Pre run setup/Misc Info:

There's not too much to say here besides making sure you turn off hints and voices before you start your run. This can be done by starting a file that has them off already, ejecting the memory card, and then starting a new game, or by starting the game, turning them off, and starting a new game.

Any options you select will save until you power off or reset your console.

This is relatively common knowledge but the Gamecube version is far superior than the PS2 version in almost every way, especially for speedruns.
The fastest platform is NTSC Wii and the slowest platform is PAL PS2. (opposite for speedways/IGT)
The fastest way to mash text is to spam A and Y (X and ▲) at the same time. I recommend doing a 2 handed mash to reduce strain on the hands, injuries are not fun.

Random tips:

. U almost always wanna be gliding into dragonflies when you bubble them, it just expands the hitbox and makes catching them much more consistent.

. Gliding off of ledges is a nice small movement optimization that can save some nice time over the course of a run.

. Minimize movement when entering a text box, this will help a lot to keep softlocks to a minimum.

. Sparx's range decreases significantly when you take damage so minimize damage taken and try to regain your sparx as soon as possible when he is damaged.

Routes to Learn Each Category From:

Any%:
Just watch all of the top 5 times and GingeSwagTia's tutorial and see what works best for you.

Any% NER [No Dupes]:

Use the current WR's route for every level besides Honey Marsh and if you're not comfortable with the death abuse route Jurassic Jungle, reference my old 1:08:38 for those levels

Any% NER [Dupes]:

Just watch the current WR and ask me if there's anything u need help with

100% [No Dupes]:
Use WR for every level besides Dragonfly Dojo, Luau Island, and maybe Monkey Monastery.
Use my 2:20 for Dojo, my 2:23 for Luau, and my 2:21 for Monkey; add early ripto for beginners

100% [Dupes]:
This category absolutely sucks but if you wanna run it wait for Joe to do a run with a developed route or until then just use the current WR.

All Runes:
I have a tutorial made for this category right [here](#) but you should also probably watch WR alongside it