

# ***NARROGIN TRIATHLON***

***Sunday 29<sup>th</sup> November 2015***

## **BRIEFING AND REGISTRATION**

- ⊖ All competitors must register at the desk to pay any unpaid entry fees and get their timing band, number, approximate start time, swimming lane, and free hat. All team members need to be numbered. There is one person doing registrations for each distance, please queue in the line for your distance.
- ⊖ Briefing for Mini and Intro Competitors will be held at 8:50 am on the concrete area between the car park and the pool, after the briefing all swimmers must be ready to proceed directly to the pool.
- ⊖ Briefing for Short and Long Course Competitors be held at 9:50 am on the concrete area between the car park and the pool, after the briefing all swimmers must be ready to proceed directly to the pool.

## **GENERAL RULES**

1. Any competitor who breaches the rules will be disqualified.
2. Any protest shall be lodged in writing with the organisers within ten (10) minutes of the competitor finishing.
3. The decision of the Narrogin Primary School P & C Committee is final.
4. No cars permitted to follow competitors.

## **GENERAL BRIEFING**

1. Pool entry is included in the triathlon entry fee.
2. Swimmers to be numbered on the left arm, cyclists and runners on the front of the right quad and back of the right calf.
3. Toilets are available in the pool area, near the gym and in the Higgins Centre.
4. Shower facilities are available at the Swimming Pool and in the change rooms near the gym.
5. Presentations will be at 12.30 on the grass area inside the blue fence.
6. Food is available to purchase on the lawn inside the blue fence, including sausage sizzle, soft drinks, slushies, icypoles.
7. Free fresh fruit is available for competitors donated by Coles.
8. Healthway with the 'Sunsmart' message are the major sponsor providing hats for all competitors. Please ensure you do slip, slop, slap, seek shade and slide on the sunnies.

## MINI AND INTRO COURSE BRIEFING AND RULES

### SWIM

1. The swim will commence at the east end of the pool immediately following this briefing.
2. There will be two swimmers per lane, swim up and back in your own half of the lane.
3. Goggles and swim caps are permitted.
4. No wet suits permitted.
5. Adult assistance in the water or swimming aids (eg flippers, kickboards) are permitted for young competitors who are not competent to swim a lap without. This is to encourage participation, competent swimmers are expected to race without assistance.
6. Swimmers may commence in the water or dive from the edge but not from the block.
7. Mini competitors swim up and back once, Intro competitors swim up and back twice.
8. You must count your own laps but the official will tell you if you attempt to exit the water before completing your swim.
9. All swimmers must exit the water, leave the pool area via the north east emergency exit doors, run over the timing mat and then tag their cyclist waiting in the transition area.
10. Individual competitors enter the transition area and change next to their bike
11. Junior competitors may have one parent to help them out of the pool and this parent may accompany them into the transition area if they are an individual competitor.

### CYCLE

1. Helmets are compulsory, you must put your helmet on before removing your bike from the rack.
2. Cyclists are expected to wear a top, girls bathers or race tops are adequate.
3. One parent is allowed to accompany individual competitors in the transition area.
4. Do not cross Clayton Road. Cyclists will go out on the footpath and back on the LHS of Clayton Road.
5. You must run with your bike out of the transition area to the 'MOUNT BIKE' sign on the Clayton Rd footpath before mounting. A marshall will be strictly enforcing this rule. Be aware that you are crossing paths with runners commencing and finishing their run as you run your bike to the footpath.
6. All cyclists need to be aware of runners on the Clayton Road footpath and ensure they keep to the right of the line of cones that separates cyclists and runners, i.e. closest to the fence.
7. The mini course turns around at May St and cycles back on the left hand side of Clayton Road.
8. The intro course crosses May St and cycles up the left hand side of May St to the turn point before returning along the left hand side of May St and left hand side of Clayton Road.
9. Please stay close to the left hand side of the road when cycling on the road but outside the roadside car parking as this will have runners in it.
10. Intro cyclists will need to be cautious when crossing paths with other cyclists at the May St corner.
11. You must dismount at the dismount sign before entering the transition area.
12. Team cyclists must rack your bike before going to the John Higgins end of the transition area to tag your runner.
13. Individual competitors must rack their bike before removing their helmet and exiting at the John Higgins end of the transition area.

### RUN

1. Runners must run over the timing mat before commencing your run or you will not record a time.
2. Follow the concrete path to the Clayton Road footpath and turn right. Be aware of crossing paths with cyclists commencing their bike ride.
3. A drink station is located on the concrete footpath, individual competitors are encouraged to use it.
4. Runners will run on the left hand side of the footpath, please keep to the left of the cones as cyclists are on the right hand side of the cones.
5. Pass other runners left shoulder to left shoulder, ie going out you are the fence side of other runners, coming back you are road side of other runners.
6. Mini competitors' turn around at the gas tanks, a marshall will be on the cone ensuring you turn.
7. Intro competitors' turn around at May St, a marshall will be on the cone ensuring you turn.
8. To finish, turn off Clayton Road, up the concrete path and over the timing mat.
9. When you finish please line up in finish order so the recorders get your number before you move off.

## SHORT AND LONG COURSE BRIEFING AND RULES

### SWIM

1. The swim will commence at the east end of the pool immediately following this briefing.
2. There will be two swimmers per lane, swim up and back in your own half of the lane.
3. Goggles and swim caps are permitted.
4. No wet suits permitted.
5. Swimmers may commence in the water or dive from the edge but not from the block.
6. Short course competitors swim 8 laps, Long course competitors swim 16 laps.
7. You must count your own laps but the lap counter will tell you if you attempt to exit the water before completing your swim.
8. All swimmers must exit the water, leave the pool area via the north east emergency exit doors, run over the timing mat and then tag their cyclist waiting in the transition area.
9. Individual competitors enter the transition area and change next to their bike.

### CYCLE

1. Helmets are compulsory and must be on before removing your bike from the rack.
2. Traffic Rules are to be obeyed at all times.
3. No drafting, at least three bike lengths are to be kept from other cyclists unless passing.
4. The same bike must be used for the duration of the event.
5. Minor repairs during the race must be performed by the competitor only.
6. Traffic Officials will be on duty to stop the traffic but competitors must take every care when crossing Clayton Road and at the turn around cone.
7. Cyclists are expected to carry their own drinks.
8. Cyclists are expected to wear a top, girls bathers or race tops are adequate.
9. You must run with your bike out of the transition area and across Clayton Road to the 'MOUNT BIKE' sign on the left hand side of Clayton road. A marshall will be strictly enforcing this rule.
10. The bike ride goes directly west out of town on Clayton Road and back.
11. The turn cone is at 4km for the short course and at 8 km for the long course.
12. There will be a warning sign to let you know you are approaching the turn cone.
13. You must turn around the cone, a marshall at the turn will record your number and attempt to stop traffic for you to turn safely.
14. You must dismount at the dismount sign before entering the transition area. Again a marshall will be strictly enforcing this rule.
15. Team cyclists must rack their bike, then run and tag their runner waiting at the John Higgins end of the transition area. Team runners are not to be in the transition area.
16. Individual competitors must rack their bike and exit the transition area at the John Higgins end.

### RUN

1. Runners must run around the cone and over the timing mat before commencing your run or you will not record a time.
2. Follow the concrete path to the Clayton Road footpath and turn right.
3. Drink stations are located at the start of the run before turning onto the Clayton Road footpath, at the 1.2 km short course turn and at the 2.4 km long course turn.
4. Runners will run west on the Clayton Road footpath to May St, north up May St.
5. The Short Course turn is on May St, you then return by the same route to the Leisure Centre.
6. Long Course runners continue to Golf Course Parade, turn right into Golf Course Parade and follow it to Earl St, cross Earl St and the turn point is 100m straight ahead between the vets and the saleyards, return by the same route to the Leisure Centre.
7. Marshalls will be recording your number at the turn point, please call it out for them if you can.
8. To finish turn off Clayton Road, up the concrete path and over the timing mat.
9. When you finish please check the recorders have your number before you move off.