



**CHRISTCHURCH
ADVENTURE
PARK**



**CYCLING
NEW ZEALAND**

SCHOOLS

**NATIONAL MTB
CHAMPIONSHIPS**

EVENT MANUAL

Table of Contents

Section 1 – Welcome

- Welcome 3
- Key Contacts 3

Section 2 – Venue Information

- Event Venue 4
- Parking 5
- Pre – Riding 6
- Track Preview Videos 6
- School Tents 6
- On – Site Mechanical Assistance 6
- Food & Drink 7
- Spectating 7

Section 3 – Safety

- Medical 10
- Non-Completion of an Event 11
- Weather Forecasting 12
- Cancellation of the Event 12
- School Teams to Supply Marshals 12

Section 4 – Entry and Registration

- Entry Information 13
- Key Dates 15
- Event Merchandise 15
- Registration and Race Pack Collection 15
- Overall individual and Champion School Titles 16
- Prize Giving 17

Section 5 – Rules and Regulations

- Rules 18
- Rider Uniform 18
- Protection Policy 18
- Timing 19
- Results 19



Section 6 – Event Schedule

- Event Schedule by Date 20
- Detailed Event Information 22
- DH Information 22
- Enduro Information 24
- Cross Country Information 26

Section 7 – Protest Form



Section 1 – Welcome

Christchurch Adventure Park (CAP) is stoked to welcome all schools, riders and supporters to the 2024 National School MTB Championships.

We are committed to encouraging participation at the highest level and at a recreational level. Events such as this provide the opportunity for growth within the community and for the sport itself with more and more young people aspiring to make it to the world stage. The National School MTB Championship allows us to showcase both the amazing facilities and trails here at CAP.

We wish all the riders the best of luck over the course of the event and hope they not only enjoy the racing here but also the opportunity to experience Christchurch and all it has to offer.

Kind Regards

George Chapman
Event Manager

Key Contacts

KEY ROLES	NAMES	EMAIL
Events Manager:	George Chapman	events@christchurchadventurepark.com
Schools Cycling:	Steff Holcroft	steff.holcroft@cyclingnewzealand.nz
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Chief Commissionaire:	Jamie Roberts	jamie@akdh.co.nz
Village Manager:	Anne Newman	anne.newman@christchurchadventurepark.com
Track Manager:	George Chapman	events@christchurchadventurepark.com

Version	Published Date	Comments
1.0	23/08/2024	Original Publication
1.1	12/09/2024	Updated Enduro Course & PCP
1.2	25/09/2024	Updated XC Practice



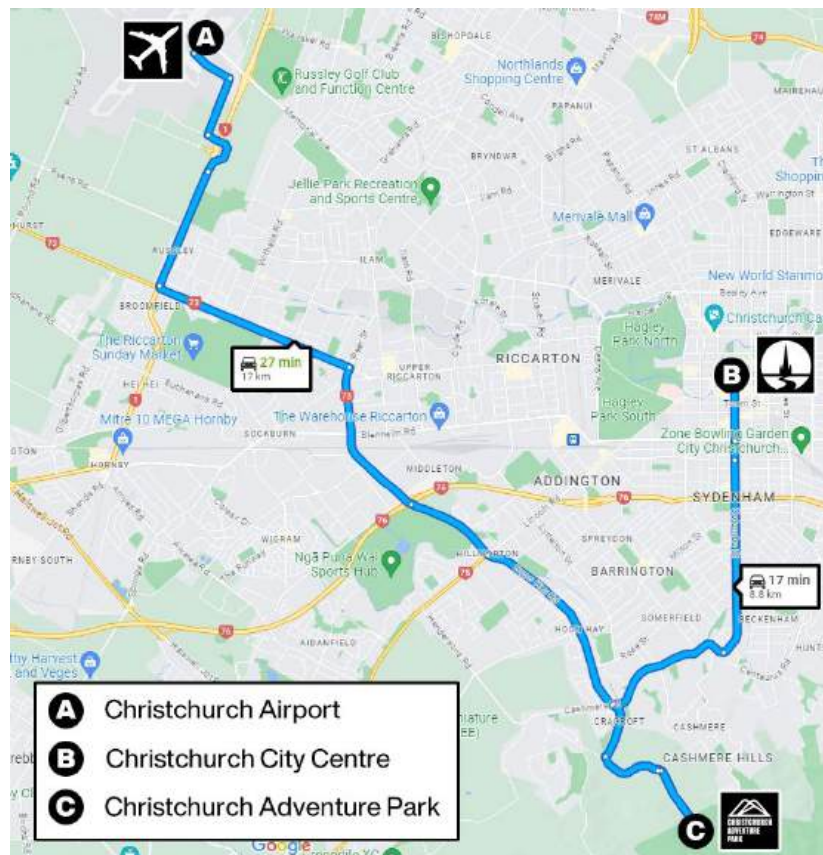
Section 2 – Venue Information

EVENT VENUE

The Christchurch Adventure Park is a purpose built; chairlift assisted Mountain Bike Park located in the Port Hills of Christchurch. It is a 15-minute drive from the centre of the city and a 25-minute drive from Christchurch International Airport.

CAP is located on private land and has a range of DH race trails that are lift accessible. The park has a range of additional facilities including a retail shop, cafe, toilets, bike wash, and a deck area. The team at CAP are extremely passionate about mountain biking, growing the sport and ensuring is accessible to everyone.

Christchurch Adventure Park (CAP) will be the base for all 4 disciplines: Downhill, Enduro, Cross Country & Cross Country Relay



SUSTAINABILITY

The Christchurch Adventure Park is precious and we hold a deep commitment to care for the environment and our community.

We ask everyone who visits here to look after it.

CAP has signed up to Tourism New Zealand's Tiaki Promise. The Tiaki Promise is a commitment to care for New Zealand, for now and for future generations.

By following the Tiaki Promise, you as our visitor, are making a commitment to act as a guardian, protecting and preserving our home.

By adhering to this the Park can not only enhance visitor experiences but also safeguard the landscape for future generations.



PARKING

Parking for the Adventure Park and the event will be available in the main carpark and in the two fields adjacent to the venue, with capacity for around 500 vehicles including coaches and busses. Six disability carparks are located close to the village. Having all parking contained within the Adventure Park will limit disruption to our neighbours and the surrounding streets.



PRE-RIDING TRAILS

Christchurch Adventure Park is a commercial bike park and will be operating up to the event. This means all trails will be open prior to the event subject to weather and trail work. Please note trails may be closed on the Sunday 6th October for taping.

This will be considered as unofficial practice for all riders with no officials, marshals or tape on course.

All registered **riders** will have access to a discounted day pass on Saturday 5th and Sunday 6th of \$40 per day. This can be purchased at Guest Services. Regular passes are available for all teacher and parents wanting to ride in the weekend.

TRACK PREVIEW VIDEOS

Trail previews of all of CAP's trails can be found on our YouTube page under our "Trail Preview" playlist. Follow the link below.

<https://www.youtube.com/playlist?list=PLN48Qee47uLOnGr-oV9egNDFv-GY4zBeF>

*Please note all trails are subject to taping and trail maintenance

SCHOOL TENTS

There will be sites available for schools to set up tents on a 'first in first served' basis in a dedicated area. This area is positioned below the pump track on the non-village side of the creek. This area includes both the space under the pines and on the grass over the gravel road. Please not to block access up the gravel road. This area will be available from Monday 7th October at 7.00am. Please ensure that you bring appropriate weights or pegs to keep your tent down. Schools are also responsible for removing any waste at the end of each day. This area has no vehicle access, and all schools must carry in all equipment from the carpark.

Please note schools can leave equipment overnight, but the organizers take no responsibility for it. Gates are locked between 8pm and 7aam and mobile security schedules 3 visits over night.

ON-SITE MECHANICAL ASSISTANCE

Christchurch Adventure Park has a fully operational workshop on site located in the village space. With this, there are a number of spare parts available for purchase e.g. tyres, tubes, chains, etc. Please note that this will be operating for the general customers too and racers will not get priority over pre booked jobs.



FOOD & DRINK

CAP has a fully licensed café and bar on site, seating over 200 people both inside and out. The Café is open half an hour prior to the lift and one hour after lift closing. The menu offers a variety of lunch and dinner options, as well as coffee (made by fully trained baristas) and light snacks. Available drinks include milkshakes, smoothies, cold drinks and for the adult's alcoholic beverages. Within the cafe we have 10 bathroom facilities along with 2 additional Portaloo positioned at the top of the chairlift.

SPECTATING

Downhill

A \$10 Spectator Special will be available on the 9th & 10th of October.

Note: This is a single uplift for spectators to use the chairlift each day.

Safety

The entire Christchurch Adventure Park property is completely smoke and vape free. Please do not attempt to smoke or vape on site. If you do not comply you will be asked to leave the property.

At certain points along the racetrack there will be areas that are completely taped / roped off. These areas are 'Exclusion Zones'.

'Exclusion Zones' are well marked, so please spectate and support all racers but DO NOT enter these areas.

There is always a level of risk when spectating a downhill mountain bike race as it's difficult to predict where a rider may crash, and bikes can land. There are a couple of areas on the track that has been flagged as higher risk. These areas are the 'Exclusion Zones'. A helpful tip is, always try and stand on the **uphill** side of the track so if a rider is to crash, they will generally fall down the hill.

DO NOT venture away from the racetrack as the forest is still an active hazard and tree and limb fall occurs sporadically.

We cannot stress enough that there is to be NO open flame on the hill and that ALL rubbish must be removed and taken down. We do not want to see the park disappear for the third time!



ACCESS OPTIONS

Please refer to the map attached on the back!

1) Village Up

If you are interested in the finish arena and a good viewing point where you can see a lot of the lower racetrack, for the day, walkers are able to head up the Valley walking loop to its end where it is at its closest to GC. From here you can sit against the bank under the trees and watch the finish or cross the culvert and view from the finish line.

All riders are asked to ride down Valley Road from the finish line. No walkers are to come up Valley Road

2) Top Down

Community Transmission starts off Skid 5 which you can access off Summit Connection via bike only. To access the start via foot, please use the path that takes you down under the lift line then along the road to the starting gate.

From Skid 5, public members can drop their bikes and walk down outside the tape of Community Transmission. Alternatively, and what we recommend is to **walk** down The GC and cross over to Community Transmission. Please ensure you always stay outside the taped course.

An alternative way to bike down is to drop your bike at the top of Wasabi. From here, spectators can WALK down wasabi to CT. However, this trail is a double black – expert trail so please take care when walking down.



Enduro

During the day of the enduro, CAP will be operating to the general public. With this, spectators are able to view trails via foot from the base area for stages 1,3 and 5. Stages 2 and 4 will not be accessible for spectating. Please follow all instructions of the marshals when spectating.

XC

The Village and team pits are based at the bottom of the start/finish line, with easy walking access to the course. There is no spectator access up Valley Road. To watch the descending portion of “Dream Catcher” please do this via the “Valley Walking Loop” which starts behind the Café. Please obey the marshal at the start/finish line when crossing the track to ensure safety and that riders are not affected.



Section 3 – Safety

MEDICAL

Immediate first aid will be provided by Christchurch Adventure Park's Patrol team on all race days and on days leading into the event. All CAP Patrollers are prehospital emergency care qualified and should be your first port of call for any medical requirements.

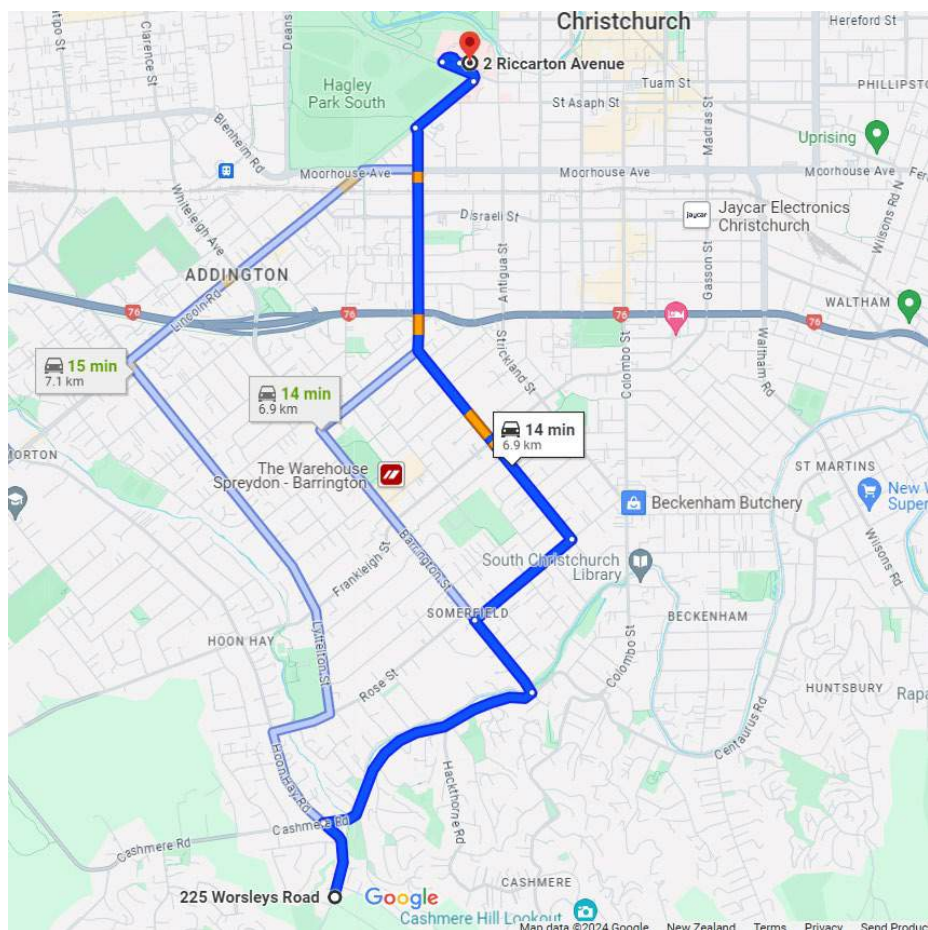
Patrols number is 0508 727 572.

(Please ensure you have this number saved in your phone)

If our Patrol team advises further medical assistance, we recommend the following:

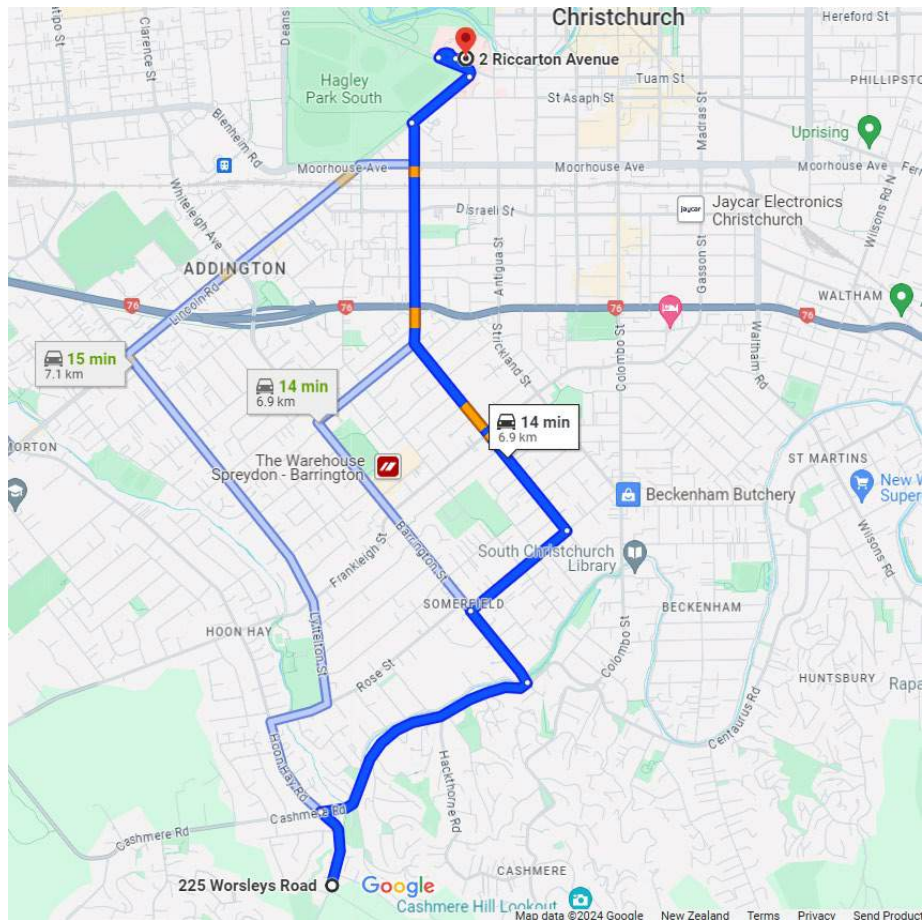
Christchurch Hospital Emergency Department:

2 Riccarton Avenue, Christchurch Central City, Christchurch 8011



Riccarton Clinic:

4 Yaldhurst Road, Upper Riccarton, Christchurch 8041



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 return their race timing tag (if applicable).



WEATHER FORECASTING

Adverse weather conditions could potentially affect the event, and accordingly weather forecasts will be monitored two weeks out from the event to assist with planning and decision-making. Forecasts are to include MetService, YR and Windy to gather a balanced view.

Weather-related risks leading in to the event may have an effect of the event and courses. All opening/closing/altering of courses as subject CAP's standard operating procedures and PCP sign off. These risks include high rainfall leading in to the event and high winds.

CANCELLATION OF EVENT

The organizers reserve the right to cancel one or more of the events. In the case of adverse weather conditions or other reasons. Any contingency plans will be announced via Facebook and the website. Please note that there may not be any refunds if the event is cancelled.

SCHOOL TEAMS TO SUPPLY MARSHALS

You will all be aware that these types of events require significant volunteer input, especially on race days to provide the safest experience possible for riders and supporters.

As per previous Schools Cycling events, we will be contacting schools to supply marshals to assist on-course on race days if additional marshals are required. Schools with four (4) or more riders may be required to provide a marshal. This could be a parent or teacher / staff member. Please note that this is not optional for schools that are contacted.

A full briefing, support, information pack and lunch will be provided to all marshals. Marshals should come warmly dressed and prepared to spend the day on the hill. We will require marshal contact information to be supplied, and a no-show on race day will result in disqualification of the school team from which the marshal is supplied.

To register your marshals, visit the URL: <https://forms.gle/wCD1sWYyaKHJHeMs8>



Section 4 – Entry & Registration

ENTRY INFO

Entries opened on Wednesday 1 May 2024.

Schools must be affiliated for 2024 and follow the 6 Step by Step Guide here before they will be able to enter this event.

ENTRY LIMITS

Cross Country = 300

Downhill = 250 per day

Enduro = 450

Entry is not guaranteed until entries have closed. This is to provide fair and equitable weighting across all schools

In determining which riders/schools will be accepted into the event (where entries exceed the maximum limit), CNZS may take into account any of the following criteria:

- The total number of riders entered into the limited event by age or gender category
- The total number of riders entered into the limited event by a single school
- Entries received by the advertised due date & Payments made by the advertised due date
- Prior history of the school in participation at the particular event
- Prior history of the school in support of the particular event (providing volunteers etc.)
- Past performance of riders at the particular event and at other CNZS or CNZ events
- Eligibility for medals

See school rules - Appendix 5 - Capacity Event Entry Process



ENTRY FEES

Cross Country = \$50 per rider
Cross Country Relay = \$70 per team
Downhill = \$80 per rider
Enduro = \$60 per rider

Composite Teams - Cross Country Relay

If you are entering a Composite team, please advise us by adding COMPOSITE into the team name in Enter Now and by emailing schools@cnz.kiwi to confirm. See CNZ Schools Rules for more information. Composite teams are eligible to compete and will be recognized on the podium if they place in the top 3, however as per the current Schools Cycling Rules, they are ineligible to receive a medal.

REFUND POLICY

Refunds requested after the entry closing date will only be processed on the presentation of a medical certificate. All refunds will incur a \$25 administration fee.

CATEGORIES

Age as at 31 December 2024.

Individual Races:

U20, U17, U16, U15, U14, U13 boys and girls

At a minimum competitors must be enrolled in Year 7



KEY DATES

Wednesday 1 May 2024	Pre-registration for Downhill & Enduro opens and Cross Country and Relay opens
5pm Friday 16 August	Pre-registration for Downhill & Enduro closes
Friday 30 August	Downhill & Enduro spaces allocated to schools as per the Capacity Event Entry Process
Friday 13 September	Schools must confirm Downhill & Enduro riders names by this date as well as the riders on their waitlist if applicable
5pm Friday 20 September	Entries for Cross Country and Relay closes
Friday 20 September	All invoices available to be downloaded in Enter Now by schools
Friday 4 October	All invoices must be paid by this date

EVENT MERCHANDISE

Event Merchandise will be available closer to the event. Please keep an eye on the website and event socials.

REGISTRATION & RACE PACK COLLECTION

School team race packs should be collected by your **team manager** for **all riders and all events** on Sunday 6th October between 9am-5pm.

Registration HQ will be located at: Christchurch Adventure Park (Guest Services)

If your team manager is unable to register and collect your racepack on Sunday 6th October, these will be available in guest services each day of the event.

Your school must have paid their invoice in full and completed the Team Manager Info Form or your team's registration pack will not be released to your team manager (effectively preventing your school team from participating)



All schools must complete a team manager form.

Visit the URL: <https://forms.gle/4h5Q9LTkGX6U3A4YA>

OVERALL INDIVIDUAL & CHAMPION SCHOOL TITLES

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

Etc. (Until 43rd and below who all receive 1 point. NF = 0)

There will also be two overall Champion Schools awards for the highest number of accumulated points across the four events. The two overall schools awards are for years 7-8 (Junior) and years 9-13 (Senior). Points are awarded according to the following scale:

Position Points

- 1st - 5 Points
- 2nd - 4 Points
- 3rd - 3 Points
- 4th - 2 Points
- 5th - 1 Point



PRIZE GIVING

Prize giving will take place in place of the Christchurch Adventure Park Café.

Enduro – 4pm (Approx) Monday 7th October

XC – 3.00pm (Approx) Tuesday 8th October

XC Relay – 5.15pm (Approx) Tuesday 8th October

Downhill Junior – 5.30pm (Approx) Wednesday 9th October

Overall Junior School – 6.00pm (Approx) Wednesday 9th October

Downhill Senior – 5.30pm (Approx) Thursday 10th October

Overall Senior School – 6.00pm (Approx) Thursday 10th October

Overall top individuals – These will be worked out post event and announced online. These are recognition awards, and no prizes will be awarded

HOME SCHOOL ELIGIBILITY AT PRIZE GIVING

Home schooled students may participate in individual and Team cycling events, but will not be eligible for medals as per SSNZ regulations. Home school riders that place in the top 3 will be recognised on the podium alongside their peers and presented with a certificate in place of a medal. The medal placing goes to the next fastest eligible rider ie: If a home school rider places 1st, then the first non-home school rider would stand on the podium with them and receive the gold medal alongside them, the same applies if they place 2nd or 3rd.

SCHOOLS CYCLING PASSION AWARDS

CNZ Schools want to celebrate and recognise those riders off the podium that turn up and try their best and have a good attitude. So they have created an award that the riders can strive to win by displaying good sportsmanship in our Schools Cycling events called the Passion Award. We hope this will encourage good behaviour and participation and become a goal for any rider who takes part.



Section 5 – Rules & Regulations

RULES

The event is endorsed by School Sport New Zealand and is run under Cycling New Zealand Schools

Rules and MTBNZ Technical Regulations must be followed

<https://schools.cyclingnewzealand.nz/rules-and-regulations/>

Action cameras are allowed for this event but must be securely fastened to the bike. Helmet mounted and chest mounted cameras are not permitted. Helmet mounted and chest mounted must be removed at the request of the Commissaires.

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@cyclingnewzealand.nz

PROTECTION POLICY

DH Protective Clothing Requirement Update

On 1 January 2023 an update to UCI Regulation 4.3.011 came into effect that changed the protective clothing requirements for downhill events. The updated regulation now mandates the wearing of long-sleeved shirts and introduces requirements for leg covering/protection.

The impact of the change to the CNZ/MTBNZ MTB Regulations is that long sleeved shirts are now mandatory for all riders (previously senior riders could wear short sleeve shirts with elbow protection). The leg protection rules are essentially the same as the existing NZ requirements.

The updated CNZ/MTBNZ Protective Clothing Requirements are available here.

<https://schools.cyclingnewzealand.nz/assets/Uploads/NI-School-MTB-Championships/MTBNZ-Protection-Policy-January-2023.pdf>



If riders arrive at the start of the DH track without the required protection, they will not be allowed to come down the course.

Enduro Required Protective Equipment:

	U15, U17	U19, Senior, Elite, Masters
Full Face Helmet	Compulsory	Compulsory
Elbow/Forearm Protection	Highly Recommended	Highly Recommended
Pants	Compulsory	Compulsory
Neck Brace	Highly Recommended	Highly Recommended
Spinal Protection	Highly Recommended	Highly Recommended
Shoulder Protection	Highly Recommended	Highly Recommended
Protective Eyewear	Highly Recommended	Highly Recommended
Full Finger Gloves	Highly Recommended	Highly Recommended

Cross Country Protective Equipment

	All Categories
Helmet	Compulsory
Protective Eyewear	Highly Recommended
Full Finger Gloves	Highly Recommended

Downhill Required Protective Equipment:

	U15, U17	U19, Senior, Elite, Masters
Full Face Helmet	Compulsory	Compulsory
Long Sleeve Shirt	Compulsory	Compulsory
Elbow/Forearm Protection	Compulsory	Highly Recommended
Pants	Compulsory	Compulsory
Neck Brace	Compulsory	Highly Recommended
Spinal Protection	Highly Recommended	Highly Recommended
Shoulder Protection	Highly Recommended	Highly Recommended
Protective Eyewear	Highly Recommended	Highly Recommended
Full Finger Gloves	Highly Recommended	Highly Recommended



TIMING

Timing services will be provided by SportSplits (see www.sportsplits.com). Riders will be issued a named and numbered raceplate, as well as a transponder in their race pack at registration on Sunday 6th October. This raceplate and transponder will be used by each rider for all events that they are participating in (so if you are riding in 3 events, your issued transponder and raceplate will be live for all four events).

For the Cross-Country Relay, each team will be given one ankle transponder that is worn by the rider on-course, and then transferred to the next rider in the team at the end of each lap. All other transponders must be removed from bike forks to avoid interference with the timing system. Schools will be charged \$100.00 per transponder for any transponders that are not returned to event officials at the conclusion of the event.

RESULTS

Official results will be posted to www.schoolscycling.nz as soon as possible after the event: <https://schools.cyclingnewzealand.nz/events-and-results/national-school-mtb-championships/>

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 this Event Manual) and will be reviewed by the Disputes Panel.



Section 6 – Event Schedule

Saturday 5th October

Unofficial practice of Enduro tracks + DH track (Weather permitting)

Discounted \$40 day pass for all competitors

Sunday 6th October

Unofficial practice of Enduro tracks + DH track (Weather permitting)

Discounted \$40 day pass for all competitors

Monday 7th October – Enduro

- 7.00am Park gates open
- 8.30am Enduro Briefing for all riders
- 9.00am Enduro Official Practice for all age categories
- 11.00am Enduro race begins (Group B start – L4. Group A start - L1)
- 2.30pm First riders arrive at the village
- 3.30pm Final riders arriving at the village
- 4.00pm Prize Giving
- 5:30pm Official XC Practice (5:30pm - 6:30pm) All Categories

Tuesday 8th October – Cross Country/Cross Country Relay (Plus DH track walk)

- 7.00am Park gates open
- 8.00am Official XC Practice (All Categories)
- 10.00am Official XC Practice Finish (All Categories)
- 10.20am XC Race 1 Official Briefing (Male and Female – U13 & U14)
- 10.30am XC Race 1 Start (Male and Female – U13 & U14)
- 11.50am XC Race 2 Official Briefing (Male and Female – U15 & U16)
- 12.00pm XC Race 2 Start (Male and Female – U15 & U16)
- 1.20pm XC Race 3 Official Briefing (Male and Female – U17 & U20)
- 1.30pm XC Race 3 Start (Male and Female – U17 & U20)
- 3.00pm XC Prize Giving
- 3.30pm XCR Official briefing (All Categories)
- 3.40pm XCR Race start (All Categories)
- 5.15pm XCR Prize Giving

3.00pm - 6.00pm DH Track Walk (All Categories)



Wednesday 9th October – Junior Downhill (Male and Female U13, U14 & U15)

7.00am Park gates open
8.30am Official race briefing
9.00am Official practice
12.00pm Timed seeding runs
2.30pm Timed race runs
5.30pm Prize Giving

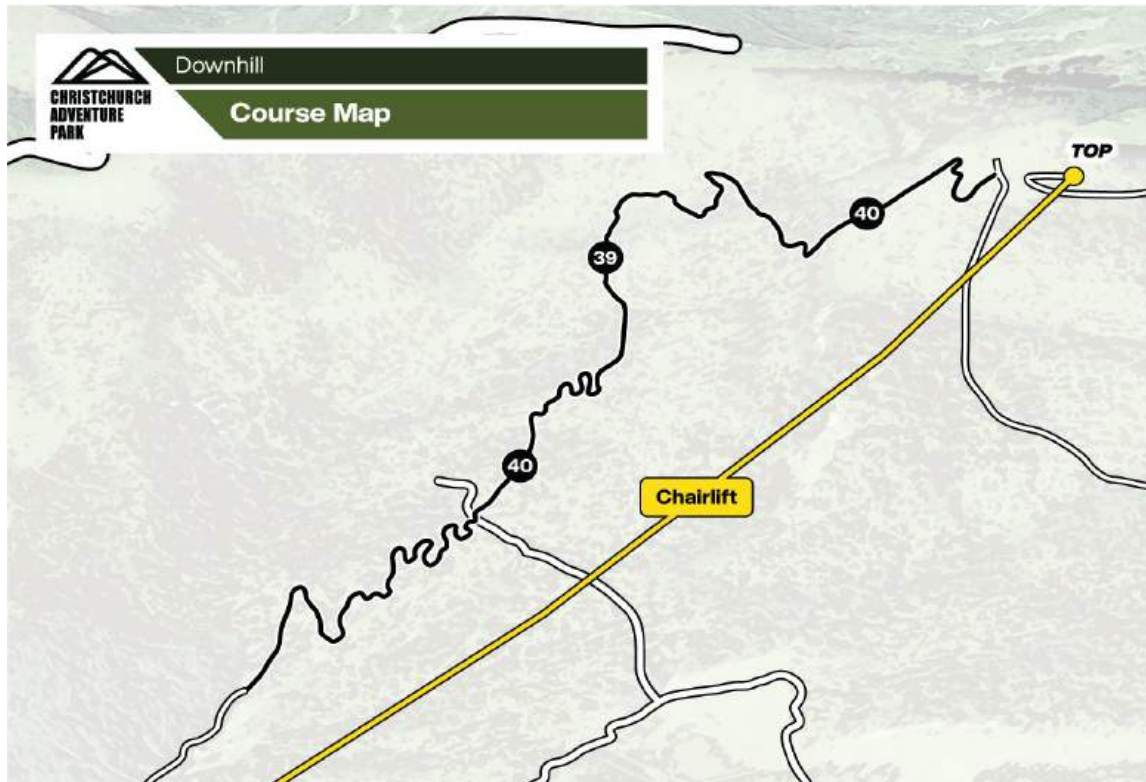
Thursday 10th October – Senior Downhill (Male and Female U16, U17 & U20)

7.00am Park gates open
8.30am Official race briefing
9.00am Official practice
12.00pm Timed seeding runs
2.30pm Timed race runs
5.30pm Prize Giving

Please note all timing as subject to change

DOWNHILL INFORMATION

Course



The race track will include parts of the ‘G.C.’, ‘Community Transmission’ and ‘Black Jandals’ tracks as per previous national level events. The double black trail starts just below the lift and finishes at the end of Valley Road, away from the CAP village. The course is approximately 1.8km long and has a vertical drop of close to 350m.

Date – Wednesday 9th and Thursday 10th October

Pre ride – Riders will have access to track for unofficial practice on the Saturday 5th and Sunday 6th October.

Track walk – 3pm – 6pm Tuesday 8th October (All Categories). To access the trail please take the chairlift up to the top station make your way down “Summit Connection” to the top of the “GC”. Once at the finish line please make your way back to the village via lower “Black Jandals”

Practice – Please see DH Schedule. All rider must complete at least 2 practice laps



Briefing – 8.30am both days in front of the Cafe

Prize giving – 5.30pm both days in front of the Cafe

Race Plates - All riders are to wear the issued race plate (1 per rider) placed on front of handlebars (Any cutting or wrapping of plates will result in a DQ), plus transponder on fork.

Timing Transponder – Supplied with registration pack

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

Lift access – All racers will have access to the lift without a pass on the days of their race

Rider intervals – During seeding and race runs, rider will be sent in 30sec intervals

Protection Equipment – Refer to the MTBNZ Technical Regulations

Course Difficulty – Double Black (Grade 5)

Riders are not permitted to shortcut the course. The responsibility for following the official route lies with the rider. If you do not follow the official route you will be disqualified. Riders are not permitted to willingly alter the course in any way. This includes moving rocks, logs, tape or other natural obstacles.

*Please note all courses are subject to weather



ENDURO INFORMATION

Date - Monday 7th October 202

Pre Ride - See "Pre Ride" in Section 2

Practice - Official Practice 9am-11am Monday 7th (Via the Chairlift)

Briefing - 8.30am Enduro Briefing for all riders at in front of the Cafe

Prize Giving – 4pm in front of the Cafe

Transponder - Supplied with registration pack

Race Pate - All riders are to wear the issued race plate (1 per rider) placed on front of handlebars (Any cutting or wrapping of plates will result in a DQ), plus transponder on fork.

Seeding – Riders will need to self-seed their age/gender groups

Groups – Group A is U16, U17 and U20. Group B is U13, U14 and U15.

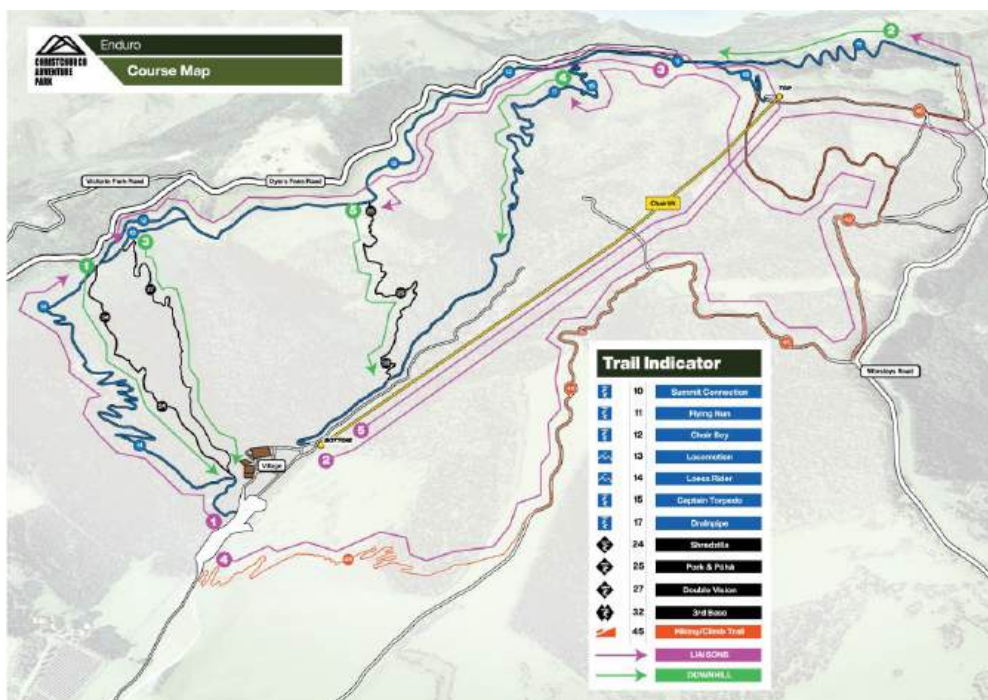
Start Time – both groups can start their first liaison at 11am

Course order

- Group A – L1, S1, L2, S2, L3, S3, L4, S4, L5, S5
- Group B – L4, S4, L5, S5, L1, S1, L2, S2, L3, S3



Course



Liaison 1 Up Loess rider to top of Pioneer Hub (elevation gain - 217m, Distance - 2620m)

Stage 1 Karma/Shredzilla (Elevation drop - 198m, distance - 1027m)

Liaison 2: Chairlift + Worsleys Track Elevation gain - 498m, Distance - 3400m)

Stage 2: Top of flying nun – Stopping before merge with Summit Connector (Elevation drop - 81m, distance - 1102m)

Liaison 3: Bottom of flying nun to Double Vision (Elevation drop 125m, distance - 2231m)

Stage3: Double Vision (Elevation drop - 175m, distance - 1012m)

Liaison 4: Uphill to top of Gung Ho (Elevation gain - 419m, distance - 7328m)

Stage 4: Gung Ho (Elevation drop - 181m, distance - 1321m)

Liaison 5: Lift (Elevation gain - 419m, distance - 1800)

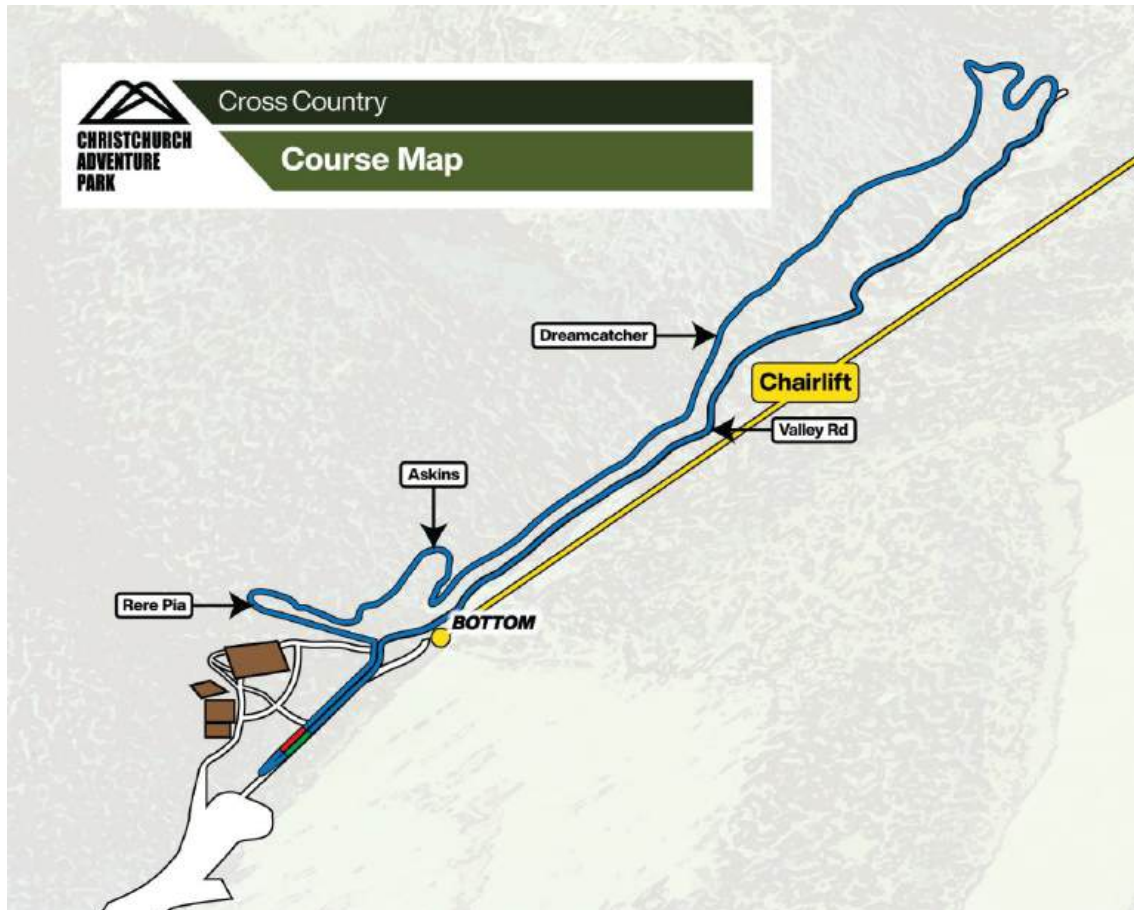
Stage 5: Pork n Puha into 3rd base (Elevation drop - 175m, distance - 1034m)

*Please note all courses are subject to weather



CROSS COUNTRY INDIVIDUAL INFORMATION

Course



This unique cross-country course starts and finishes in the heart of the Parks village. The course sets off towards the head of the valley up a 4x4 gravel track where riders will have the ability to pass one another. The course will then cut onto a short single track climb up the “Valley walking loop”. At the apex of the uphill section, riders will then race down a tight flowy single track that weaves between mature pine trees and alongside a walking trail (ideal for spectators). The course then heads back up “Askins” for a second climb for a couple hundred metres before cutting down onto “Rere Pia” for the final decent back to the start/finish line area.

Total distance - 4.1km (approx.)

Total Elevation per lap - 162m (approx)

Average lap time - 12 minutes

*Please note the full course will not be available to practice until race day

*Please note all courses are subject to weather

Date – Tuesday 8th October 2024

Practice – Monday 7th October 5:30pm - 6:30pm. Tuesday 8th October 8am - 10am
(Please note the full course is only available to practice during allocated times)

Transponders – Supplied with registration packs

Briefing – Please see “Schedule” for each categories briefing time

Categories

Race 1 - Male and Female U13 & U14

Race 2 - Male and Female U15 & U16

Race 3 - Male and Female U17 & U20

Prize Giving – Cross Country individual 3.00pm

Feed Zones - 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. The feed/tech zone is adjacent to the start/finish line.

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 this zone. 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 the feed zone, 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. 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.

Start Guidelines

Race	Wave	Age Group	Start Time	NO. Of Laps
1	A	U14 Boys	10.30am	2
1	B	U13 Boys, U13+U14 Girls	10.31am	2
2	A	U16 Boys	12.00pm	3
2	B	U15 Boys	12.31pm	3
2	C	U15 + U16 Girls	12.32pm	3
3	A	U20 Boys	1.30pm	4
3	B	U17 Boys	1.31pm	4
3	C	U17 + U20 Girls	1.32pm	4

All number of laps to be confirmed by PCP on the day

CROSS COUNTRY RELAY INFORMATION

Date – Tuesday 8th October 2024

Practice – The Course will be the same as the individual cross-country race with the same start and finish line. Practice will occur during the same time as the individual practice.

Transponders – Supplied with registration packs

Briefing – 3.30pm (Compulsory for all relay riders)

Age groups - U16, U20. All age groups in one race

Categories - Girls, Boys: U16 + U20 (mixed teams race in the Boys section).

Prize Giving – Cross Country Relay 5.15pm

Description - Teams Relay will consist of teams of three riders who will rotate riders every lap in order for 75 minutes.



Composite Teams - Composite Teams with riders from multiple schools may be entered but must state the names of all schools and cannot be eligible for titles or medals. Mixed teams can race, in the Boys section, and will be eligible for titles/medals

Key Information - Riders must dismount before entering the Transition area, then run (with their bike) and physically tag the next rider. Other team riders may assist the with ankle-transponder changeover in the Transition area. Riders must ride single laps in their designated order (Rider 1 tags Rider 2 who tags Rider 3, who tags Rider 1, etc) and may not miss a rider from their turn. Failure to do so will result in disqualification.



Section 7 - Protest Form

Event:	Race:
Date:	School:
Name Team Manager:	
Contact Number:	
Contact Email:	
Name of Team Rider:	
Other Party: (Rider, Team or Official:	
Date of Incident:	Time of Incident:
Location of Incident:	
Nature of Incident: (Brief Description)	
Outcome Sought:	

Organisers Use Only

Date Protest Received:	Time Protest Received:			
Protest Fee Received: (\$50)	<input type="checkbox"/> YES	<input type="checkbox"/> NO		
Held by (Official Receiving Protest):				
Passed to Chief Commissionaire:	<input type="checkbox"/> YES	<input type="checkbox"/> NO	Date:	Time:
Outcome Determined:				