



**17<sup>th</sup>-19<sup>th</sup> April 2020**

## **GO-4-12 Challenge / New Zealand Secondary Schools Adventure Racing Champs**

The 2020 TrackMe Life GO-4-12 Challenge (The Official New Zealand 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, Kayaking, 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 (any ratio of boys/girls)
- 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 NZSSARC:

- Boys
- Girls
- Mixed

### **Times:**

**Friday 17<sup>th</sup> April 2020**

**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 18<sup>th</sup> April 2020**

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

**Sunday 19<sup>th</sup> April 2020**

**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 11.30 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:** Please see website for entry 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, 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, friends, family and other spectators etc – please purchase with entry.

Saturday night tenting *if required*, this is **NOT** included as part of the entry fee – please purchase with entry.

There is also limited accommodation available for Saturday night – please contact us for more information and to book.

**Meals:** There is a meal provided on Friday night at the event venue 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 to purchase with entry. You need to be self-sufficient for all other meals, food.

*Please advise if you have any dietary requirements for meals provided (gluten free etc).*

**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.

<b>COMPULSORY TEAM AND PERSONAL EQUIPMENT</b>	
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
<b>Kayaking Section– (additional equipment for activity)</b>	
Appropriate clothing – you may get wet	
PFD (Life Jacket)	1 per member
All other equipment for kayaking will be provided	
<b>Mountain Bike (additional equipment for activity)</b>	
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
<b>Trek (additional equipment for activity)</b>	
Suitable backpack	1 per member

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

<b>Mountain Bike</b>	
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

**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 from confirmation email when online entering for all school teams entering the NZSSARC (this is included on the manual entry form).

**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/>

*Please note: The weekend schedule for the 2020 event is a continual work in progress, please check the website for updates.*