



NORTH ISLAND MTB CHAMPIONSHIPS

Cross Country & Relay

Enduro & Downhill

2023 EVENT MANUAL

14-16 APRIL 2023

Version 1.1 – Published 14 March 2023

EVENT PARTNERS

We would like to thank the following sponsors and supporters for their contribution to this event, without them this event would not be able to take place.



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WELCOME

The Rotorua Mountain Bike Club welcomes all North Island School students and supporters to the 2023 SKODA 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 in particular the Whakarewarewa Forest Management Group, 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)	Clair Coker
EVENT MANAGER (XCO & XCR):	Michelle Millington
EVENT MANAGER (END & DHI):	Clair Coker
CHIEF COMMISSAIRE:	Martyn Robinson

Key Version Updates:

Version	Date	Comments
1.0	28 January 2023	First Publication
1.1	4 February	Entry Open Date corrected
1.2	12 March 2023	Course Changes for all events, Spectator Access Updates; Enduro Category Race Time changes.

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 Te Puke o Tawa Carpark off Tarawera Road, approximately 6 kms from the Tarawera Road, Te Ngae Road intersection.

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

For the Downhill venue, parking is located at Planet Bike Carpark (Waipa State Mill Road, Whakarewarewa, Rotorua 3074). Head out past the Waipa MTB Carpark, turn right before the gated Mill entrance and parking will be on your left at the end of the straight. Please note this is a forestry road and all cars must obey the 50km speed limit and have headlights on at all times.

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 Planet Bike Carpark will take athletes and spectators to the DH Hub. **All vehicles must park here, there is no private vehicular access past this point.**

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.

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 to have 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. The Medics decision on a rider's ability to continue, or not, is final and will not be entered into.

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 Wheel House Cafe from 2-5pm on Thursday 13th April. WheelHouse Cafe is located in the extended Te Puia Carpark off the main roundabout coming into Rotorua from Taupo.
- **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.

Thursday 13th April:	Registration Day
Friday 14th April:	Downhill Race Day
Saturday 15th April:	XCountry and XCountry Relay Race Day
Sunday 16th April:	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 is now 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.

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.*

DATES:

9 February – Pre-registrations for the Downhill open, Entries for the Cross Country and Enduro open

3 March – Pre registrations for the Downhill close, Entries for the Cross Country and Enduro close

13 March – Allocation of entries confirmed to schools

20 March – Entry List is finalised and invoices sent out

Entry Fees

Event	Entry Fee
Cross Country	\$50
Cross Country Relay	\$60 per team
Downhill	\$70
Enduro	\$60

RACE INFORMATION

REGISTRATION:

Race plate pick up - TEAM MANAGERS ONLY

Thursday 13th April 2pm - 5pm. WheelHouse Cafe, State Highway 5, Rotoura.

At the main roundabout coming into Rotorua from Taupo, exit into the overflow Te Puia carpark. You will find the Wheelhouse Cafe located within the 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 2023.

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

Pre-event (before Thursday 13th April) : Riders can practice the courses before the event at their own risk. All courses will be taped on Thursday 13th April. 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 13th April:

DH trail will be closed for the day.

All Enduro and XC courses will be closed at various times of the day to facilitate taping. If you are found riding on a trail that has a closed sign at the start you may be disqualified. Please respect our volunteers and keep them safe by respecting the trail closures

Friday 14th April:

DH trail will be closed for the event. Only competitors will be able to ride the designated race course for that day.

XC & Enduro Courses: Will be open to ride at your 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.

Saturday 15th April:

XC Trails. 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 public refrain from riding the trail due to the event but please be aware that you may come across other general riders whilst racing.

Enduro Stages will be open to ride at your 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.

Sunday 16th April:

Enduro Trails. 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.

EQUIPMENT REQUIREMENTS:

For equipment requirements, please refer to the MTB Protection Policy in the [MTBNZ Protection Policy - January 2023](#).

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

- Highly Recommended: Elbows/Forearm Protection
- Highly Recommended: Knee/Shin protection
- Highly Recommended: Shoulder/Spinal/ Neck protection
- Highly Recommended: Full finger gloves
- REcommended: 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. Regardless of the length of the shirt.
- MANDATORY: Knee/Shin protection. Regardless of the length of the pants.
- Highly Recommended: Shoulder/Spinal protection
- Highly Recommended: Full finger gloves

DOWNHILL - Senior (U20)

- MANDATORY: Full Face Helmet. A helmet with chin-bar and meeting approved Safety Certification (as per Enduro, above) is permitted
- MANDATORY: Elbows/Forearm Protection. Long sleeve jersey, worn to the wrist, with or without elbow protectors as per regulations..
- MANDATORY: Knee/Shin protection. Either long pants with full cover to the ankle, or shorts worn with knee protectors as per regulation.
- Highly Recommended: Neck Brace.
- Highly Recommended: Shoulder/Spinal protection
- Highly Recommended: Full finger gloves

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](#)

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 must tell a race official and MUST return their race timing chip.

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** at the next possible spot that you deem is safe for yourself, and the fellow rider to pass.

Riders overtaking must do so safely and not put other riders in danger.

RACE 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 of programme) 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. 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 or willfully damaged chips 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 on site 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 10km.

Corner Arawa Street, Pukeroa Road, Rotorua 3010

Lakes PrimeCare Accident & Urgent Medical Care Centre, approx 10km

1165 Tutanekai Street, Rotorua 3010

FOOD AND WATER

DH Hub Venue.

There is a water tap available approximately 200m from the event hub, between the event hub and the shuttle pick up, on Pipeline Road.

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

Tawa Hub Venue.

There are water taps available at the carpark. There are also limited food and coffee vendors onsite.

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

Downhill Race Day

Parking is located at Planet Bike Carpark (Waipa State Mill Road, Whakarewarewa, Rotorua

3074). Head out past the Waipa MTB Carpark, turn right before the gated Mill entrance and parking will be on your left at the end of the straight. Please note this is a forestry road and all cars must obey the 50km speed limit and have headlights on at all times.

There is no access within the forest by private vehicle past the Planet Bike Carpark.

Enduro/XCO Race Days

Parking is at the Te Puke o Tawa carpark.

SCHOOL TENTS

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

Te Putake o Tawa: There is a large area available at Te Puke o Tawa for village setup. Security for Saturday night is still TBC. We ask that you book a site so that we can set out the space in advance.

DH HUB: There is limited space at this venue, 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.

SPECTATORS

Spectators will be able to access the forest on foot and bike. On Downhill day, shuttles will run from Planet Bike carpark to the DH Hub for spectators only. If Spectators wish to use the shuttles to access further up the hill they will need to buy the required uplifts from Mountain Bike Rotorua. Please note that priority will always be given to racers and their bikes.

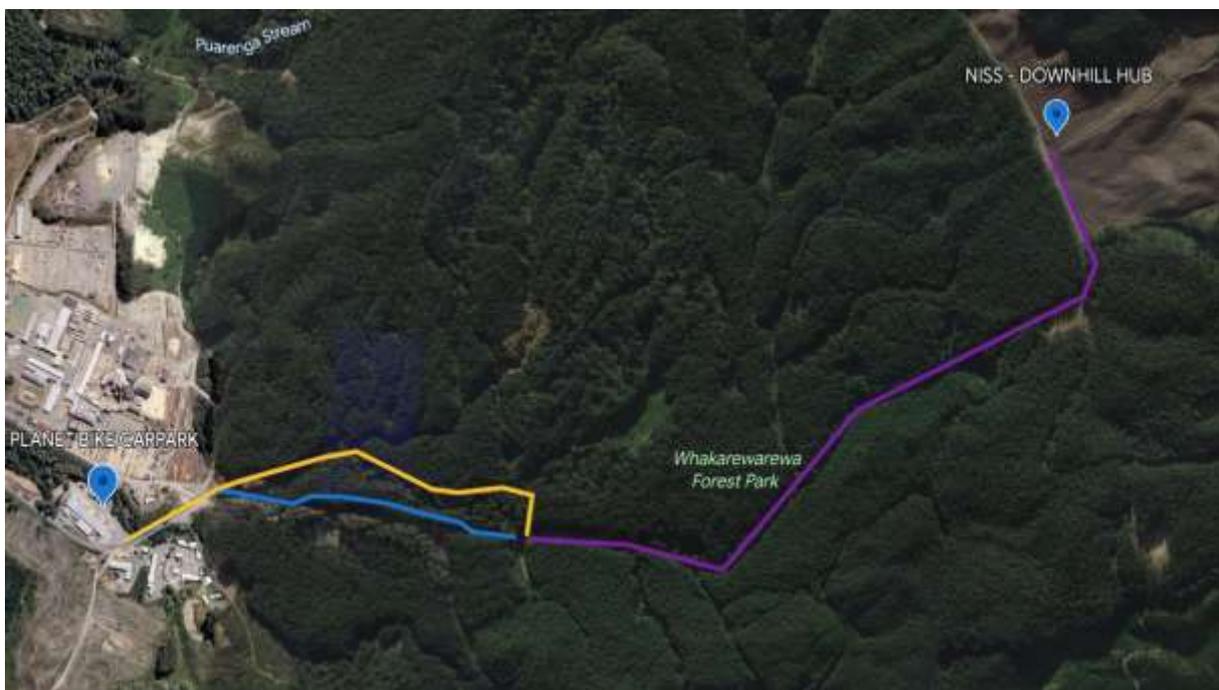
Spectator Access to Downhill Race Hub. Spectators can either catch the shuttles from Planet Bike at the designated time, or can ride or walk in. The hub is located approx. 2.5km from Planet Bike.

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) to pass the Mill entrance. Veer left to Purenga 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. Turn left and the hub is 200m from the intersection. Walkers follow the orange line to purple.

Bikers: Follow Waipa State Mill Bypass Road (on the very safe trail) to pass 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 veer off to the left, to get to the beginning of Hill Road. Then follow Hill Road up to Pipeline Road. Turn left and the hub is 200m from the intersection. Bikers follow the blue line to purple.



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 Information Desk. Race Office & or race officials.

Please ensure you have the correct protective equipment as set out in this document and in accordance with the MTB Technical Rules (Protection Policy) [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. Check

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

Please make sure that all competitors check that their bikes have been secured to the shuttle trailers properly. We use the commercial shuttle provider that runs in the forest and Rotorua Mountain Bike Club takes no liability for damage to bikes as a result of this shuttle service.

SOCIAL MEDIA

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

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

COMMUNICATIONS

Whakarewarewa Forest has patchy coverage over the site. The Downhill hub has intermittent coverage. Te Puke o Tawa carpark has good 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 Tawa Carpark. Showers are available. These require a kiwi cash fob to use.

DOWNHILL INFORMATION

Event: North Island Schools Downhill (DH) Championship

Date: Friday 14th April 2022

Location: Whakarewarewa Forest, Taniwha Trail

Track Closures: Thursday 13th April the DH Track will be closed all day to all public & competitors.

Friday 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](#)

Schedule:

200 RIDERS		
TIME	ACTION	Comments
6:45am	Race venue open Gate open	Permit access only
6:45am-8am	Rider and Spectator shuttle in to race venue	Leaving from Planet Bike carpark (Waipa State Mill Road, Rotorua)
7:30am	Marshall Briefing	
7:30am-8:00am	Rider Registration (U13, U14 & U15 - transponder collection)	No entries on the day - Transponder Allocation
8:00am-8:30am	Rider Registration (U16, U17 & U20 - transponder collection)	No entries on the day - Transponder Allocation
7:45am	Marshall Uplift Riders	
8:15am	Shuttles Open Loading for the first uplift	No plate No uplift
8:30am	Practice Runs (All Riders) -	At least two runs.
11:45am	Practice Ends	No riders on course
11:45am-12:15pm	Lunch Break	No riders on course

12:15pm	Race Briefing	No riders on course
12:20pm	Shuttles Open	First riders loading for uplift
12:45pm-2:45pm	Seeding Run	30 Second drop in.
3pm- 5pm	Race Run	30 Second drop in. We may have 1 min drop for top percentage of riders per group (this will be time dependant)
5:00pm-5:30pm	Prize Giving (or half hour after last racer finishes)	
5:30pm	Rider and Spectator shuttle out of race venue (or when prize giving finishes)	Returning to Planet Bike carpark (Waipa State Mill Road, Rotorua)

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:

U13, U14, U15	7:30am-8:00am
U16, U17, U20	8:00am-8:30am

Seeding: Seeding will be as per 10.3.10 in the MTBNZ Technical Regulations

Weather: In the event of poor weather, seeding times may be used to determine overall race results.

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 (We may have 1 min drop for top percentage of riders per group, this will be time dependant)

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.



CROSS COUNTRY INFORMATION

Event: North Island Cross Country (XCO) Championships
Date: Saturday 15th April
Location on Race Day: Whakarewarewa Forest, Rotorua.
Te Puke o Tawa Carpark

Practice times: Unofficial practice - Whakarewarewa Forest is open to the public every day. The XC Course will be taped on Thursday 13th On Friday 14th April the course will be open to ride at your 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.

Timing Chips: Pick up prior to race at times below at registration located at the Tawa Carpark, Tarawera 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 Tawa 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)

Seeding: 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 on the next page. 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	14 km
1	B	U 13 Boys	2	14 km
1	C	U 14 Girls	2	14 km
1	C	U 13 Girls	2	14 km
2	A	U 16 Boys	3	21 km
2	B	U 15 Boys	3	21 km
2	C	U 16 Girls	3	21 km
2	C	U 15 Girls	3	21 km
3	A	U 20 Boys	4	28 km
3	B	U 17 Boys	4	28 km
3	C	U 20 Girls	3	21 km
3	C	U 17 Girls	3	21 km

XCO Course:

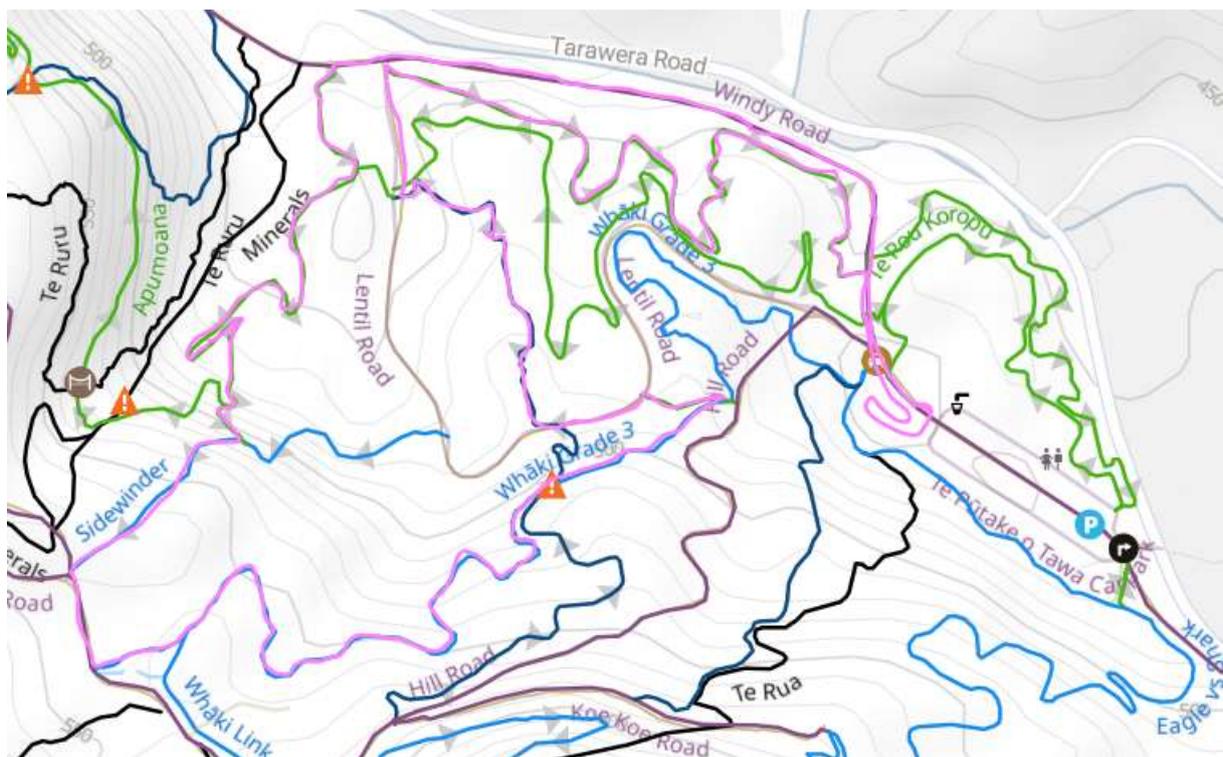
Start/Finish - Te Putake O Tawa car park

Course description -

This proposed course starts at the Te Putake O Tawa car park in the grass fielded area, where schools could have their tents setup.

- Mass start on the Tawa Event field
- Right onto Windy Road all the way down to Apumoana (loads of room for overtaking...etc)
- Apumoana to the Sidewinder Exit
- Sidewinder up to Direct Rd
- Direct Rd into the first Whaki Entrance
- Whaki all the way along to Lentil Link
- Down Lentil Link to the second half of Tukonohi
- Tukonohi to Lentil Rd
- Lentil Rd to Te Pou Koropu
- Te Pou Koropou to Windy Road
- Windy Road back to Tawa Event Field

Approx 7 km and is a mixture of single track through forest and gravel roads linking the single track. Follow the pink line.



CROSS COUNTRY RELAY INFORMATION

Event:	North Island Cross Country Relay (XCR) Championships
Date:	Saturday 15th April
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 5.00pm
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 90 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.
Course	Approx 2 km loop (using Te Pou Koropu from XCO course), this course is the last 2km of the standard XCO course, 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:** Sunday 16th April
- Location:** Whakarewarewa Forest, Rotorua. Tawa Carpark
- Registration times:** **U13, U14, U15, Girls only U16, U17 & U20** - 7:00am - 8:00am
 Sunday 16th April, Tawa 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 Sunday 16th April, Tawa 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 everyday. Tracks where required will be taped on Thursday 13th April for unofficial practice from Friday 14th April. Track closure times TBC.
- 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
 3:30 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:** 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 *specified* Safety Certification standards is MANDATORY for Enduro.** Please refer to MTBNZ Technical Regulations for the full MTB Protection Policy.
- Course:** **RACE A. Order of Stages**

U15 Boys only	Stage 3	Stage 2	Stage 1
U14 Boys, U16, U17 & U20 Girls	Stage 2	Stage 1	Stage 3
U13 Boys , U13, U14, U15 Girls	Stage 1	Stage 3	Stage 2

RACE B. Order of Stages

U16 Boys only	Stage 3	Stage 2	Stage 1
U17 Boys only	Stage 2	Stage 1	Stage 3
U20 Boys only	Stage 1	Stage 3	Stage 2

The courses for the 3 timed Enduro stages are described below. No shuttles are provide for this race.

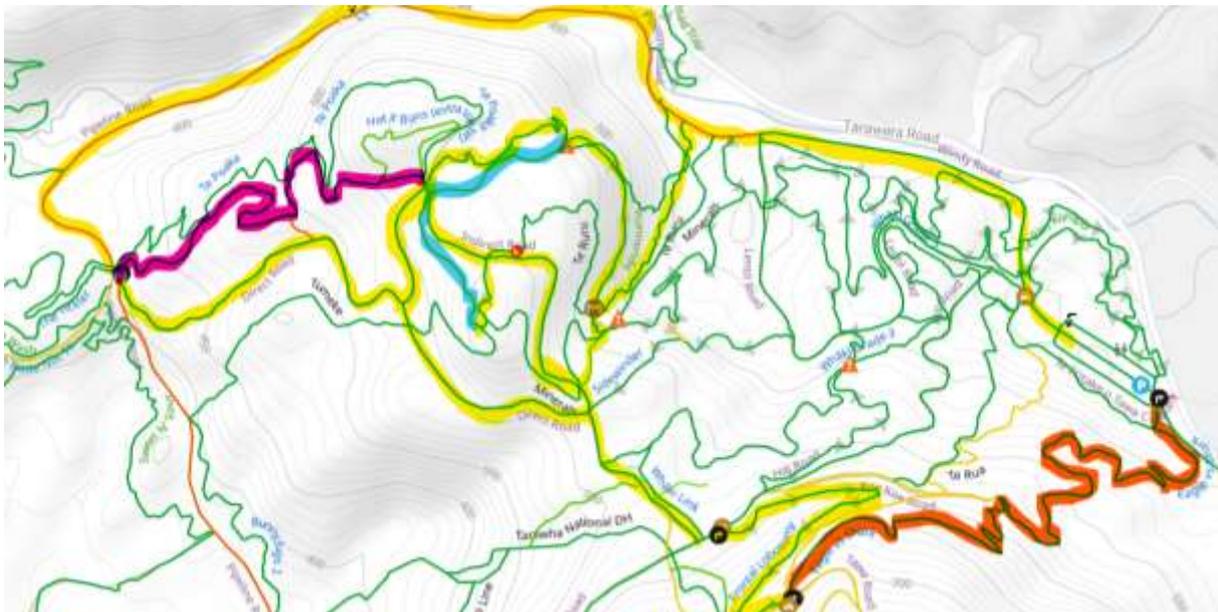
No competitor is permitted to ride on any active shuttle roads. This includes Hill Road from Tawa Carpark to Direct Road & Hill Road from Pipeline Rd shuttle pick up Moerangi Road and Tawa Road.

There will also be a taped area at the top of Frontal Lobotomy where competitors are to wait to start Eagle v Shark, away from the shuttle bus turn around area.

Trails that can be used to access all stages are Apuamoana Trail, Sidewinder, Direct Road, Indirect Road and the Frontal Lobotomy Trail. If Hot X Buns is your third stage you may transit back to Tawa Carpark via Pipeline & Windy Road.

Competitors will need to cross Hill Road at the end of Direct Road to reach the Frontal Lobotomy Trail. All competitors must give way to Shuttle buses and take extreme care when accessing the Frontal Lobotomy Trail.

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 Yellow. Pink is Hot X Buns, Blue is Tuteata & Orange is Eagle v Shark.

Stage 1 - Hot X Buns

[HOT X BUNS](#)

Grade 4. 1.6km, 158m descent. Riders will need to ride <https://fb.watch/jbGQXPgPi5/> from the base area, at Tawa Carpark up Apumoana to the start of Hot X Buns. Trail ends at the intersection of Red Tank and Pipeline Roads. There is a water tap here to refill water bottles

1.6 km
Distance

11 m
Climb

-158 m
Descent

00:09:24
Avg time



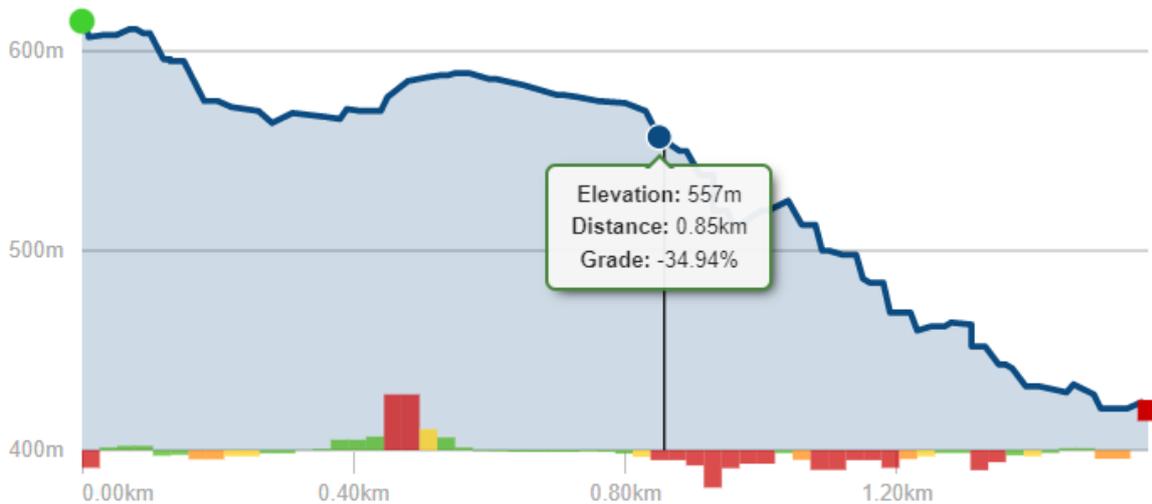
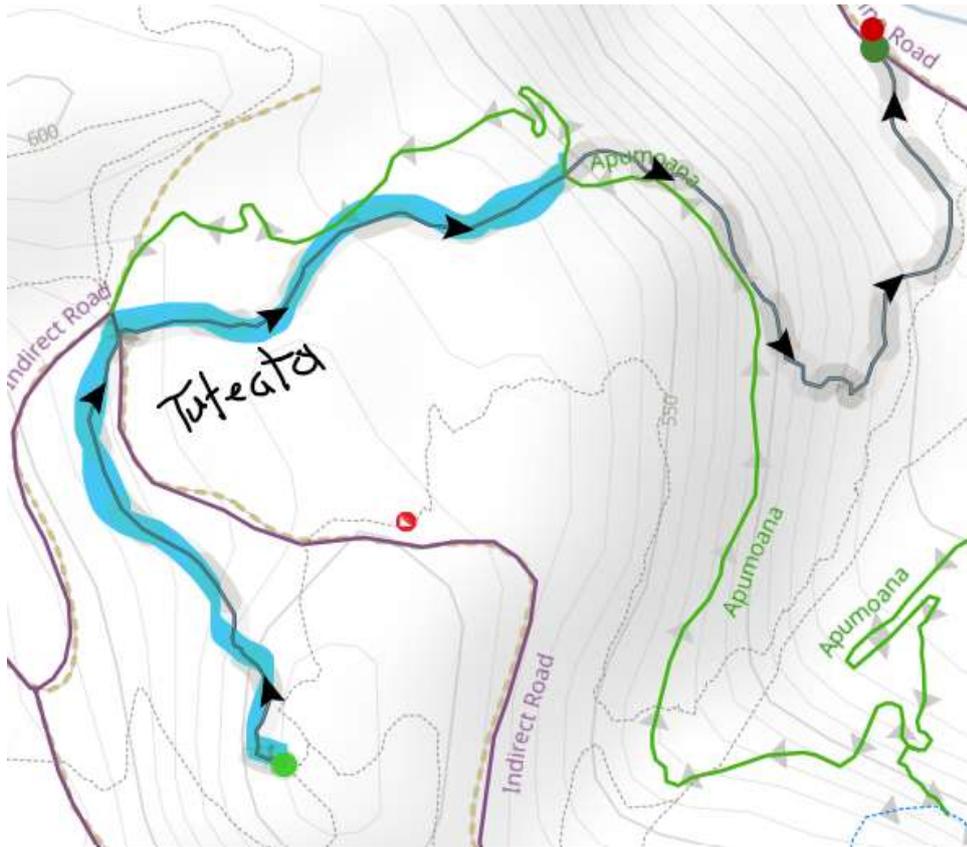
Hot X Buns Details

before heading up Direct Road for the next stage.



Stage 2 - Tuteata - From the top Tuteata to the Apumoana Crossing

Tuteata top and to Apumoana is approximately 0.9km long with an elevation change of about 50m. It starts fast and open at the top with and turns into narrower single track with ridable drops and a few ruts and roots after the road crossing.



Tūteata Details

Stage 3 - Eagle v Shark

EAGLE V SHARK

Grade 3. 3.2km, 257m descent. Riders starting on Stage 3 and those transiting from Stage 1 and 2 will come up Direct Road, across Hill Road onto the Frontal Lobotomy Trail. At the top of Frontal Lobotomy turn left to the start of Eagle V Shark trail. The stage end will be at the bottom of the hill

at SouthEast end of carpark. The start of the track is at the Shuttle Bus turn around area and riders must be aware of vehicles at all times.



Supporters, Builders, Maintainers & Land Managers of Eagle vs Shark Trail

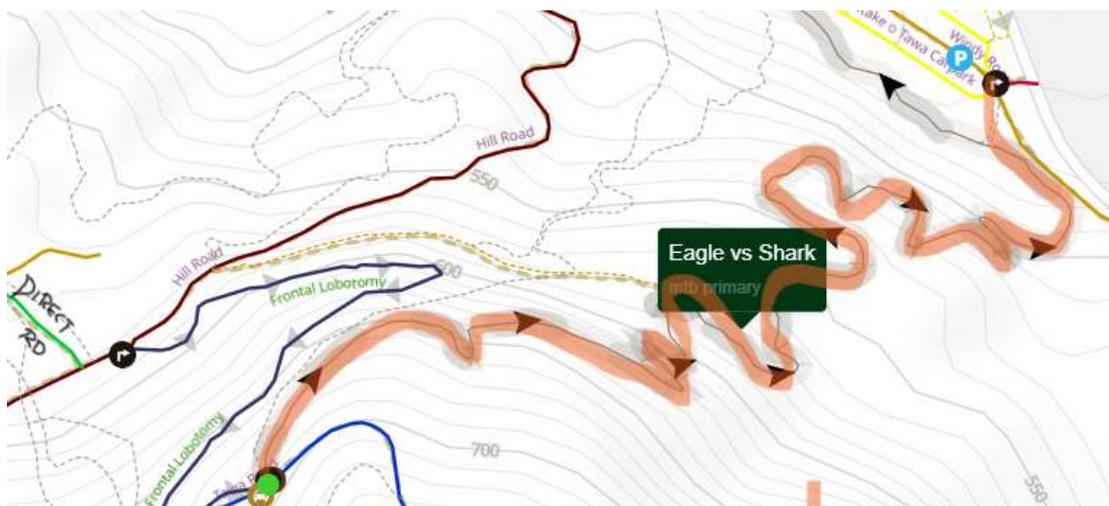


Southstar Trails
Builder



Rotorua Trails Trust
Maintainer

Eagle vs Shark Details



APPENDIX 1 - 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:



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