

Race Day Information for Teachers, Caregivers, and Competitors for 2026



Let's make sure everyone is prepared and ready to race!

Well done for signing up to Puzzling World Intermediate Challenge! Before you know it race day will be here and you will be on the start line. I am sure you will have lots of questions about what equipment you will need, what you will do on the day and how the day will run.

I hope most of your questions will be answered below and if you are unsure on anything then please ask a teacher, parent or friend who has been involved in the race in previous years. You can also visit the Intermediate Challenge webpage which has all the information you require as well as the 'Event Schedule'.

Race format

Students will compete in year group waves, two minutes apart with a maximum of 30 children in each wave. This ensures that the swim is safe, and they can move easily through the transition area while allowing the event to run smoothly without congestion.

Official Event Briefing

Briefing for all competitors will be held 10mins before the start time of the first race by the Start Marshall on the beach.

Event Information – make sure you read all the information provided.

It is important that you read all the 'Event Information' which can all be found on the Intermediate Page of the Challenge Wanaka website.

Designated School Areas beside finish area

- Each local school will have an area where you can put your gazebos.
- Out of region students and home-schooled students will have a dedicated area. If you are a large out of region group, please get in touch and we can arrange a space for you to put your own gazebo.
- Teachers/caregivers will be responsible for keeping students in year groups and getting them to the start line on time.
- No caregivers will be allowed in the school corrals and recovery tent.

Equipment

Helmets – Are Compulsory

- All students need to bring their helmet with them to school/to the event on race day.

Shoes

- All races are required to wear closed footwear on the bike and run leg. Any student who is not wearing closed footwear on the bike or run leg will be asked to stop racing.
- Having laces that are undone is a safety risk and for this reason Marshals will ask students to stop to tie their shoelaces (and assist them) before allowing them to continue to bike or run. Please check laces before racing.

Individual Transition Familiarisation

- When racking your bike on race day place **shoes + helmet + any additional clothing** take time to look at the course before proceeding to the start line.

Teams Events – Course and Transition Familiarisation

- All team members will attend the briefing at the school corral near the start line before heading to their starting position.
- Swimmers – to the swim start
- Bikers – wait in the ‘Holding Pen’ outside bike transition with helmet on ready to be tagged by their Swimmer.
- Runners - to the bike transition exit

Swimmers

- complete their swim then run to the bike transition to tag their biker.

Bikers

- Participants are not allowed to mount their bike until they have exited the transition area (this will be clearly marked).
- Bikers will do two laps of the course. There will be no lap counting by marshals.
- Must dismount at the entry to transition and place their bike in their original spot then run to the bike transition exit to tag their runner.

Runners

- Exit transition onto the run course.

All team members to congregate at the finish line upon completing their leg to cheer/welcome home their teammates as they finish and to receive their finisher medals together.

Swim Leg Information

- The swim leg of the race is 200m and will be in Lake Wānaka across the road from Pembroke Park and is a U shape.
- Students start according to their year/event division in wave starts and will swim out to the first buoy, across (parallel to the lakeshore) and back into the exit chute.
- Please ensure your child is able to swim the entire distance (see non-swimming option below)
- Please ensure your child is comfortable and able to swim without being able to touch the bottom.
- The race will commence with wave starts, which will consist of a maximum of 30 children per wave. Wave's will commence approximately 2 - 5mins apart.
- Weaker/Non-swimmers will be allowed to walk along the shoreline and exit with the last swimmer of their start wave.
- Individual and Team Swimmers exit the water and run/walk up to the Bike/Run Transition area to collect their bike/tag their biker.
- **Swim Safety** - The Wanaka Lake Swimmers club will be out in the water with pool noodles, kayaks and stand-up paddleboards to support and regulate each wave of students.

Bike Information

Each year group will have a designated transition area where their bikes are racked.

- The bike is a 6km course and students will need to complete two laps. It is up to the individual biker to count their own laps.
- Individual athletes will enter the transition area and locate their bike, which will be in numbered sections within each Year Group/Event category.
- Team Swimmers will run through transition to find their Biker and tag them. Bikers must be tagged by their Swimmer before they can leave transition.
- Helmets are compulsory for the bike leg and marshals will be checking helmets are secured when competitors exit the transition.

Run Information

- The Run is a 3km course.
- Individual athletes will enter the transition area, rack their bikes and continue to exit on to the run course.
- Team Runners will be waiting at the bike transition exit for their Biker to tag them.

Finish Area

Once competitors have crossed the finish line and received their participation medal. 'Local Students' will be collected by their school in a designated area inside the Recovery Tent. 'Out of Region' students will have an area to muster where their caregivers can collect them. Please wait outside the recovery tent, once your child has arrived, we can send them out to you.

Can all 'local caregivers' please stay outside of the Recovery Tent to allow the schools and marshals space to organise the children.

Spectators and Caregivers

Please help us by:

- Please only cross the course at the designated areas when the marshal allows it.
- We know it is important for you to see your child race however please do not jump over fences or barriers to watch your child.
- Please stay out of the 'Transition Area' (bike racking area) this can get very busy, and we need to organise the children and ensure safety. We will have marshals in the area during the race to help

children find their bikes and ensure they have their helmets fitted correctly. This area will be opened after each age category to retrieve your child's bike.

- At the end of the race please refrain from entering the 'Finishing/Recovery Tent'. This is an area for Teachers and students only. The schools need to collect their students and ensure they are safe. It can be stressful for Teachers to ensure they keep their students together when we have so many for different schools and members of the public at the event. You will be able to watch them come down to the finish line and cheer them on.
- 'Out of Region' caregivers please wait outside the recovery tent. Once your child has arrived, we can send them out to you.

We are all looking forward to seeing at Puzzling World Intermediate Challenge 2026