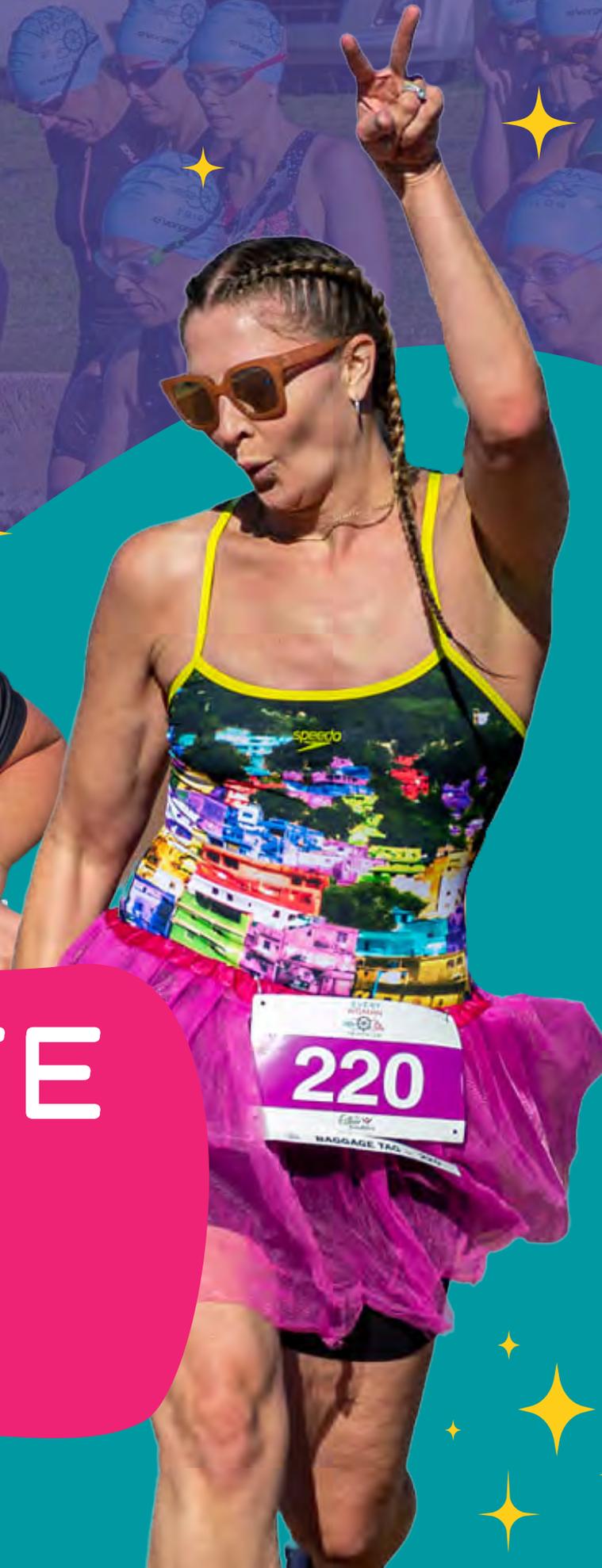


EVERY  
WOMAN  
TRIATHLON ♀



ATHLETE  
GUIDE  
2024



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## EVENT CONTACT

**TRIATHLON WA** 203 Underwood Ave, Floreat, WA 6010 **Phone:** (08) 9443 9778  
**Email:** admin@wa.triathlon.org.au **Website:** www.everywomantriathlon.com

## EVENT SCHEDULE

Spectators of all ages are very welcome! Bring as many people as you want to be part of your cheer squad. Please note that the venue does not allow dogs or other animals for safety reasons.

**Note:** Times updated on 14/02/2024. A decision was made to start the event 30 minutes earlier due to forecast hot weather. The times below are up to date.

Time	Activity	Location
6:15am	Pack pickup desk & transition open for all competitors Collect your race pack and rack your bike	Finish area
7:10am	Pack pickup closes, all athletes must have collected their race pack by this time	Finish area
7:10am	Transition and bike racking closes for Kids Triathlon athletes.	Transition
7:15am	Kids Triathlon race briefing	Beach start area
7:15am	Island access bridge closes, parking is still available on Henley Drive off the island.	Access bridge
7:20am	Kids Triathlon begins	Beach start area
7:20 am	Transition closes for all other athletes	Transition
7:35am	Long distance race briefing	Beach start area
7:45am	Long distance race start	Beach start area
8:05am	Enticer distance race briefing	Beach start area
8:15am	Enticer distance race start	Beach start area
8:25am	Mini distance race briefing	Beach start area
8:30am	Mini distance race start	Beach start area
9:00am	Transition opens for athletes to collect their bikes* <i>*Dependent on last competitor being off the bike course</i>	Transition
10:00am	Event concludes* Island access bridge open for traffic* <i>*Dependent on last competitor being off the course</i>	Finish area Access bridge

There are no medal presentations or podiums for this event, as all competitors who finish the race are awarded a medal at the finish line.

## FOOD, DRINK & MERCHANDISE

- Our friends at Dance Elegance – a local cheerleading and dance school – will be doing a sausage sizzle near the finish line. Cash or card payments will be available.
- There will be coffee vans and other food options near the finish line area.
- KC Australia will be there on the day selling **Every Woman event merchandise**, but you can also buy it online here: <https://shop-kcaust.com.au/pages/every-woman-triathlon>



- If you're looking to buy a race belt or other triathlon equipment, check out Transition Wear or PA Sports in the expo area on race day.

## PRE-RACE INFORMATION

### COURSE CUT OFF TIMES

- All athletes must have started their first run lap by approximately 9am. We will make sure you are able to finish the race if you are close to the cut off time.

### WHAT TO BRING ON RACE DAY

As general advice for beginners, here is a checklist of items to bring with you to a triathlon:

- Race pack provided on the day (swim cap, race number, timing chip, etc)
- Goggles
- Swimwear or tri suit
- Cycling / Running clothes (if not wearing a tri suit the whole race)
- Bike in good working order (not an e-bike)
- Bike helmet that fits well and clips under your chin
- Running shoes and socks
- Hat, sunscreen, and sunglasses
- Flip flops or other shoes to wear when your running shoes are in transition.
- Any medicines you need (e.g. EpiPen, Puffer)
- Personal bike repair kit
- Towel
- Filled water bottle or two – it will be hot!
- Optional: Change of clothes for after the race
- Optional: Race Belt – our expo retailers will be selling these if you'd like to buy one
- Optional: Cycling shoes and socks
- Optional: Small personal medical kit
- Optional: Race nutrition items / snacks
- Optional: Money to grab some merch, a sausage sizzle, ice cream, or coffee

### WHAT KIND OF BIKE SHOULD I USE

You can use any standard bike in safe working order, you do need to bring your own bike. This means any mountain bike, cruiser, or road bike. It's ok for this race if your bike has a basket attached, but please remove any baby seats for the race if you can. The only type of bikes that are not allowed are e-bikes (motor or electric powered) and fixies (fixed gear bikes). Don't forget to bring a helmet that clips under your chin, as this is mandatory.

### WHAT TO WEAR TO THE EVENT

The answer is really whatever you are comfortable in, as there is not a specific 'uniform' for triathlon. A good guide is to look at the images from past years on our Instagram or Facebook page and see what other ladies wore. Below is some general advice.

**PRE-RACE:** It can be cold at the start of the morning so make sure you bring a jumper to keep you warm. Apply sunscreen and stow any valuables like car keys in your bag to be placed in bag drop.



Please leave headphones, mobiles, and other tech at home or in your bag. Watches are allowed. Make sure you have collected your race pack and racked your bike in transition.

**SWIM:** Most ladies will wear either a tri-suit or swimwear they feel comfy in, plus goggles and of course the swim cap and timing chip from your race pack. You can even swim in your active wear if you want to. You don't need to wear the paper race number in the swim. Don't forget a towel!

## BIKE

If you didn't swim in a tri-suit or don't want to cycle in your swim wear, you'll need to bring some other clothes for the bike and run. Activewear or just leggings/shorts and a t-shirt is fine. If you don't have a race belt, we find it's easiest to pre-pin your race number onto a T shirt or your tutu which you can just slip-on during transition. Safety pins are included in your race pack. You will also want to pop on your running shoes, or bike shoes if you have some. Whether you want to wear socks or not is up to you. Be sure to bring some sunglasses to protect you from UV during the cycle. Make sure you are wearing your helmet **BEFORE** you touch your bike.

## RUN

You can keep wearing your running shoes and activewear or tri-suit for this leg. Pop on a hat and sunglasses too. Please note that music devices, earphones, phones, and other communication devices are not allowed to be used at any time during the race. This is part of the race rules.

## WHAT TO DO IF YOU HAVE YOUR PERIOD ON RACE DAY

Periods are a totally normal part of life so don't be embarrassed!! You'll be totally fine. If you have your period on race day, we recommend using a tampon if you can, combined with some black bike shorts or leggings so that you feel totally secure. You can pop some short bike pants over your swimsuit in the swim or just swim in your activewear if you're worried about leaking. There are plenty of bathrooms in the building behind registration, so if you want to stop and change then just duck into a toilet and do so. You'll need to leave transition to do this, but just let the officials know.

## FLOTATION AIDS IN THE SWIM

If you need to use a flotation aid like a pool noodle or foam kickboard to feel confident swimming, we can make it work. Please note that for water safety reasons any athletes needing to use flotation aids will start in the last wave of each distance. **Snorkels and fins are not permitted, no exceptions.** Please [contact our team](#) to let us know if you plan to use a flotation aid.

## CAN I WEAR A WETSUIT

Wetsuits with a thickness of less than 5mm are optional depending on air and water temperature. The use of wetsuits will be determined by the Technical Team on race day; so, we cannot say for sure until race day if you are able to wear one. If you do want to wear one, just bring it along with you and check the ruling on the day. Please see section 2 Swimming Conduct of the AusTriathlon race rules for full info on how wetsuit rulings work.

## ABOUT OUR VENUE

**SWIM:** Champion Lakes is a man-made lake purpose built to be a world class event venue. It's always flat and calm which makes it a great place to do your first open water swim and practice your sighting (swim course navigation) skills. It's also one of the most tested bodies of water in WA, and regularly undergoes independent water quality tests to make sure it is safe for use. We get the



results of these tests before race day to confirm water quality, and we would not run the swim leg if there were any issues.

In terms of depth, it is a shallow beach start getting deeper as you go out. When you get about 5m off the beach, the sandbank starts to drop down and an average height woman will then be at waist-armpit depth. Once the sandbank drops off completely (7-10m out) it does get deep quite quickly. It is around 3-4m deep at the deepest point of the lake BUT there are plenty of water safety on course, and pontoons to hold on to if you need a break. Our course won't take you too far from the main beach area, so you can always cut back to shore if you need to.

**BIKE/RUN:** The island area at champion lakes boasts closed roads for cycling and a flat, looped footpath run making it a very safe and enjoyable course for beginners of all ages.

## PARKING

Parking is available on the Island, or a short walk away off the island before the main gate/bridge. **If spectators need to leave early**, we suggest you park off the island as cars will only be allowed off the island once all bikes are off the course.

## RACE DAY INFORMATION

### ATHLETE REGISTRATION

All participants must collect their race pack at the event on race day, Sunday 18 February 2024, **between 6:15am and 7:10am** from the registration desk at Champion Lakes.

We will be able to look you up in the registration system by name or race number. Upon presentation at the registration desk, you will be given your race pack which will contain the following items:

**Race Number:** It is **MANDATORY** for all participants, whether competing as an individual or in a team, to wear the race number on your **BACK** for the **BIKE LEG** and on the **FRONT** during the **RUN LEG**. You don't need to wear the race number during the swim. Safety pins will be supplied at Registration for those participants without a race belt. The number may also be pinned to your tutu. See our "what to wear" section for some advice on wearing your race number. Your race number also has a "baggage tag" which you can use to mark your own bag if you want to leave it at bag drop during the race.

**NOTE:** SunSmart kids triathlon participants can keep their race number on the front the whole time, as the rules are a bit more lenient for little ones! If they do want to practice swapping the number back and front, pinning it to a tutu is easiest. Then they just swivel it round.

**Electronic Timing Chip:** Timing of the event is done via a disposable electronic chip and band that is to be worn on your LEFT ankle. Leave 1 finger's space between the band and your skin so it is not too tight. Specific instructions are provided on page 14. After the race, you may safely dispose of the chip instead of returning it.

**NOTE:** SunSmart Kids Tri participants **do not** get a timing chip or strap as the **kids tri is not timed**.



**Swim Cap:** You will be provided with a coloured swim cap that corresponds to your race distance. It is compulsory to wear the cap provided during the swim. The swim cap helps our water safety team keep track of everyone in the water. It's ok if it falls off during the swim, sometimes things happen. Try your best to keep the cap on because it helps us keep you safe.

## CAP COLOURS

Long Course – Purple

Enticer – Pink

Mini Distance – Blue

SunSmart Kids – Yellow (Parents in the Family Wave also must grab a yellow cap)

## BIKE CHECK - IN

Your bike must be checked into transition between 6.15am and 7:10am on race morning, Sunday 18 February 2024.

Once you have your race pack from registration, you are required to check your bike into transition for the race. Competitors are responsible for ensuring their bikes and helmets are in safe working order before presenting to transition to avoid rejection. **Please put your helmet on and clip it up prior to heading to transition** so that officials can check the fit of your helmet. Helmets are compulsory.

Technical Officials will carry out a cursory inspection of your bike and helmet. No bike will be accepted unless it passes the inspection. This is an extra service for the competitors and is **NOT** a guarantee of safety.

### Officials will be checking for such things as:

- End plugs on handlebars (we have spares to lend if yours are missing)
- Tyres in reasonable condition
- Brakes in safe working order
- Compliance with Triathlon Australia Race Competition Rules (making sure it's not an e-bike)

**Participants are requested to rack only in the designated rack space for your race category.** Please respect your neighbours when you lay out your equipment. TWA takes no responsibility for lost, damaged or misplaced accessories. Bags cannot be left in transition.

## BAG DROP

No bags are to be left in Transition. A complimentary Bag Drop area is available next to transition so that you can leave your personal items in a safe spot. Your race number has a baggage tag on it.

The bag drop does not have official security, but our officials and volunteers will keep an eye on it. Please note, Triathlon WA accepts no responsibility for any loss or damage, so please leave all unnecessary valuables and electronic devices at home. If you have a spectator accompanying you, ask them to look after important items like wallets or mobile phones. Remember, no earphones, mobile devices, music players or other distracting electronics are allowed to be used during the race. Watches that track your progress, e.g., Garmin's, are allowed to be worn. Basic jewellery is allowed.



## BEGINNERS GUIDE TO TRANSITION

Transition is the 'storage place' for all the equipment required to complete the event, but it can only have the necessities.

Your transition area will need to be set up prior to the race start. Be sure to check the event schedule for timing. When you enter transition, technical officials will be checking your bike and helmet, so ensure you enter transition with your helmet ON and done up for checking.

The space allocated to you in transition is enough for your bike to be racked, and then a small area below (either on the left or right side of your bike – personal preference) for any equipment you may need. Please be courteous of how much space you are taking up.

### Equipment required to set up in transition are as follows:

1. **Bike:** Can't complete the cycle leg without the trusty steed! See below the different ways you can rack your bike.
2. **Helmet:** Set up with clasps undone, sitting facing upwards for ease of application. Remember you CANNOT touch your bike without having your helmet fastened and secured on your head.
3. **Cycling shoes:** These can be any shoes you will be wearing for the bike course, runners or cycling shoes are fine. Have the shoes open, ready for your feet to slide on in!
4. **Running shoes:** If you do have cycling shoes, you will need your different shoes that you will be completing the run in. However, using your running shoes in the bike leg is perfectly fine.
5. **Race number:** You will receive a race number in your race pack that you will either need to attach to a singlet/t-shirt with pins or use a race belt. You will need to slip this on in T1 (swim to bike) prior to going out onto the bike course.
6. **Water bottle:** If you have a water bottle holder on your bike, keep your water bottle on the bike so you can drink on course. Otherwise, just leave a water bottle in transition and utilise the free water cups at aid stations on the run.

### Suggested items for transition but not essential:

- **Hat:** We always want to protect our skin from the Australian sun, having a hat in transition means you can grab that to head out onto the run for added protection.
- **Socks:** This is a personal preference, some people prefer to pop some socks on for the ride or run, as socks can assist with reducing the risk of blisters and are that added level of comfort. This is something to practice in training.
- **Sunglasses:** Eye protection is extremely important, having a comfortable, secure fitting pair of sunnies will not go astray. Practice wearing on a run prior to race to make sure they won't slip around and annoy you on the day.
- **Towel:** Having a towel to wipe your face, hands or feet from water, sweat or dirt is always handy.
- **T-shirt or shorts:** If you do not have a Tri suit and do not want to complete the full race in your swim wear, you can slip on these items of clothing in transition for the ride and run.



In the example below, the participant has a towel at the bottom, with their hat, race number, helmet, shoes, socks and water bottle all laid out on top next to their bike. Remember to be courteous and kind to your transition neighbours and keep equipment within your area.



## HOW TO RACK A BIKE

There are two ways to set your bike up in transition, down to personal preference and bike set up.

**Option 1:** Hanging your bike up by the seat. This is the less stable choice out of the two options because it only has one point of contact on the rack but is a very common and easy method.

**Option 2:** Hang by the handlebars (brake hoods). This is more secure; however, it is dependent on your bike set up and if you have the style of handlebars required.





## WAVE STARTS

Note: Times updated on 14/02/2024. A decision was made to start the event 30 minutes earlier due to forecast hot weather. The times below are up to date.

Wave	Cap Colour	Distance	Age Groups	Briefing	Start Time
1	Yellow	Kids Triathlon	Kids aged 10 - 15 years	7:15 AM	7:20 am
2	Yellow	Kids Triathlon	Kids aged 7 -9 years		7:22 am
	Yellow	Kids Triathlon	Kids Parents Wave		
3	Purple	Long	All Long Athletes Self-seeded rolling start	7:35 AM	7:45 am
4	Pink	Enticer	All Enticer Athletes Self-seeded rolling start	8:05 AM	8:15 am
5	Blue	Mini	All Mini Athletes Self-seeded rolling start	8:25 AM	8:30 am

*\*Please note that the above is subject to change on race day*

Self-seeded means you decide if you want to start at the front or the back of the group. If you are a fast swimmer please start at the front. If you are a slow swimmer or are using a flotation aid (kickboard, pool noodle) please start at the back. A rolling start means swimmers will be sent off one at a time, 1 person each 1 second. This ensures that everyone has their own space to swim and are spread out evenly.

## MEDICAL

Medical assistance will be available on the course. Please ask for medical help if you have even the slightest hint you may need it. You can ask any of our volunteers or staff and we will get you medical help. All volunteers and staff will be wearing fluorescent vests, so they are easily identifiable. Please note - if you are transported by ambulance, you could be required to meet costs involved unless you are covered by an appropriate fund. Any aid given by race medical personnel is permissible and will not lead to disqualification. However, if you receive any outside assistance, you may be disqualified.

## RESULTS

Results will be available on the event website & Facebook page the week after race day. We will be using BlueChip Timing: <https://bluechipresults.com.au/> so if you'd like to see your results straight away, please visit their website.

## RACE DAY TIPS

1. If you need to leave early, we suggest you park off the island before the main entry bridge as cars will only be allowed off the island once all bikes are off the course. Please pay attention to the announcer.
2. Make sure you walk around the transition areas and observe the path from the swim to transition and out to the run, and the path from the run into transition and out to the bike. This will help you know where to go during the race. If you get confused, please ask one of our friendly officials.
3. Please bring at least 2 x filled water bottles for yourself to use during and after the race. There will be taps to refill your water bottle at the venue, and water cups available at



recovery and aid stations on course.

4. Bring an extra towel and change of clothes so that you can make use of the shower and changeroom facilities at the venue. Showers are located inside the building behind registration.

## HAVE A QUESTION?

Please give our team a call on 08 9443 9778 or email [admin@wa.triathlon.org.au](mailto:admin@wa.triathlon.org.au). There are no silly questions! We would rather you feel confident and know what you're doing on race morning so ask anything you like.

If you want to come down and check out the venue the day before the race, our team will be setting up from 2pm and we will be happy to assist with any questions.

## EVENT PHOTOGRAPHY

Triathlon WA understands that some athletes may prefer not to have their race images taken or shared online. The below measures will be in place at the SunSmart Every Woman Triathlon.

### Do the "No Photo Please" action:

Participants can cross their arms in front of their body when in view of a photographer if it is safe and possible to do so. This indicates that you do not want your image taken/used.

Our photographers will be wearing fluorescent vests so they will be easy to spot. If you have any concerns or queries, please contact us.

## INSTRUCTIONS FOR THE TEAMS EVENT

These instructions are to ensure that all team changeovers are FAIR AND SAFE. Because we are utilizing disposable timing bands, team members do not need to pass their timing chip on in transition. Instead, they 'tag' each other in transition and all team members wear a timing band on their left ankle.

The team swimmer does the first leg of the race then heads into transition. The team Cyclist will wait for the swimmer at their bike in transition. The Cyclist may have their helmet on whilst waiting. The cyclist's race number must be on their back.

The team Swimmer will meet the cyclist at transition. When the swimmer reaches the cyclist in transition, the team cyclist may move to their bike and exit the transition. They must not mount their bike until they reach the MOUNT sign.

Meanwhile, the team Runner must estimate the expected time of return of their Cyclist. The team Runner may enter the transition area and wait at the transition rack, taking care not to impede others.

At the end of the cycle course, the team Cyclist must dismount their bike at the DISMOUNT sign and run their bike back to the rack and RACK THEIR BIKE. ONLY AFTER THEY HAVE RACKED THEIR BIKE



can the team Runner start the next leg.

The team Runner must have the race number on the front. THEY MUST NOT LEAVE TRANSITION UNTIL THIS IS DONE.

The team Runner will then complete the run course and pass through the finish chute at the end. Other team members can run down the finish chute with the team runner. Please wait at the top of the finish chute to join your runner.

## INSTRUCTIONS FOR THE FAMILY/PARENTS WAVE

Our Kids Triathlon includes the family wave for kids aged 7-11 years who are not confident competing alone. The Family Wave allows parents/guardians\* of participants to swim and run alongside their child and assist with transition.

Chaperones can swim with the child, then must wait by transition during the cycle leg, and then can join the child for the run leg and finish line moment. Chaperones must be wearing a YELLOW swim cap during the swim – please ensure you grab one of these at pack collection.

\*Limit to one adult entry per registered child, adult must be 18 years or over to be included.

## TECHNICAL REGULATIONS

### AUS TRIATHLON RACE COMPETITION RULES

Race Competition Rules are essential to maintaining a safe, fair and quality level of competition for participants of the sport. Each year the AusTriathlon Race Competition Rules are reviewed and updated to ensure the rules reflect the ever-evolving conditions of our sport. The AusTriathlon competition rules also comply with the international governing body rules of World Triathlon.

The rules were updated on 11 Oct 2023 and will be in effect from Monday 6 November 2023. Find a copy of the rules here: <https://www.triathlon.org.au/rules/>

### GENERAL CONDUCT OF COMPETITORS

- Practice good sports conduct at all times
- Competitors are responsible for following the Triathlon Australia Race Competition Rules and any special rules applicable to the event.
- Obey instructions from event officials, marshals, and Police. Obey traffic regulations unless otherwise instructed by an event official
- Treat other competitors, officials, volunteers, and spectators with respect
- Know and keep on the designated event course
- Not wear electronic devices e.g., iPod, earphones, mobile phone etc.
- Not obstruct or interfere with the forward progress of another competitor or jeopardise the safety and welfare of another competitor or race official or spectator or member of



the public

- Only accept assistance from an event official, otherwise no outside assistance.
- Not discard any equipment or litter on the course except at approved dedicated location (please do not litter)

## BAG COMPOUND

- All bags should be removed from transition prior to transition closing for the start of the event.

## SWIM COURSE

- Interim and final water temperatures will be taken 24 hours and 2 hours before the event to determine wetsuit use.
- Must wear the swim cap provided
- May use any swimming stroke for propulsion through the water, and may tread water or float
- May stand on the bottom or rest by holding an object e.g., boat, buoy or paddleboard. However, they must not make forward progress whilst doing this.
- Should raise an arm overhead and call for assistance in an emergency. If assistance is rendered beyond resting, the competitor will be deemed to have not finished the event.
- Must take all their equipment i.e., swim cap and goggles to their designated rack in transition.
- Any competitor receiving an infringement penalty may be required to serve a Stop-Start Penalty with the Technical Official where the infringement occurred on the course

## CYCLE CONDUCT

- Must wear footwear and a top.
- Display the race identification number on their back.
- Must wear a helmet approved by a testing authority and it must remain securely fastened at all times once the bike is removed from the rack, on the bike course and until bike is replaced on bike rack.
- Must cycle in single file on left hand side of bike course unless passing. Failure to do so will incur a penalty for a blocking infringement.
- Must keep a distance of 10 meters between leading edge of front wheel of the forward bike and leading edge of front wheel of following bike, unless passing.
- Draft zones may overlap for safety reasons, leaving or entering transition and when making an acute/U turn

## RUN CONDUCT

- Must wear shoes and a top
- Display the race identification number on their front.
- Outside assistance is not permitted
- Receiving an infringement penalty may be required to serve a Stop-Start Penalty with the Technical Official where the infringement occurred on the run course.



## PENALTIES

- If an official shows you a yellow, blue, or red card you may be asked to serve a penalty. You can stop and ask them where to go to serve the penalty. Usually this will be the designated penalty box, located at the dismount line.

## COURSE INFORMATION

### AID STATIONS

Aid stations will provide water for all athletes and will be self-serve. They will be dotted around the course and at recovery (finish line area). Volunteers will be at the aid station to ensure it is approximately stocked and collect rubbish. Please do your best to place your used cups in the bins adjacent to the aid station. Please do not litter!

### RECOVERY AREA

As you cross the finish line, you'll be given your finisher medal! All finishers receive a medal. Head to the recovery table where water and fresh fruit will be available for you. Because you have a disposable timing chip, **YOU DON'T NEED TO RETURN THE CHIP TO US.**

### DNF OR MID-RACE WITHDRAWAL

If you have the misfortune of having to withdraw at any stage of the race you (or someone representing you, such as a relative or friend) **MUST** report to the timing van that is located at the finish line. This ensures that the event officials are not searching for you.

### BIKE COLLECTION

Athletes will be advised via the MC/Announcements when bikes can be removed from transition. Please keep an ear out on event day. The event schedule also provides a guide.

### LOST PROPERTY

You should identify all your personal gear and property. Mark it with your name and address if possible. If it is misplaced, it will most likely be handed in to race officials. Please note that the race organiser does not take responsibility for lost property. Any lost property handed in, will be available for collection from by calling TWA 08 9443 9778 from Tuesday 20 February 2024. Lost property will be held for a maximum of 3 months and then it will be disposed/donated appropriately.



## INSTRUCTIONS FOR DISPOSABLE TIMING CHIPS



FRONT



BACK

What the Disposable Strap looks like

### Follow these instructions for optimal performance:

1. Ensure that you have been given the correct timing chip at registration
2. Practice putting the band around your **LEFT ankle** to get a feel for where you will apply the adhesive strip
3. The band needs to be 'comfortably loose' around your ankle so that the chip will have 'air' around it
4. Remove the adhesive backing from the back of the band in order to secure the strap onto itself
5. Run the strap around your finger when finally attaching the strap, then remove your finger. This is how you ensure the strap is not tight on your ankle
6. The Race Number should be facing outwards on your LEFT ankle as that is where the chip is located. The front of your ankle should show the logo
7. IT IS A SINGLE USE band. The Event may not have a replacement if you damage the band or chip. The chip SHOULD NOT be placed under the wetsuit or sock - it needs to always be seen to be read accurately





**KIDS &  
MINI DISTANCE:**  
**100M**  
**1 LAP**

Complete one lap of this 100m swim course. Starting from the shore, swim out diagonally toward the buoy marker. Then turn left at the buoy and head back toward the shore. Exit via the beach next to the boat ramp. Go to transition and grab your bike before heading out on the bike course.



# SWIM COURSE

# ENTICER DISTANCE



## ENTICER DISTANCE:

250M

1 LAP

Start by swimming straight out, turning left at the first buoy. Keep swimming straight then at the second buoy turn left again and head toward the swim exit. Exit via the beach next to the boat ramp and go to transition before heading out to the bike leg.

# BIKE COURSE

# KIDS TRIATHLON

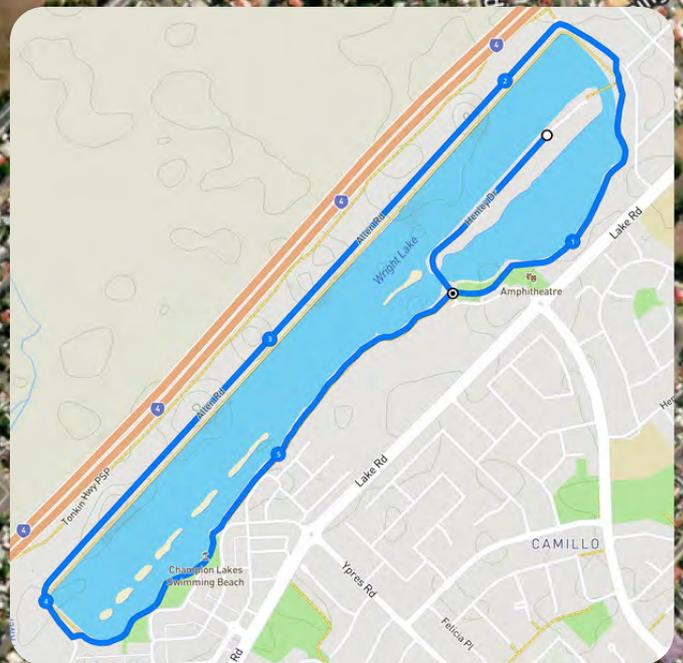
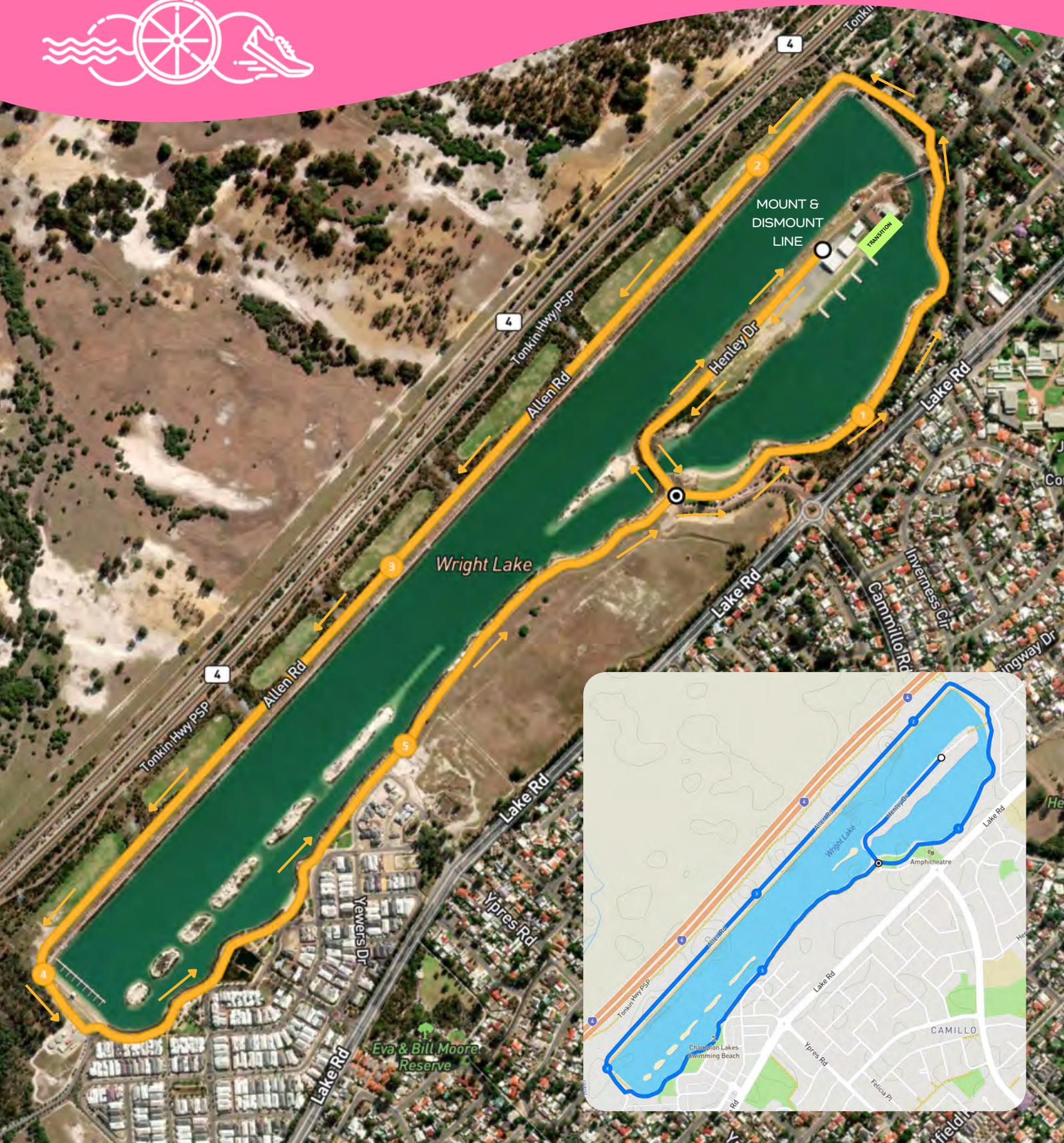


**KIDS TRIATHLON:**  
**3 X 1KM LAPS**  
**3KM**

Head out from transition with your bike toward the mount line. Do not mount the bike until AFTER you have passed the mount line. Cycle straight toward the road bridge, completing a turn at the end. Keep left. Turn again at the turn point back near where you started. This is one lap. Once you've completed your third lap, head back to transition. Dismount your bike just BEFORE the dismount line then follow the path to transition to rack your bike.

# BIKE COURSE

## MINI, ENTICER & LONG



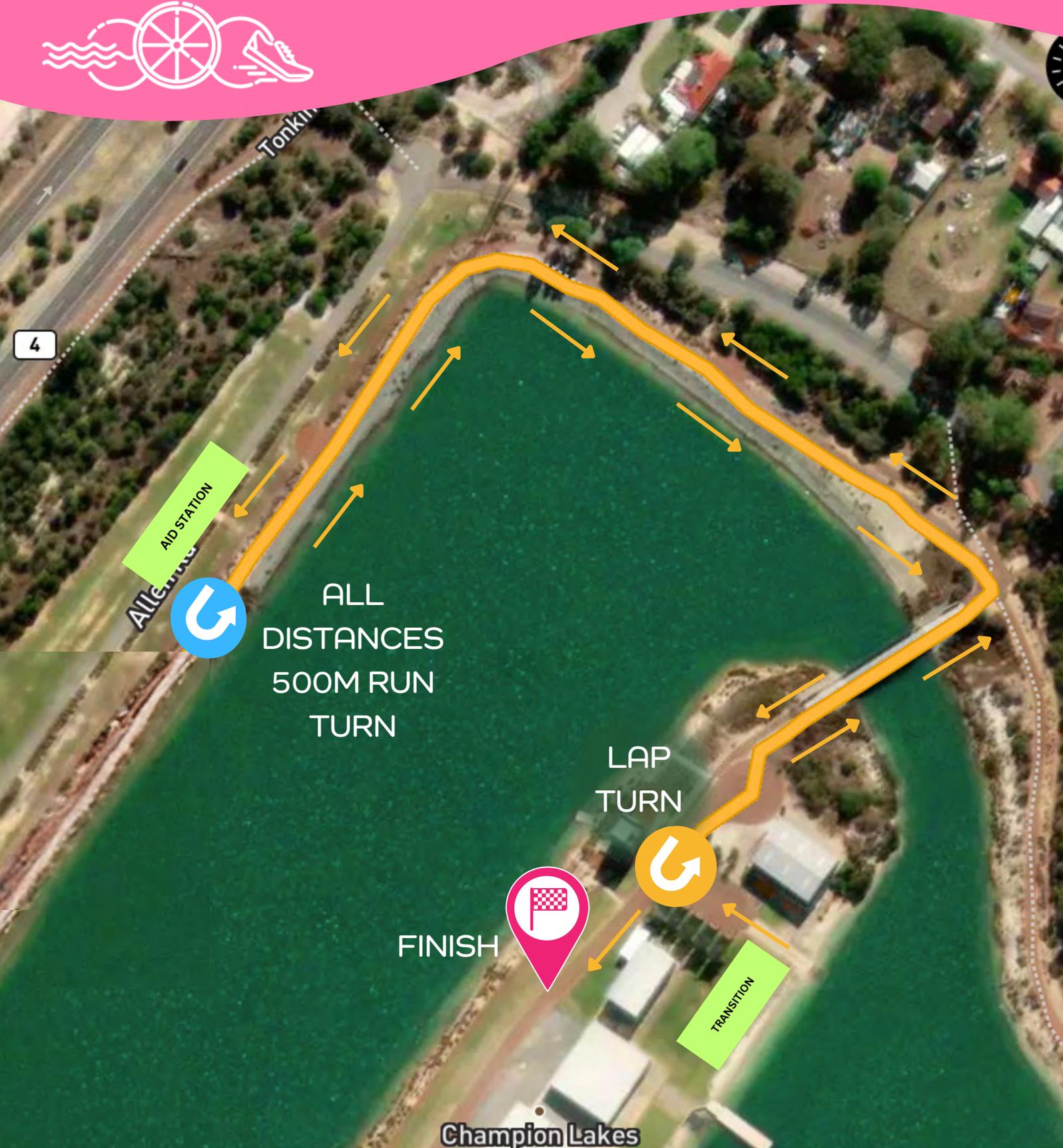
**MINI DISTANCE:**  
1 X 5KM LAP

**ENTICER DISTANCE:**  
2 X 5KM LAPS

**LONG DISTANCE:**  
4 X 5KM LAPS

Head out from transition with your bike toward the mount line. Do not mount the bike until AFTER you have passed the mount line. Cycle toward the road bridge and off the island turning left. Keep left. Once you've completed all your laps, turn left back on to the island. Dismount your bike just BEFORE the dismount line then head back to transition to rack your bike.

# RUN COURSE



## KIDS TRIATHLON:

1 X 1KM LAP

## MINI DISTANCE:

1 X 1KM LAP

## ENTICER DISTANCE:

2 X 1KM LAP

## LONG DISTANCE:

5 X 1KM LAPS

UPDATED 14/02/2024

Head out from transition toward the pedestrian bridge and leave the island turning left onto the event path. Please KEEP RIGHT. An aid station is located near the run turn marker if you need water. When coming in on the final stretch, continue running straight past the lap turn to the finish line. Grab your medal, then head to recovery 💪