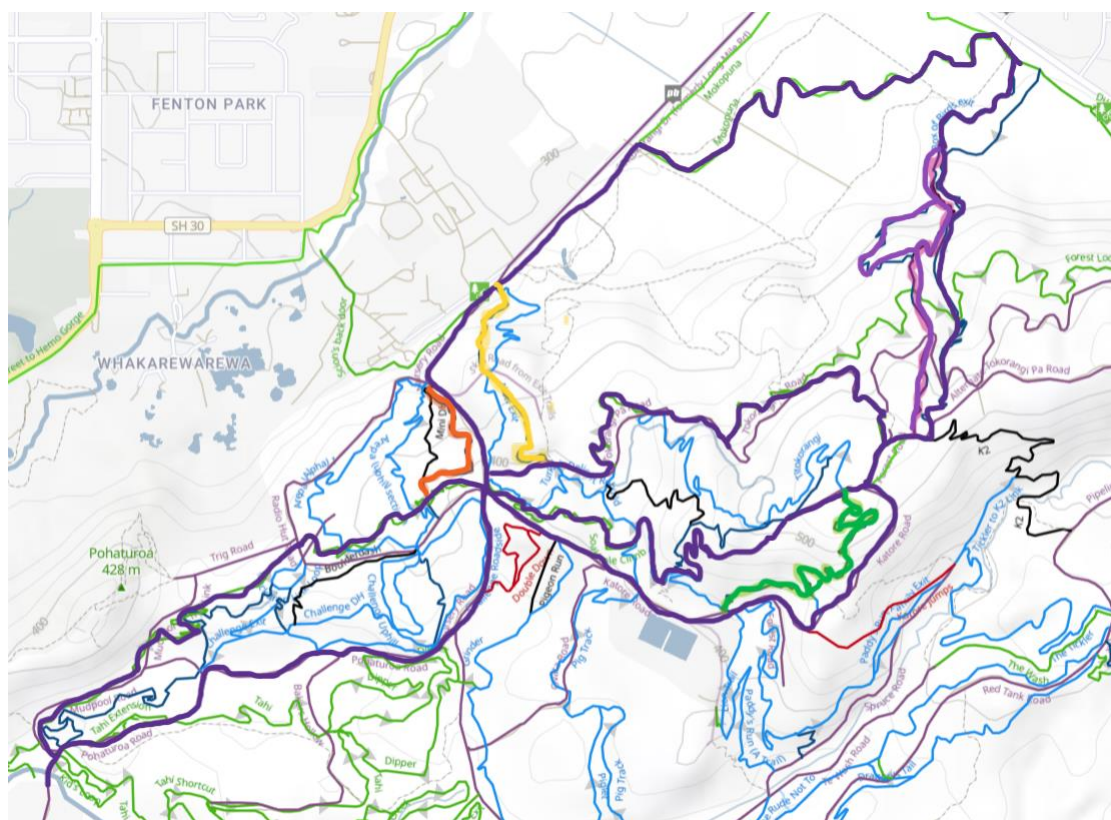
RACE B. Order of Stages (Stage number)

U16 Boys	Box of Birds (4)	Gunna Gotta (3)	Te Huinga (2)	Old Exit (1)
U17 Boys	Gunna Gotta (3)	Box of Birds (4)	Old Exit (1)	Te Huinga (2)
U20 Boys	Old Exit (2)	Te Huinga (1)	Box of Birds (4)	Gunna Gotta (3)

The courses for the 4 timed Enduro stages are described below. No shuttles are provided for this race or run on the roads where the enduro trails are located.

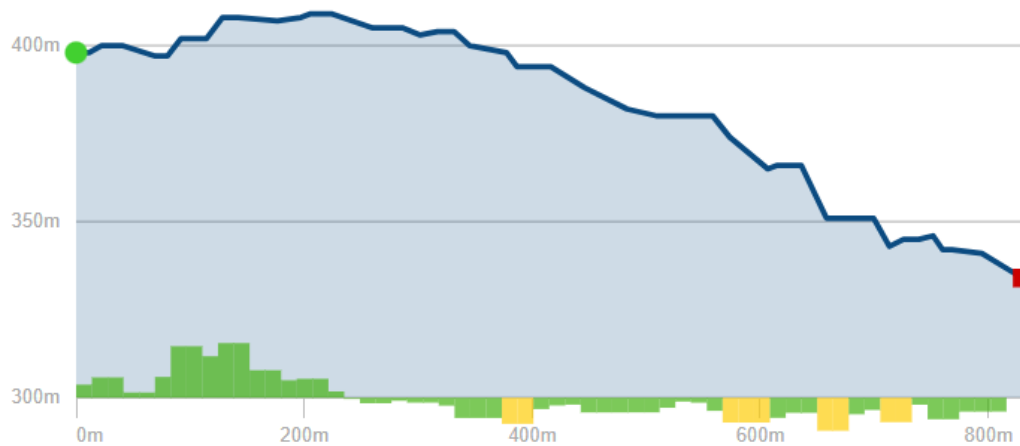
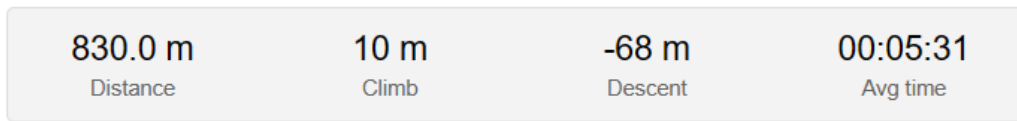
Riders will start in waves within the grass area at Waipa and loop out to cross the Forest Loop Bridge. Then the following trails can be used to access all stages: Forest Loop, Puhoturoa Road, Tokorangi Pa Road, Soakhole Climb, Katore Road, As You Do, Mokopuna Loop, Titokorangi Drive (formerly Long Mile Rd) Bike Trail (no riding is to be done on Titokorangi Drive!), Nursery Road. If Box of Birds is your last stage, you may transit back to Waipa Carpark via the Mokopuna Loop and the bike trail provided to Nursery Road. Mokopuna Loop and Forest Loop are usually very busy with public riders. Please be aware of this and be polite and considerate. You will not be “racing” on these transition tracks so please be mindful.

OVERALL MAP OF ENDURO STAGES, LIAISON TRAILS & ROADS

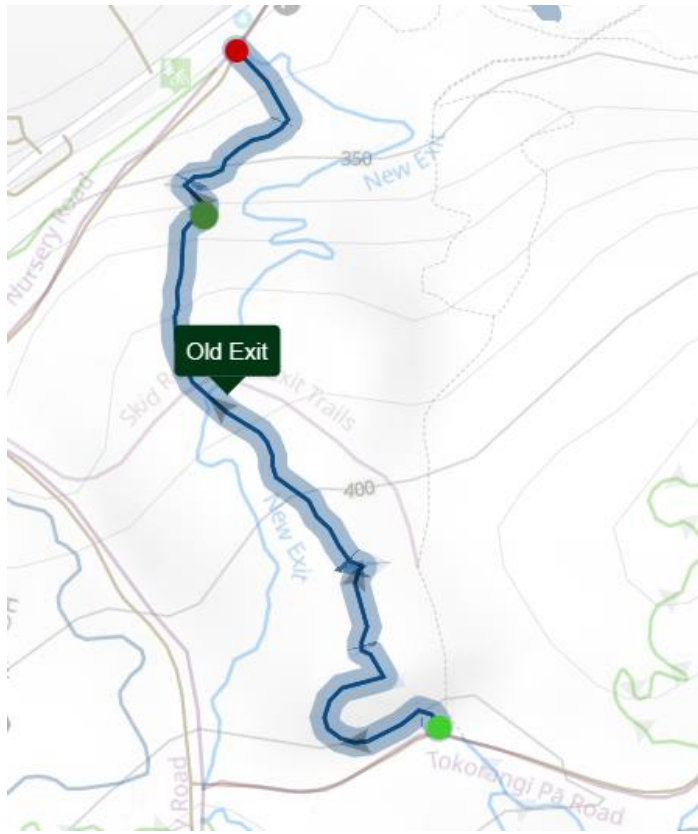


All roads and trails that are or can be used for up hill and transition are those highlighted in PURPLE. Orange is Te Huinga, Yellow- Old Exit, Light Purple – Box of Birds, Bright Green – Gunna Gotta

Stage 1 – Old Exit Details - Grade 3 and 4 [OLD EXIT Video](#)



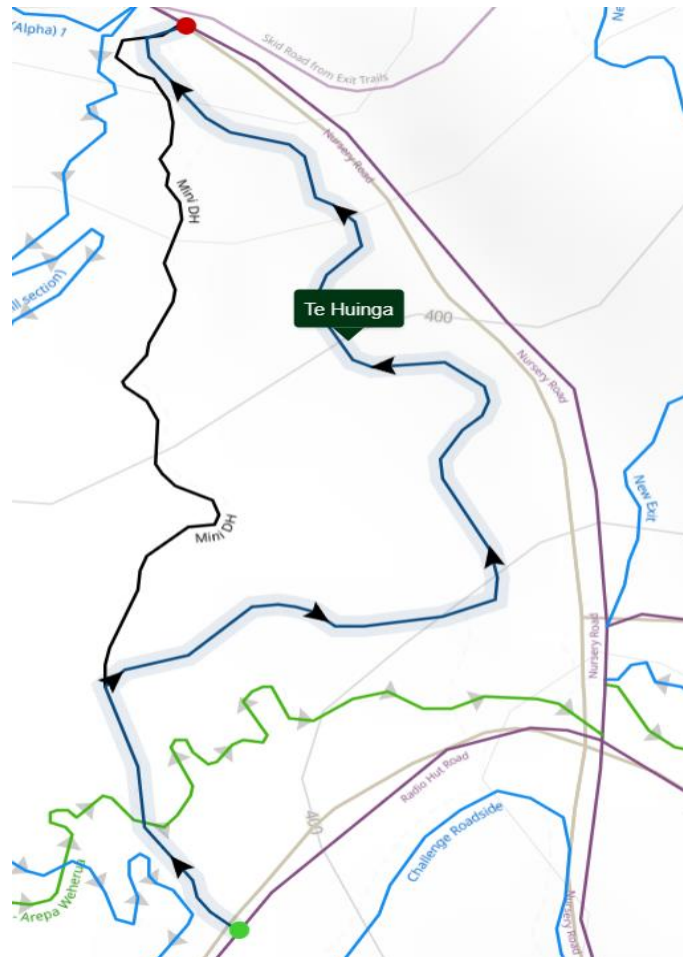
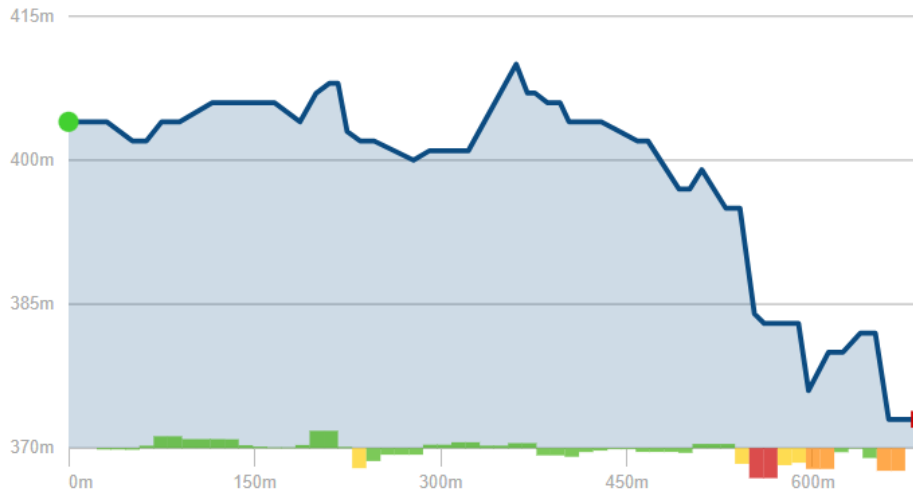
Starts from Tokorangi Pa Rd close to the intersection of Nursery Rd with a short climb in then a quick short downhill. Cross the forest road into a very short cutting with either a jump at the end or a good berm instead. Whip back across the road and into the main part of the trail with some great fast downhill sections. Nice rolling jumps and berms make this an excellent finish for those heading out to Long Mile Rd. A blast - but, careful - there are some tricky bits so pay attention, especially if you have been out riding for four hours. About two-thirds of the way down the trail splits. NISS track will go to the right - is still quite technical with some braking ruts, most of the way down it. Still a Grade 3.



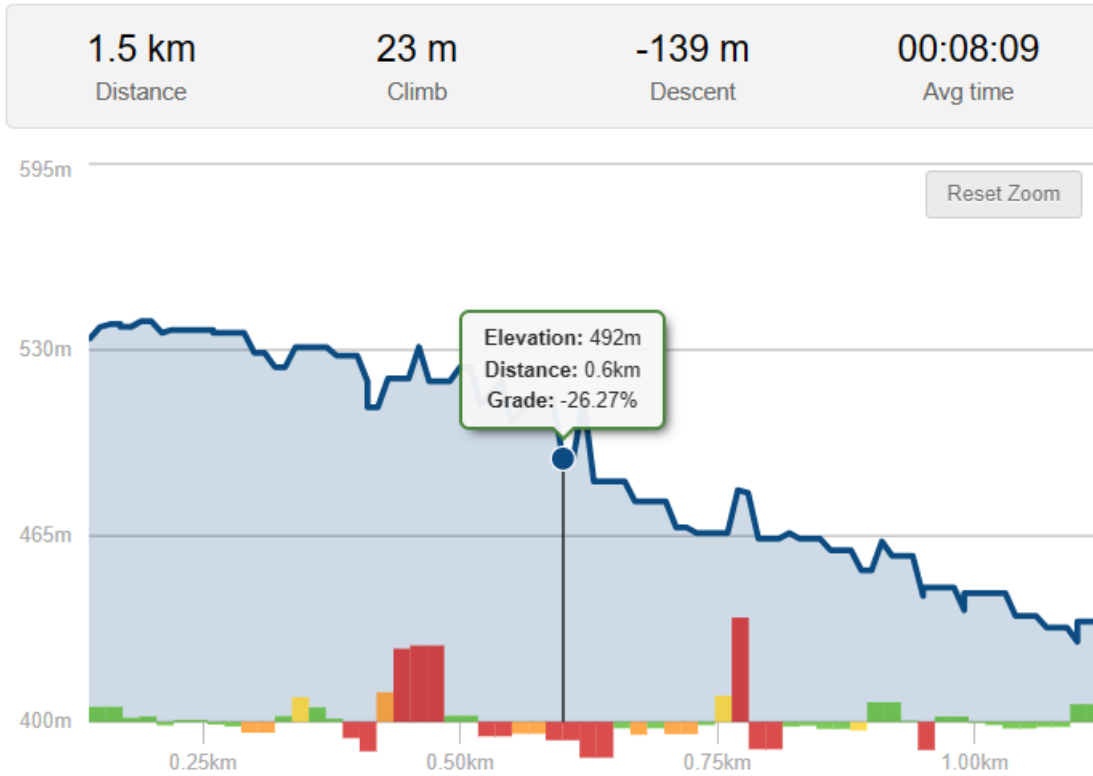
Stage 2 – Te Huinga Details – Grade 4

[Te Huinga Video](#)

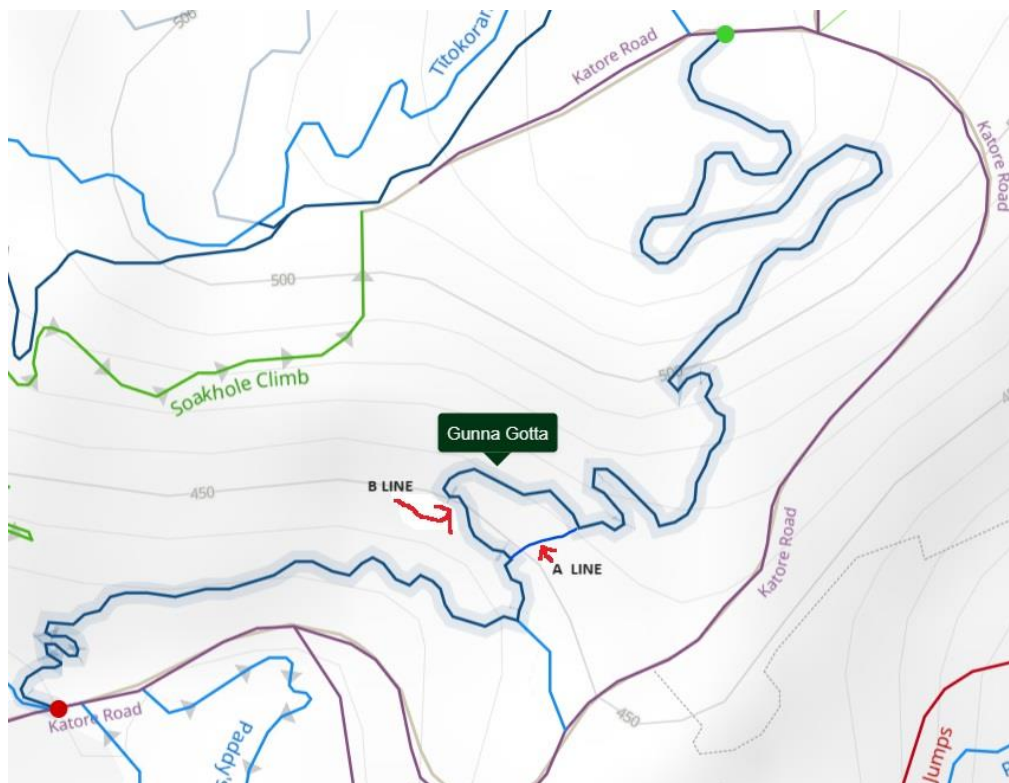
686.0 m	8 m	-39 m	00:03:28
Distance	Climb	Descent	Avg time



At the trailhead there is an immediate left and right fork. The trail to the left is Arepa Loop - Take the right fork for [Te Huinga](#) trail (also called 'Genesis Roadside trail' in reference to the old Genesis trail that used to run through this block). After a short distance the trail forks again - straight ahead is the [Mini DH](#) trial, to the right is [Te Huinga](#) trail. The trail is predominantly downhill, with several features which more experienced riders can jump if they choose. There are either easier lines around the features, or the features are designed to be able to roll over at low speed as well as launching them at high speed.



Mainly downhill singletrack - a beauty and very entertaining as it initially snakes its way across the face of the hill you just climbed. While the new top section in the young pine trees is well-groomed, do not be deceived - the riding line is narrow and there is little room for error before you'll be off the track. Lower down the hill the original trail has some real technical challenges through native bush. There will be an A and B line around features. **If you choose the B Line, you must give way to anyone on the A Line when rejoining.** Part way through the native bush section there is a marked exit to your left – **the NISS line stays to the right.**



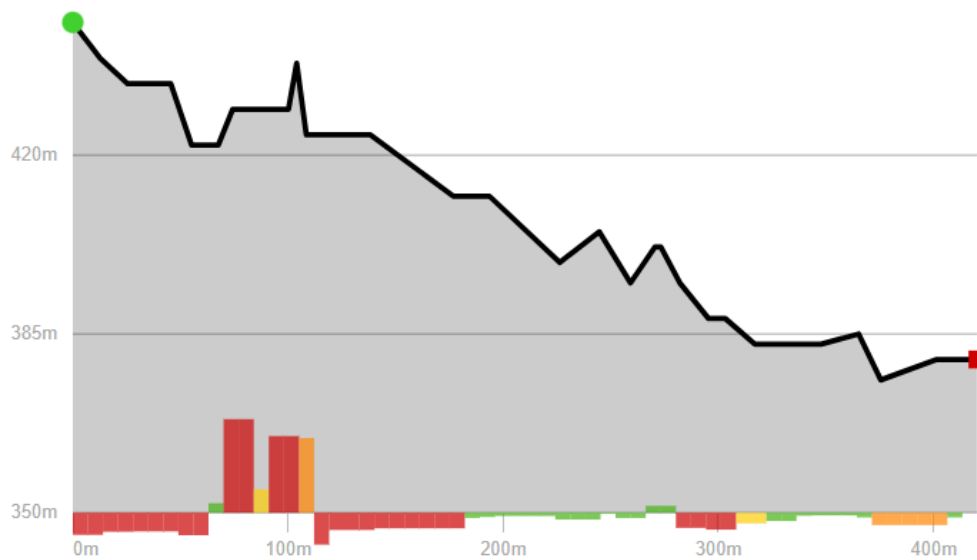
Box of Birds/Fluffy Duck Line

2.0 km	15 m	-175 m	00:03:01
Distance	Climb	Descent	Avg time



Box of Birds Hardline portion of trail.

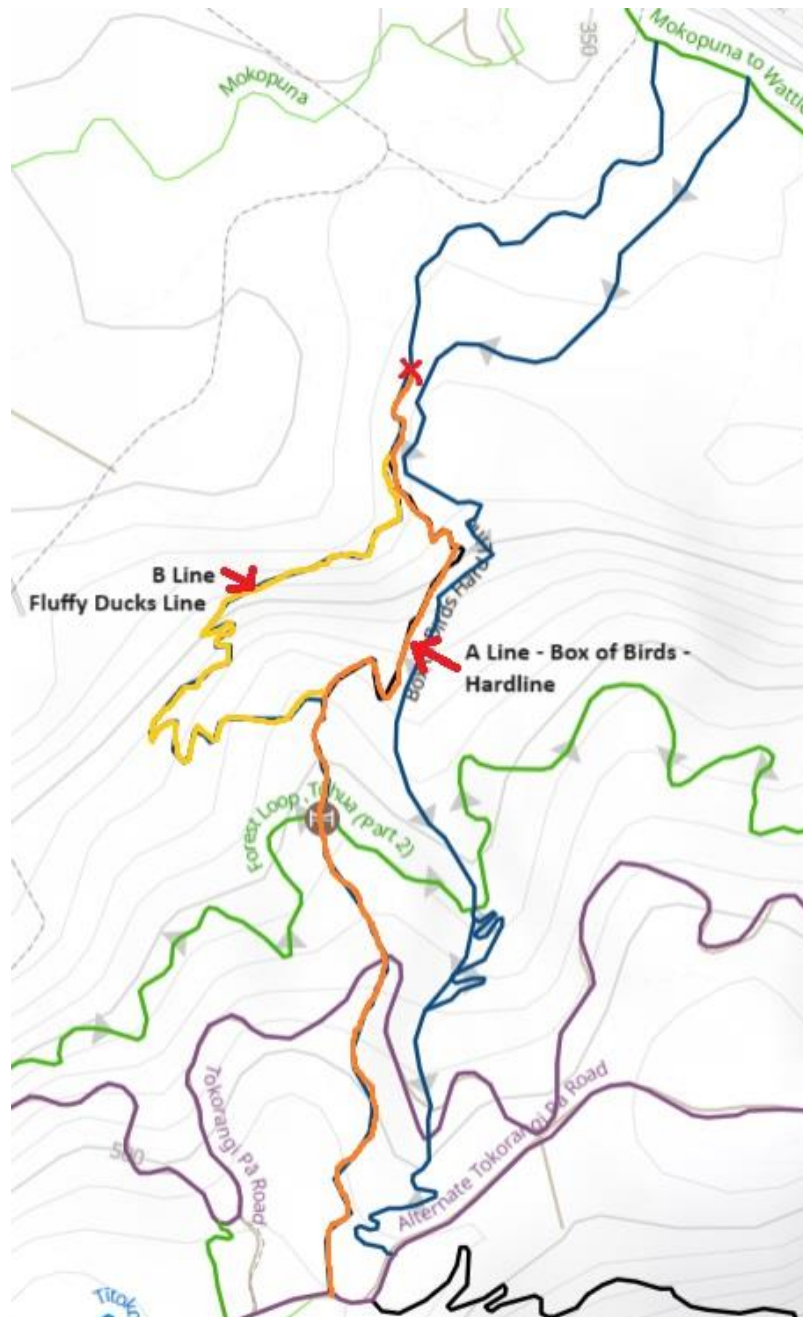
420.0 m	4 m	-63 m	00:04:34
Distance	Climb	Descent	Avg time



This trail starts and finishes as [Box of Birds](#), and follows the [Box of Birds](#) line most of the way. There are three sections known as the "Fluffy Duck" lines which bypass the most technically difficult sections of [Box of Birds](#), which makes this a Grade 3 Trail – Fluffy Duck lines will be a B Line option. **Any rider taking B lines automatically must give way to A line riders when rejoining the mainline.**

The first section is easy cross-country, with an avoidable dropoff (go right) at the point where it crosses [Tokorangi Pa Rd](#). The trail continues on the other side of the road – a mixture of steep turns and drops and flatter sections, often slippery after rain, more like a grade 4 level of riding. The last section of the trail, after a log feature with several options to cross it, is an easy coast through to the junction of the trail where the race stage will stop. This will be the A Line.

The stage will end where the trail meets the As You Do Trail



APPENDIX A - PROTEST FORM PROTEST FORM

Event: _____

Race: _____

Date: _____

Protesting School: _____

School Team Manager: _____

Contact Mobile: _____

Contact Email: _____

Name of Rider or Team: _____

Other Party (Rider, Team or Official): _____

Date/Time of Incident: _____

Location of Incident: _____

Nature of Incident (Brief Description):

Outcome Sought:

Organisers Use Only _____

Date/Time Protest Received: _____

Protest Fee Received (\$50): Held By (Official Receiving Protest): _____

Passed to Chief Commissaire (Date/Time): _____

Outcome Determined:

APPENDIX B: ROTORUA MOUNTAIN BIKE CLUB/CRANKWORX CONCUSSION POLICY

1. Recognition of a Sport- Related Concussion (SRC)

When a rider experiences an incident of injury that involves a blow to the head, face or neck, he or she will have the following support available:

- a) If the incident is witnessed by an official Rotorua Mountain Bike Club medic, the rider will receive medical attention as soon as possible which will include a sideline SRC evaluation (at the scene of the incident if the rider cannot continue, OR when the rider reaches the finish area)
 - (i) E.g. Crash during a race or training event where medics are on site of accident.
- b) If the incident is not witnessed by an official Rotorua Mountain Bike Club medic, the rider is encouraged to approach any course marshal or medic to request medical assistance, which will include a sideline SRC evaluation.
 - (i) E.g. Crash during a race or practice run where no medic is nearby; rider finishes the trail and consults a medic at the end of the practice/run /stage before continuing.

What is a Sideline SRC Evaluation?

A sideline evaluation is the rapid screening for a suspected SRC. Rotorua Mountain Bike Club requires that a CRT5 (seen below) is the basis for all Rotorua Mountain Bike Club medics to conduct a sideline evaluation immediately after injury. These tools are based on recognition of injury, assessment of symptoms, cognitive and cranial nerve function and balance. It can be completed in as few as 5 minutes by a Rotorua Mountain Bike Club official medic.

2. Result of Sideline Evaluation

Immediately following an injury, a rider will be temporarily removed from the track/event to address first aid issues and receive a sideline evaluation which must be performed by a Rotorua Mountain Bike Club official medic.

- a) **If a SRC is suspected**, the rider will be removed from official training or competition and will require a more thorough diagnostic evaluation which must be performed by a qualified physician.
- b) **If no SRC is suspected**, the rider will be discharged/allowed to continue with appropriate advice from the medic on when to next seek medical treatment.

CONCUSSION RECOGNITION TOOL 5®

To help identify concussion in children, adolescents and adults





Supported by

RECOGNISE & REMOVE

Head impacts can be associated with serious and potentially fatal brain injuries. The Concussion Recognition Tool 5 (CRT5) is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

STEP 1: RED FLAGS – CALL AN AMBULANCE

If there is concern after an injury including whether ANY of the following signs are observed or complaints are reported then the player should be safely and immediately removed from play and an ambulance called. If no licensed healthcare professional is available, call an ambulance for urgent medical assessment:

- Neck pain or tenderness
- Double vision
- Weakness or tingling/numbing in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state
- Vomiting
- Increasingly restless, agitated or combative

Remember:

- In all cases, the basic principles of first aid (danger, response, should be no harm)
- Assessment for a spinal cord injury is critical.
- Do not attempt to move the player (other than required for airway support) unless trained to do so.
- Do not remove helmet or any other equipment unless trained to do so safely.

If there are no Red Flags, identify when possible concussion should proceed to the following steps:

STEP 2: OBSERVABLE SIGNS

Visual cues that suggest possible concussion include:

- Lying motionless on the playing surface
- Lying on the ground after a direct or indirect hit to the head
- Disorientation or confusion, or an inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait difficulties, motor or incoordinated, stumbling, slow laboured movements
- Facial injury after head trauma

STEP 3: SYMPTOMS

- Headache
- "Pressure in head"
- Balance problems
- Nausea or vomiting
- Drowsiness
- Dizziness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- "Don't feel right"
- More emotional
- More irritable
- Sadness
- Nervous or anxious
- Neck Pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like "in a fog"

STEP 4: MEMORY ASSESSMENT

(IN ATHLETES OLDER THAN 12 YEARS)

Failure to answer any of these questions (no-diffed sport) correctly for each suggest a concussion:

- "What venue are we at today?"
- "Which half is it now?"
- "Who scored/least in this game?"
- "What team did you play last week/game?"
- "Did your team win the last game?"

Athletes with suspected concussion should:

- Not be left alone initially (at least for the first 1-2 hours).
- Not drink alcohol.
- Not use recreational/ prescription drugs.
- Not sent home by themselves. They need to be with a responsible adult.
- Not drive a motor vehicle until cleared to do so by a healthcare professional.

The CRT5 may be freely copied in its current form for distribution to individuals, teams, groups and organisations. Any revision and any reproduction in a digital form requires approval by the Concussion in Sport Group. It should not be altered in any way, rebranded or sold for commercial gain.

ANY ATHLETE WITH A SUSPECTED CONCUSSION SHOULD BE IMMEDIATELY REMOVED FROM PRACTICE OR PLAY AND SHOULD NOT RETURN TO O OR ACTIVITY UNTIL ASSESSED MEDICALLY, EVEN IF THE SYMPTOMS RESOLVE

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