NORTH ISLAND MTB CHAMPIONSHIPS

2019 Event Manual
Sponsors and Supporters

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.

- Wellington Mountain Bike Club
- Hutt City Council
- MDJ Media and Events Ltd
- Panasonic
Welcome

Port Nicholson Poneke (PNP) Cycling Club welcomes all North Island School students to the 2019 North Island School Mountain Bike Championships. We anticipate a great level of racing as well as an environment that encourages young riders to give it a go and develop their riding skills.

This is a great opportunity for school aged riders to compete at an island level so that they may experience competition and go on to compete at a national level.

Officials and Event Staff

CYCLING NEW ZEALAND SCHOOLS CONTACT: Charlotte Pearson 021 292 0563
EVENT DIRECTOR: Pete Mitchell 021 332 666
VOLUNTEER MANAGER: To be appointed
RACE OFFICE MANAGER: Robert Comeskey 021 717 311
CHIEF COMMISSAIRE: Matt Amos
FIRST AID LIASION To be appointed
ANNOUNCERS: To be appointed
General Event Information

VENUE
Waiu Trail Park, Wainuiomata, Lower Hutt, Wellington

Waiu Trail Park is off Wainuiomata Road, to the north west of Wellington Harbour. It is a part of Lower Hutt City and only a 20 minute drive from the Wellington City CBD.

Detailed maps of the Event Village will be included in later versions of the Event Manual.
EVENT SCHEDULE
Please note all times are subject to change

Friday 29th March  (Practice Day: XCO/XCR/Enduro)
10.00am – 5:00pm: Registration (All Events) ONLY TEAM MANAGERS MAY PICK UP
10:00am – 1:00pm: XCO/XCR Self Practice (please note no marshals or first aid)
1:30pm – 4:30pm: Enduro Self Practice (please note no marshals or first aid)

Saturday 30th March  (XCO/XCR)
7:00am – 8:00am: Late Registration pickup (NO XC OR RELAY PRACTICE TODAY)
8.15am: Compulsory XC Race 1 Briefing (U13/14 Male & Female)
8.30am: XC Race 1 Start (U13/14 Male & Female)
10:00am: Compulsory XC Race 2 Briefing (U15/16 Male & Female)
10.15am: XC Race 2 Start (U15/16 Male & Female)
11.45am: Compulsory XC Race 3 Briefing (U17/20 Male & Female)
12:00pm: XC Race 3 Start (U17/U20 Male & Female)

1:30pm: Cross Country Prize giving

2:15pm: Compulsory XCR Race Briefing (All riders/All age groups)
2:30pm: XCR Race Start (U16/U20)

4:45pm: Relay Prize-giving

Sunday 31st March  (Enduro)
7:00am – 8:00am: Late Registration pickup (NO EN DURO PRACTICE TODAY)
8.15am: Compulsory Enduro Race Briefing (U13/14/15 Male & Female)
8.30am: Enduro Racing begins (U13/14/15 Male & Female)
10.00am: Compulsory Enduro Race Briefing (U16/17/20 Male & Female)
11.15am: Enduro Racing begins (U16/17/20 Male & Female)

1:30pm (approx.): Enduro Prize-giving

START LIST
A start list for all 3 events will be posted once entries are closed.

SCHOOL AFFILIATION AND ENTRY FEES
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.
PARKING
All parking will be in the designated areas. The Waiu Trail Park carpark is being used for event organisers and the event village, all other parking will be in a location not far from the event.
- Please follow the directions of the arrows / marshals.
- Do not park in any areas that are marked “No Parking”.

General Event Information

SAFETY COMMITMENT
Cycling New Zealand Schools and PNP Cycling Club 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 Race Office & or race officials.

RULES
The event is endorsed by School Sport NZ and is run under Cycling New Zealand Schools Rules. A copy of the School Rules can be found here.

REGISTRATION LOCATIONS AND TIMES

PLEASE NOTE: THE ALLOCATED TEAM MANAGER IS THE ONLY PERSON WHO CAN PICK UP THE TEAMS REGISTRATIONS. INDIVIDUAL REGISTRATIONS WILL NOT BE GIVEN OUT.

Friday 29th March: Registration at Waiu Trail Park from 10:00am - 5:00pm. For those arriving in town early wanting to pick up race plates, accreditation and to practice on trails.
Saturday 30th March: Registration at Waiu Trail Park from 7:00am – 8:00am. For all of those competing in Cross Country and Cross Country Relay Champs.
Sunday 31st March: Registration at Waiu Trail Park from 7:00am – 8:00am. For all of those competing in Enduro Champs.

Race Timing tags must be returned at the conclusion of the race. Any lost or unreturned transponders will result in a fee being charged in order to replace it.
FIRST AID
Event First Aid will be provided by St John’s Ambulance on race days. St John’s will not be on course on the practice day, however limited first aid support will be available on site. There will be an aid base station at the venue if you require assistance when not racing. If you require medical assistance whilst not at the event over the weekend below is contact details for Local Medical Centres.

THERE WILL BE NO ST JOHNS FIRST AID ON FRIDAY 29th MARCH. RIDE AT YOUR OWN RISK.

In an Emergency call 111

Lower Hutt Hospital: Accident & Emergency
638 High St, Lower Hutt

Lower Hutt After Hours Medical Centre
729 High St, Lower Hutt
Ph: (04) 567 5345

EQUIPMENT REQUIREMENTS
Please refer to Page 19/20 of the School Rules here for more specific information around equipment requirements for MTB Events.

UNIFORMS
Please refer to Page 7 and Appendix 2 of the Schools Rules here for 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@cyclingnewzealand.nz

PIT SITES/TENTS
Schools are responsible for providing adequate shelter for their riders. There will be sites available on a first in first served basis in a dedicated area in the event village. There will be limited space so please limit tents to a 3x3 gazebo per 6 riders and ensure you minimise the space used. Please ensure that any structures erected suit the conditions (Wellington can be windy!) and that these are maintained during the competition. 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.

Schools will be able to set up sites from Friday afternoon. There will be a static security guard from 7 pm – 7 am on Friday evening / Saturday morning and also from 7 pm – 7 am on Saturday evening / Sunday morning, however the organisers take no responsibility for any equipment left overnight. If dropping off equipment in the morning, it will need to be an early start as cars will be cleared from the site at 7:30am each race day.

Please note – there’s to be no BBQ’s brought into any facility by schools. Packed lunches are fine, there will be a coffee cart on site on site, and food outlets are nearby.
SMOKE, DRUG AND ALCOHOL FREE
The entire event is smoke, drug and alcohol free. Please ensure all your supporters are aware of this.

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. Remember if someone yells ‘rider on your right’ please allow them to pass at the next possible spot that you deem is safe for yourself, and the fellow rider to pass. Please pass this onto your students, and if we hear of any foul play the competitor could face being disqualified.

NUTRITION
Please ensure students have sufficient fluid and nutrition for the duration of the event. Water will be difficult to access, so please bring enough for the day.

ABANDONMENT OF 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 (if applicable).

CONTINGENCY PLANNING
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 officials safety. If inclement conditions exist, all decisions regarding the implementation of the contingency plan will be made by the Race Organisers.

RESULTS
Interim results will be printed and posted throughout the day.

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/

Please note these are provisional and any queries 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.
SOCIAL MEDIA

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

<table>
<thead>
<tr>
<th>Facebook</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Cycling NZ event page</td>
<td><a href="https://www.facebook.com/CyclingNZLSchools/">https://www.facebook.com/CyclingNZLSchools/</a></td>
</tr>
<tr>
<td>PNP Cycling Club</td>
<td><a href="https://www.facebook.com/pnpmtb">https://www.facebook.com/pnpmtb</a></td>
</tr>
<tr>
<td>Instagram</td>
<td><a href="https://www.instagram.com/cyclingnzschools/">https://www.instagram.com/cyclingnzschools/</a></td>
</tr>
<tr>
<td>Website</td>
<td><a href="https://schools.cyclingnewzealand.nz/events">https://schools.cyclingnewzealand.nz/events</a> north-island-mtb-championships</td>
</tr>
<tr>
<td>Event Hashtag</td>
<td>#NISMTBChamps</td>
</tr>
</tbody>
</table>

CANCELLATIONS

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.*
CROSS COUNTRY (XCO) INFORMATION

Event: Cross Country
Date: Saturday 30th March
Location: Waiu Trail Park, Wainuiomata
Registration times: 10:00am - 5:00pm Fri 29th
7:00am - 8:00am Sat 30th March
Practice times: 10:00am - 1:00pm Friday 29th
Racing times: 8:30am – 12:45pm
Prize giving: At the race venue as soon as practical after the race.
Race numbers: All riders are to wear the issued race number (1 per rider) placed on front of handlebars (please do not cut or reconfigure)
Seeding: Please refer to General Event Information
Feed Zone: Competitors may receive food, drink and clean eyewear from assistants within the designated feed zone. Food, drink and glasses must be passed hand to hand. The person feeding may not touch the competitor or the competitor’s bicycle. Only one feeder per competitor is permitted in the feed zone.
General Parking: Parking is being arranged close to the event. We do ask you drop off pit site equipment before 7:30am, and then park your vehicle outside of the race village.
Food available: No BBQ’s to be bought on site. Packed lunches will be allowed. A coffee cart will be available on site.
Toilet facilities: Toilet Facilities will be available on site.
Lap Guidelines: Please see summary of lap guidelines below. 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.

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Start Loop (2.0 kms)</th>
<th>Main Loops (5.4 kms)</th>
<th>Total Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>U 13 Boys</td>
<td>1</td>
<td>2</td>
<td>12.8 kms</td>
</tr>
<tr>
<td>U 13 Girls</td>
<td>1</td>
<td>2</td>
<td>12.8 kms</td>
</tr>
<tr>
<td>U 14 Boys</td>
<td>1</td>
<td>2</td>
<td>12.8 kms</td>
</tr>
<tr>
<td>U 14 Girls</td>
<td>1</td>
<td>2</td>
<td>12.8 kms</td>
</tr>
<tr>
<td>U 15 Boys</td>
<td>1</td>
<td>3</td>
<td>18.2 kms</td>
</tr>
<tr>
<td>U 15 Girls</td>
<td>1</td>
<td>3</td>
<td>18.2 kms</td>
</tr>
<tr>
<td>U 16 Boys</td>
<td>1</td>
<td>3</td>
<td>18.2 kms</td>
</tr>
<tr>
<td>U 16 Girls</td>
<td>1</td>
<td>3</td>
<td>18.2 kms</td>
</tr>
<tr>
<td>U17 Boys</td>
<td>1</td>
<td>4</td>
<td>23.6 kms</td>
</tr>
<tr>
<td>U 17 Girls</td>
<td>1</td>
<td>4</td>
<td>23.6 kms</td>
</tr>
<tr>
<td>U 20 Boys</td>
<td>1</td>
<td>4</td>
<td>23.6 kms</td>
</tr>
<tr>
<td>U 20 Girls</td>
<td>1</td>
<td>4</td>
<td>23.6 kms</td>
</tr>
</tbody>
</table>
Cross Country Course (XCO & XCR):
This is run over Grade2/3 trails. There is 'wider trail' Grade 2 start loop (Wetland Loop) run in a clockwise direction, followed by the standard, repeatable main loop.

Start Loop: Wetland Loop
Main XCO/XCR Loop:
This loop incorporates the trails: Jungle Scout, Jungle Gym, Labyrinth (small part), Snail Trail, Wetland Loop (part), Second Star, Nga Tuna, Wetland Loop (part).
Start Loop Profile:

<table>
<thead>
<tr>
<th>Distance</th>
<th>Climb</th>
<th>Descent</th>
<th>Grade(s)</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.0 km</td>
<td>66m</td>
<td>66m</td>
<td>2</td>
<td>Wider trail, slopes only.</td>
</tr>
</tbody>
</table>

Main Loop Profile:

<table>
<thead>
<tr>
<th>Distance</th>
<th>Climb</th>
<th>Descent</th>
<th>Grade(s)</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.4 km</td>
<td>320 m</td>
<td>320 m</td>
<td>2-3</td>
<td>Major hill climb/descent followed by a smaller hill</td>
</tr>
</tbody>
</table>
**TEAMS RELAY INFORMATION**

**Event:** North Island Schools Team Relay Championships

**Date:** Saturday 30th March

**Registration times:** 10:00am – 5:00pm Fri 29 March
7:00am – 8:00am Sat 30 March

**Practice times:** 10:00am – 1:00pm Fri 29 March

**Racing times:** 2:00pm – 4:00pm Sat 30 March

**Prize giving:** At the race venue as soon as practical after the race.

**Race numbers:** Each rider is issued a number plate. Each team will share one race timing tag, so will swap this with their team mate at the changeover between laps.

**Age Groups:** U16, U20.

**Categories:** Girls, Boys, Mixed (minimum one female & one male)

**Description:** Teams Relay will consist of teams of three riders who will rotate rider upon every lap in order for 2 hours.

**Composite Teams:** Composite Teams with riders from multiple schools may be entered as a 'Host School' (PNP) team but cannot be eligible for titles, medals or points for their schools.

**Course:** The course is the same as the XCO course, including the start loop.

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**Teams Relay Course (XCR):**

The Teams Relay course is the same at that used for the Cross Country (Individual) XCO event. Please refer to the previous section for details.
**Enduro INFORMATION**

<table>
<thead>
<tr>
<th>Event:</th>
<th>Enduro</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date:</td>
<td>Sunday 31st March</td>
</tr>
<tr>
<td>Location:</td>
<td>Waiu Trail Park, Wainuiomata</td>
</tr>
<tr>
<td>Registration times:</td>
<td>10:00am – 5:00pm Fri 29 March</td>
</tr>
<tr>
<td></td>
<td>7:00am – 8:00am Sun 30 March</td>
</tr>
<tr>
<td>Practice times:</td>
<td>1:30pm – 4:30pm Friday 29 March</td>
</tr>
<tr>
<td>Racing times:</td>
<td>8:30am – 1:00pm (approx.)</td>
</tr>
<tr>
<td>Prize giving:</td>
<td>At the race venue as soon as practical after the race.</td>
</tr>
<tr>
<td>Race numbers:</td>
<td>All riders are to wear the issued race number (1 per rider) placed on front of handlebars (please do not cut or reconfigure)</td>
</tr>
<tr>
<td>Seeding:</td>
<td>Riders will need to self-seed within their age groups.</td>
</tr>
<tr>
<td>General Parking:</td>
<td>Parking is being organised at a venue close to the event. We do ask you drop off pit site equipment before 8am, and then park your vehicle outside of the race village.</td>
</tr>
<tr>
<td>Food available:</td>
<td>No BBQ’s to be bought on site. Packed lunches will be allowed.</td>
</tr>
<tr>
<td>Toilet facilities:</td>
<td>Toilet Facilities will be available on site.</td>
</tr>
<tr>
<td>Description:</td>
<td>Enduro will consist of the accumulated time to complete 3 Enduro stages. Untimed transitions to the start of the next stage must be unassisted.</td>
</tr>
<tr>
<td>Course:</td>
<td>The courses for the 3 timed Enduro stages are described below.</td>
</tr>
</tbody>
</table>
Enduro Stage 1 (END1):
This is run over Grade 4 trails, primarily trail 491, but finishing in the event village. Finalised course description, maps and profile will be provided at a later date. The following map/profile is for provisional indication only.
<table>
<thead>
<tr>
<th>Distance</th>
<th>Climb</th>
<th>Descent</th>
<th>Grade(s)</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.6 km</td>
<td>22 m</td>
<td>198 m</td>
<td>4</td>
<td>A technical descent followed by a fast run-out</td>
</tr>
</tbody>
</table>
Enduro Stage 2 (END2):

This stage starts at the top of the park, with great views over Wellington Harbour (Look BEFORE racing). This stage is run over Grade 3/4 trails, primarily Freewheel and the start of Super Plus trails. Ignore the initial climb on the course profile as you will start on the downhill.
<table>
<thead>
<tr>
<th>Distance</th>
<th>Climb</th>
<th>Descent</th>
<th>Grade(s)</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.4 km</td>
<td>40 m</td>
<td>256 m</td>
<td>4</td>
<td>Becomes more technical in the second half of Freewheel</td>
</tr>
</tbody>
</table>
Enduro Stage 3 (END3):
This is run over Grade 4 trails, primarily Beeline ad Beeline Extension. A-line (harder) and B-line (easier) options are marked for major obstacles.
<table>
<thead>
<tr>
<th>Distance</th>
<th>Climb</th>
<th>Descent</th>
<th>Grade(s)</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.0 km</td>
<td>15 m</td>
<td>100 m</td>
<td>4</td>
<td>Upper Beeline is currently under maintenance and is provisional. B-lines (easier) are available.</td>
</tr>
</tbody>
</table>
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: