

sparke HELMORE LAWYERS



ENTICER

300M Swim / 12KM Cycle / 2.5KM Run

SPRINT

750M Swim / 22KM Cycle / 5KM Run

OLYMPIC

1500M Swim / 37KM Cycle / 10KM Run



Information & registration

newcastlecitytriathlon.com.au

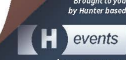
(02) 4934 8138 f /sparkehelmoretriathlonfestival



Coal Services



MULTIPLEX



Message from Event Director

Welcome to our COVID Safe 28TH Sparke Helmore Newcastle City Triathlon.

In what has been a difficult time for everyone, we are excited to be staging this annual event in Newcastle again. There will be changes to make the event COVID safe, but generally we will still be able to offer a great course, atmosphere and exciting racing around the City, Harbour, Foreshore and Beaches of Newcastle. This is only possible due to the generous sponsorship and support by local businesses, Council, NSW Police, State Authorities, Property owners and residents. In particular our thanks go to our presenting sponsors Sparke Helmore Lawyers and our event sponsors GHD, Coal Services, KCE, Multiplex, Bengalla Mining, Commercial Collective, Remote Sky Films, Eyeline, Hunter Valley Steel, Ted's Bike Shop, Merida Bikes and Broadley Signs.

We are also fortunate to have been awarded the State Championship Title for the Standard/Olympic Distance Triathlon. This will attract some of NSW's best triathletes. We hope they enjoy everything this City has to offer.

Our event team of Hunter and Newcastle locals are passionate about providing a great racing environment, infrastructure, and atmosphere. We are fortunate to have one of the most scenic triathlon courses in Australia. On top of that we have a classic location in the middle of the City and on the edge of a beautiful working Harbour.

We wish every participant and spectator a fun and fulfilling day in The City of Newcastle.

Paul Humphreys,
Event Director



(02) 4934 8138
admin@hevents.com.au

Message from Race Director

Welcome to this year's event and I look forward to seeing you all cross the finish line.

The great thing about this race is there is a distance for all, whether it is your first or 200th race. It features some of the best parts Newcastle has to offer taking you along the harbour, beaches and the iconic Breakwall. Its not an easy race, but it is very beautiful.

My role is to manage all the logistics on the day to ensure you have safe and enjoyable race.

If you have any questions I will be conducting a Q&A session at registration on Saturday from approximately 10:30am until registration closes at 4pm . Come and see and ask me anything you like about the race, I will be more than happy to answer.

I would like you all to take a second out of your race to thank all the volunteers on the course for their commitment to assisting you. Without their assistance there simply would not be an event.

Race hard, race safe and enjoy.

Ja Davis,
Race Director



(02) 4934 8138
admin@hevents.com.au

Message from Race Referee

G'day and welcome to this event.

I'm Shayne Quinton your Race Referee for the Newcastle City Tri which has been sanctioned by Triathlon New South Wales.

The following is a summary of some of the rules which will be enforced,

- Ensure your helmet is on and clipped up before you un-rack your bike.
- Keep left at all times on the bike
- Pass on the right, within the allowable time, do not draft, continue momentum after passing
- Drop out of the draft zone after being passed
- Do not overtake on the inside

Please Refer to Triathlon Australia Race Competition Rules for draft zone distances and drafting times. (it is your responsibility to know the rules)

Have a safe and enjoyable race.

Good Luck

Shayne.
Race Referee





COVID SAFE RULES

The Sparke Helmore Newcastle Triathlon is a COVID SAFE event and has passed all COVID Safe requirements for outdoor events.

Competitor and Spectator Responsibilities

- Stay at home if feeling unwell or suffering from any Covid19 symptoms or have visited a recent hot spot.
- Do not attend if travelled overseas in the last 14 days
- Social distancing of 1.5m must be adhered to at all time except on the race course “field of play”
- Practice good hygiene – wash your hands regularly, cover your mouth when coughing and avoid touching your face

Specific COVID Rules

- All competitors and spectators entering the race precinct will be required to register personal details using the NSW Health App QR codes provided
- Only competitors are permitted in the registration/race bag pickup area
- Run aid stations are NOT to hand out hydration. Competitors must collect unopened bottles themselves from aid station
- Competitors will be required to remove their own timing chip at completion of the race
- Only competitors will be permitted in finish line and recovery area

Pre-race information

The Sparke Helmore Newcastle City Triathlon is now a triathlon extravaganza including 3 separate races that cater for novice to elite athletes staged from Customs House area on the Harbour in Newcastle, NSW, Australia.

Activities Sunday 21st Feb

Time	Activity	Description
5.00am	Race Office opens in park beside Customs House	Collection of Race Kits for Triathletes.
5:15am	Bike Compound opens for all competitors	Rack your bikes. This can be done up to 30 minutes before race start.
6:00am	Transition closes for Olympic Distance	Make your way to final safety race briefing
6:15am	Last minute safety announcements for Olympic Race	At swim start Queens Wharf beside Ferry Wharf
6:30am	Olympic Distance race waves start.	Don't be late – Deep water start
7:45am	Transition closes for Sprint Triathlon	Make your way to swim start
8:00am	Last minute safety announcements for Sprint Race	At swim start next to Customs House Wharf
8:15am	Sprint Starts in Waves	Don't be late – Deep water start
9:15am	Transition closes for Corporate/Enticer	Make your way to swim start
9:30am	Last minute safety announcements for Corporate/Enticer Race	At swim start next to Customs House Wharf
9:45am	Corporate/Enticer wave Start	Don't be late – Deep water start
11.30pm	No Presentation in 2021. Finisher medals at the finish	Place getter awards medals available approx. 30 min after each race is finished.
2:30pm	Event pack down begins.	

Officials will be on hand at Registration to answer any specific questions you may have concerning the course, the rules and to assist you generally. Do not hesitate to raise any query no matter how trivial it may seem. Officials are on hand to help make your Triathlon experience as memorable as possible.

Wave starts

Event	Wave	Time	Type	Cap Colour
Olympic	1	6.30am (Subject to light)	Male	Green
Olympic	2	6.32am	Females	Pink
Olympic	3	6.37am	Relays Team	White
Sprint	4	8.15am	Male	Yellow
Sprint	5	8.17am	Female	Maroon
Sprint	6	8.22am	Relay Teams	Purple
Corp/Enticer	7	9.45am	Relay Teams	Blue
Corp/Enticer	8	9.47am	Male	Yellow
Corp/Enticer	9	9.49am	Female	Orange

What is this stuff in the Race Kit at Registration?

Included in your bag you picked up from registration is a Timing Chip, Swim Cap, Bike and Helmet Sticker, Souvenir Race Shirt (if entered by Sunday 7 Feb 2021). Race kits can be collected from the Race Office in Park adjacent to Customs House - Wharf Rd, Newcastle on either:

1. Saturday 20 Feb – 11.00am – 4.00pm
2. Sunday 21 Feb - 5.00am – 9.00am

Swim Cap

You **MUST** wear this cap for the swim start. The colour represents your wave and the cap makes it easier for our swim safety team to see you in the water. If you believe you have received the wrong colour cap, please see the registration desk.

Race bib number

This should be affixed to your **FRONT** for the **RUN ONLY** (you can choose to wear for cycle also but this is not mandatory). You can attach it to your shirt via safety pins supplied at registration, or use a race belt. This is also a great souvenir.

Stickers

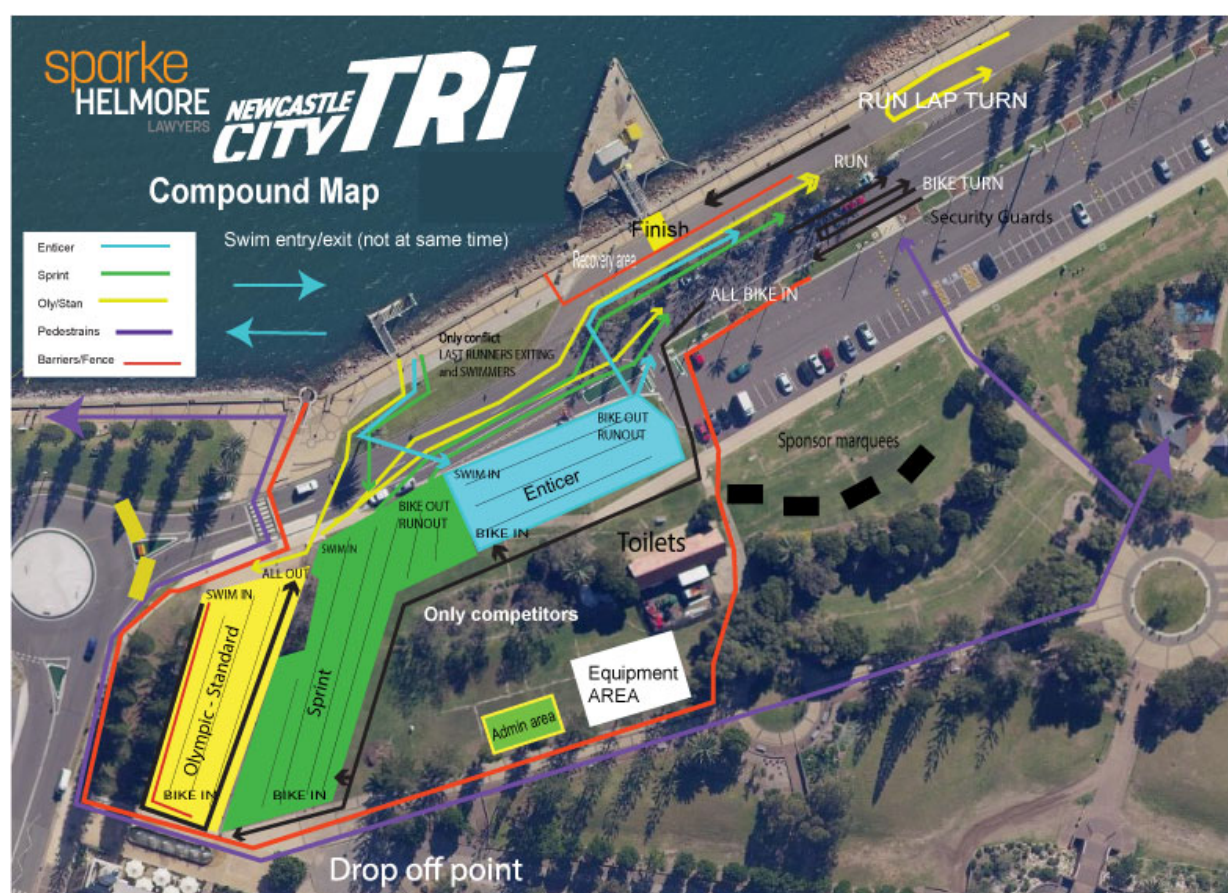
This will be on a sheet and each sticker is named for location. Helmet sticker should be attached to the front of your helmet, bike sticker should be attached to your seat post under your seat. The number must be visible from both sides. Note you will need your race bib and matching bike sticker attached to bike to take bike out of transition

Timing chip

This is to be worn on your left ankle the entire race. This way it cannot get caught in your bike chain ring. If you wear it anywhere other than your ankle it may not register a time when crossing the timing mats (ie not on wrist)

Race compound location

The race compound is located adjacent to Customs House (off Wharf Road, Newcastle).



All courses map overview



General information

Weather

The Newcastle area at this time of the year is usually very pleasant with air temperature varying from 15°C min. to 30°C maximum. It may be a little cool in the morning and warm clothing is advisable.

Bike mechanic on hand

A bike mechanic will be providing **EMERGENCY ONLY** mechanical repairs and spare parts on the day. Call at the Ted's Bike Shop and Merida Expo Stand in



the compound for advice and for those last-minute tips or fine-tuning of your equipment. Spare parts must be purchased. We suggest you get your bike serviced before the event, NOT at the event.

Lost property

You should place some form of identification on all your personal gear/property for ease of identification if any is misplaced and handed in to officials. Please note that the race organisers take no responsibility for lost property. Property handed in to the officials will be available for collection in the afternoon at the registration tent. Otherwise call 49348138 on Monday.

Medical

Please ask for medical help if you have the slightest hint you may need it. There will be qualified Medics on stand-by at all times. Note also that if you are transported by ambulance you could be required to meet costs involved unless covered by an appropriate insurance fund. Any aid given by race medical personnel on the course is permissible and will not lead to disqualification, excluding the swim section. If, however, you have any outside assistance you will be disqualified.

You will be withdrawn from the race only if you require transportation, IV fluids, or if medical personnel consider your continued participation presents a danger to the health or welfare of you or others.

Parking

Early Parking near Compound

If you and/or your supporters are travelling to the start by car, please note that Wharf Road (east of Watt St), Shortland Esplanade, Fort Drive and Nobby's Rd will be a no parking zone and other parking around the eastern end of town will fill quickly. The closest car park is a covered car parks less than 500 m from the compound in Bolton St. These are paid parking areas. We recommend that when arriving that you approach the race compound from the western end of Wharf Rd and follow the pedestrian directions along the Foreshore of Wharf Rd. Parking is also permitted west of Watt St Roundabout on Wharf Rd. There is free parking on crn Hannell St and Honeysuckle Drive, which is close to the light rail station. Get off the light rail at the most eastern stop at Pacific Park. Bikes are not allowed on the light rail.

If parking in local streets, be aware of parking time limits and please be careful not to walk on road-ways and to respect the Sunday sleep in for local residents, by keeping noise to a minimum.

Please DO NOT park in driveways and 'No Parking Zones'.

Tow away zone

Note there will be a tow away zone in force along the entire bike course. If you park along the course you may be towed away and a release fee will apply to have your car returned to you.

Water / Aid stations

All events will have one drink station (every 2.5km) on each run lap and also at the finish area. There will be no CYCLE water/aid stations and we suggest the Olympic Distance competitors start the event with 2 full bottles. Medical personnel can be deployed onto the course at any time. On course run aid station will contain water in unopened bottles only, the finish compound will have water only due to COVID.

Portable toilets

Portable toilets will be located adjacent to the transition area, next to the public park toilets in the middle of the race compound. Please ensure you use these facilities as required as anywhere else will lead to police action if caught, particularly in residential areas. There are public showers at Nobbys Beach for after the race. An approx 400m walk toward the beach.

Medical fitness/signed waiver

You are reminded of your 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

Like most cities and towns in Australia, Newcastle has its criminal element. Please take extra care with your possessions. Lock cars and accommodation when unattended. Please place identification on all race equipment and apparel for easier I.D. with lost property.

Littering

Please **DO NOT** discard wrappers, etc. on the course. Please be USER FRIENDLY. Avoid discarding energy bar/gel wrappers and, where available, use garbage bins particularly on the run course. There is provision for disqualification for this practice. Note that all plastic bottles are being recycled by Rotary for their various charity projects.

Race specific information

Race rules

Triathlon Australia rules will be applied to the triathlon as well as other special Triathlon Australia and Newcastle City Triathlon rules as set out in this booklet at appropriate sections. Please refer to them if in any doubt on any aspect of the race. You will be able to discuss any questions/issues with Technical Officials check in on Saturday afternoon or Sunday morning.

Technical officials

There will be a Technical Delegate and Race Referee appointed by Triathlon Australia to administer ALL race rules for the entire race. It is expected that you be acquainted with these rules. Additional trained and accredited Technical Officials will cover the entire course from the first experienced competitors all the way through to the last competitors. An experienced Race Director is in charge on race safety and logistics. The Race Director is responsible for your safety during the race and has taken steps to make the race safe and enjoyable. Please assist by making the race safer, but showing courtesy to fellow competitors.

Race registration

Location

This will take place from the event compound in the park adjacent to Customs House off Wharf Road, Newcastle:

- Saturday, 20 Feb 2020 - 11:00am to 4:30pm
- Sunday, 21 Feb 2020 - 5:00am to 9:00am

At Registration you will be required to produce some form of photo I.D. (drivers' license, T.A. license, etc.). Your eticket is not sufficient. You must attend registration at least 45min before your race start.

Transition and Bike Racking

Bikes are racked only on the day of event and each later race can access their bike compound/transition area while the previous race is underway.

Note: Bikes must be removed from transition no later than 11:00am for Olympic/Standard event, 11.30am for Sprint and 12pm for Enticer events. If your bike is not removed, H Events crew will move it for you. It will be taken to the Registration office. We cannot guarantee all equipment will be placed with bikes.

All events will start separately. The subsequent races starts will not begin until most bikes have returned to the bike course from the previous race. The estimated start times are as advertised but may vary due to conditions etc.

Waves have been allocated above. If you need to change waves you must tell us. Please start in the correct wave or your time will not be correct and or we may disqualify you if we feel it was intentional. See the wave start notice on site on race weekend, or in this booklet.

You will need to take additional care crossing any part of the course, in particular only cross at the designated crossing areas around Customs House when instructed by marshals.

Only competitors will be permitted to enter the transition and main competitor areas due to COVID. Spectators are asked to socially distance.

NOTE: Bikes can only be removed from transition after it is announced it is safe to do so. **DO NOT** attempt to remove bikes prior. You will need your race number to collect bike. If you are in a team you will need to get the number from the runner when they are finished.

Gear bags

Due to COVID there will be NO designated secure bag area this year. You will need to bring an absolute minimum amount of equipment to the event and this should be stored neatly under your bike.

You must show your bib to collect your gear. Teams will need access to your runners bib to collect. If this causes any issues, please advise at registration.

Water temperature and use of wetsuits

Officials from Triathlon Australia will take a water temperature reading 1 hour prior to race start and this reading will be posted on the information board and announcements will be made. If the water temperature is below 14°C degrees, wetsuits are mandatory and if it is over 22°C degrees (for the 1500m swim) and 24°C (for the sprint and enticer events), wetsuits are not permitted. Water temperature is usually in the vicinity of 19°C - 21°C degrees and wetsuit optional.

Timing band

The triathlon will be timed with the use of a Trident electronic chip attached to your ankle. Your responsibilities as a competitor include:

At race kit collection you will be issued with your Timing Band.

1. You must wear the Timing Band at all times while racing. The timing band with the chip must be attached to your left ankle before you check-in on Sunday morning for the swim. You must leave it on until you finish the entire race (except for teams). It is a means of recording your finish times across the special timing mats located at the end of each leg of the race and turnaround check points. Teams will use the band as a baton and must pass it one at each check point. This is at the bike location for the cyclist and runner.
2. At the completion of the race you will be required to remove the timing band and hand it to Officials prior to leaving the finish compound area. If you fail to start the swim on race morning, you are still responsible for returning the chip to race headquarters at the finish area.
3. As you have acknowledged on your entry contract, the timing chip and band is on loan and you are committed to returning the band intact with the chip to the triathlon organisers or pay a \$50.00 fee.
4. Do not lose or forget your chip on race day. Limited replacement chips

will be available at swim registration but there is no guarantee that one will be supplied to you. You will thus remain responsible for the return of the original chip and any replacement chip or the cost of them. No chip = no result!

5. It is imperative that you return the timing band to the race dropout clerk at the finish line Race Headquarters should you withdraw from the race at any time. It is essential for us to know where you are on the course at all times for your safety and our ability to post accurate official results post-race.
6. Note the Race Clerk will monitor and collect timing bands from competitors who may be transported from the course direct to the Medical Recovery Area at the Finish Compound.
7. Note the timing system will reflect:
 - a. Swim time: will be time in water plus a short run
 - b. T1 – is your transition from Swim to Cycle Leg exit
 - c. Bike Time: will be your cycle time from mount to dismount
 - d. T2 – is your time from Bike to Run Leg start neat the finish line
 - e. Run Time: Run leg Start point and run time to finish

Bike inspection

Officials will carry out a cursory inspection on your bike. You should ensure your bike, (as well as your helmet), is in safe working order before presenting it at check-in to avoid rejection. Bike inspectors may check for such things as:

- Front and rear brakes operable
- End plugs on handle bars
- At least one water bidden cage
- True wheels
- Tyres in reasonable condition
- Loose head sets
- Stripped cables
- Singles glued securely to rims

There will only be sufficient facilities for minor emergency repairs and/or purchasing of required minor parts, at the event expo. Trained personnel will only effect on-the-spot minor adjustments, if required. A mechanics fee may be charged for repairs.

Please note that the triathlon bike check-in is a safety precaution to monitor basic soundness of your bike and is essentially a visual check on obvious defects. It is not a certification of roadworthiness by Triathlon N.S.W. Technical Officials or triathlon officials that your bike meets any specific minimum criteria or a guarantee it will not break down during the race. It is your sole responsibility to ensure the mechanical and safe operation of your bike prior to and during the race. Our 'sag' wagon has only limited access to the course and may not be able to pick up riders until after all races are completed.

Helmets

Immediately prior to bike check-in Triathlon Australia Technical Officials will carry out a visual inspection of your helmet. Your helmet, therefore, must be correctly fastened on your head at this time. This visual inspection, however, as with the bike inspection, is not a certification of roadworthiness or safety effectiveness.

Bike security

All bikes must have their bike number (supplied) placed on their bike prior to entry to transition. When collecting bike, after it is announced as safe to do so, you must have your race bib with corresponding number in order to check bike out. No bib, no bike, no excuses. If you are part of a team you must ensure you get your runners bib on completion of race. If the timing creates any issues, please inform Admin PRIOR to race start so appropriate plans can be made.

Race results

Subject to all competitors having been accounted for, and all timing bands returned, the final race results will be available shortly before the presentation. This should be within 1 hour of the final competitors crossing the line. Finisher medals will be available from the finish line and category place medals from the admin tent.

Results are available on the H-Events website, visit: HEvents.com.au/results/

PRE-RACE BRIEFING

This year the race briefings will be by video, you would have been sent the link, alternatively it is available by QR code at registration. By entering the event you acknowledge that you are familiar with Triathlon Australia Rules and the contents of this booklet. Any confusion or queries should be directed to the Race Director in the first instance before Race Day.

Knowledge of the course and rules is entirely your responsibility. It is well marked.

No pass zones

Due to narrow areas along Shortland Esplanade and the tight corner at bottom of Watts St there is a need to enforce no pass zones.

The 2 areas will be:

- Nobbys Roundabout and approximately 100m either side
- Corner Watt St & Shortland Esplanade - Newcastle Police Station on return leg only (downhill)

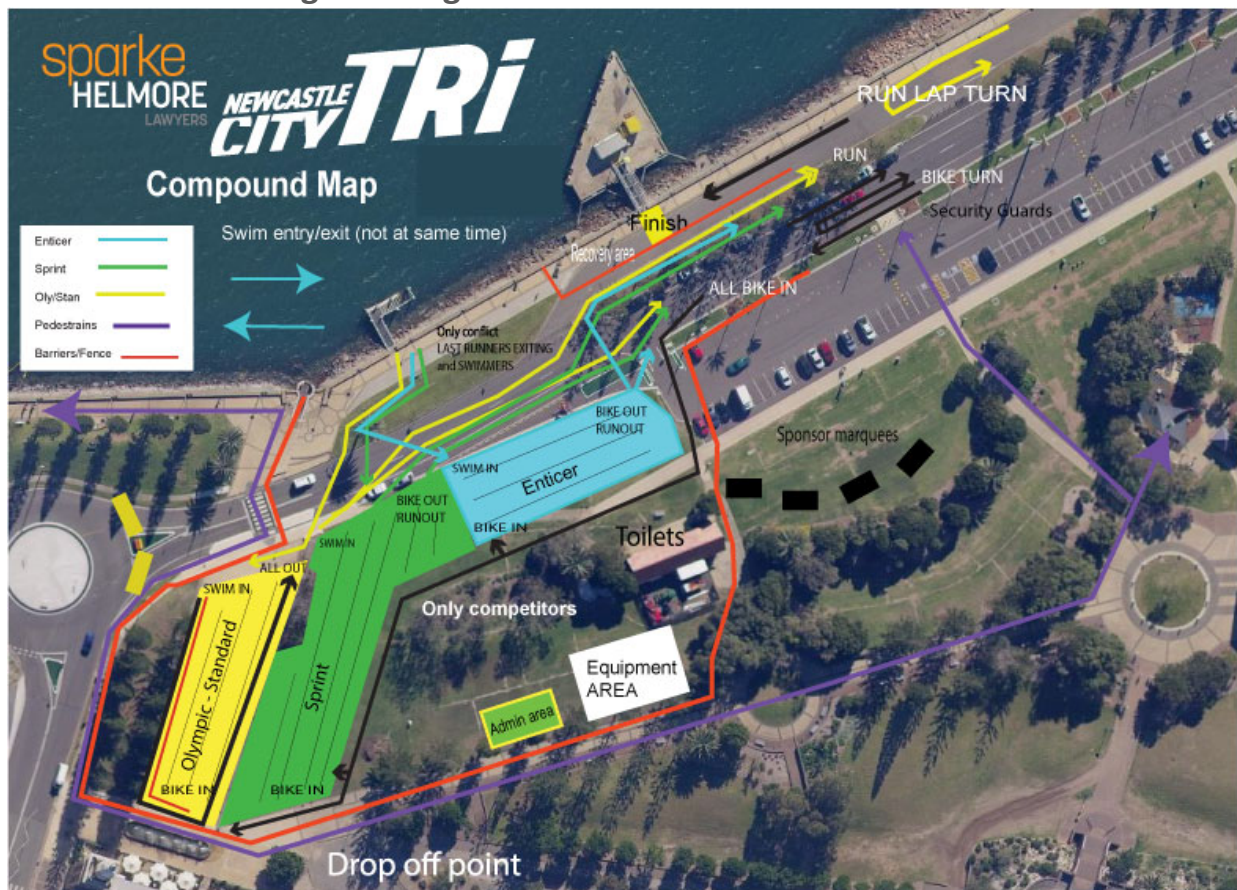
There will be a Technical Official and a video at these locations to capture any non-compliance. Failure to abide by these rules will result in a DQ, no excuses.

Course information

Teams

All teams will follow the same course for their respective events. The dedicated changeover area is at the bike for each competitor in the transition area. These are NOT grouped in the bike area due to COVID. There, you will be required to swap your timing chip over to the next member of your team. Please be respectful of other competitors by allowing sufficient room for all to change over freely.

Remember the bike rider will need the runner's race bib to collect their bike after the race from transition. This is a security measure to ensure bikes are not stolen. Extra high fencing will be installed around the whole event area.



COMPETITOR HANDBOOK

Sparke Helmore Newcastle City Triathlon 2021

Olympic/Standard Distance



Course and Race Briefing

<https://youtu.be/JDHUXokl5RM>

Sprint Distance

See map above

Course and Race Briefing

<https://youtu.be/HyP-DreUbXw>

COMPETITOR HANDBOOK

Sparke Helmore Newcastle City Triathlon 2021

Corporate/Enticer Distance

See map above

Course and Race Briefing

<https://youtu.be/1Qltk8bsbi8>

Spectator and supporter information

NOTE: Due to COVID requirements, spectators are not encouraged

The Sparke Helmore Newcastle City Triathlon Festival offers great scenery for athletes and spectators alike. A few tips for spectators and supporters include:

- DO NOT assist your competitor in anyway, this may include assisting to change a flat tyre, offering drinks and or food (including gels etc), pacing or preventing other competitors to complete the course. This is considered “outside assistance”
- DO NOT cross any of the course at non designated crossing areas. There will be signposted and marshalled areas to cross
- DO NOT stand on the course. This includes roads and footpaths
- DO NOT park your car on course
- ALWAYS give positive support to your competitor and others racing
- ENSURE you are sun smart as it can be a long day supporting (slip, slop, slap and hydrate)
- DO NOT enter transition
- DO NOT cross or break any barriers – they are there for a reason
- There will be food and drinks available on the day
- MOST IMPORTANTLY enjoy your day and be inspired

Contingency Plan

This plan serves to outline the contingency to be effected in the event of matters outside the control of H Events, including:

- Severe weather conditions
- Emergency services request

A Contingency Committee will be established to consult, make decisions and manage the implementation of any contingency plan if required. The following individuals will sit on the committee:

- Race Director: Ja Davis
- Event Director: Paul Humphreys
- Technical Delegate: Dave Williams
- Race Referee: Shayne Quinton
- NSW Police: Sgt Michael Sheehan
- Traffic Management: Dan Power

The Contingency Committee will also consult with the coordinator of the Traffic Management Plan if required.

The Contingency Committee will meet 2 hours prior to race start to discuss any forecast, extreme weather patterns for Race Day and review plans in the event of cancelling or altering any component/s of the race if required. If the Committee's decision is to change the advertised event format this will be advised to competitors on the day this is taken i.e. Competitor Registration and race day announcements. Changes will also be posted on information boards within race compound. The Race Director is responsible for calling the meeting.

The Contingency Committee will ensure that they provide a duty of care to all athletes, staff, volunteers and spectators with the well-being of individuals being of the highest importance. Extreme weather may be defined as weather that threatens the immediate or long-term of individuals as a result of rain, lightning, wind or heat. The risk to individual well-being is determined in line with Sport Medicine Australia's Policy for Reducing Heat Injury in Sport and the forecasted conditions.

The Contingency Committee will make their decision should conditions such as, but not limited to, any of the following be either forecast or prevail:

- Extreme Temperature
- Extreme Weather Conditions

The Contingency Committee may consider implementing one or more of the following strategies if deemed necessary in the interests of competitor safety:

- Shorten the distance of one or more of the legs (Multi-sport event only)
- Start the event earlier or later
- Deletion of a leg to allow for a Duathlon or Aquathlon (Multi-sport event only)
- Cancel the event
- Modify the course to maintain the advertised distances
- Change the race start procedure to an alternate swim, bike or run. (Multi-sport event only)

The following information presents a number of scenarios that may be implemented should circumstances dictate.

Contingency swim course

The Contingency Committee may choose one of the following options:

- If the conditions are not considered life threatening, delay the scheduled event start for no more than 1 hour and reassess conditions at that time.
- If the conditions are not considered life threatening, the swim will be reduced as required.
- If the conditions are considered life threatening, cancel the swim and replace it with a run, thus turning the event into a Duathlon (Multi-sport event only)
- Where the decision is taken to either delay the event start or reduce the swim distance the Contingency Committee may elect to announce a revised cut-off time for any segment of the event.

Where the decision is taken to conduct a Duathlon the process will be:

- Allow all athletes access to transition to gather run gear
- Set up new run start
- Announce new wave start times (if required)
- Set first run course at a distance equal in time to expected swim times

Contingency bike

course

If the bike course is deemed unsafe, the following measure may be put in place;

- Bike course may be shortened or altered
- Race start may be delayed
- Bike leg may be cancelled and event become and Aquathon (Multi-sport event only)
- Event may be cancelled (Multi-sport event only)

Contingency run course

If the run leg is deemed unsafe the following measures may be put in place;

- Run course may be shortened or altered
- Race start may be delayed
- Event may be cancelled (Multi-sport event

only)

Timing

All races are electronically timed as and a result, are subject to many potential issues including,

- Power failure
- Adverse weather conditions
- Equipment failure

In the event the electronic system fails to register chips, the following process will be implemented:

- Barriers (CCB, Cones, Flag tape etc) will be erected to reduce the width of the finish area immediately behind the finish line.
- All finishing competitors will be corralled into a finish compound behind the finish line.
- A camera will be set up behind the finish line to record all finishers event staff will be scribing numbers to cross reference with video capture.

Enjoy the Event.



Major sport racing direction, timing and event management

HEvents.com.au