



The Official New Zealand Secondary School Adventure Racing Championships 13th-15th April 2018

www.go412.co.nz

What is our vision?

To provide a quality adventure race, that will inspire trust, teamwork and self-belief in an environment that embodies and promotes holistic growth and healthy competition.

The 2018 *SPOT NZ GO-4-12 Youth Adventure Race* (The Official New Zealand Secondary Schools Adventure Racing Championships) will see competitors from around New Zealand facing challenging tasks which could include Biking, Trekking, Abseiling, Orienteering, Archery and more.

The *GO-4-12 Event* is The Official New Zealand Secondary School Adventure Racing Championships and the *GO-4-12 Youth Adventure Challenge*. It is an authentic adventure race with the core disciplines consisting of mountain biking, walking/running, rope skills and navigation. The race is 12 hours in duration and the teams of four will face both physical and mental challenges while covering a picturesque course designed by experienced adventure racers. It is a point's race; teams try to collect as many points as possible in allocated 12 hours.

Eligibility: It's open to all New Zealand secondary school students from Year 10 and over (or age equivalent to NZ Year 10)

The NZ Secondary School Adventure Racing Champ teams of four must be from the same school

The *GO-4-12 Youth Adventure* teams of four can be made up from different schools, clubs, groups or friends

The competitors will be young people who enjoy fun and adventure and are able to mountain bike, kayak and walk for extended periods of time. At least one member of each team must be a confident navigator.

Note: All high school aged people from Year 10 and over (or age equivalent to NZ Year 10) can enter as part of the *GO-4-12* if they are not from the same school. They will be eligible for all spot prizes and will be ranked under the *GO-4-12* but not under the Secondary School Adventure Racing Champs.

For 2018 Teams are limited to 40 NZSSARC Teams and 10 GO-4-12 Teams

There are three categories for the NZSSARC:

- Boys
- Girls
- Mixed

There are three categories for the GO-4-12

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IMPORTANT:

All teams MUST be capable, confident and equipped at being away from any support crew for extended periods.

When: The race will be held the weekend commencing Friday 13th April 2018

Where: The 2018 GO-4-12 will be based from Camp David Adventure Centre, 2501 Middle Road, RD11, Hastings 4178, Hawke's Bay, New Zealand

Times:

Friday 13th April 2018

from 3:00pm onwards Competitors can check into the camp

4:00pm – 6:00pm Registration and Gear Check at Camp David Adventure Centre

6:00pm Race Briefing at Camp David Adventure Centre

Saturday 14th April 2018

The race will commence at **5:30am (or 6am)** and conclude at **5:30pm (or 6pm)** the same day.

Sunday 15th April 2018

Prizegiving - This will be a Brunch held at the Havelock North Community Centre, Te Mata Road, Havelock North starting at **9am**. The Brunch will be served at 9am then the prizegiving will start when most people have finished eating at approximately 10am or 10.30am and should be finished by 11am but we have allowed until noon

Extra Tickets: Any extra Brunch meal tickets extra to the team are available to purchase when entering.

Fees: The entry fee is **\$NZ550** per team - 4 Team Members & One Support Crew Person this includes tenting accommodation space for Friday night and Prize Giving Brunch on Sunday. Please advise on entry form qty required (max 5 per).

Extra Fees:

- Alternative Friday night accommodation (i.e. cabin) \$TBC Please advise on entry form if you prefer to stay in a cabin (details of alternative accommodation and cost to be advised)
- Saturday Night accommodation - tent space or cabin \$TBC Please advise on entry form if you are wanting to stay on Saturday night also (details and cost to be advised)
- Extra Sunday Brunch (Prize Giving) \$25 NZD Please advise on entry form if you require extra meals at Prize Giving.

Entries: Entry forms and Waiver forms are available to download from the website or email go412adventure@xtra.co.nz for a copy.

What if a team is forced to withdraw prior to the event?

We accept that unforeseen circumstances may require the withdrawal of a team, though in most cases team members can just be substituted.

Cancellations: In the unlikely event that an entire school is unable to complete a team and the event management is notified **before 7th March** the full amount will be refunded minus a 10% administration fee.

Cancellations **from 7th March until 29th March 2018** will be refunded by 50% with the option to enter the 2019 event with the remaining 50% as a credit to your 2019 entry.

There are strictly No Refunds after the 29th March 2018.

Tent Accommodation Space: Friday night only at Camp David Adventure Centre. This is included in the Registration Fee for the team. Teams must supply their own tents or caravan or camper van, bedding etc. Boys and girls must sleep in separate tents/caravans etc UNLESS supervised by an adult.

Showers: There are showers at Camp David Adventure Centre.

Toilets: There are toilets at Camp David Adventure Centre.

Clean up & Rubbish: Please take your rubbish when you vacate and leave the area clean and tidy.

Meals: There will be a *Brunch* at the *Prize Giving on Sunday* at Havelock North Community Centre, Te Mata Road, Havelock North (this meal is part of your entry fee for the 4 team members and 1 registered support crew member), tickets will be issued with your race pack. Extra tickets are available.

Please advise on entry form if you have any dietary requirements (gluten free etc).

You need to be self-sufficient for all other meals, food.

There is a kitchen at Camp David Adventure Centre, if you use it ***please leave it clean and tidy and take your rubbish.***

Competitors Information

What skills should competitors practise?

Teams will need to train in a variety of terrains and conditions that they may expect to encounter during the race. The *GO-4-12* may include the following terrains: hill, river, forest and beach travel and tube rafting on lakes and/or rivers. Teams will need to be able to navigate on both topographical maps and orienteering maps. Familiarity with safety equipment such as climbing harnesses, helmets and belay devices would be an advantage.

What will the competitors eat and drink during the race?

- It is up to each team to provide for their nutritional sustenance during the race itself.

Adventure races that last up to 12 hours in duration are high intensity and require quick foods like sports drinks for the sugar and electrolytes, bars and gel. The body can function well on carbohydrate sources of fuel.

Advice on nutrition

- Make sure that you have used your race food in training.
- Eat and drink heaps.

Rules and Regulations

- The Course: Sections of course may be modified or cancelled at any time by race organisers due to bad weather, security or any other unforeseen circumstances by the race director.
- Competitors must follow the course designed by the race director and must comply with the spirit of the competition. Any team found off the course without any suitable explanation could lead to severe penalties or disqualification.
- Checkpoints: The course is made up of checkpoints that competitors must visit as a whole team. Checkpoints may be remote and unmanned. A transition area is not only a checkpoint, but also an assistance area where the support crew meet their teams and aid their teams to change discipline, give medical care, food and supplies. Checkpoints and Transitions are noted on competitors' and assistants' notes. Each checkpoint has a points value, some of these checkpoints are compulsory (**CP**) but some checkpoints (**OCP**) and/or activities (**OA**) are optional.
- Compulsory Checkpoints (**CP**): Missing a compulsory checkpoint will result in the team being excluded from being ranked. Teams must follow the instructions given by officials.
- There may be a Mandatory Rest Period as a part of this year's *GO-4-12* in the interest of Safety. Transitions (**TA**): The complete team must enter and exit all **TA's** together through the marshal point – signing in and also out respectively. Any team not signing in and also out of **TA's** will be ranked below all teams that have signed in and out of **TA's**.
- Teams must also enter and exit all Activities together through the marshal point – signing in and out respectively. Any team not signing in and out will be ranked below all teams that have signed in and out.

- Each team member must check in on arrival and check out on departure with the officials. The reference time is the time calculated when the last member of the team has crossed through the checkpoint.
- Special Featured Check points: In some cases, teams may need to follow special instructions given to them at the briefing. e.g.: record a password/number to prove their passage past specific points in the race.
- Teams must carry a spot tracker allocated to them throughout the race. The spot trackers are the property of SPOT NZ GO-4-12 and must be returned to the finish line. Any teams losing their spot tracker will incur a \$80 replacement fee per item lost.
- All team members must wear their race team bib vests throughout the race, and bib vests must be worn over the outer garment or piece of equipment (including pack or life vest), teams will be stopped until they are worn correctly.
- Race bib vests are the property of GO-4-12 and must not be cut or modified in any way. Race bib vests must be returned at the finish line. Any damage or loss of a race bib vest will incur a \$40 repair or full replacement fee.
- A head torch with fresh batteries must be carried by all team members throughout the course of the event.
- Parts of the event may be on open public roads. NO roads are closed for this event, so normal road rules apply at all times. You are responsible for your own safety.
- In line with NZ Law, a front (white) and rear (red) light must be fitted when riding in the dark. Bike lights therefore must be fitted to bikes or riders' helmets when leaving the start before sunrise and 1 hour before the race finish time.
- NO GPS units or devices are permitted to be used.
- Cell phones must be fully charged, turned OFF and carried in sealed watertight bags. They may only be opened and turned on to use in the case of an emergency
- On the water, life vests must be worn correctly by every team member.
- Any complaints in respect to breaches in the race rules must be reported in writing to the Race Director within one hour of a team finishing. The Race Director with select panel of staff will undertake a private consideration with the appropriate action and/or penalty decided upon based on the nature and severity of the offense. Their decision will be final.
- Rules surrounding commercial activities must be adhered to by all teams.
- Teams must also follow instructions from event staff / marshals and event signs encountered throughout the course of the event.
- Teams and any supporters of teams must respect the rights of local landowners, residents, business owners and the general public at all times.
- Teams must look after their scoring cards and ensure that they clip the correct area on their card (if the wrong section has been clipped those points cannot be awarded). If a card that has been badly damaged to the point that the race officials cannot identify what has been clipped their discretion will be used. We suggest that competitors keep scoring cards in a safe waterproof place

- Scoring to be on Clip Cards wherever possible with backup check sheets (for special activity), which are to be signed by the team and will be verified by the marshal.
- A scoring team is to be appointed with representatives of two teams to confirm scoring at the end of the day.
- Marshals will have written instructions of task rules – this will also be prominent, so teams can see the instructions also – any modification to activities due to weather or safety will be done by the race director, with modified instructions given to the marshal.
- All teams must finish the course within the 12 hours allotted; failing to do so will mean that the team will earn negative points relative to the amount of time that a team is overdue. The organisation reserves the right to impose cut-off times on sections of the race for logistical and safety reasons, at any time.
- An alternative route will be put in place for the teams who haven't made cut-off times. This route is set in advance and must be followed. Subsequent cut-off times will also be put in place for that altered course.
- Cut-off times and penalties will be announced at the briefing and notified on the competitors' instructions.
- Team members must stay together and in sight of one another (with no more than 100m separating the leading member and trailing team member) at all times. Teams MUST visit checkpoints together.
- If a team member is injured and unable to continue one team member must remain with the injured party while the other team members inform the closest official of the situation. If one or two of the team members withdraw during the event, teams can continue with 3 or 2 team members respectively with Race Directors permission but will be unranked. A complete set of four team race bib vests, the SPOT unit and teams shared compulsory gear must be carried to the finish with the remaining racing team members – The team must also notify the official at the finish line the number in their team.
- Any complete team withdrawing from the event must notify the nearest event marshal (MA) or event staff immediately. The withdrawing team MUST also visit the race finish line to notify the official at the finish line and return their teams SPOT unit and complete set of race bib vests.
- Leave any gates as you find them. If in doubt – close it.
- Littering is prohibited. If you do see litter and stop to pick it up, you are a superstar.
- Toilet amenities must be used wherever possible.

The Team

The NZSSARC/*GO-4-12* Youth Adventure Race is a competition for teams of 4 high school aged young people (see the “Eligibility” section) plus each team must have at least 1 support crew member.

- The team must have an appointed leader who will be the interface with the organisation.
- He/She will receive information, instructions and will be notified about any kind of decision taken by the organisation.

- He/She will advise the organisation of matters such as withdrawal of a team member, or the entire team, or be the spokesman for any complaints or protests.
- He/She is also responsible overall for the entire team.

Special Note: At least one team member must be able to navigate with compass and topographic map.

For safety purposes, all competitors must:

- Know how to swim
- Attend race briefing.
- Must have trained sufficiently to complete a 12-hour non-stop adventure race competition such as the *GO-4-12* Youth Adventure Race (contact the Race Director for advice).
- Each Competitor enters under their own responsibility.
- Each Competitor alone can judge whether they should participate in the event, start and continue to the finish line. Nevertheless, the organisation reserves the right, after consulting a doctor, or for any other reason deemed suitable by the jury, to forbid a competitor, or a team, from setting off on or continuing on with the course.
- The organisation is not responsible for the behaviour of competitors or assistants infringing the laws of the country.
- Competitors must be fully aware of the risks they run by entering The *GO-4-12* Youth Adventure Race. They will release the organisation of all criminal or civil responsibility in case of personal accident or damage to property during the event.

Who is organising the race?

The *GO-4-12* Adventure Race is brought to you by *3 Peaks*. The race was developed by David Tait and this will be the 13th *GO-4-12*. *3 Peaks* is a company that creates and manages educational programmes and events to have a positive impact on those we work with. We use our experience and expertise acquired from decades of experience in the youth and outdoor field to make a meaningful and measurable difference.

Our goal is to offer our clients a gold level standard of products and services. We also have a strong desire to continue positive impact within local communities and will be partnering with community groups such as the YMCA to ensure that this happens.

Ainsworth Ltd TA *3 Peaks*



What's so different about this race to others?

This is the ONLY 12-hour non-stop adventure race for teenagers in New Zealand. Imagine the excitement as you run off in complete darkness in the morning; and push yourself and your teammates to go the distance. It is your chance to prove that you have got what it takes.

GO-4-12 Compulsory Equipment

Please read carefully

Significant time penalties will be applied for breaching any of the following requirements:
Compulsory team equipment must be carried at all times by teams.

COMPULSORY TEAM AND PERSONAL EQUIPMENT	
First Aid Kit (please make sure this is a comprehensive kit)	1 Per Team
Compass	2 Per Team
Lighter or waterproof matches	1 Per Team
Topo Maps – Will be provided	1 set per team
Survival Blanket	1 per member
Polypropylene top – long Sleeves	1 per member
Polypropylene bottom – long pants	1 per member
Fleece Top (100 series weight min) long sleeves	1 per member
Fleece or woollen hat	1 Per member
Whistle	1 per member
Polypropylene or wool gloves	1 pair each
Waterproof Jacket	1 per member
Multipurpose knife (eg Swiss army)	1 per team
Cell Phone (fully charged battery)	1 per team
Headlamp and adequate batteries for whole night	1 per member
Glow Sticks	1 per member
 tubing or Kayaking Section– (additional equipment for activity)	
Dry Bag (please put your dry clothes in this)	1 per team
PFD (Life Jacket)	1 per member
Mountain Bike (additional equipment for activity)	
Mountain Bike	1 per member
Cycle Helmet (Please make sure this suitable for Mountain Biking)	1 per member
Rear red strobe lights (flashing)	1 per bike
Front Light	1 per bike
Reflective Vest	1 per member
Trek (additional equipment for activity)	
Suitable backpack	1 per member

You should carry out the following Safety Checks on your bike.

Mountain Bike	
Cycle Helmet – safe to wear and no cracks in cover	1 per member
Head set is tight	Per bike
Brakes work	Per Bike
Wheels are safe	Per Bike
Tires are in a safe condition	Per Bike
Nothing is bent on bike	Per Bike

Suggested First Aid

Alcohol wipes (10), Tweezers, Betadine for grazes, Crepe bandages (1x10 cm; 1x15 cm), Saline (30 ml), Triangular bandages cloth (2) (sterile), Pain relief (e.g. Paracetamol), Plastic strip dressing (10–12 band aids), Antihistamine cream (10), Dressing strip, Non-adherent sterile dressings (3 large), Gauze dressings (6) Wound dressing (size 15, sanitary pad), Disposable CPR face shield, Sticking tape (1 roll), Safety pins, Butterfly closures (1 pouch), Needle, Scissors, Notebook, Pencil, Disposable gloves

Don't miss out!! Go to www.go412.co.nz for entry form. Entries close Thursday 5th April 2018 @ 6pm – A late fee will apply to entries after this date.

Each entry must include:

- Waiver form to be signed by all team members and parent/guardian and returned
- School Principal Signature must sign the entry form if it is a school team entering the NZSSARC
- Cheque for entry fee/s made out to: **Ainsworth Ltd** or pay by internet banking to:
Ainsworth Ltd 06 0645 0585763 00 ANZ

We rely on the outdoor community to support this event for the youth in NZ and Australia. Come and be part of this great event. Contact us to be involved.

Teachers and parents who would like to be help out during the event, please contact us.

For more information contact:

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