



SANITARIUM WEET-BIX KIDS TRYATHLON CHECKLIST

ON THE MORNING OF THE EVENT

- If the weather is not looking great on the morning of the event, make sure you check our website www.weetbix.co.nz or Facebook page to check the event status. It is very unlikely that the event will be cancelled but it may change format from Triathlon to Duathlon, Aquathon or Fun Run. Safety is our first priority so adjustments to the format will be made as necessary. If there is a change to the event we aim to have the website & facebook updated by 7.15am.
- You can also tune into your local Classic Hits station who will update you with any changes to the event.

WHAT DO I NEED TO BRING??

Make sure you've got:

- **Togs & Towel**– It's a good idea to come to the event with your togs already on so that you are ready to go.
- **Bike** – we recommend that you have this safety checked by the team at Avanti.
- **Helmet** – check that it fits correctly - helmet is to fit snugly under the chin, and two fingers should fit under the chin strap.
- **Shorts** to cycle & run in (leggings aren't such a good idea as it is hard to put them on when your legs are a bit wet from the swim)
- **Closed-in Running Shoes & socks** (Shoes are compulsory for both the bike and run legs)
- All the items from your event pack (**Event t shirt, event number, swim cap**)
- Any **medication** you may need during the event
- A **box or similar** to put your things in while they are in the Transition Area
- Someway of **identifying** your bike in the Transition Area – a flag or a something bright is a good idea
- **Drink bottle**
- **Sunscreen & Hat**
- A **jacket** to make sure you're not cold at the end of the event
- Pack a **snack** for the road; it might also be a good idea to ensure you have a small amount of cash on hand should you wish to purchase any Weet- Bix merchandise at the event.

Make sure you don't leave your swim cap in the transition area as you will need it for the start of the Tryathlon!!



WHAT DO I DO ONCE I ARRIVE??

- ✓ If you do not already have your event pack head straight to the Admin tent to collect this. The event pack includes the official event t shirt, event number, swim cap & complimentary breakfast voucher.
- ✓ Once you have your event pack make sure your event number sticker is on
 - The front of your event t shirt. It is a good idea to write your guardians mobile number in the field on the large sticker that goes on your event shirt.
 - The front of your helmet
 - The handle bars of your bike
- ✓ Then head to the merchandise tent where you will find vivid markers to write your event number on your arms & legs. This is especially important if you have chosen to purchase photos of yourself.
- ✓ Have you had your bike safety checked by the Avanti Team?? If not, head to the Avanti Tent where a free safety check will be completed. We strongly recommend that safety checks are done.
- ✓ Then take all your things to the transition area and set up your bike in your age group (you will see coloured signs with age groups written on them). It is quite a busy place in transition but there are lots of helpers in red shirts. Before you leave transition double check that you have everything you need next to your bike. Unless you are a “team runner” make sure you leave your event t shirt in transition too!!
- ✓ Now you are set and can take some time to relax before event briefing and have some breakfast from the Weet-Bix Breakfast Tent. As it is our 20 year anniversary Sanitarium and our breakfast partners are giving all participants a free Weet-Bix breakfast – just make sure you have your breakfast voucher which is in your event pack with you.
- ✓ Make sure you take a little bit of time to read the INFORMATION BOARDS which will tell you all the important information about timings & the course itself.
- ✓ Make a meeting point with your mum & dad or whoever is there to support you. It gets very busy at the finish line so the best place to meet up after the event is at the ADMIN marquee next to the Weet-Bix Stage.
- ✓ Write Mum or Dads phone number on the inside of your arm just in case you get lost at any point during the day.

AFTER THE EVENT

Make sure you;

1. Keep hydrated & have something to eat to refuel your body.
2. Have your photo taken at the medal board by the finish line.
3. Catch up with our celebrities to get their autograph or photo with them.
4. Check out some of the great activities and items our sponsors have on offer
5. Stick around for prizegiving as we have loads of fantastic prizes from Weet-Bix & our sponsors to be won!



OTHER THINGS TO KNOW....

The Admin Tent & Transition Area are open during the following times;

Sunday events 7.00am – 8.15am
Wednesday events 8.00am – 9.15am

You must have your gear into transition during these times.

Event Briefing

This will cover all the details that you need to know

Sunday events 8.30am
Wednesday events 9.30am

Event Start

Sunday events 9.00am
Wednesday events 10.00am

Prizegiving will take place between approximately 12.00-12.30pm so you should plan to be at the venue until 1pm

NOTE

For Health & Safety reasons

- Closed in shoes are compulsory for both the bike & run legs of the Tryathlon.
- Bikes must remain in transition until the completion of prizegiving