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NEWCASTLE CITY TRI

Competitor Handbook

newcastlecitytriathlon.com.au



A message from Sparke Helmore

Sparke Helmore has been a part of the Newcastle City Triathlon for 31 years, and we're so excited to be involved with this community event once again.

As you gear up for the challenge, we'd like to share some words of encouragement from one of our own Ian Bennett, a Partner from our Perth office who placed second in his age group last year.

'I remind myself as I am lapping the course, why I do this year after year—I compete for three main reasons—getting to come back to Newy, seeing family, friends and work colleagues and of course the celebration at the end! For me, a good mantra can help during the race—deep breaths, quick legs and doing my best. See you at the starting (and finishing) line!' Ian said.

We will be there on Sunday in our orange Sparke Helmore shirts, ready to assist with registration, marshalling and the water stations. If you need something you can count on us.

Good luck!

Emma Gruschka, Newcastle Local Managing Partner and
Darren Rankine, Partner and Triathlon Committee Chair

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COMPETITORS HANDBOOK

Sparke Helmore Newcastle City Triathlon



Message from Event Director

As the Event Director of this event for over 23 years, our team at H Events are excited to see you racing in Newcastle. We hope to make your event experience fun, safe, challenging and fulfilling. Working with the team of enthusiastic volunteers from Sparke Helmore Lawyers, Nobbys SLSC and local Triathlon Clubs, this event is ready to get underway for the 31st time. We would also like to thank our sponsors Doma Group and Little National Hotel Newcastle, Bengalla, Coal Services, HEAL Urgent Care, Novo Swiss, Bicycle Centre Hunter Valley, Broadley Signs, GHD, EJE, and the Athlete's foot. Also a huge thanks to the Triathlon Organising Committee and staff volunteers of event founders Sparke Helmore Lawyers. Without these sponsors and volunteers this event could not proceed.

As one of the first events staged on the 'new' Foreshore in 1994, this event has changed and morphed many times. To manage the changes and improvements to the Foreshore and City of Newcastle, the event has gone from a single distance event to a multi day – multi distance event, and then back. The event has been staged in various locations around the Foreshore and managed weather, floods, heat, COVID and a busy working harbour environment. Through all of these challenges there has been one consistent goal, to offer a professionally staged event that gives people a reason to exercise and be active in the City of Newcastle.

Whether you are part of a corporate, family, club or school team or an individual just wanting to have a go, we hope you have a great experience.

Paul Humphreys, Event
Director

Message from Race Director

Welcome to the 31st edition of this iconic event.

We are excited to be again offering the Junior / Schools distances to allow the next generation of triathletes to compete. Who knows, maybe we have the next world champion starting their career with us.

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

If you have any questions, I will be at the registration tent all day Saturday and I will be hosting a Q&A with a walk through of transition and a course overview at 2pm for the Enticer and Sprint and 3pm for Junior race

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.

Ja Davis, Race
Director

Message from Race Referee

On behalf of Australia Triathlon, welcome to all athletes to Sparke Helmore Triathlon.

Triathlon is an individual race and it is your responsibility to fully understand the rules and avoid infringements. If you have committed an infringement a Technical Official will advise you of the infringement by calling your number, advising you of the nature of the infringement and showing you a coloured card. It will be then your responsibility to follow the instructions of the Technical Official.

If you are presented with a Yellow card, you are required to serve a 30 second time penalty, typically at the next Penalty Box. The most common Yellow card infringements are:

- BLOCKING – Impeding the forward progress of a competitor behind you, and
- OVERTAKING INFRINGEMENT – Immediately re-passing a competitor without initially dropping back out of their draft zone.

If you are presented with a Blue card you are required to serve a 5-minute time penalty, typically at the next Penalty Box. The most common Blue card infringements are:

- DRAFTING – Following a leading cyclist closer than 10 metres and failing to pass within 20 seconds.
- ILLEGAL PASS – Passing on the left
- LITTERING – Intentionally discarding items, such as tyres, bidons, gel wrappers etc., on any part of the course except at a designated Aid Station

A Technical Official's ruling is final in the case of Drafting, Illegal Pass, Blocking and Overtaking infringements (Judgment Calls) and these are not subject to appeal.

The most common Red card infringements (which may result in Disqualification) include:

- failure to follow the instructions from a Technical Official
- offensive or unsportsmanlike behaviour,
- outside assistance (from anyone other than a race official), and
- using a distractive device such as a telephone or a headset.

Always remember to treat other athletes, volunteers and officials with courtesy and consideration as they are important in keeping the event safe and fair.

I sincerely hope you have a great race, enjoy the experience and achieve your goals.

Sarah Maguire
Race Referee
NSW Triathlon

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 and now includes juniors, staged from Camp Shortland at Nobbys Beach in Newcastle, NSW, Australia.

Activities Saturday 9th and Sunday 10th November 2024

The Race Director 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. H Events are on hand to help make sure that your Triathlon is a memorable experience and that you want to continue with this great sport.



Race Wave starts

Event	Distance (swim, bike, run)	Swim Laps	Bike Laps	Run Laps	Wave	Time	Category
Sprint	750/20/5	2	6	2	1	7.00am	Male 14-29ys
Sprint	750/20/5	2	6	2	2	7.03am	Male 30-39+ys
Sprint	750/20/5	2	6	2	3	7.45am	Female 14-39ys
Sprint	750/20/5	2	6	2	4	7.48am	Females 40+ys
Sprint	750/20/5	2	6	2	5	8.30am	Male 40-49ys and All Relay Teams
Sprint	750/20/5	2	6	2	6	8.33am	Male 50+ys
Enticer	375/10/2.5	1	3	1	7	9.15am	Male and Relay Teams
Enticer	375/10/2.5	1	3	1	8	9.20am	Female
Junior 14ys + (incl 12+ Relay)	350/10/2.5	1	3	1	9	9.20am	All gender and 12+ Relay Teams
Junior 12-13ys	250/5/2.5	1	2	1	10	10.15am	All gender
Junior 10-11ys (incl Relay)	150/5/1	1	2	1	11	10.30am	All gender and 7-11ys Relay Teams
Junior 7-9ys	100/2.5/500	1	1	1	12	10.45am	All gender

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 (all the same colour this year) , Bike and Helmet Sticker, Souvenir Race Shirt (if you purchased one at time of entry for additional fee). Race kits can be collected from the Race Office.

1. Saturday 9th Nov – 10.00am – 4.30pm
2. Sunday 10th Nov - 5.30am – 9.30am (please collect your kit at least 45min before your start)

Swim Cap

You MUST wear this cap for the swim start. All swim caps are the same colour this year. The colour makes it easier for our swim safety team to see you in the water. It is important you start in the correct wave, so we can calculate your correct finish time. You must walk over a timing mat at the swim start when marshalling. Please be at the swim start 10 minutes before your wave start time.

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 the Bike transition area.

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 Nobbys Beach off Wharf Rd Newcastle



Event Compound



All courses map overview

Senior Overall Course

(Sprint, Enticer, Junior 14y+)



General information

Weather

The Newcastle area at this time of the year is usually very pleasant with air temperature varying from 17°C min. to 30°C max. 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 Bicycle Centre – Hunter Valley tent 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 email admin@hevents.com.au after the event.

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 the 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 and Event Area Access

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 closed and a no parking zone. Other parking around the eastern end of town will fill quickly. The closest car park is a covered car parks less than 1000m 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 Harbour side of the Foreshore on Wharf Rd. If approaching from the south on Nobbys Rd it will be impossible to cross the Wharf Road once the event starts. Parking is 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 unfortunately not allowed on the light rail. Just ride down!

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'.**

Senior Overall Course

(Sprint, Enticer, Junior 14y+)



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 Sprint Distance competitors start the event with at least 1 full bottle. Medical personnel can be deployed onto the course at any time. On course run aid station and finish area will contain water and electrolyte. Please call what drink you are looking for 'water' ...'electrolyte' !

Portable toilets

Portable toilets will be located adjacent to the transition area, next to the 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 toilets and showers at Nobbys Beach, just 100m from the finish.

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 our attention and where appropriate a medical certificate produced.

Personal property safety

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.

Race specific information

Race rules

Triathlon Australia rules will be applied to the triathlon as well as other special Triathlon Australia and Sparke Helmore City Triathlon rules as set out in this booklet at appropriate sections. Please refer to them if in any doubt about 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. See Triathlon Rules link below.

<https://www.triathlon.org.au/rules/>

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 of 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 Camp Shortland in the park adjacent to Nobbys Beach, Newcastle:

- Saturday 11th Nov – 10.00am – 4.30pm
- Sunday 12th Nov - 5.30am – 9.00am

At Registration you will be required scan the QR code with your phone. If you are unable to do this, you will need to produce photo ID. 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. Please look when crossing any part of the course.

Transition will ONLY be open for all races from 6am on Sunday 10th November.

Note: Bikes must be removed from transition no later than 11:30am for Sprint / Enticer events and 12pm for Junior 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 start 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, page 6.

You will need to take additional care crossing any part of the course, and only cross at designated crossings where marshals will be available to assist.

Only competitors will be permitted to enter the transition and main competitor areas.

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

We will have a secure bag area beside registration tent on the day of the race.

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 15.9°C degrees, wetsuits are mandatory and if it is over 24.6°C degrees 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 to the bike compound
 - b. T1 – is your transition from Swim finish to Cycle Leg exit
 - c. Bike Time: will be your cycle time from mount to dismount
 - d. T2 – is your time from Bike area entry to Run Leg start
 - 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 NSW Triathlon. 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.

Helmets

Immediately prior to bike check-in AUS Triathlon 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

Interim results will available live on <https://hevents.com.au/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 places will be announced at the presentation.

PRE-RACE BRIEFING

This year the race briefings will be conducted by the Race Director prior to each event start, however please watch the Race Director video brief at Race Update 2 on <https://hevents.com.au/news/> . 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 (approximately 100m either side of Nobbys Roundabout) there is a need to enforce no pass zones.

There will be a Technical Official at this location 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. 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.



Sprint Distance Course (see maps below)

RACE START – waves from 7am

SWIM LEG 750M

2 X 375m

This swim course will enter the water at the eastern end of Horseshoe Beach and swim around an M shaped course that is 375m. They will then run back to the start and complete one more lap. Life Saving crew will be on hand at all times.

CYCLE LEG 20KM

6 x 3.4km

The cycle leg is a 6 loop course from the bike compound on the eastern end of Camp Shortland including Wharf Rd, Shortland Esplanade, Fort Drive and Nobbys Rd. Riders should take care with the raised speed mounds along this section. The course is very flat except for the climb around Fort Drive. The course enters Camp Shortland and Horseshoe Beach area on each lap. The course turns before Newcastle Baths on Shortland Esplanade. The course is tight so please be respectful and only pass when safe.

RUN LEG 5KM

2 x 2.5km

The run heads from the transition area towards Camp Shortland and the Breakwall. The course then runs out to the start of the Sea-wall (on the Breakwall) and returns to go behind the Surf Live Saving Club until the Pasha Bulka rudder artwork and then returns to run past the finish line. The course is very flat and will allow good flow of competitors. Each lap is 2.5km run course. Complete 2 laps for 5km.



Corporate/Enticer Distance

RACE START – from 9.15am

SWIM LEG 375M

375m

This swim course will enter the water at the eastern end of Horseshoe Beach and swim around an M shaped course that is 375m. Life Saving crew will be on hand at all times.

CYCLE LEG 10KM

3 x 3.4km

The cycle leg is a 3 loop course from the bike compound on the eastern end of Camp Shortland including Wharf Rd, Shortland Esplanade, Fort Drive and Nobbys Rd. Riders should take care with the raised speed mounds along this section. The course is very flat except for the climb around Fort Drive. The course enters Camp Shortland and Horseshoe Beach area on each lap. The course turns before Newcastle Baths on Shortland Esplanade.

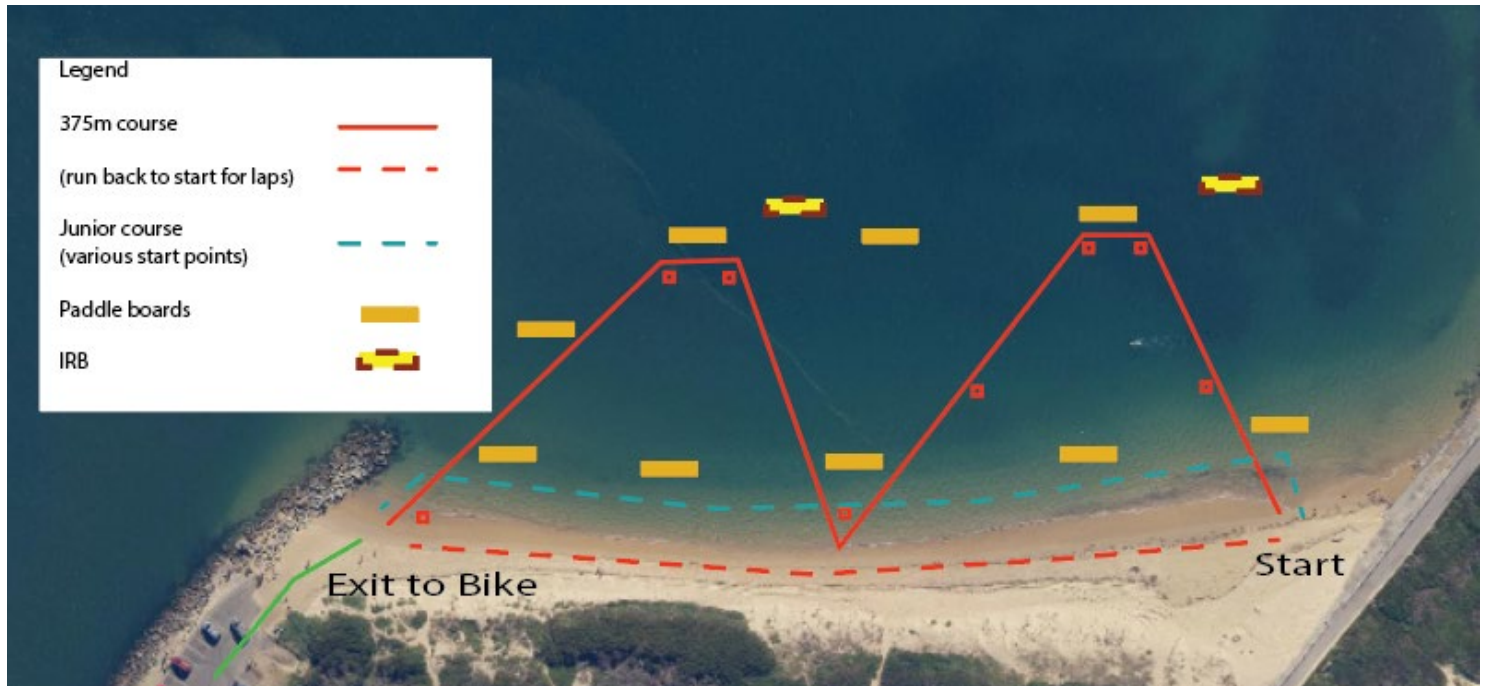
RUN LEG 2.5KM

2.5km

The run heads from the transition area towards Camp Shortland and the Breakwall. The course then runs out to the start of the Sea-wall (on the Breakwall) and returns to go behind the Surf Live Saving Club until the Pasha Bulka rudder artwork and then returns. The course is very flat and will allow good flow of competitors.



Swim Map



Cycle Course

(Sprint, Enticer, Junior 14y+)



Run Map



Junior Distances

RACE START – from 10.15am (excluding the 14y+)

There are various distances for the juniors. There will be ample marshals on course to guide each age category through the correct course. See wave starts on page 6.

The 14y+ juniors will complete the full bike course and the 7-13 years will all complete the course 'without' the Fort Drive and Nobbys Section. See below.



Spectator and supporter information

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 (except parents / guardians assisting juniors pre and post race)
- DO NOT cross, jump or break any barriers – they are there for a reason
- There will be coffee, 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 affected 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: Deanna Waters
- Race Referee: Sarah Maguire
- NSW Police: Mark Reece
- Traffic Management: Zac French

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 safety 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 an 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 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.

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