

General IronKidz Event Information



8-10 years 100m
11-15 years 200m
Elite 300m



8-10 years 4km
11-15 years 8km
Elite 12km



8-10 years 1km
11-15 years 2km
Elite 3km

- A Fun Triathlon for 8-15 year olds
- Elite Section for the more serious athletes
- Sunday, 27th February 2011
- Lakefront Reserve - opposite Mere Road
- Registration is 3:00 - 5:30pm Saturday 26th Feb
- Waipahihi School, 20 Parata Street
- Or 7:30am Sunday 27th February for out of town
- Competitors and late entries
- Event starts from 9:00am
- Free T shirt



You can enter on your own, or in a team with friends. Either way everyone's a winner and having fun is the name of the game! Every IronKid gets a medal.

As well as an awesome day out with your family, you'll receive lots of goodies on the day:

- Race Number
- Swim Cap
- Ironkidz medal
- FREE bike check prior to your event!
- Chances to win great spot prizes
- Celebrities and sporting stars and Taupo Ironmen to cheer you on

Please note that IronKidz is NOT cancelled or postponed due to weather. Our Race Director may choose to alter the course for safety reasons in the event of wind or rain, however, the event will go ahead.

What's it all about?

Those of you who have competed before know the rules - coming first isn't important - it's about getting out there, having a go and achieving your personal best. The event is open to everyone aged between 8 and 15, but as spaces are limited, it pays to get your entry in to us early. You can enter on your own - which means you swim, bike and run (in that order) - or as part of a team of three, which means you swim or bike or run.

How Long Is It?

Distances are approximate, but to give you an idea, if you're between 8 and 10, you're looking at swimming about 100m, biking around 4kms and running approximately 1.5kms. The distances are slightly longer for 11-15 year-olds - a 200m swim, an 8km bike and a 1.5km run.

How Much Does It Cost?

	Paper Entry	Online
Individual	\$35.00	\$30.00
Elite	\$40.00	\$35.00
2 Person Team	\$55.00	\$50.00
3 Person Team	\$75.00	\$69.00

Prizes...Prizes...Prizes!

Like we said at the start, every kid's a winner - it's not about coming first, it's about getting out, having a go and achieving your personal best. Therefore, we won't be handing out prizes to placegetters (that means it doesn't matter if you come 1st or 101st). Instead, every IronKid gets a medal on the day and there will be heaps of cool spot prizes including bikes and helmets and great prize-packs. This year we will be giving away more prizes than ever.

The Rules

The main rule is play fair... we want everyone to have a great day.

During the race, no help from family or friends is allowed, just heaps of encouragement and clapping! All non-competitors must remain behind barriers and off the course.

To keep everyone safe, competitors only are allowed in the transition area. Make sure you're wearing your race number so we can identify you.

You may not remove your bike from the transition area until completion of the event, following prize giving.

Race numbers must be worn on the front of your t-shirt. In the teams, the runners and the cyclists get to wear the numbers.

We recommend you write your race number clearly on your arms and legs too to ensure photographers will be able to identify you!

If you are the team swimmer write your race number clearly on your arms and legs.

We'd love you to wear your Ironkidz T-shirt but it's optional! However, no clothing or brands, which conflict with the sponsors, are allowed.

All bikes and helmets must be safety checked at an prior to the event.

You must follow the marshals' instructions. They'll be the ones in the bright vests directing you around the course with arrows and cones.

The Race Director has the last word, ie their decision on all race matters is final.

Special Rules For...

The Swim: You must wear your Ironkidz swim cap. No running or walking is allowed however you may stop and have a rest if you need to. Wetsuits are ok.

The Bike: All cyclists must wear a fastened helmet and protective footwear. You can't collect your bike from the transition area until the event is over.

The Run: Wearing shoes is a must.

Timetable

Here's a run-down for the day

7.30am: This is when the Transition Area - the hub of all activity - opens. We need all bikes to be in the transition area by 8.30am at the latest.

8.40pm: Race briefing - this is when everyone gathers around to hear exactly what lies ahead! It's important you listen carefully to instructions.

9.00am: The big moment - the event gets underway!

Note: It's important all competitors arrive on time as the race has to begin on time.

Prizegiving will begin as soon as possible after the last competitor crosses the finish line.

Anyway, there's some of the basics out of the way... you'll find everything else there is to know somewhere here on the site.

Prizes

Because the emphasis is on giving it a go there are no prizes for placegetters except in the Elite section. There will be spot prizes though, and every child will receive a medal. We aim to get the prize giving underway as soon as possible after the last competitor crosses the finish line, but sometimes there are delays, so please be patient! Don't run off anywhere – plan to pack a picnic lunch and enjoy a bit of a wind-down. (And don't forget the sunscreen

and hats – it could be a scorcher!) We will be giving away more prizes than ever before, so hang around as you will have to be there to collect your prize.

Parking

For the safety of all competitors, vehicle access during the race will be severely restricted, so please don't shift your vehicle during the race. If you have to leave early, please park well clear of the cycle area.

Training

Well it's simple, just get out and at it... We suggest a balanced programme or trips to the pools or beach, a occasional bike ride with mum and dad and a run, jog, walk as often as possible. That's it, simple...

Bike Safety

It's important their bike is in good working order and that they have a fitted bike helmet. They won't be able to race until their bike has passed a safety check. And make sure they're familiar with the road rules.

Transition Area

Once bikes have been placed in the transition area prior to the event you will not be able to retrieve it until after the race has been completed. This is to ensure the safety of children entering and exiting the transition area on their bikes.

Eating Well

Your child will need to eat and drink more while they're training. Lots of good healthy food (three meals a day and snacks) and heaps of water.

On The Day

The event caravan will be the lost child centre. But please don't forget to organise a meeting place with your kids. It might pay to give them your mobile number also.

Ensure your child is protected from the elements (sunscreen, warm clothes etc). As you know, NZ weather is fickle and can change very quickly.

There will be heaps of gear around the place, so make sure everything belonging to your child is clearly marked. If your child has any allergies or special needs, make sure the race officials know. We'd encourage you to carry any medication they may need.

And one last thing... remember IronKidz is about kids giving it their best shot and having a good time.

Click on the question you'd like answered:

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01. What is IronKidz?

IronKidz is a Triathlon for kids aged 8 - 15 years of age.

It doesn't matter if you have participated in IronKidz before or not. The IronKidz Triathlon is all about trying your best and having a go!

First you do the Swim Leg, then the Cycle Leg, and finally the Run. When you cross the line, we are there to give you a medal.

02. What are the distances I must swim, cycle and run?

Age	Swim	Cycle	Run
Elite	300m	12km	3km
11 - 15	200m*	8km*	1.5km*
8 - 10	100m*	4km*	1.5km*

* Approximate distances - may vary slightly with each location.

03. Who actually runs the event?

Waipahihi School runs this event to encourage kids to give sport and physical activity a go.

04. How do I enter?

It is important to register ASAP, as places in all events are limited.

05. How old do I need to be to participate in IronKidz?

You need to be aged between 8 - 15 on the day of the event you are entering.

06. What should I bring?

- Your swimsuit and goggles
- A towel - a brightly coloured towel will make it easier to find your bike in the transition area.
- A bike
- A bike helmet (the sticker should be inside your helmet), you are able to get these checked at your local bike Shop.
- A good pair of running shoes.
- Sun screen and a hat or cap

- Warm clothes for after the event
- Healthy snacks like fresh fruit and drinks for when you need some energy!
- Why not make a day of your IronKidz event? Ask mum, dad or your your carer to make a picnic lunch, and bring your whole family!
- Most important of all have a positive attitude and a big smile for the photographers!

07. What should I do before the day?

- Make sure your swimsuit is the right size so it won't cause rubbing and chafing.
- Test your goggles for leaking or scratches.
- Get your bike checked over before the event. Elastic laces in your running shoes can make it much quicker to slip your shoes on.
- Make sure your bag is packed the night before so you don't have to worry about finding things on the morning of the event!

08. What should I do on the day?

- It is important that you arrive on time. You must place your bike in the transition area 15 mins prior to your event. Allow plenty of time for this.
- Make sure you stretch and warm up before the event.
- Pay attention to the instructions and rules that will be given to you before the event in your briefing session.
- Keep drinking water throughout the day to make sure you don't get dehydrated.
- Familiarise yourself with the transition area and all exits and entries.
- Lay out your biking / running gear by your bike.

9. Does it matter if I have not done Ironkidz before?

No, IronKidz is designed for you to learn about triathlon and to have lots of FUN! We explain everything you need to know and there are lots of people to help you on the day. It's all about 'giving it a go!'

10. Can kids share bikes?

Participants cannot share bikes during IronKidz event. Each participant, including kids from the same family, must have his or her own bicycle. Sharing bikes can compromise safety and security.

11. Can my parents help me?

Your parents or legal guardian (one adult only) can help set up your bike and helmet in the transition area before the event. Once this is ready, your parent or legal guardian must leave the transition area. There will be lots of friendly volunteers that will help you along the way whenever you need them. Once the event is completely finished after the prize giving you are allowed to have one parent only come into the transition area to help you collect your bike. Bikes are not be allowed to be taken from the transition area until advised by the IRONKIDZ Event Director.

12. What if my child has a medical or physical condition?

Please make sure our IRONKIDZ team know about it. We need to make sure that you will be safe on the day!

13. Is there a late fee?

Yes, a late fee applies after the registration closing date for each event. Because of the extra

costs involved in registering late entries, any individual who registers after the registration closing date will need to pay an extra \$5 on top of the entry fee. Event t-shirts cost \$20.

14. Should I eat before I come to IronKidz?

We suggest that you eat something light before the event. Perhaps a piece of fruit, an Up & Go (or similar), a piece of toast or some cereal should help to settle your tummy.

15. What if I have only ever swum in a pool? Will I be able to touch the bottom?

The swims will be very clearly marked with lots of lifesavers so there is no need to be scared.

For all other events, it will be in water that is no more than 2 meters deep.

16. What happens after the event?

After you finish IronKidz and you receive your medal, stay for prize giving. There will be loads of activities too!