

A background photograph of a triathlon start. A large group of athletes in various colored swimwear and swim caps are lined up on a sandy beach, leaning forward in a starting crouch. On the left, a person in a blue shirt with 'TSB OFFICIAL' on the back and a blue bucket hat is partially visible. The background shows a hazy coastline with hills under a bright sky.

Final Competition Event Information

**The Rangitoto Classic
Takapuna Beach, Sunday 26 July**



ENTRY INFORMATION

Competition Purpose:

Traditionally known as the The King of Rangitoto, The Rangitoto Classic is a long distance event that involves a 10km paddle and 5km run.

This document provides you with all the information you need to know in order to enter this event. While it contains the typical logistical information surrounding the event, it also incorporates very important details that a parent and/or guardian must be aware of before entering their child into this event.

Event Programming:

The Programme can be found below. Please note that the Programme is subject to change due to a dependence upon the number of entries and surf/weather conditions.

Sunday 26 July 2020

Registration:	7:15am
Briefing:	8:15am
Marshalling Start Time:	8:45am
Race Start Time:	9:00am
High Tide:	11:17am
Low Tide:	5:17am

Event Information:

The Course:

The event starts at 'The Strand' Takapuna. The course will be:

Paddle across the Rangitoto channel, past the old light house and land at McKenzie Bay. Into your running shoes and climb to the summit. Take in the awesome views overlooking greater Auckland, the North Shore and the Hauraki Gulf. The running track gently winds 2km through volcanic rock, the gradient gets steeper and changes to stairs for the final 1.5km climb. From the summit it's all downhill, followed by a refreshing paddle back to Takapuna.

See end of document for full course maps.

Alternate course if unable to travel to Rangitoto:

Starting at Takapuna competitors will paddle out and down to Cheltenham Beach where they will land at the Northern end. Runners will run down the beach and turn into the North Head Historic Reserve heading up and around the hill before running back along the beach and paddling back up to Takapuna to the finish.

Please note that although we have set the course for Rangitoto Island if for any reason the conditions change up to and including the morning of the race the Event Management team will switch to the alternate course and this will be communicated to competitors.

Registration:

A compulsory pre-race Registration will be held 7.15 Sunday 26 July 2020 at The Takapuna Boat Club, Takapuna.

All entries must registers on the day to get their race number and confirm runners. For boats and canoes a minimum of 2 people must run. If the whole crew want to run please let us know at registration so we have accurate numbers to track on the island.

If you are able to transport your own shows please do so otherwise ensure you have the shoes ready for us to transport by 8.30am.

Race Briefing:

A Race Briefing will take place at 8.15am. Important information will be given at this briefing that you will need to know.

Please note: All competitors must attend the Race Briefing.

Please ensure equipment/shoes are cleaned pre race. This is a condition of going onto DOC land. We need to ensure we do not transport pests/plants to the island.

Race Start: The Rangitoto Classic event will commence at 9am with competitors completing the course outlined in the race briefing.

Prize Giving:

Will take place at The Takapuna Boat Club, Takapuna. 30 minutes after the final competitor finishes the event.

The Takapuna Boat Club will have their bar and restaurant open from midday and we encourage people to stick around for a drink/food after the race.

Entrants must either:

1. Be a minimum of 18 years old on race day or
2. Hold their Surf Lifeguard award.

ALL MARITIME SAFETY RULES MUST BE OBEYED AT ALL TIMES DURING THE EVENT.

Categories:

Men and Women can enter the categories of

Surf Life Saving Member/

- Individual (Surf Ski)
- Double Ski
- Surf Boat/Canoe

Non Member

- Individual (Ocean Ski, SUP, Waka Ama)
- Double (Ocean Double)

Safety:

	SLSNZ Member	SLSNZ Non-Member
Individual- Ski, Ocean Ski, SUP, Waka Ama	<ul style="list-style-type: none">- High visibility top- Personal Floatation Device (PFD)- Leash	<ul style="list-style-type: none">- High visibility top- PFD- Leash- Flare- Tracking device/Cell phone (water proof case)
Double Ski, Ocean Ski	<ul style="list-style-type: none">- High visibility top- PFD- Leash	<ul style="list-style-type: none">- High visibility top- PFD- Leash- Flare- Tracking device/Cell phone (water proof case)
Boats/Canoe	<ul style="list-style-type: none">- High visibility top- PFD (Sweeps only)- Rescue tube	<ul style="list-style-type: none">- N/A

- Participants must follow the above safety requirement. If any participants are without any of the requirements, Race Management reserves the right to restrict participation.
- Participants should ensure they have plenty of water etc for the length of the course.
- Safety craft and First Aid will be present during the event

Key Contact:

If you have any queries or concerns, please feel free to contact the Event Manager.

Donal Dray-Hogg
Surf Life Saving Northern Region Event Coordinator
The 2020 Rangitoto Classic
Surf Life Saving Northern Region

m 021 813 090

e Donal.Grayhogg@lifesaving.org.nz

COMPETITION SAFETY INFORMATION

Competition Safety Plan:

The Competition Safety Plan will be made available through the website prior to the event commencing. The document is also available for viewing in the Event Management Area during the event.

Parent, Guardian, Coach, Team Manager and Club Obligations

It is the responsibility of clubs, through their coaches and manager, to ensure that each individual competitor is competent to safely compete in the conditions that prevail on any given day.

It is therefore the clubs responsibility to ensure that competitors who are not yet competent to compete in the prevailing conditions are withdrawn from an event rather than expose them to unnecessary risk or potential harm by encouraging or coercing competitors to compete, particularly against their will. Please refer to statement (e) of the Agreement to be bound by the Manual section of the Surf Sports Competition Manual. The Manual can be found [here](#).

It is the expectation of the organisers that all clubs will only permit competent competitors to compete in an event.

Missing Person at Sea Responsibilities

Whether you are an Athlete, Official, In an IRB, Team Manager/Coach or a spectator, we all have a role to perform if someone goes missing in the water during an event or activity. Check out your role and how you may help in this situation by [clicking here](#).

Equipment:

Equipment Labelling

All equipment needs to be clearly labelled with the club for which the athlete/s is racing for. It is recommended that this be placed on an easily identifiable area i.e. the front/centre of the board, between the two straps.

Helmets

The Event Management Committee reserves the right, if conditions warrant, to require canoe and boat crews to wear helmets. All clubs should bring helmets to the competition in the event that conditions warrant their use.

Competition Safety Vests

The wearing of high visibility vests will be mandatory at this event. Supplying safety vests is a club responsibility and must be in line with the SLSNZ guidelines for safety vests. This information can be found in the Equipment Specification Manual [here](#).

First aid will be based at multiple points on the island along the course track.

Medical Information:

Pre-Existing Medical Conditions

All participants and officials with a pre-existing medical condition must complete and submit a 'Pre-Existing Medical Conditions Declaration' form prior to the close of entries. These forms are to be submitted to the event management – entries@lifesaving.org.nz. However, participants are encouraged to submit these as early as possible. Once submitted, the forms will be reviewed by SLSNZ and a decision will be made on whether a 'Competitor Waiver' form is required to be completed.

It is important to note that a pre-existing medical condition includes a **concussion event** that has occurred prior to this event.

These forms are available through the website.

Concussion Protocol

1. Any person diagnosed with concussion within the 23 days (21 days for over 19 yrs) preceding a SLSNZ event or activity, who is not able to provide evidence of a Graduated Return to Play (GRTP), and provide a medical diagnosis and SLSNZ Medical Clearance, will not be permitted to compete in a SLSNZ event.
2. Any person observed or reported to have been unconscious during a SLS event is not permitted to participate in any further SLS event or activity, pending participation in a 23 day GRTP (21 days for over 19 yrs), and provide a SLSNZ Medical Clearance before further competition is permitted.
3. Any person suspected of a concussion during a SLSNZ competition may not participate in any further races for at least 24 hours, and must provide SLSNZ with the required SLSNZ Medical Clearance before further participation is permitted.
4. Any person suspected or diagnosed with concussion who wishes to return to a SLSNZ competition must provide SLSNZ with a copy of a SLSNZ Medical Clearance, which is to be completed by a medical practitioner, prior to returning to competition.

COVID-19 (novel coronavirus)

Guidelines for handling infectious patients.

As you would for ANY medical patient with infectious symptoms (cough, cold, fever, etc.), limit exposure:

- Have the patient wear a mask.
- Stay outdoors if possible, rather than in enclosed indoor spaces. A two metre separation is encouraged.
- Wear a mask, goggles, and gloves.
- Avoid all unnecessary suctioning, high-flow oxygen delivery, and bag-valve-mask ventilation, as such interventions create aerosols.

These are best practices for treating ANY infectious patient, whether novel coronavirus, or "regular" influenza.

Involve the ambulance service ASAP.

Remember to practice good hand hygiene routinely, avoid touching your face with your hands, and ensure you are immunised, so you don't unwittingly spread preventable diseases to others.

If you have any cold or flu symptoms, protect others by staying home until your symptoms resolve.

COMPETITION SITE MAPS

Competition Arenas:

Please note that the Site Plan is subject to change due to a dependence upon the number of entries and surf/weather conditions.

Rangitoto Island Course:

- Competitors will start at Takapuna Beach. Competitors will be sent in 2 waves – boats/canoes followed by ski/double ski/SUPs and Ocean skis
- Competitors will make their way across the across the channel towards Mckenzie Bay located on the left side of the lighthouse.



- Once competitors land at Mckenzie Bay runners will head up the track towards the summit. Summit track is clearly sign marked but as they come out of Mckenzie Bay take the left vehicle track. There are also toilets at Mckenzie Bay if needed.



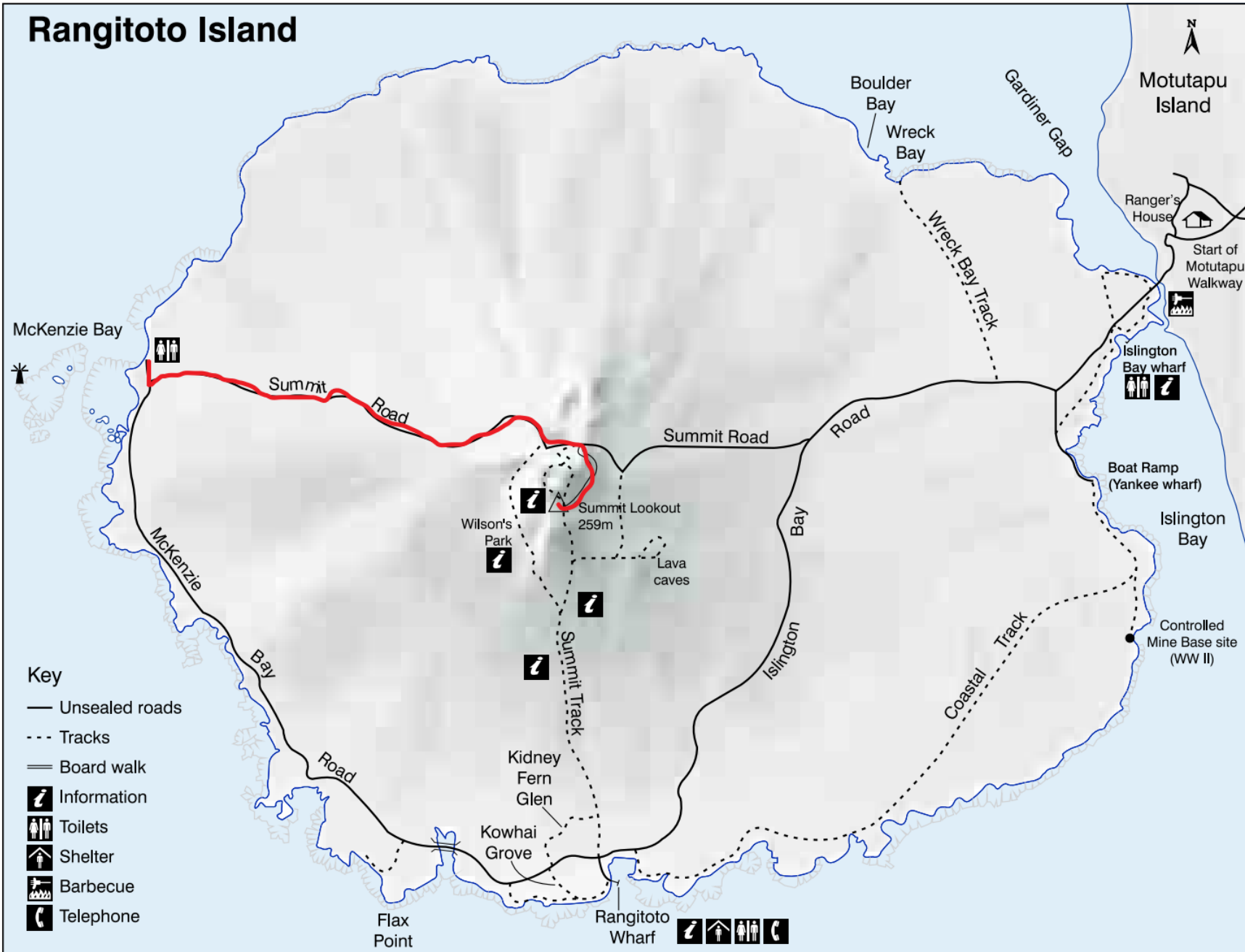
- Continue up the track towards the summit. Please note that the track is uneven and can be rocky. Please be careful when running up.
- Towards the summit there you will turn right to head up the stairs. They are slightly hidden and we will have someone based at this checkpoint to direct competitors in the right direction.



- When competitors reach the summit they will run around the official waiting at the top and head back in the direction they came to go back down to Mckenzie Bay. Please stick to the left when running to allows others to get past.



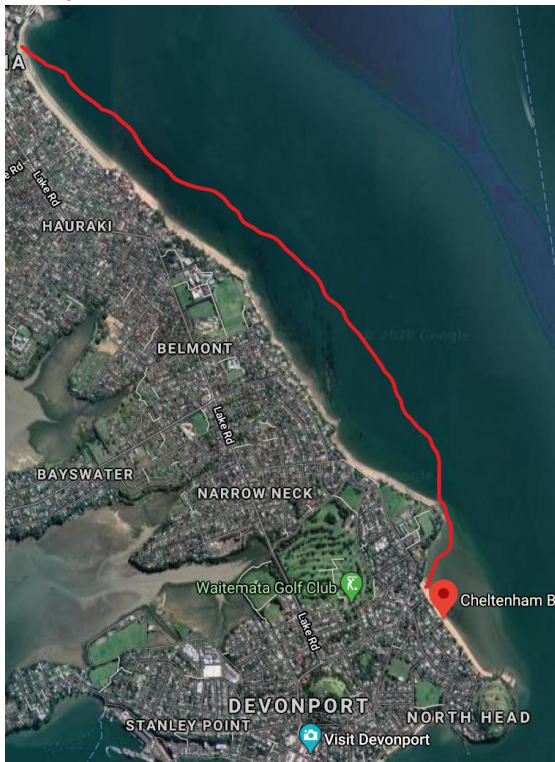
Rangitoto Island



- Competitors will then paddle back to Takapuna and run through the finish line. Please ensure numbers are easy to see at finish line to track finishing.

North Head course option (if conditions are unfavorable to go to Rangitoto)

- Competitors will start at Takapuna Beach. Competitors will be sent in 2 waves – boats/canoes followed by ski/double ski/SUPs and Ocean skis
- Competitors will head down the coast to the Northern end of Cheltenham Beach.



- Runners will then head south along Cheltenham Beach and head up North Head and back down returning to their vessels to complete the journey home.

