

Wellington Road Champs 2021

Revised Race Schedule

18 September 2021

Reservoir Road – Wainuiomata

Race	Start Time	Distance and Laps	Race/Age Group
1	10:15am	10k (over 38 minutes) 4 loops of 2.5k	SW 20-34
			SM 20-34
			MW 35-49
			MM 35-49
			MM 50-59
2	12:00pm	5k 2 loops of 2.5k	MW 50-59
			MW 60-69
			MW 70+
			MM 60-69
			MM 70+
			JW U18, U20
			JM U18, U20

3	1:10pm	U16 – 3.5K 1 loop 1k & 1 loop 2.5k U10 - 1k 1 loop 1k	JW U16
			JM U16
			Girls U10
			Boys U10
4	2:00pm	U12 & U14 2.5k 1 loop of 2.5k	Girls U14
			Boys U14
			Girls U12
			Boys U12
5	2:50pm	10k (under 38 minutes) 4 loops of 2.5k	SW 20-34
			SM 20-34
			MW 35-49
			MM 35-49
			MM 50-59

Additional Requirements and Guidelines - Delta Level 2

It is essential that we as members of the Wellington athletics community are seen by members of the public and regional council staff to be doing the right thing and keeping everyone safe under Delta Level 2. We can do this by following these guidelines and requirements. Please familiarise yourselves and families with these requirements and guidelines. While these rules may seem unfriendly, at Delta level 2 we are required to maintain social distance and keep each other safe so that we can get back to level 1 as soon as possible. It is a privilege to be able to take part in an event at Delta Level 2.

As we will have close to 100 competitors in each of the 5 races, we must make sure that each race is treated as an individual event and has no crossover with the other races.

Social Distancing and hygiene requirements - Competitors and Supporters

Competitors and supporters must make every effort to remain socially distanced before and after their race. At Delta Level 2, outdoor gatherings must be no more than 100. This will be done by:

- staying home if unwell.
- obeying the instructions and directions of all officials and helpers at all times in a cheerful and polite manner.
- washing hands thoroughly before leaving home and using hand sanitizer before arriving at the event; hand sanitizer will be available at the event near the registration and portaloos.
- using toilets before leaving home to minimise the need to use the on-site portaloos as much as possible. Competitors are encouraged to have their own hand sanitizer with them for use before and after using the portaloos. Sanitizer will be available inside and outside the portaloos. High touch areas on portaloos will be wiped with disinfectant between race events.
- not arriving too early before the race start time. But, don't be late.
- wearing masks before and after if not able to easily social distance from others.
- reporting to the registration desk with your device to sign in and scan the Covid QR Event Code, avoiding queues where possible. The registration person will tick your name off on the pre-registration list. **A horn will sound when it is time to sign in, stay in cars or use the pre-race area until you hear the horn, (around 30 minutes before the start). This will signal when the previous event has departed from the venue.**
- remembering to bring your race bib to minimise the requirement of issuing temporary bibs on the day.
- using the warm-up area as shown on the map below if arriving early to make sure you are distanced from race competitors and supporters in the earlier

event who may be in the car-park area or the warm-down area. Note that the road will be available for warm-up approximately 30 minutes before the start time for each race.

- **not lingering or forming large groups in the car-park area, either remain in cars or use the warm-up and warm-down areas if early or late leaving.**
- **supervising children under your care and making sure that they are not congregating in large groups with other families they know.**
- **caregivers may be asked to return to vehicles while the race is taking place so as to not create a large gathering of people waiting in the car-park area.**
- moving out of the race area within a couple of minutes of finishing the race.
- using the warm-down area as shown on the map if warming down is required, to make sure you are distanced from other race competitors and supporters who may be in the car-park area or the warm-up area.
- **leaving the event as soon as practical after their race and warm-down.**
- **AT ALL TIMES, OBEY THE INSTRUCTIONS OF THE OFFICIALS AND EVENT HELPERS**

Mask Wearing / PPE - Officials and helpers

- All officials/helpers involved in managing the race who are going to be there for more than one race must wear a mask if they can't socially distance themselves from competitors and supporters.
- Officials who are able to social distance themselves are encouraged to wear a mask as well and must have a mask available to put on in case they find themselves in a position where they can't social distance themselves.
- Officials/helpers should provide their own masks, masks will be available from the Registration Tent for anyone who needs one.
- Gloves may also be used but washing hands and use of hand sanitizer is the best way to protect everyone. Hand sanitiser will be available at a table near the portaloos and registration area. Officials are encouraged to bring their own hand sanitizer.

Portaloos

- High touch areas of portaloos will be wiped with disinfectant between race events, responsibility of race director to facilitate this between events.

Positive Covid Test Results after the event

- If anyone who was at the event has a positive covid test result in the days after the event, they must communicate that to either:
 - Todd Stevens - toddstevens6@gmail.com
 - Alan Carman - alan.carman@wgc.school.nz

so that The Greater Wellington Regional Council can be informed as soon as possible.

Pre-race warm-up area, Post-race warm-down area Map

