

AUS TRIATHLON

Friday 26 January 2024



**Adelaide Triathlon Series
Round 2**



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Welcome Message

Welcome to the 2023/24 Triathlon SA racing season, we're thrilled to have you join us!

If this is your first-time racing, a warm welcome to you! I hope this is an incredible experience for you and one in which you reach your personal goals.

To all our returning competitors, it's great to have you back with us this season.

We are excited to be back for another season, bringing you some great races in partnership with NX Sports who, with over 20-years' experience, are committed to great experiences and investing in the growth of triathlon in South Australia.

Triathlon is a sport for everyone, with a vision of creating a happier, healthier, and more connected nation through triathlon and multisport experiences. We are happy you have chosen to join this community in SA and hope to see you at many more races this season.

We are so lucky to have some incredible clubs filled with passionate people. If you're not already part of a club, I encourage you to check them out on our website, their respective social media or have a chat on race day about how you can join their training and connect with the triathlon community.

Finally, I want to take this opportunity to thank the many volunteers that make our event days and clubs function so well. Please take a moment today to thank these fantastic people for giving up their time to make your race experience a memorable one.

Good luck on the course, I look forward to seeing you on the start line and cheering you on as you cross the finish.

Laura Bond

Head of South Australia State Services, Triathlon Australia

Acknowledgement of Country

We acknowledge this land that we meet on today is the traditional lands for the Kurna people and that we respect their spiritual relationship with their country.

We also acknowledge the Kurna people as the custodians of the Adelaide region and that their cultural and heritage beliefs are still as important to the living Kurna people today.

We also pay respects to the cultural authority of Aboriginal people visiting/attending from other areas of South Australia/Australia.

Event Program

Thursday 25 January	Time	Location
Pre-Check In Open	4:30pm – 7:00pm	Sport SA, Military Rd, West Beach
Friday 26 January	Time	Location
Check In Open	6:00am – 7:10am	Oarsman Reserve
Transition Open	6:00am – 7:10am	Oarsman Reserve
Draft Legal Race Start	7:20am	Oarsman Reserve
Sprint and Sprint Teams Race Start	7:45am	Oarsman Reserve
Enticer and Enticer Teams Race Start	8:00am	Oarsman Reserve
Pinky Race Start	9:10am	Oarsman Reserve
Kids Triathlon and Aquathlon Race Start	9:15am	Oarsman Reserve
Presentations #1 - Enticer Enticer Teams Pinky Kids Triathlon and Aquathlon Sprint Sprint Teams	10:00am * Subject to change	Oarsman Reserve

Wave Starts

Wave	Division	Time	Cap Colour
1	Draft Legal Boys and Girls	7:15 AM	ORANGE
2	Sprint Open Men and Women	7:45 AM	ORANGE
3	Sprint Men 29 and Under, Sprint Relay Teams	7:48 AM	GREEN
4	Sprint Men 30 - 39	7:50 AM	PINK
5	Sprint Women 39 and Under	7:52 AM	YELLOW
	Sprint Men 40 - 49	7:54 AM	GREEN
6	Sprint Men 50 +, Sprint Aquabike Men	7:56 AM	PINK
7	Sprint Women 40+, Sprint Aquabike Women	7:58 AM	YELLOW
9	Enticer Men 20+	8:00 AM	ORANGE
10	Enticer Women 20+, Enticer Teams	8:02 AM	GREEN
11	Enticer Boys and Girls 19 and Under	8:07 AM	PINK
12	Pinky Triathlon	9:10 AM	ORANGE
13	Kids Triathlon	9:15 AM	GREEN
14	Kids Aquathlon	9:20 AM	PINK



Marshalling and Wave Starts

All athletes are asked to begin marshalling 10 minutes prior to their start.

Wave Starts to be published on the Monday of race week.



Event Information

Safety

Trained staff, volunteers, and triathlon race officials will be on course – their highest priority is to ensure your safety. Failure to follow directions may result in a disqualification from the race.

If an athlete is considered incapable of continuing the race without risk of serious injury, the Race Director, Race Referee, and medical staff have ultimate and final authority to remove an athlete from the race.

If you decide to withdraw from the race, it is your responsibility to report it to the finish line.

Medical

There are medical staff stationed at the event venue adjacent to the finish as well as mobile on the cycle course.

If you see or experience an incident requiring medical attention, alert the nearest member of the event crew.

Volunteers

We require the assistance of many local community-based volunteer organisations.

We ask that you treat all volunteers with the highest level of respect. Abuse of volunteers in any capacity will not be tolerated and offenders will be faced with disqualification at the discretion of the Race Director.

Should an issue arise, you are welcome to approach the Race Director or the Event Manager at the finish line.

Social Media

Keeping current on your socials is an important part of life for many athletes, and we promote regular sharing of results and achievements.

Feel free to share your photos and comments using the hashtag #triSA

Facebook: <https://www.facebook.com/SATriathlon>

Race Rules

Officials

Technical Delegate: **David Schutz**

TA Race Rules

For all the race competition rules, go to the Triathlon Australia website and read the Official Triathlon Australia Race Competition Rules: www.triathlon.org.au/Technical/Race_Competition_Rules

General Rules

When you are on the road cycling or running, remember to follow the rules of the road. Do not ride two abreast on narrow sections of road and obey all traffic laws.

Do not use abusive language.

Do not interfere with the property of another competitor.

Mobile phones and electronic devices are strictly prohibited during racing.

No public nudity or urination (including within transition).

Your torso must be covered on the cycle and run legs of the event.

Outside Assistance

Competitors may not accept assistance from anyone other than an authorised race official, this includes:

- Receiving water or food from spectators
- Pacing a competitor on the run or cycle

Timing

Your timing chip is included in your race kit that you receive at check-in.

The timing chip is attached to a Velcro band that goes around your left ankle. The left foot must step on a timing mat for a time to be recorded.

If you do not start the race or pull out of the race for any reason, you must return your timing chip to the finish line or the athlete help desk.

Helmets

At all times when participating in or preparing for an event held in Australia, all who are mounted on a bicycle shall wear a securely fastened helmet that meets a recognised cycling standard.

Participants shall provide documented proof for their helmet - such as manufacturer's label - upon request by event officials.

Participants must wear their fastened helmet when dismounting from the cycle course until the bike is racked in transition.

Race Numbers

There is one number included in your race kit that you receive at check-in.

Your race bib must be worn on the cycle and run legs. Ensure that the number stays forward so it is easier for the officials to identify you.

There will be no body numbering or tattoos.

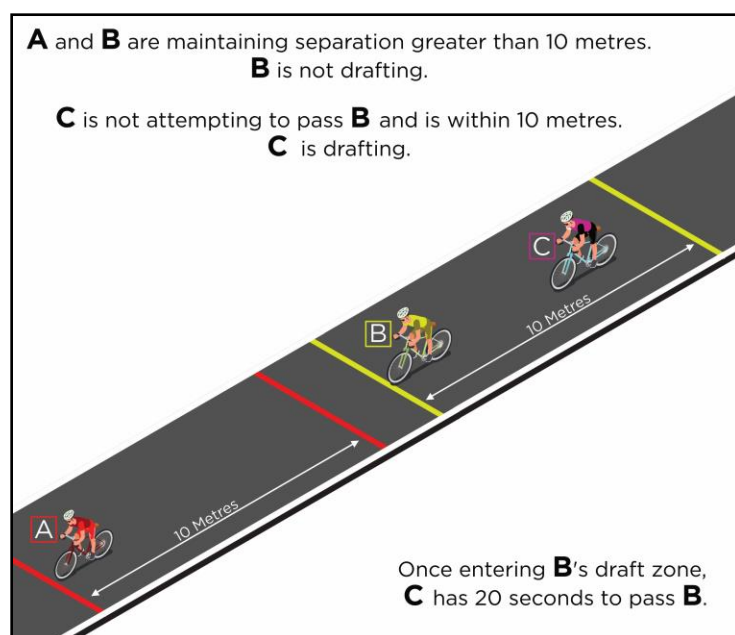
Drafting

Drafting behind or next to another bike or any other vehicle is strictly prohibited for all races except Draft Legal. Athletes must ride on the left side of the road, except when passing other cyclists.

The draft zone of a competitor may not overlap the draft zone of another competitor, motorcycle or vehicle except in the following circumstances:

- a) When the competitor is in the process of legally passing another competitor, motorcycle or vehicle:
 - i. for safety reasons
 - ii. for an aid station
 - iii. for entrance to or departure from a transition area
 - iv. in making an acute turn
- b) When passing a forward competitor or motorcycle, the rear competitor is allowed a maximum of 20 seconds to pass through the 10m draft zone. Failure to observe this may result in a penalty.
- c) When passing a forward vehicle, the rear competitor is allowed a maximum of 90 seconds to pass through the draft zone. Failure to observe this may result in a penalty.
- d) At every instant during the overlapping of draft zones, the rear competitor must be seen to be gaining on the forward competitor or motorcycle or vehicle. Failure to observe this may result in a penalty.
- e) Once passed, a competitor must immediately commence to drop back out of the draft zone of the forward competitor before attempting to re-pass.

A competitor is deemed to have been passed once the leading edge of the front wheel of the passing bicycle has moved in front of the leading edge of the front wheel of the competitor's bicycle. Failure to observe this may result in a penalty.



Penalties

Technical officials can assess penalties - even if the infringement is not listed - if the technical official deems an unfair advantage has been gained or if a dangerous situation has been created.

The penalty box is located at the Transition gate under the red tent.

Penalty box infractions – 3 minutes

- Drafting
- Illegal passing

Stop/Start Penalty

- Cycle course: report to the penalty box and advise the official that you are serving a stop/start penalty
- Run course/transition: issued on the spot
- Blocking

The official will serve a penalty by doing the following:

- Sound a whistle or horn
- Show a blue or yellow card
- Call your number
- Advise you of the penalty
- If you are shown a Red card, you may be disqualified

Disqualification

If you are shown a red card or fail to attend the penalty box, a violation report will be filled out and submitted to the Race Referee.

The Race Referee will assess your disqualification and rule accordingly.

All disqualifications will be posted on the penalty notice board after the race.

Littering

We take pride in being a 'leave no trace' event.

You must take responsibly for your own litter and deposit in the correct receptacle.

Athletes found littering will be fined in accordance with local laws and disqualified.



Venue and Parking

Check In

Check in is adjacent to transition.

Toilets

Toilets are available adjacent from transition.

Parking

Participant and supporter are asked to park using the existing parking facilities using normal road rules. Please use caution when entering and exiting car parks and use extra care for any cyclists in the area.



Check In

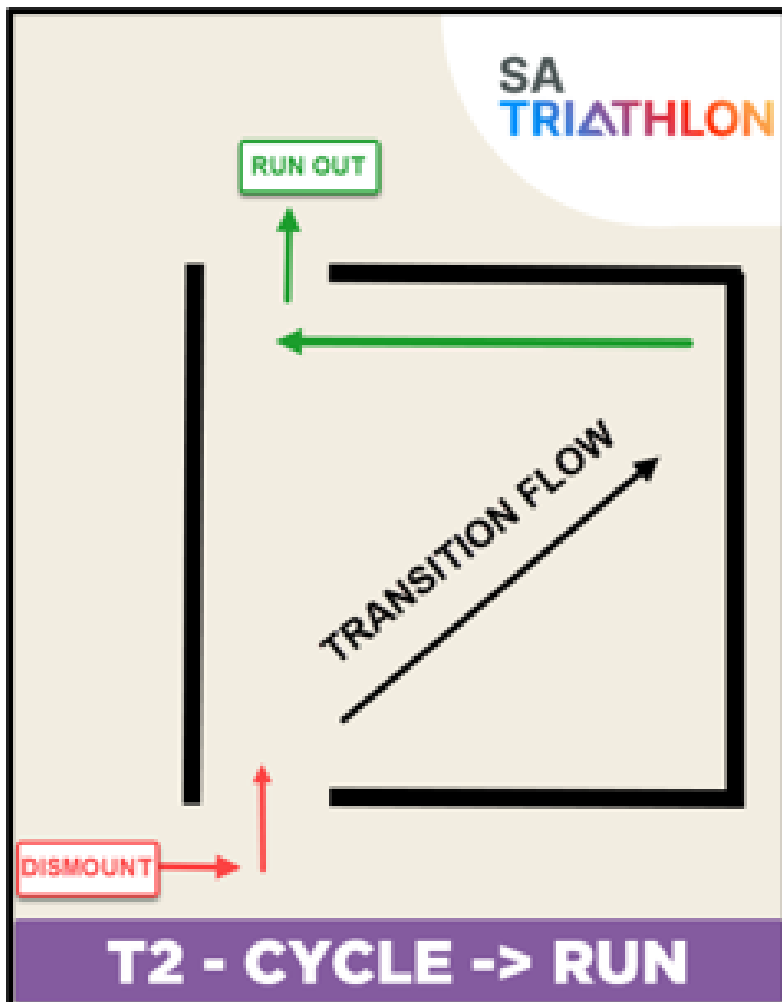
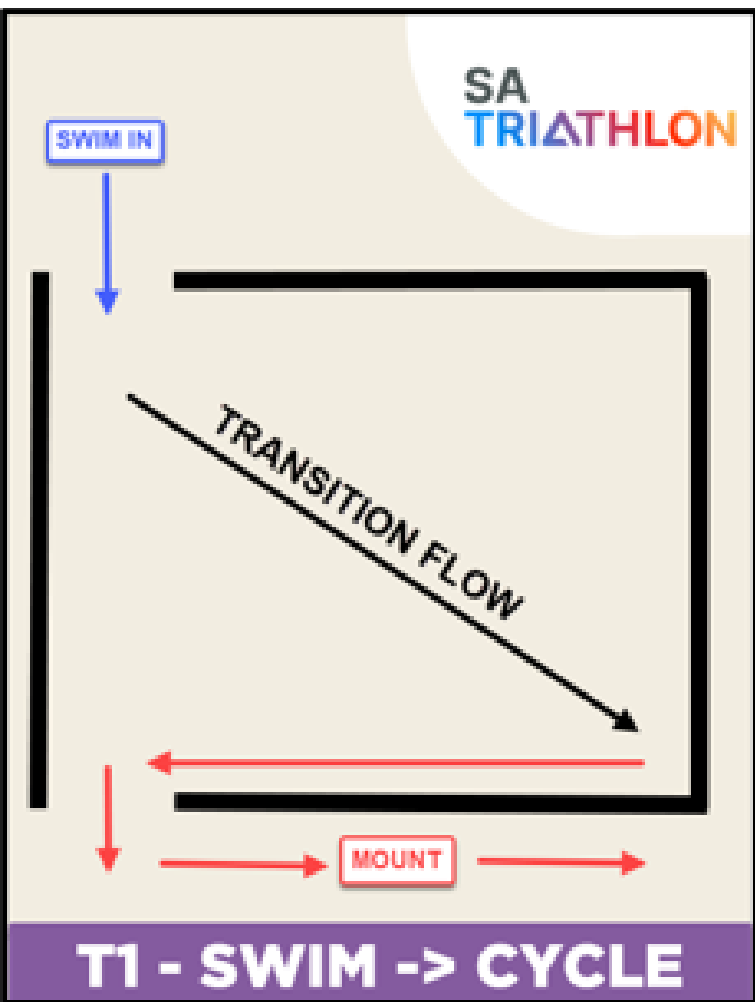
Check In is available on Friday between 6:00am-7:10am.

When you arrive at Check In, you will need to sign on.

Once you have checked in, you can then move to transition. You must have your helmet on and fastened prior to entering transition.

When arriving - please allow enough time to:

- Sign on at Check In
- Put your bike in Transition
- Then walk to the start and marshal area
- We would suggest arriving at least 60 minutes before the start of your race



Transition

For the safety of all participants, transition must be kept clear during racing. Transition closes 10 minutes prior to the first Start. Transition will be open to collect bikes only when safe.

Swim-to-Cycle

- After completing the swim, you must take off your wetsuit (if applicable) and clip on your helmet. Your helmet's chinstrap must remain fastened at all times (when on your bike or running with your bike).
- Ensure your timing chip is securely fastened on your ankle before removing your bike from the rack.
- Move your bike quickly out of the transition area, following the signs provided. Do not mount the bike before the "Mount Here" sign. The line is clearly marked on the road.

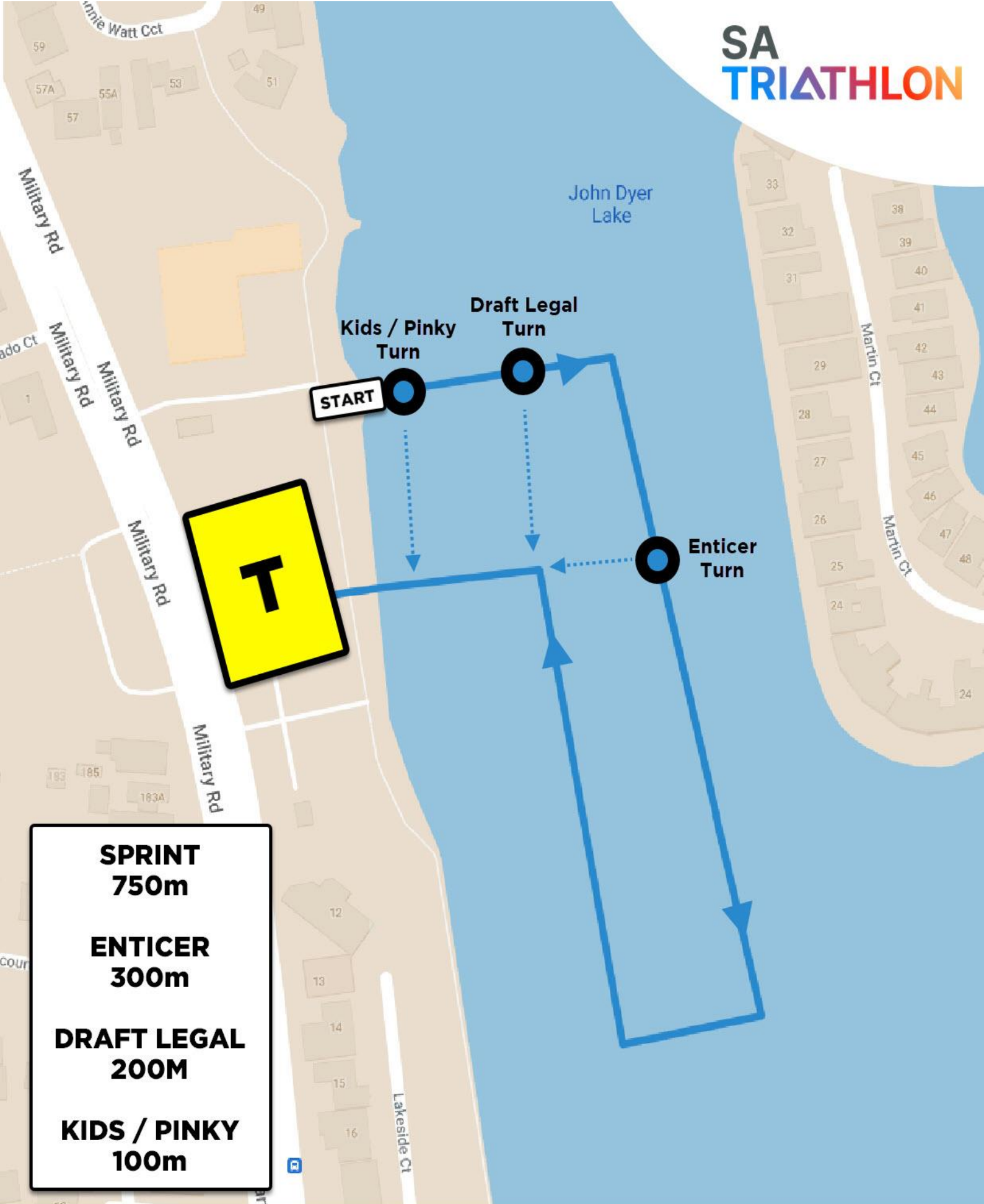
After the Race

Your bike cannot be collected until the last cyclist has finished their ride and start the run.

YOU NEED TO BRING YOUR RACE BIB TO RETRIEVE YOUR BIKE FROM TRANSITION.

Cycle-to-Run

- On your return, dismount your bike at the "Dismount Here" sign before entering Transition.
- Return your bike to its original position and then remove your helmet.
- Quickly put on your running shoes and follow the yellow arrows to ensure you do not run into any other competitors.
- Exit the run at the run exit – if you are confused ask an official or marshal on the course.



SWIM



Swim

It is your responsibility to read this Athlete Guide and be informed of any final race briefing before entering the water. There are no excuses if you don't follow regulations and are reprimanded by officials.

Proceed to the marshal area no later than 20 minutes before your wave start time. If you miss your wave, you will be able to start late, but your time will be calculated from your scheduled start wave start. If you start early, you may receive a penalty.

You must wear the official swim cap for your wave given to you in your check in pack - it should be visible and clean. You may wear a personal swim cap under your official swim cap.

When entering the water, please make sure your timing chip is securely fastened. You must walk through the official entrance to the starting area.

If you are not the best swimmer, take it easy and let the faster competitors go first and then find your own rhythm and enjoy the water.

The swim is marked with buoys, look up regularly to check you are on track. Should you be in any kind of need lifesavers and marshals will be in the water to help you.

Wet Suits

The official temperature will be taken on race morning, and a preliminary temperature will be taken the day prior. Wetsuits will only be permitted if the official water temperature is less than 22 degrees.

Kids / Pinky
U-Turn

SPRINT
19.5km - 3 LAPS

ENTICER
13km - 2 LAPS

DRAFT LEGAL
6.5km - 1 LAP

KIDS / PINKY
2km - 1 SHORT LAP

CYCLE



Cycle

Your bike must comply with the regulations of Triathlon Australia and must be technically suitable and safe for a triathlon. Fixed-gear bicycles are not permitted.

Disk wheels or covers are allowed on the rear wheel only. However, this provision may be changed by the Race Referee in the interests of safety.

Please remember that you are fully responsible for your bike performance and safe condition on race day. Please make sure that all mechanical parts are in good condition and that all equipment on the bike is securely fastened.

Remember – you are responsible to know the number of laps you need to complete and to keep track of how many laps you have done.

You must wear a shirt and your race number at all times on the cycle course. Place your number either on your shirt or a race belt, above your waist and in the centre of your body. Cyclists without race numbers may incur a stop/start penalty.

Laps

Some distances will complete multiple laps of the cycle course. It is your responsibility to know how many laps you have to complete and to keep track of the number of laps you have completed.

On your approach to the lap decision point, signal with your right arm if you will be taking the lap turn and move to the right; riders proceeding into transition should keep to the left.



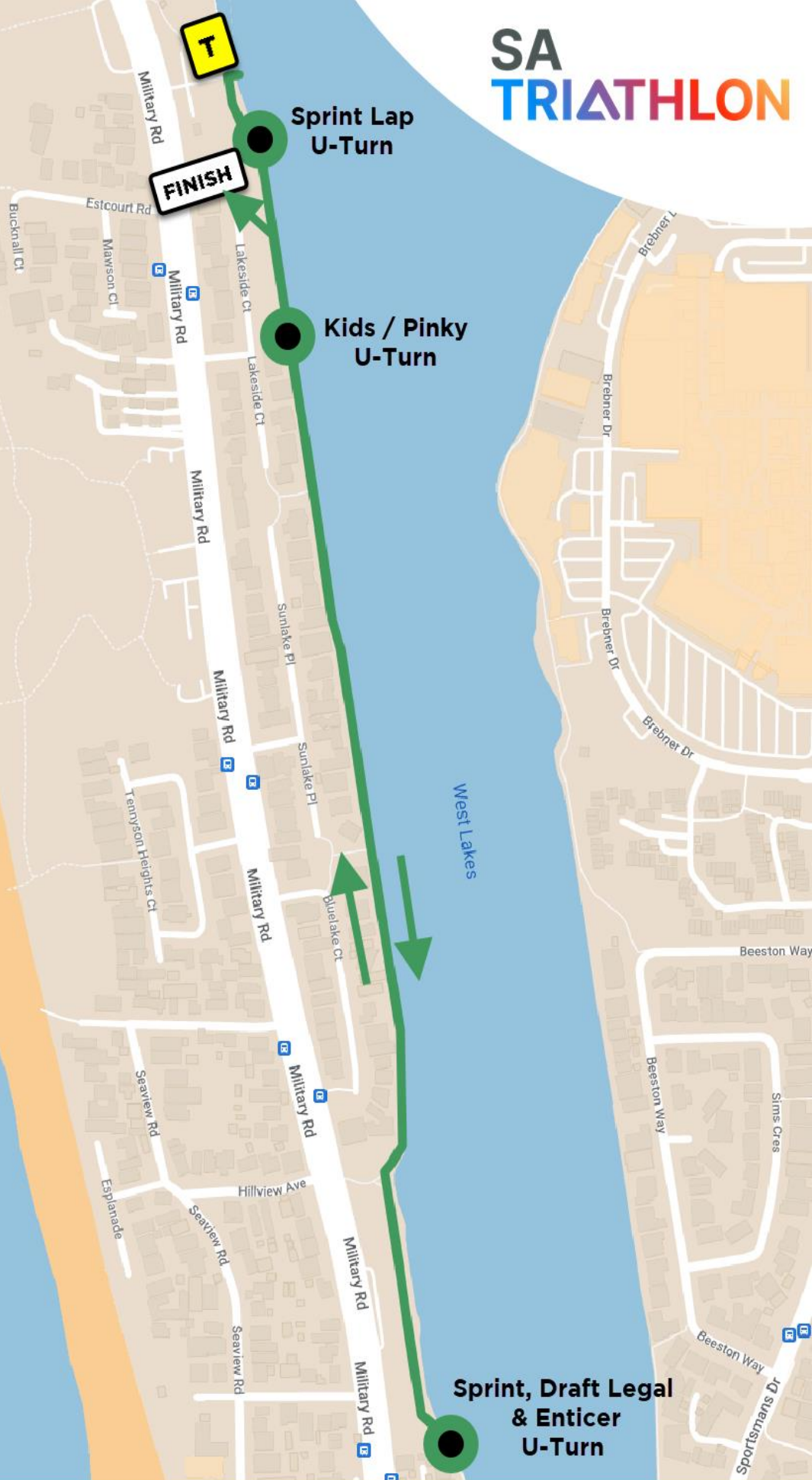
THIS CYCLE COURSE IS ON A SHARED ROAD - KEEP LEFT AND USE CAUTION

**AUS
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SPRINT
5km - 2 LAPS

**DRAFT LEGAL &
ENTICER**
2.5km - 1 LAP

KIDS / PINKY
500m - 1 LAP



RUN



Run

The run course is identified by green cones from the exit of transition to the finish chute. Keep along the run course at all times and follow race signage and the directions of course marshals.

Make sure you turn ONLY at the turn point signs and turn marshal. You will be disqualified if you cut the course and turn early.

Remember – you are responsible to know the number of laps you need to complete and to keep track of how many laps you have done.

MP3 players and headphones are strictly forbidden throughout the race. Keep your head up and enjoy the spectators who cheer you on along the course!

Race Number

You must wear a shirt and your race number at all times on the run course. Place your number either on your shirt or a race belt, above your waist and in the centre of your body.

Runners without race numbers may incur a stop/start penalty.

KEEP TO THE LEFT ON THE RUN COURSE



Aquabike

The Aquabike consists of a Swim leg, Cycle leg and a final short run to the finish. All the rules for triathlon also apply to the Aquabike.

In accordance with Triathlon Australia regulations the run to the finish must never be longer than 1km.

The Aquabike finish line is located at the Run Exit gate of transition. Your event will end once you cross this gate, and timing is calculated at this point.

From the finish mat you can take your time and walk, jog or run to the recovery area next to the main triathlon finish line.



Post Race

Recovery

Once you have completed your race, you can enter the recovery zone. Recovery is directly after the finish line in Mid Course Reserve - there will be lollies, as well as water and fruit.

After you've finished your race, enjoy! Listen to the crowd. Feel the emotions. This is your day! Don't worry about your watch. Be a crowd pleaser and pose for the cameras. You could make the front-cover of next year's race guide!

Bike Collection

Your bike cannot be collected from transition until the last cyclist has finished their ride and started the run. We anticipate this will be at 9:45am.

You will need to bring your race bib to retrieve your bike from transition – this is so we can match you to your bike.

Presentations

Presentations will take place in Oarsman Reserve next to the Finish Line with provisional results at the time of presentations.

See Program for presentation timings

Results

Live Results are available on the Timing website:

https://tinyurl.com/ES_LIVE_RESULTS



Thank all our participants for joining us!

Please support the local organisations that make your
community sporting events possible!

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