



## **GO-4-12 Youth Adventure Race Rules**

### **Explore, Challenge, Grow**

### **3 Events**

#### **3 Hour Explorer – Teams of 2, single-gender or mixed, NZ equivalent years of 7 – 10**

Designed to be a fun introduction to adventure racing with lots of different activities (no biking).

No support crew needed

Saturday 8:30 am – 1:00 pm\*

#### **6 Hour Adventure - Teams of 4, single-gender or mixed, NZ equivalent years of 9 and above**

Designed to be fun with lots of different activities, biking, navigation, kayaking.

Support crew required (at least 1 adult support crew)

Saturday 7:30 am – 4:30 pm\*

#### **GO-4-12 Challenge / New Zealand Secondary Schools Adventure Racing Champs – Teams of 4, single-gender or mixed, NZ equivalent Secondary School of years 10 and above**

12 Hour event

Support crew required (at least 1 adult support crew)

Friday 3 pm\* Registration, Gear Check, Dinner, Race Briefing

Saturday 6 am – 6 pm\* Race day

Sunday 9 am\* Prize Giving Brunch

\*times are a guide only and subject to change

For more details on the events please see “Race Information” pertaining to each event.

What is our vision?

We want to challenge and to grow young people through 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 twelve-hour event is designed to challenge competitors perseverance, teamwork and to stretch them both mentally and physically.

The 3 Hour Explorer is designed to be a fun introduction to Adventure Racing and can be achieved by any kid of any fitness, the focus is on fun and will have lots of stationary challenges. The 6 Hour Adventure event is more physically demanding than the 3 hour and provides a bridge into the 12 Hour Event and was developed as it was identified that the 12 hour was a bit daunting for many competitors.

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

## **Competitors Information**

### **Competitor Skills:**

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 may be an advantage.

### **Race Nutrition:**

- 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.

### **Amenities:**

- There will be Toilets onsite

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

### **For safety purposes, all competitors must:**

- Know how to swim
- Attend race briefing.
- 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.

### **The Team**

- The team must have an appointed leader (Team Captain) 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.

### **Rules and Regulations**

- The Course: Sections of the 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.
- 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 GEN3 spot tracker allocated to them throughout the race. The GEN3 spot trackers are the property of TRACKME NZ and must be returned to the finish line. Any teams losing their GEN3 spot tracker will incur a \$279 replacement fee per item lost.
- Teams must carry a Sport-ident allocated to them throughout the race and must be returned to the finish line. Any teams losing their Sport-ident will incur an \$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 12 Hour 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 and visible when leaving the start before sunrise and 1 hour before the race finish time.
- NO GPS navigation devices are permitted to be used during the event.
  - GPS / Gadgets / Fitbits
  - We have a lot of questions about what technology is permitted to be used in the event. We adopt the standard adventure racing rules. This is what you are allowed:
    - Allowed**
    - Watches (time, stopwatch, altimeter)
    - Bike speedo/computer (it is okay if it uses GPS to measure speed and distance, but you cannot use a GPS bike computer that gives you your location, either by coordinates or on a visual screen map)

- The exception to many events, we do allow Fitbits and similar devices

**Not Allowed**

- GPS of any form on trekking stages (see note re GPS regarding bike speedo/computer)
- Any electronic measuring device on trekking stages used to help navigation
- Any device that gives you your location (mobile phone, GPS & others)

This essentially means in the event you can have a watch that gives you the time and maybe altitude. On your bike, you can have a speedo that gives your speed and distance covered.

Other than those things, the navigation is map and compass.

- Cell phones must be fully charged and carried in sealed watertight bags. They may only be opened 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 a 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 offence. 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.
- Scoring is done by Electronic Timing and/or 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.
- 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 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 Director's 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 team's SPOT unit and their 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 GO-4-12 Adventure Race is brought to you by 3 Peaks. The race was developed by David Tait and this will be the 15<sup>th</sup> GO-4-12 Youth Adventure Race. 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.



### **How to Enter**

Please see Entry Info on the website <https://go412.co.nz/>

### **For more information contact:**

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**Don't miss out!! Go to <https://go412.co.nz/> to enter**