



## **2009-10 Triathlon Race Manual**

**Dated: 12<sup>th</sup> January 2010**

**INDEX**

**INDEX ..... 2**

**SCHEDULE OF EVENTS ..... 3**

**COURSE INFORMATION ..... 3**

**MEDICAL ..... 3**

**OUTSIDE ASSISTANCE ..... 3**

**TRANSPORT ..... 3**

**AID STATIONS ..... 4**

**TOILETS ..... 4**

**TRANSITIONS PROCEDURES ..... 4**

**RACE RULES ..... 5**

**REGISTRATION ..... 6**

**SETTING UP YOUR EQUIPMENT IN TRANSITION ..... 6**

**PRE RACE BRIEFING – ALL COMPETITORS ..... 6**

**RACE COURSE DETAILS AND LAYOUT ..... 7**

**FINISH ..... 10**

**RACE RESULTS ..... 11**

## SCHEDULE OF EVENTS

Time	Event
5.30am – 6.15am	<b>REGISTRATION of ALL competitors</b> next to transition at the start of Chowder Bay Road.
6.15am	REGISTRATION CLOSES
6.20am	Race briefing. Swim start on Obelisk Beach. <b>All competitors must be present for the pre race briefing</b>
6.30am	RACE START – Obelisk Beach Bike course closed to traffic
7.00am	SWIM COURSE CLOSES
7.40am	LAST LAP CUT-OFF FOR BIKE COURSE, Chowder Bay Road <b>No competitor will be allowed to start another lap after this time</b>
7.55am	BIKE COURSE CLOSED, ROAD OPEN TO TRAFFIC, Chowder Bay Road <b>All competitors must be off the bike course at this time</b>
8.30am	RACE FINISH / PRIZE GIVING – Middle Head Oval

## COURSE INFORMATION

Race day information (including course details) can be found on the Balmoral Triathlon Club website ([www.balmoraltriclub.org.au](http://www.balmoraltriclub.org.au)) prior to race day. Officials will be on hand at Registration on the day to answer any specific questions you may have concerning the race.

## MEDICAL

If you have any specific medical conditions or are on any specific medication please notify the Race official at registration just in case you require medical assistance during the race.

**During the race please ask for medical help if you have the slightest hint you may need it.**

Note also that if you are transported by ambulance you could be required to meet costs involved unless covered by an appropriate fund.

## OUTSIDE ASSISTANCE

No outside assistance except for medical treatment is allowed during the race. Race officials on the course, as well as the Police, have the authority to report any outside assistance to the Race Director who may disqualify and/or take you off the course for a breach of this rule.

You cannot use a mobile phone or wear a headset, (portable radio or CD player, etc) whilst competing and will lead to your disqualification by the race director.

## TRANSPORT

### Parking

Parking is available please follow the marshals instructions

### Chowder Bay Road

This road is **closed** to all vehicles between 6:30am and 7:55am. Police will be stationed at both ends of the bike course to prevent vehicles entering the bike course. However, please be aware that this can not guarantee the road will be free from traffic so remain vigilant at all times.

### AID STATIONS

Due to the short nature of the race there will be only one Aid Station available on race day.

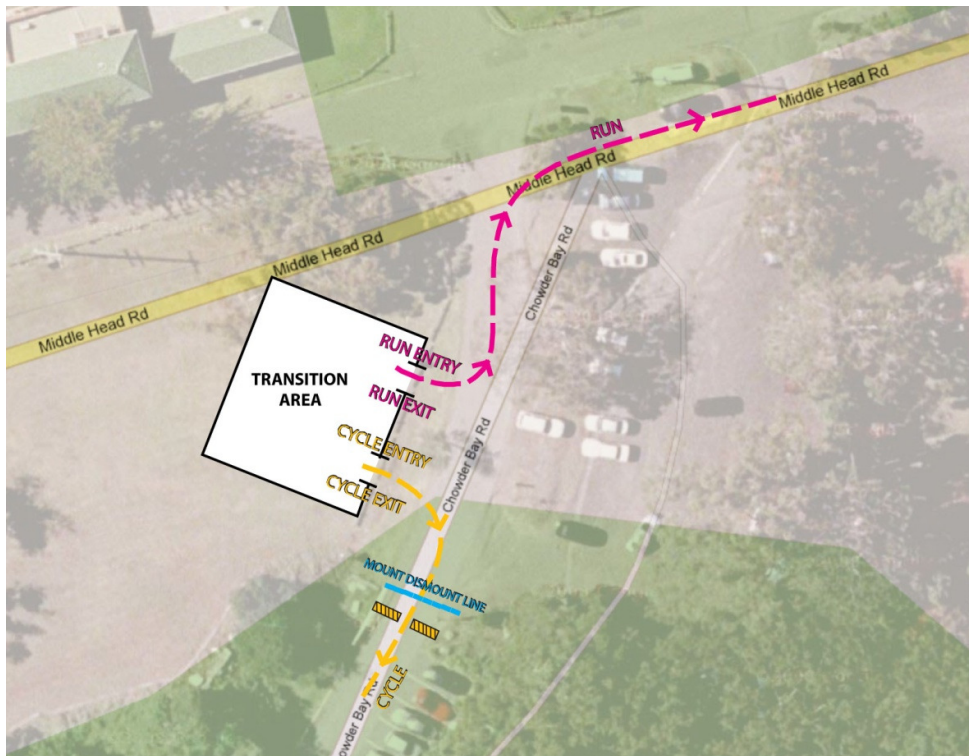
Aid Station            This station will be located at the pavilion next to Middle Head Sports Oval at the end of the run lap.

Sports drinks, water and some food will be available at the end of the race.

### TOILETS

Toilets are located in the pavilion next to Middle Head Sports Oval. Please ensure you use these facilities as required as anywhere else could lead to police action if caught.

### TRANSITIONS PROCEDURES



#### Swim to Cycle

At the swim finish you will proceed from Obelisk Beach up the stairway and head in a northerly direction along the road. Please keep to the right hand side of the road to the transition area. Please exercise **extreme caution** when moving up the stairway (as the surface is uneven) and along the road to the transition area to avoid injury to yourself or others.

You will enter the Transition Area indicated by “**RUN ENTRY**”

You must ensure any discarded swim gear is placed out of the way of other competitors before starting the bike leg. Your helmet must also be securely fastened on your head before un-racking your bike.

You will exit the Transition Area indicated by “**CYCLE EXIT**”

On leaving transition, cyclists will proceed on foot to the MOUNT / DISMOUNT areas then proceed in a southerly direction down Chowder Bay Road towards Clifton Gardens.

**Caution**

**Please exercise extreme caution when entering and exiting the bike course.**

**Cycle to Run**

Once you have completed 5 laps of the course you will dismount your bike at the MOUNT / DISMOUNT area.

You will enter the Transition Area indicated by “**CYCLE ENTRY**”

Your helmet must remain securely fastened to your head **until you have racked your bike.**

Discarded cycle gear **must** be placed out of the way of other competitors before starting the run leg.

You will leave the Transition Area indicated by “**RUN EXIT**”

**Caution**

**Please exercise extreme caution when crossing any road during the run leg as there maybe other users, including cars.**

## RACE RULES

**Triathlon Australia rules**

These rules will be applicable during the Balmoral Triathlon Club race:

<http://www.triathlon.org.au/data/documents/1/4/Triathlon%20Race%20Competition%20Rules.pdf>

**Cut Off Times**

There are cut off times for each leg of the Race. Failure to reach certain points of the Race Course by certain times will result in race officials instructing you to leave the course. If this is the case you will be recorded as a DNF (Did Not Finish) in the final results.

**Please note**

**The Bike Course involves the closure of Chowder Bay Road and this impacts local businesses. Future BTC races are dependent on their support so it is vital that you adhere to the race rules.**

**Race Officials**

Race officials are there for the safety and wellbeing of competitors, spectators and the public at large. You must obey the direction of a race official at all times. Failure to do so will result in your removal from the race and you being recorded as a DQ (Disqualified) in the final results.

**Medical Fitness/signed waiver**

You are reminded of your signed acceptance of entry conditions, waiver release and indemnification. Please note this is a legal part of the form and affects your rights. You have attested your physical condition has been verified by a registered medical practitioner. If you have developed a medical condition since you registered to enter this should be brought to attention and where appropriate a medical certificate produced.

**Personal and Lost Property**

Please take extra care on Race day with your possessions. Lock cars when unattended. Please place identification on all race equipment and apparel for easier I.D. with lost property.

**Environmental Concerns - Discarded Material**

Please DO NOT discard anything (including energy bar, gel wrappers or bidons) anywhere on the Race Course as we want to minimise our impact on the environment. You may also be disqualified by the Race Director if found to have littered the course.

**Competitor wellbeing**

Please be considerate of your fellow competitors at all times. Should you become aware that another competitor (or anyone else for that matter) requires assistance (particularly medical) then you must ensure they are being attended to (whether by yourself or by notifying a race official). Leaving another person who requires attention will see you disqualified by the Race Director without any right of appeal.

**REGISTRATION**

Registration will be carried out between 5.30am – 6.15am on Race day. Registration closes promptly at 6.15am to ensure the Race can start at **6.30am sharp**. Late registration will NOT be permitted and you will not be allowed to race

**SETTING UP YOUR EQUIPMENT IN TRANSITION**

Please respect other competitors when setting up your equipment in transition. Limited number of racks are available so please be conservative with your layout to ensure everyone can be accommodated.

**Bike**

You must ensure your bike is in safe working order before entering transition. Check the general condition of your bike though please pay additional attention to the brakes (that they are operable), tyre condition (good), handlebars have end plugs and that both wheels are true.

**Caution**

**It is your sole responsibility to ensure the mechanical and safe operation of your bike  
Prior to and during the race.**

**Helmets**

Your helmet must meet the Australian Standards. A visual inspection of your helmet at registration time may be done. Your helmet, therefore, must be correctly fastened on your head at all times your bike is not racked during the race. A visual inspection is not a certification of roadworthiness so it is your responsibility to ensure that it is roadworthy.

**PRE RACE BRIEFING – ALL COMPETITORS**

This **COMPULSORY** briefing will start at **6.20am** and will be located at the swim start on Obelisk Beach.

## RACE COURSE DETAILS AND LAYOUT

**SWIM LEG - 400m**

Swim course closes 30 minutes after the official start time



### Wetsuits

Wetsuits are optional for the Race for water temperature up to 24 deg Celsius. Above this temperature wetsuits are **not** permitted. Wetsuits must meet Triathlon Australia acceptable standards.

Wetsuits **must** be removed before leaving transition to start the bike leg.

### Swim Start

The swim leg consists of 2 laps and will be a deepwater start in two waves.

Wave One This will be decided on the day prior to race day.  
Wave Two Everyone else

The swim is self-seeding so please locate yourself within the wave that you will be comfortable to swim in.

### Swim course

You will complete the course in a clockwise direction keeping all buoys on your right. You must not swim "inside" the laid out course as this will result in a penalty.

If you require assistance during the swim leg then raise your hand and a race official will be with you as soon as feasibly possible.

**BIKE LEG - 15km**

Last lap cut off at 7.40am - bike course closes at 7.55am.

**Road Conditions**

There are 6 speed bumps on the course.

The road is completely sealed however, it is granular, contains rough edges and may have some pot holes along the course. You must **remain vigilant** at all times as safety is of the utmost importance.

Being close to the harbour some sea breezes could be encountered while debris from the trees (either side of the road) could also be encountered.

**Bike course**

Chowder Bay Road is 1.5km in length (3km loop) and each competitor is required to complete 5 laps.

At the far end there is a permanent roundabout (turnaround) while at the transition end (start) there will be witches hats marking the completion of a lap.

The course is undulating with a gradual descent to the roundabout turnaround and a gradual rise to the transition turnaround. Please moderate your speed appropriately when heading to and from both turnarounds so that you and other competitors can negotiate them safely. Due to the 6 speed bumps it is vital that all competitors keep the left-hand side of the road.

### **Road Rules**

The following rules apply

- You must follow the NSW traffic rules and keep on the left of the roadway at all times.
- Do not cross the middle of the road at any point as this could give rise to a collision with on coming competitors.
- Overtaking is only allowed on the right hand side. **Overtaking on the left side (inside) will result in disqualification** by the race director.
- No more than 2 cyclists may ride abreast at anyone time and only when the outside rider is overtaking the rider on the left.
- Drafting and blocking rules apply during this Race and you will receive a yellow card for each offence.

### **Yellow/Red Cards**

If you receive a Yellow card for an infringement, you must follow the directions of the race official and you will receive a **5 minute** time penalty. If you receive two yellow cards during the Race or a red card you are disqualified from the race and must leave the course immediately.

### **Infringements- DRAFTING or BLOCKING**

For these infringements (i.e. a Yellow card), you will NOT be required to carry out a stop/start penalty with the race official on the course at the point of the infringement. Rather, you will continue racing until the Penalty Box, where you will serve a 5 minute time penalty. You must then follow the directions of the race official at the Penalty Box.

Two infringements for either drafting and/or blocking is automatic disqualification by the race director with no right of appeal.

### **Sag wagon**

There will be no SAG wagon for this event. If you retire from the race (and are not injured) then you can walk your bike back to transition. Be aware that other competitors have right of way. You must notify race officials of your withdrawal from the race.

**RUN LEG - 4km**

The run leg closes at 8.30am.

**Run conditions**

The run course follows a variety of trails and roads around Middle Head reserve in various states of repair.

Off-road tracks can be muddy and/or uneven so each competitor should take care for their own safety and the safety of others. Surfaced roads can also be in varying states of repair and will be open to other users – please exercise extreme caution at all times on the run course.

Care should be taken when passing other competitors on the track and runners must keep to the left wherever possible.

The race officials are there to direct you and provide assistance where necessary. **Please follow their instructions at all times.**

**Distance markers**

There are no distance markers. Once you have finished the first lap you have completed 2km.

**FINISH****Finish line**

At the end of the second run lap competitors will enter the Middle Head Sports Oval – the finishing line is on the other side of the oval adjacent to the pavilion.

**Dead heats**

Dead heats are possible - in this situation competitors need to hold hands and smile for the camera.

**Post race recovery**

As you cross the finish line there will be sports drinks, water and some food provided. You will be able to sit and recover ahead of the prize giving which starts as soon after 8.15am as possible.

**Collection of personal belongings**

Bike and other personal belongings can be picked up once the last runner has left the transition area (around 8.05am). Please ensure you take only your own equipment and avoid disturbing other competitor belongings.

**Leaving the venue**

When leaving the race venue please proceed with caution and be courteous to others. Despite the good nature of the event, the race has impacted others (particularly the local residents and businesses) and BTC would like to reduce this inconvenience as much as possible to ensure future races can be run.

**RACE RESULTS**

Provisional Race Results will be announced at the prize giving as well as be posted on the Balmoral Triathlon club website.

**FINAL COMMENT**

Please **enjoy yourself** and consider the well being & safety of other competitors, race officials, marshals & spectators.