

Schedule for Huxster School Team Relay Friday April 5th 2019

Entries close March 26th

The week before the race	Check your bike and helmet. Pump up tyres, check seat height, check brakes and gears. See page 2	For every 10 riders we ask for 1 adult we would like help at the transition area as well as on course
7:30am on Friday April 5 th	McLeans Island MTB Park gates open and teams begin to set up their areas. See page 3	Please one vehicle per school into the transition area. Everyone else parks behind the Canteen/Toilet Block
8:15am Registration opens	One school representative can collect all the numbers and transponder anklets for their school. Year 5/6 and 7/8 but Year 5/6 race has priority	Assign two parents who are in charge of numbers and transponders so they do not get lost and are attached correctly
	Year 7/8 numbers can be collected up until 11:00am	
8:30	Marshals report sign out and head out on course.	Hand in name changes written on a piece of paper
9:15	Rider Number 1 heads to the start line. Safety Briefing at Start Line	Rider number 2 leaves bike by school transition and listens to the briefing also
9:20 approximately	Start following the Safety Briefing	4km lap expected time approx. 18 min for Y 5/6
10:50 approximately	Timing stops for Y5/6 teams after 1.5 hours from start.	Only laps within the 1.5 hrs are counted.
Year 7/8 should all have numbers and transponders	Break for all Volunteers and Preparation for Year 7/8 Race	
11:20	Public Address and Race Briefing at Start Line	
11:30	Y 7/8 Team Rider 1 and solo riders start	The course may vary from last year approximate lap times are 15min.
12:15	Prize Giving for Y5/6 at near the Canteen	Please put Y5/6 Bikes away do not bring them to Prize giving
2:30	Timing Stops for Y7/8	
3:00 or earlier	Prize Giving at the main oval	Please put the bikes away
Any other questions please, email, text or ring	andrea.murray55@gmail.com Andrea 0210741752	

Weather: We have never had to post pone this event, our options are delayed start, and shorten the Y7/8 race by 30 min. Drizzling; we go with a full event schedule. Watch our Facebook page.



Steps to a Correct Bike Helmet Fit

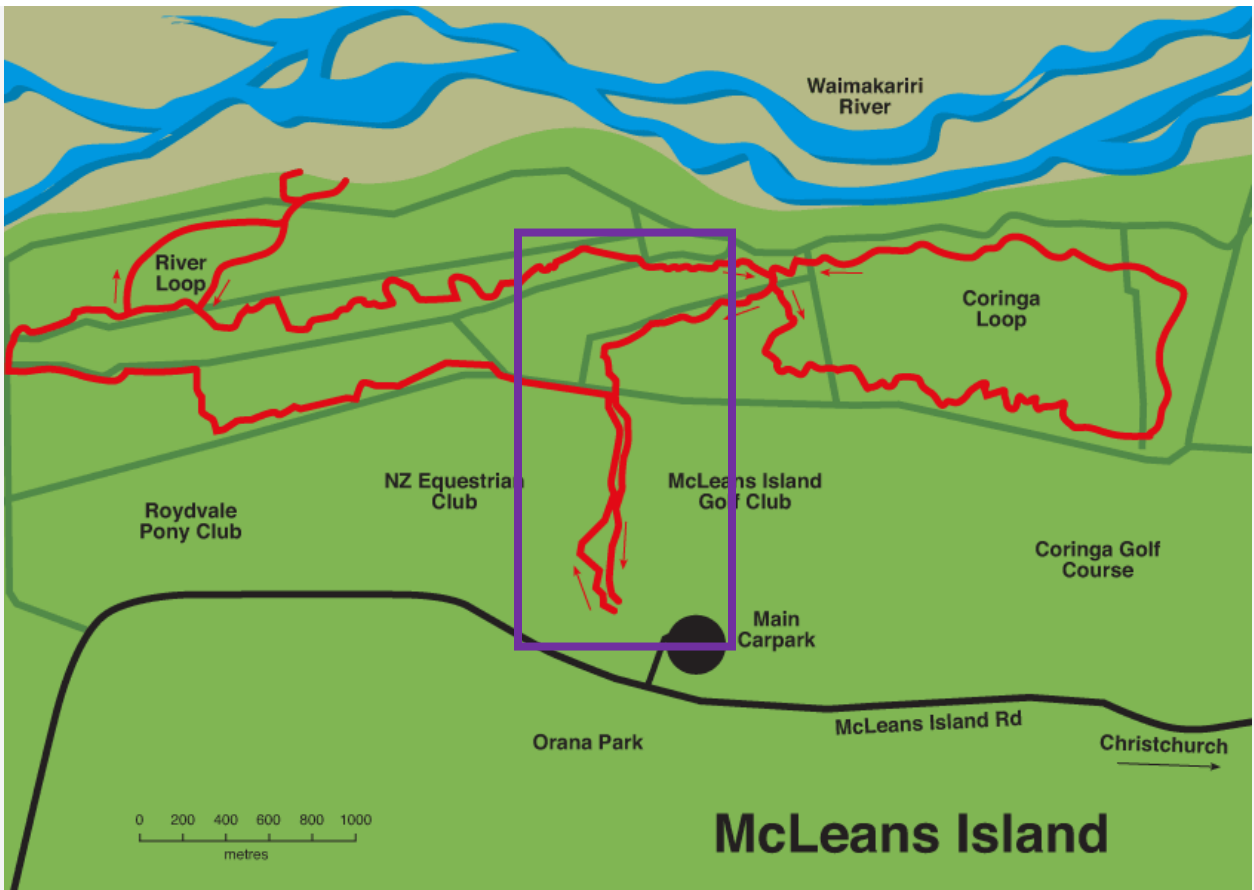
The helmet should sit **LOW on your forehead**. There should only be one or two finger-widths above your eyebrow. Your child should be able to look upward and see the front rim of the bicycle helmet on their head.



Side Straps-The left and right side straps should form a "Y" and meet right below your ear. The side straps may be easier to adjust if you take the helmet off your head. Roll the little rubber band as close to the side straps as possible to prevent slipping.

Chin Strap (Buckle)-Buckle the chin strap. Tighten the chin strap until it is snug. No more than one finger should be able to fit under the strap.

The whole event is based at the Main Carpark, while the riders only use a small loop in the middle



Parking and Year 7/8 bike movements are kept away from the transition area while Year 5/6 races.

