

TRYIKA *JNR*

COME AS YOU ARE. LEAVE AS MORE.



My name is TRYKE and I am going to take you through the prodedures for all our TRYKA JNR athletes for race day.

PRE RACE

Make sure your parent/guardian have personalised your tickets correctly and added your details.

RACE DAY

On race day each athlete must be accompanied to the event by a parent/guardian, 1 participant per parent/guardian. You will checkin at the registration desk and recieve your timing chip and your wristband. Your accompaning parent/guardian will recieve a wristband as part of the TRYKA JNR ticket entry. **ATHLETES CANNOT CHECKIN WITHOUT THEIR PARENT/GUARDIAN.** Athletes need photo ID to check-in.

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Once checked in you can drop off your bag to bagdrop and head to the warmup area. The athlete must be accompanied by the parent/guardian at all times.

WARM UP AREA

Only the accompanying parent/guardian and the athlete can enter the warmup area, NO OTHER PEOPLE ARE ALLOWED IN THIS AREA. No bags are allowed in this area either. The accompanying parent/guardian must stay in the designated area in the warmup until the participant has entered the tunnel holding area.

RACE START

Once the athlete has started the parent/guardian can follow the athletes around the course watching from the spectator areas.

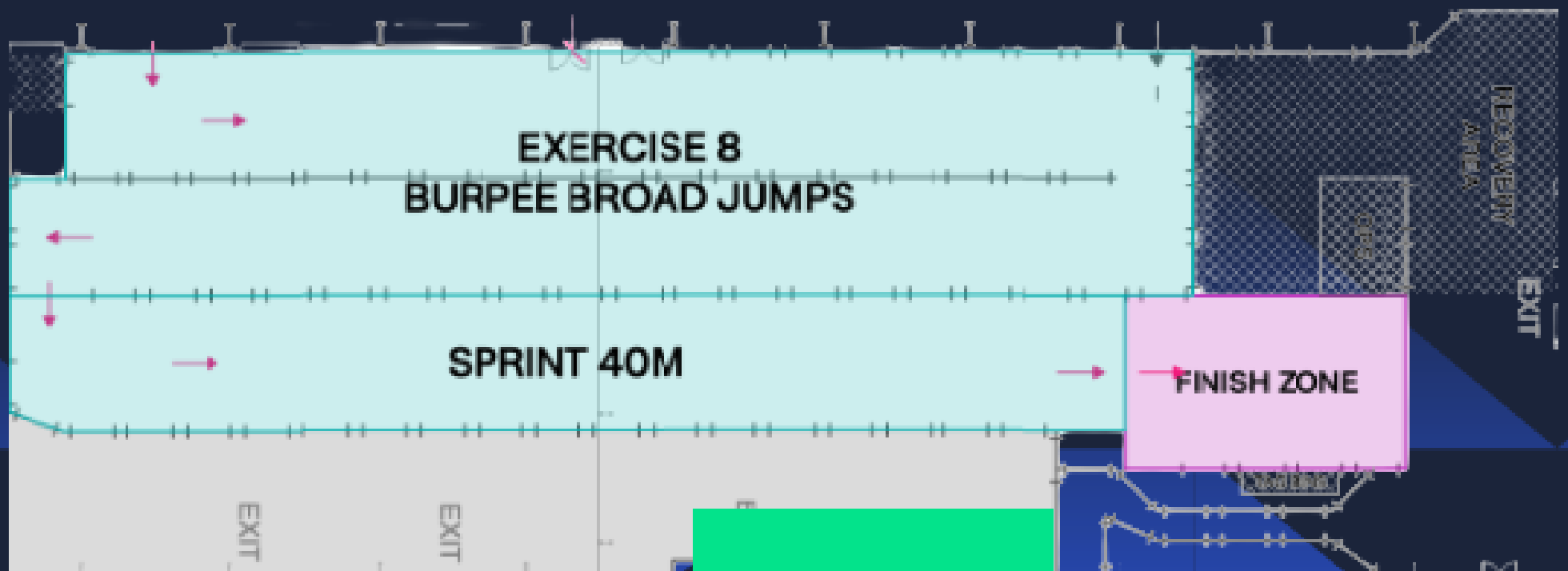
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TRYKA Jnr

FINISH AREA

At the finish area there will be a section after the chip collection for parents/guardians to collect their athlete.

NO ATHLETE WILL BE ALLOWED TO LEAVE THIS AREA WITHOUT THE DESIGNATED PARENT/GUARDIAN COLLECTING THEM. THE AREA IS MARKED IN GREEN ON THE MAP BELOW



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GENERAL INFORMATION

- **Parents/guardians are responsible for ensuring children are fit and prepared to participate on the day - fuelled & hydrated etc.**
- **Please inform us of any health conditions or additional needs your child may have.**
- **If your child feels unwell or hurt themselves on the course please ask them to let a crew member know. There are medica onsite to assist.**
- **The athlete can rest breaks at any time if they need to.**

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TRYKA JNR

8-9 YRS

RUN	2nd IN
SKI ERG	300m
KETTLE BELL FARMER'S CARRY	4kg x 2 - 100m
RAM THRUSTERS	30 Reps x 5kg
SLED PUSH	36.5kg x 25m
SLED PULL	25kg x 25m
ROWING MACHINE	300m
WALKING WEIGHTED LUNGES	Body Weight x 50m
RUN	In 1st time see Station 8
BURPEE BROAD JUMPS	40m
SPRINT FINISH	40m

IN refers to the IN Arch at the entrance to the TRYZONE stations.



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TRYKA JNR

10-11 YRS

RUN	In 1st IN
SKI ERG	300m
RUN	In 1st IN
KETTLE BELL FARMER'S CARRY	4kg x 2 - 100m
RUN	In 1st IN
RAM THRUSTERS	30 x 5kg Reps
RUN	In 1st IN
SLED PUSH	36.5kg x 25m
RUN	In 1st IN
SLED PULL	25kg x 25m
RUN	In 1st IN
ROWING MACHINE	300m
RUN	In 1st IN
WALKING WEIGHTED LUNGES	Body Weight x 50m
RUN	In 1st time see Station 8
BURPEE BROAD JUMPS	40m
SPRINT FINISH	40m



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TRYKA JNR

12-13 YRS / GIRL

RUN	In 1st IN
SKI ERG	500m
RUN	In 1st IN
KETTLE BELL FARMER'S CARRY	4kg x 2 - 200m
RUN	In 1st IN
RAM THRUSTERS	30 Reps x 5kg
RUN	In 1st IN
SLED PUSH	50kg x 25m
RUN	In 1st IN
SLED PULL	50kg x 25m
RUN	In 1st IN
ROWING MACHINE	500m
RUN	In 1st IN
WALKING WEIGHTED LUNGES	5kg x 50m
RUN	In 1st time see Station 8
BURPEE BROAD JUMPS	40m
SPRINT FINISH	40m



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TRYKA JNR

12-13 YRS / BOY

RUN	In 1st IN
SKI ERG	500m
RUN	In 1st IN
KETTLE BELL FARMER'S CARRY	4kg x 2 - 200m
RUN	In 1st IN
RAM THRUSTERS	30 Reps x 5kg
RUN	In 1st IN
SLED PUSH	75kg x 25m
RUN	In 1st IN
SLED PULL	65kg x 25m
RUN	In 1st IN
ROWING MACHINE	500m
RUN	In 1st IN
WALKING WEIGHTED LUNGES	5kg x 50m
RUN	In 1st time see Station 8
BURPEE BROAD JUMPS	40m
SPRINT FINISH	40m



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TRYKA JNR

14-15 YRS / GIRL

RUN	In 2nd IN
SKI ERG	750m
RUN	In 2nd IN
KETTLE BELL FARMER'S CARRY	8kg x 2 - 200m
RUN	In 2nd IN
RAM THRUSTERS	30 Reps x 8.5kg
RUN	In 2nd IN
SLED PUSH	75kg x 50m
RUN	In 2nd IN
SLED PULL	65kg x 50m
RUN	In 2nd IN
ROWING MACHINE	750m
RUN	In 2nd IN
WALKING WEIGHTED LUNGES	8.5kg x 50m
RUN	2nd in to Station 8
BURPEE BROAD JUMPS	80m
SPRINT FINISH	40m



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TRYKA JNR

14-15 YRS / BOY

RUN	In 2nd IN
SKI ERG	750m
RUN	In 2nd IN
KETTLE BELL FARMER'S CARRY	16kg x 2 - 200m
RUN	In 2nd IN
RAM THRUSTERS	30 Reps x 15kg
RUN	In 2nd IN
SLED PUSH	100kg x 50m
RUN	In 2nd IN
SLED PULL	75kg x 50m
RUN	In 2nd IN
ROWING MACHINE	750m
RUN	In 2nd IN
WALKING WEIGHTED LUNGES	10kg x 50m
RUN	2nd in to Station 8
BURPEE BROAD JUMPS	80m
SPRINT FINISH	40m



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