

Epic Camp NZ 2021 Points System

The points system is designed to give you an extra nudge each day to ensure you keep pushing. Treat it as some fun and motivation. Every athlete who comes on the camp should be aiming for “camp completion”.

Below you will find an outline of the competition. The underlying theme is one of integrity and good sportsmanship. The little competitions are not about winning at all costs (eg if you sit on someone’s wheel for 30km then sprint them for a KOM you might not be super popular). The outline below does not cover every eventuality. Basically, if you think something you want to do is marginal it is probably not in the spirit of the camp - don’t do it.

Keep your personal accountability and standards high. Examples might be submitting a slack 400m swim time or 10km time. To get the 3pts bonus for 7x1km running it should be really hard work. Equally if you do a 2hr run and end up walking for long periods bad karma will come your way. Finally, remember strava is watching - 199.9km is not 200km!

Categories

- Yellow Jersey = Overall points leader
- Red Jersey = daily event winner (on days where there is no event performance of the day as voted by support crew)
- Polka Dots = King of the mountains
- Green jersey = combined couples points

How to score points:

Daily

Swim: 3km or set daily minimum swim = 1 point

Bike: every 30km = 1 point (eg 179km = 5pts, 180km = 6pts)

Run: 10km or 60mins (whichever comes first) = 1 point

Daily Bonus Points

- Any athlete who completes the daily set swim/bike/run minimums (usually swim 3km / bike the set distance / run 10km) on any particular day gains 3 pts. T
- Any athlete who completes the daily swim/bike/run minimums for the entire camp gets 20 bonus points. **This should be everyone’s main objective.**

Swim:

- Swims of 6km get 2 extra points. Limit of 2 per camp to get the bonus points
- An additional 3km swim just gets 1 point (ie AM & PM)
- There might be some bonus points for open water swimming on this camp

- Special swim sets for bonus GC points are:
 - 1km nonstop bands only = 1 point
 - Butterfly challenge 200 fly nonstop (needs to be continuous, two hand touch each end) = 1 point. Bonus .25pt for each 25m over 200m
 - for swimmers who are slower than 1:45/100m for a 400m TT a reduced distance will be given.
 - 1:45-1:50/100m = 150m
 - 1:50-1:55/100m = 125m
 - 1:55-2:00/100m = 100m
 - 2:00-2:10/100m = 75m
 - 2:10/100m+ = 50m
 - 10x200 – to complete this set you must be getting 5sec rest after each rep (you can miss on one rep only). If you start at the 3pt standard but fail to make the times you can continue on the lesser time to get 2pts.
 - On (50% of 400m TT +35sec) = 1 point,
 - On (50% of 400m TT +25sec) = 2 points
 - On (50% of 400m TT +15sec) = 3 points
 - 100 x 100
 - every 20th can be recovery
 - 4 bonus points (you don't get the 6km bonus points)
 - on 1:45 = 3 points, on 2:00 = 2 points, on 2:15 = 1 point
 - so if you do on 2:00 you get 3 pts (3x3km) + 4 bonus points for 100x100 + 2 points for doing on 2:00 = 9pts
 - No points but an epic camp classic swim
 - 12 x (100IM + 150 freestyle) = 3km nonstop

Bike:

- Every 30km gets 1 point
- Rides over 200km get 2 bonus points (limit of 2 times per camp – that doesn't mean that you can't ride over 200km more than twice but you won't receive special bonus points)
- FTP efforts (outside of events and not on a hill climb). You can only do one or the other, not both, of these bonus challenges.
 - 20 minutes @ 95%+ FTP = 2 points
 - 2 x 20 minutes @ 92-95% FTP = 2 points
 - For those without power meters you can use HR (95% needs to be sprint distance tri HR, 92-95% needs to be olympic distance HR). I would advise doing these efforts in the first few days as HR gets suppressed the further you get into camp.

King Of Mountains Jersey (more for fun on this camp).

- Selected climbs will have the following points (based on handicapped times) 1st = 30pts then dropping 1 point per place).. These are KOM points not GC points.
- The person who wins the KOM on a given day will have the jersey for the next day then it passes to the leader on points.
- There will be some selected KOM's as a straight race.

- At the end of the camp KOM standings will be placed from 1st to 5th (1st = 5pts, 5th = 1pt) and transferred to the GC.

Run:

- Each additional 10km or 1hr gets one extra point
- Runs over 2hrs get 2 bonus points (limit of 2 times within the camp) if you carry on to 3hrs or 30km for one of the runs you get 1 bonus point (in addition to the extra point for the extra 1hr/10km). Long runs need to be continuous ie you can't do 1hr in the morning and 1hr in the evening to count as a 2hr run.
- For runs over 2hrs an additional half point is awarded for every 600m in elevation gained.
- Special run sets for bonus GC points are:
 - o 7x1km with 1 minute rest between reps. For each points level each 1km must be:
 - <35sec of 10km pace = 1 point
 - <25sec of 10km pace = 2 points
 - <15sec of 10km pace = 3 points
 - o 10km run:
 - <6mins of 10km time = 1 point
 - <4.5mins of 10km time = 2 points
 - <3mins of 10km time = 3 points

Bonus Points

- There will be a number of special events, races, TT's etc through the camp that will have points allocated to them. Some of these will be minor competitions with a select few being premium competitions.
 - o Premium events are with 5-6pts (the exact number depends on the number of athletes on camp) dropping .2pt / place
 - o Minor events are worth 3-4pts (dropping .125pts / place)

Blog

If you keep a daily online blog during the camp and give the link to John before the camp starts you will get 3 pts. Blog entries must be at least 3 paragraphs.

By giving the link to John this will go onto the Epic Camp website. We know there are loads of eyeballs around the world that love seeing different perspectives on the camp and it is a nice record for you to keep as well.

Rules

1. The committee of John rule on any disputes
2. Injuries – if you cannot do one discipline due to an injury you can replace the minimum with another discipline (eg if you cannot run 10km you can swim an extra 3km)
3. If you are late for roll out you run the risk of loosing 3pts

4. All workouts must be completed within a 12hr window unless dispensation is given to the whole group
5. Getting in the van. If an athlete has fallen far behind and is asked to get in the van no points will be deducted in terms of camp completion.