

# NZ SECONDARY SCHOOLS TOUGH GUY AND GAL CHALLENGE

## FINAL COMPETITOR NOTES

Welcome to the NZ Secondary School Tough Guy & Gal Challenge. We hope that you all enjoy the event; it's going to be loads of fun and an amazing experience.

A few final points.....

### Start and Race Briefing

The Start Line will be under the Start/Finish Gantry. Please be there no later than ten minutes before the start of your event.

The 6km will start at 10.00am. **Please Note:** Auckland Friday event 6km will start at 11.00am.

### Prize giving

Prize giving will take place at 12.00pm, or earlier if results are available. There are heaps of great spot prizes, but you must be present to be eligible for these. **Please Note:** Auckland Friday event prize giving is at 1.00pm.

### Results and Online Certificate

A full set of results and an online certificate for all finishers will be available at [www.eventpromotions.co.nz](http://www.eventpromotions.co.nz) the afternoon of the event.

### NCEA Credits

The criteria times for standards 91330 and 91501 will be published on the website **AFTER** each event have taken place. For more information go to our website.

### Hot Food and drinks

There is a wide variety of hot food and coffee available for purchase. Each competitor will receive snacks in their goodie bag as well as a bottle of Loaded at the finish line. Water is also available free of charge for competitors.

### Hazards / Spectator Safety

Due to the nature of the courses, there are many natural and man-made hazards on the course. At many stages the ground is uneven and has the potential for injury. Please be extremely careful of hazards throughout the event. Certain areas of the course are out-of-bounds to spectators; please always obey all signs and the directions of marshals. There are many hazards on site including unfenced lakes - please be very careful and keep children supervised at all times.

### Changing facilities – toilets - showers

Both male and female changing facilities are available. Hot showers are available but please limit your shower to a maximum of two minutes to allow for others. Please use the cold wash down showers before using the hot showers to remove mud.

### Footwear – compulsory

Due to the nature of the course and the number of competitors spiked shoes are not permitted to be worn and it is highly advised that you tape your shoes onto your ankles as the swamp may gobble them up.

### Transponder/Bib Number

Your timing transponder is attached to the back of your race number. Your race number must be pinned to the FRONT of your shirt, please do not cover it with any other clothing or costume. You do NOT need to hand this in at the finish line.

### Dogs

Dogs are NOT permitted at any of the event venues.

### Hot Pool – Rotorua only

This is available to all free of charge **BUT** you must have showered or cleaned up prior to entering the pool for health reasons. This will be monitored so please respect the wishes of Lakes Ranch and other pool users.

**We hope you have an amazing and memorable day!**

**Event Promotions Team**