

# IRONMĀRI®

## TAMARIKI INDIVIDUALS AND TEAMS Friday 2<sup>nd</sup> December 2016

### **Race Briefing**

Age: 5 - 9 years old

Distance: 100m swim, 1km run

Age: 10 – 12 years old

Distance: 200m swim, 1km run

### **Registrations:**

**Where:** Humber Street Domain, Pandora, Napier

**When:** Friday 2nd December 2016

**Race pack pick/late entries:** 7.00am to 10:30am. Your race pack will include your race numbers, and T-shirt (please note that T-shirt sizes will be as per your registration details and cannot be changed).

**Race Brief:** 11.20am

**Event Start time:** 11.30am

Any changes to your registration details can be discussed with the registration team but please expect delays. Please feel free to come check out transition set up so that you are taking responsibility to understand the transition flow before your race begins.

On race day no spectators or supporters are to enter transition.

### **Timing:**

This event will not be timed as it is a participation event only.

### **Race numbers:**

Only one race number will be issued for the individual and one each for the swimmer, and the runner in a team. The numbers need to be pinned to the front of your shirt for safety and photographic purposes.

### **Course Maps:**

Can be found on the website and you must be responsible for knowing the course.

### **Swim Course:**

The swim course is a swim along the shoreline.

If you are not a confident swimmer you need to place yourself closer to the shoreline so you are not out of your depth. We ask that you swim the whole distance. If you need to stop and stand up to catch your breath that is fine but please don't walk or run in the water, that is unfair to the other children swimming

### **Run Course:**

The run course consists of running out along Pandora road.

You run along Pandora Road until you get to the turnaround sign, which is at the ½ way of the 1km walk/run. You return along the same course.

Enter transition by the marked entrance on Pandora road, you then follow the barriers to enter the finish line area. You **MUST** wear shoes on the run for safety reasons. Children who do not have footwear for the run course will not be allowed to take part in the event.

### **Tag Team Area:**

Team members are to wait in the transition area on Pandora Road, where the swimmer will tag the runner, and this is where we encourage you all to cross the finish line together as a team, this is where you will receive your medal.

If your parent, guardian or support person wishes to put your medal on they must wait at the finish area and let the organiser know that they wish to do this. Due to number of participants we ask you clear the finish area as soon as possible.

### **Littering:**

Littering is against all race rules so all litter needs to be carried back to transition. There will be rubbish bins provided at transition and also at the Aid Stations.

### **Parking:**

Humber Street car park will be closed to the public. We have arranged for you to park your car in the following two designated areas:

Pandora Road there will be a gate opened to park on the grass just after the Pandora Road Bridge. There is a car park directly next to the Wrightsons Woolshed, in Pandora Road. Please ensure you leave the driveway next to the fence line clear as this is the back entrance that leads to the apartments.

Please ensure you let your whanau and support people know where they can park and respect local businesses by not parking in their business car parks, driveways or on footpaths. Any car found parking in these areas will be towed at the owner's expense.

### **Prize giving:**

This will be held at the Event Site at Humber Street, Napier (Pandora Pond) as soon as the last competitor has completed their event. In line with the Ironmaori kaupapa the event area and prize giving is a smokefree/alcohol free venue.

Any further queries should be directed to the Event director Heather Skipworth: [heatherskipworth@ironmaori.co.nz](mailto:heatherskipworth@ironmaori.co.nz)