



12th-14th April 2019

GO-4-12 Challenge / North Island Secondary Schools Adventure Racing Champs

The 2019 TrackMe Life GO-4-12 Challenge (The Official North Island Secondary Schools Adventure Racing Championships) is a 12-hour event and will see competitors from around New Zealand & Australia facing challenging tasks which could include Biking, Trekking, Abseiling, Orienteering, Archery and more.

The event 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 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.

Event details at a Glance

- Teams of 4
- Single-gender or mixed
- Eligibility: Secondary School Students from Year 10 and over (or age equivalent to NZ Year 10).
- Students must be from the same school
- Support crew required (at least 1 adult support crew)
- Awards and prizes for first in each division.
- Spot prizes

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.

There are three categories for the NISSARC:

- Boys
- Girls
- Mixed

Times:

Friday 12th April 2019

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

4:00 pm – 6:00 pm Registration and Gear Check

6:00 pm Dinner

7:00 pm Race Briefing

Saturday 13th April 2019

The race will commence at **6 am** and conclude at **6 pm** the same day.

Sunday 14th April 2019

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

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

Fees:

\$137.50 per team member (Entry includes Friday Meal, Friday Camping, Sunday Brunch)

Additional Fees per person:

\$55 support crew member (includes Friday Meal, Friday Camping, Sunday Bunch)

\$20 Friday Meal

\$25 Sunday Brunch

\$10 Friday camping

\$10 Saturday camping if required (this is not included in team member or support crew fees)

Entries: Entries are online through the website <https://go412.co.nz/>

Rules & Regulations: go to “Event Info” on the website

Accommodation: Friday night tenting at Guthrie Smith Education Centre. 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. This is included as part of the entry fee for the 4 team members, support crew/s and other spectators etc it is \$10 per person.

Limited bunk rooms are available – please contact us for more details and costs

Meals: There is a meal provided on Friday night at Guthrie Smith and a *Brunch* at the *Prize Giving on Sunday* at Havelock North Function Centre, Te Mata Road, Havelock North (both meals are part of the entry fee for the 4 team members), tickets will be issued with your race pack. Extra tickets are available for support crew/s and other spectators. *Please advise us if you have any dietary requirements (gluten free etc).* You need to be self-sufficient for all other meals, food.

The hall and kitchen at Guthrie Smith Education Centre is not available unless you have booked to stay in the centre itself, please contact us for more details and costs.

BBQ – There is a large Barbeque available for teams to use.

GO-4-12 Challenge 12 Hour 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 – suggestions are listed below)	1 Per Team
Compass (Silva Style with base plate)	2 Per Team
Lighter or waterproof matches	1 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 (must be seam sealed)	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
Tubing and Kayaking Section– (additional equipment for activity)	
Dry Bag (please put your dry clothes in this)	Not required
PFD (Life Jacket)	1 per member
*Raft – innertubes – construction items to make raft	
Paddles (T-grips or double ended kayak paddles)	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 the cover	1 per member
Headset 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

***Rafting Section**

The rafting section will be on open water and the rafts will need to be stable and buoyant when the team is on it and it will be constructed by the teams (no Support Crews) on the day in the Transition area of that leg. The tube rafts must be constructed using tyre tubes and ropes (bracing material can be used such as bamboo, but the teams will need to carry the constructed rafts, so consider the weight of the craft). You must supply all your own tubes, ropes etc and there is no quantity limit.

- Make sure you have tested your raft and it is buoyant and stable before the event.
- Rafts are to be constructed by the team (no support crew to help) on arriving at the Transition for the Tube Rafting section.
- All tyre tubes need to be separate before the build but can have ropes attached to the single tubes (but not tied to each other).
- No hard materials such as wooden planks or plywood can be attached before the build.
- Teams can use as many tyre tubes as they want.
- T Grip or double ended paddles can be used, but not oars.
- Rafts are to be deconstructed by the team (no support crew to help) on arriving at the Transition before the next section of the race.
- All tyre tubes need to be separate before teams leave the Transition Area.

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

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.

Each entry must include:

- School Principal Signature must sign the required document which can be downloaded when entering for all school teams entering the NISSARC

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 help out during the event, please contact us.

For more information contact:

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<https://go412.co.nz/>