

# **NARROGIN TRIATHLON**

*Sunday 12<sup>th</sup> November 2017*

## **General Information:**

1. All competitors/teams must check in at the registration desk to get your competitor/team number, timing band, approximate start time, swimming lane and free hat.
2. Queue in the appropriate line to register for your event. Swimmers strap the timing band to the left ankle and the number is written on the upper left arm. Numbers go on the left arm and right quad of the cyclist and runner.
3. Mini competitors to be marked in red, Intro competitors to be marked in blue, Short competitors in Green and Middle and Long course competitors to be marked in black.
4. Place bike and helmet in the bike rack. Individual competitors organise towel, hat and sneakers for bike and run leg with your bike.
5. Attend the briefing for your event, on the lawn between the car park and the front entrance of the Rec Centre.
6. Briefing will start at 8:20 for the Mini, Intro and Short events and at 9:20 for the Middle and Long course events.
7. After the briefing all swimmers must be ready to proceed directly to the pool. Cyclists of teams must wait at the 'CYCLIST WAIT HERE' sign at the transition area for their swimmer to meet them and hand over the timing band. Runners of teams are to wait at the 'RUNNERS WAIT HERE' sign outside the transition area for their cyclist to meet them and hand over the timing band.
8. At 8.30am the Mini event will start, followed by the Intro and then the Short event. The Long course event will start at 9.30am, followed by the Middle course event.
9. A sausage sizzle and drinks are available while you wait for your certificate and the medal presentation will be at 11:30.

## **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.

## **HOUSE KEEPING**

1. Pool entry is included in the triathlon entry fee.
2. Toilets are available in the pool area, near the gym and in the John Higgins Centre.
3. Shower facilities are available at the Swimming Pool and in the change rooms near the gym.
4. Free fresh fruit is available for competitors donated by Coles.
5. We thank our sponsors for their support today
6. Healthway with the 'Sunsmart' message and have provided the hats for all competitors. Please ensure you do slip, slop, slap, seek shade and slide on the sunnies.
7. The Shire of Narrogin has also provided sponsorship through financial and in-kind support.
8. Peter Rundle has kindly donated a cash contribution.
9. Cancer Council and supplied sunscreen and prizes.

## Mini, Intro, Short Course Briefing and Rules

### SWIM

1. The swim will commence at the east end of the pool immediately following this briefing.
2. There may be two swimmers per lane, swim up and back in your own half of the lane.
3. Goggles and swim caps are allowed, but wet suits are not.
4. Adult assistance in the water or swimming aids (e.g. flippers, kickboards) are permitted for young competitors who are not competent to swim a lap without an aid. This is to encourage participation; competent swimmers are expected to race without assistance.
5. Swimmers may commence in the water or dive from the edge, but not from the block.
6. Mini competitors swim up and back once, Intro competitors swim up and back twice, Short course swimmers swim up and back three times.
7. You must count your own laps but the official will tell you if you attempt to exit the water before completing your swim.
8. All swimmers must exit the water, leave via the north east emergency exit doors, run over the timing mat and then hand over the timing band to their cyclist in the transition area.
9. Individual competitors enter the transition area and change next to their bike.
10. 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. Cyclists in a team must wait at the 'CYCLIST WAIT HERE' sign in order to collect the timing band from their team swimmer.
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. Helmets are compulsory; you must **put your helmet on before** removing your bike from the rack.
5. Cyclists must run with your bike out of the transition area to the '**MOUNT BIKE**' sign before mounting. A marshall will be strictly enforcing this rule.
6. Cyclist will ride on the left hand side of car park near the footpath to the horse stable entrance. Keep left, through the horse stables and out.
7. The MINI course competitors ride with the race course fence to the left and turn around at the large roller and ride back through the stables, keeping left.
8. The INTRO course riders exit the race course compound at the gates north of the Bowling Club and turn left onto Earl St, riding north toward the sale yards, keeping to the left of the road. The turn point is opposite Halanson's Earth Moving yard. Riders return with the cones on their left hand side.
9. The Short course riders continue north on Earl Street and then turn left, west along Golf Course Parade until the turn point, half way along this road, returning with the cones on the riders left hand side.
10. There are colour coded arrows to assist with directions. There are drums with signs and marshals situated at the turning points. Do not turn unless directed to do so.
11. Riders **must dismount** at the 'DISMOUNT BIKE' sign **before entering the transition area.**
12. Team cyclists must rack their bike before going to the team runner to hand over the timing band who will be waiting at the 'RUNNERS WAIT HERE' sign which is outside of the transition area.
13. Individual competitors must rack their bike before removing their helmet and exiting at the 'Run Exit and over the timing mat.

### RUN

1. Runners must wait outside the transition area, fit the timing band and run over the timing mat to record a time.
2. A drink station is located past the timing mat; individual competitors are encouraged to use it.
3. Runners run toward the tennis courts and turn left at the first set of courts, exiting the court at the

northern gates out to the race course compound.

4. Be aware of returning riders.
5. MINI competitors turn around at the end of the Bowling Club fence> A marshal will be at the turn point to ensure you turn at the correct place.
14. INTRO competitors run with the race course fence to the left and turn around at the large roller and ride back via the tennis courts, keeping left.
6. Short course runners exit the race course compound at the gates north of the croquet club and turn left onto Earl St. The turn point is opposite Halanson's Earth Moving yard. Run on the 'footpath', on the left hand side of the road.
7. On returning, all runners run through the (eastern) tennis court gates as directed by the arrows and marshals.
8. To finish, run over the timing mat and then turn right to enter the 'registration area'. Please line up, remove your band and wait for the recorders get your number.

## 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 may be two swimmers per lane, if there is, swim up and back in your own half of the lane.
3. Goggles and swim caps are permitted but wet suits are not permitted.
4. Swimmers may commence in the water or dive from the edge but not from the block.
5. Short course competitors swim 8 laps; Long course competitors swim 16 laps.
6. You must count your own laps but the lap counter will tell you if you attempt to exit the water before completing your swim.
7. All swimmers must exit the water, leave the area via the north east emergency exit doors, run over the timing mat and then tag their cyclist waiting in transition area.
8. Individual competitors enter the transition area and change next to their bike.

### CYCLE

1. Cyclists in a team must wait at the 'CYCLISTS WAIT HERE' sign in order to collect the timing band from their swimmer.
2. Helmets are compulsory and **must be on before removing your bike from the rack.**
3. Traffic Rules are to be obeyed at all times.
4. No drafting, keep at least three bike lengths from other cyclists unless passing.
5. The same bike must be used for the duration of the event.
6. Minor repairs during the race must be performed by the competitor only.
7. Traffic Officials will be on duty to stop the traffic but competitors must take care when crossing Clayton Road and at the turn around cone.
8. Cyclists are expected to carry their own drinks.
9. Cyclists are expected to wear a top; girls' bathers or race tops are adequate.
10. You must run with your bike over the timing mat, out of the transition area to the 'MOUNT BIKE' sign on the left hand side of Clayton Road. A marshall will be strictly enforcing this rule.
11. The bike ride goes directly west out of town on Clayton Road and back. Ride on the left hand side of the road.
12. The SHORT course turn cone is at 4km and the Long course turn is at 8 km.
13. There will be a warning sign to let you know you are approaching the turn cone.
14. You must turn around the cone; a marshal at the turn will record your number.
15. You must dismount at the 'DISMOUNT BIKE' sign before going over the timing mat and entering the transition area. Again a marshall will be strictly enforcing this rule.
16. Team cyclists must rack their bike, **before taking off their helmet**, then run to and hand over the timing band to the runner at the eastern end of the transition area. Team runners are not to be in the transition area, and must wait at the 'RUNNERS WAIT HERE' sign.
17. Individual competitors must rack their bike before removing your helmet and exit the transition area at the west end.

### RUN

1. Runners must run over the timing mat, before commencing the run or a time will not be recorded.
2. Run on the left hand side of car park near the footpath to the horse stable entrance. Keep left, through the horse stables and out. Exit the race course compound at the gates north of the Bowling Club and turn left onto Earl St, run north toward the sale yards, keeping to the left of the road. Turn left and run along Golf Course Parade.
3. The SHORT Course turn is half way along Golf Course Parade, returning via the same route to the Leisure Centre.
4. LONG Course runners continue along Golf Course Parade, turn left at May St and continue until the turn point near Dellar St. Return via the same route.

5. Drink stations are located at the start of the run, 1.2 km middle course turn and at the 2.5 km long course turn.
6. Marshalls will be recording your number at the turn point, please call it out for them if you can.
7. To finish, run over the timing mat and then turn right to enter the registration area. Please line up, remove your timing band and wait for the recorders to get your number.