



COMPETITOR INFORMATION BOOKLET

14-16 March 2025



Message from Event Director

MESSAGE FROM THE EVENT DIRECTOR

We are back in beautiful Lake Macquarie for the next version of this classic Festival. After a successful, albeit wet, first event since the 90's, we have made some small tweaks that will improve your experience at the event.

We would like to thank the staff and board of The Committee for the Hunter, Lake Macquarie City Council, DANTIA, Quarry Mining, KCE and The Athletes Foot for their support and guidance in planning and funding the event. We also want to thank our friends at Charlestown Rotary, Speers Point Sailing Club, Just Dig Deeper Coaching, The Bicycle Centre Hunter Valley and Swansea Belmont SLSC for their assistance in staging the event.

We are confident that everyone will agree that this course is one of the best and most beautiful Triathlon courses in Australia and has massive potential to grow and become an iconic event in Australia and internationally. From the outstanding facilities around Speers Point Park, clean and sheltered waterway, wide and scenic cycle course and flat run course, this event has something for everyone.

We hope that you enjoy the event and stay on in Lake Macquarie and the Hunter to enjoy this beautiful region.

Best regards,
Paul Humphreys
Event Director
H Events

MESSAGE FROM THE RACE DIRECTOR

Welcome to return of this great event in 2025.

The weekend features events to cater for all, regardless of your ability, fitness or competition mode.

This course is fast and relatively flat, if you are chasing a PB, this is the course for you. If you are just looking to finish, the views from this course are very hard to beat with the beautiful Lake Macquarie only meters away at any time.

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 1pm 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.

**Best regards,
Ja Davis
Race Director
H Events**

PRE RACE INFORMATION

The Lake Macquarie Triathlon Festival is a multi-sport extravaganza including races that cater for novice to elite athletes staged from Speers Point NSW on the beautiful Lake Macquarie. Please note the bike transition closing times.

DAY	TIME	ACTIVITY	DESCRIPTION
FRIDAY	6.00pm	Out of the Sun Run 5km & 10km start 1 or 2 laps out and back (5km) or (10km)	10km Starts at 6:00pm 5km Starts at 6:15pm Race Briefing at 5:50pm at start line for both distances
SATURDAY	9:00am	Aquathon (1km swim / 5km run)	Race briefing at 8:50am at swim start
	10:15am	Open water swim 2km - 2 Laps	Race briefing at 10:05am at swim start
	10:30am	Open water swim 1km - 1 Lap	Race briefing at 10:20am at swim start
SUNDAY	5:30am	TRANSITION OPENS FOR ALL DISTANCES	
Transition closes at 6:35am	6:50am	Standard Distance 1.5km swim, 39km Bike (6 laps), 10km Run (2 laps)	Race briefing at 6:40am at stage
Transition closes at 8:00am	8:15am	Sprint Distance 750m Swim 19.5km Bike (3 laps) 5km Run (1 lap)	Race briefing at 8:05am at stage
Transition closes at 8:45am	9:00am	Short Course 250m Swim 13km Bike (2 laps) 25.5km Run (1 x short lap)	Race briefing at 8:50am at stage
Transition closes at 9:00am	9:30am	Juniors 7-9 ye - (Green Band) 100m Swim, 2km Bike, 900m Run Juniors 10 - 11 ye (Purple Band) 150m Swim, 6.5km Bike, 1km Run	Race briefing at 9:00am in transition
Transition open for bike collection	TBC	As per Race Directors Instructions	Open when all bikes from individual race are back in T2

There will be a Q&A on all event aspects with the Race Director on Saturday:

1. 11.45am for seniors, in particular First Timers
2. 1.00pm for juniors
3. 3.00pm for seniors

WAVE STARTS

Event	Cap	Type	Start	Wave	Swim	Cycle	Cycle laps	Run	Run Laps
Standard Dist/Aquabike	Yellow	Male	6.50am	1	1500m	39km	6	10km	2
Standard Dist/Aquabike	Green	Female	6.55am	2	1500m	39km	6	10km	2
Standard Dist/Aquabike	Red	Team	6.55am	2	1500m	39km	6	10km	2
Sprint Distance	Yellow	Male	8.15am	3	750m	19.5m	3	5km	1
Sprint Distance	Green	Female	8.20am	4	750m	19.5km	3	5km	1
Sprint Relay	Red	Team	8.20am	4	750m	19.5km	3	5km	1
Short Distance	Yellow	Male	9.00am	5	250m	13km	2	2.5km	1
Short Distance	Green	Female	9.02am	6	250m	13km	2	2.5km	1
Short Distance	Red	Teams	9.02am	6	250m	13km	2	2.5km	1
Juniors Distance 10-11y	Yellow	All gender	9.15am	7	250m	13km	2	2.5km	1
Junior Distance 7-9y	Green	All gender	9.25am	8	250m	2km	1	2.5km	1
Saturday Aquathlon	Red	All gender	Sat 9.00am	1	1000m			5km	1
Saturday 1km Swim	Green	All gender	Sat 10.15am	2	1000m				
Saturday 2km Swim	Yellow	All gender	Sat 10.30am	3	2000m				

WHAT IS THIS STUFF IN THE RACE KITS AT REGISTRATION?

Included in your bag you picked up from registration is a Timing Chip, Swim Cap, Bike and Helmet Sticker, purchased Souvenir Race Shirt (if you bought one).

RACE KIT COLLECTION TIMES

This is located at Speers Point Park Pavilion located off Park Rd, Speers Point.

DATE	EVENT	TIME
Friday 14 March	Out of the Sun Run	4.30pm – 6.15pm
Saturday 15 March	Aquathlon and Open Water Swim	7.00am – 8.45am
Saturday 15 March	Triathlons	10.00am – 4.00pm
Sunday 16 March	Triathlons	5.15am – 7.45am

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 also choose to wear for cycle; however, 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 within the park at Speers Point off Park Rd, Speers Point.



ALL COURSES OVERVIEW



Marine Life in Lake Macquarie Note

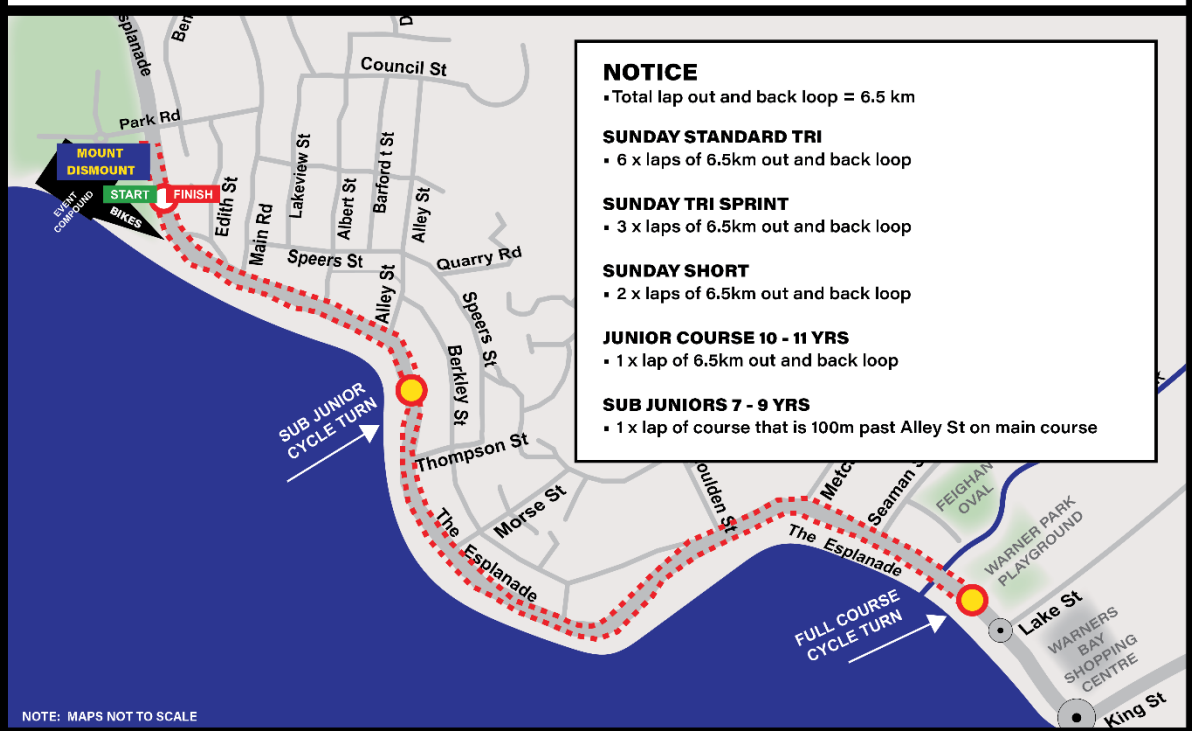
There have only ever been a few reported shark attacks within the waters of Lake Macquarie. H Events would not run any event that we feel would place any competitor in any known risk. Whilst we could never have complete assurance of any potential risks, we are confident that our record and the following precautionary measures will see all our swimmers exit the water safely over the weekend.

- We have Blacksmith Swansea Surf Lifesaving Club keeping a watchful eye with 1 x Jetski, 2 x IRB and 8 board paddlers (all with comms)
- We will also have an additional experienced Jetski volunteer assisting
- Our safety protocol states if there is any risk, there will be 3 short blasts on airhorns (multiple horns throughout safety crew) which will initiate a quick exit to shore

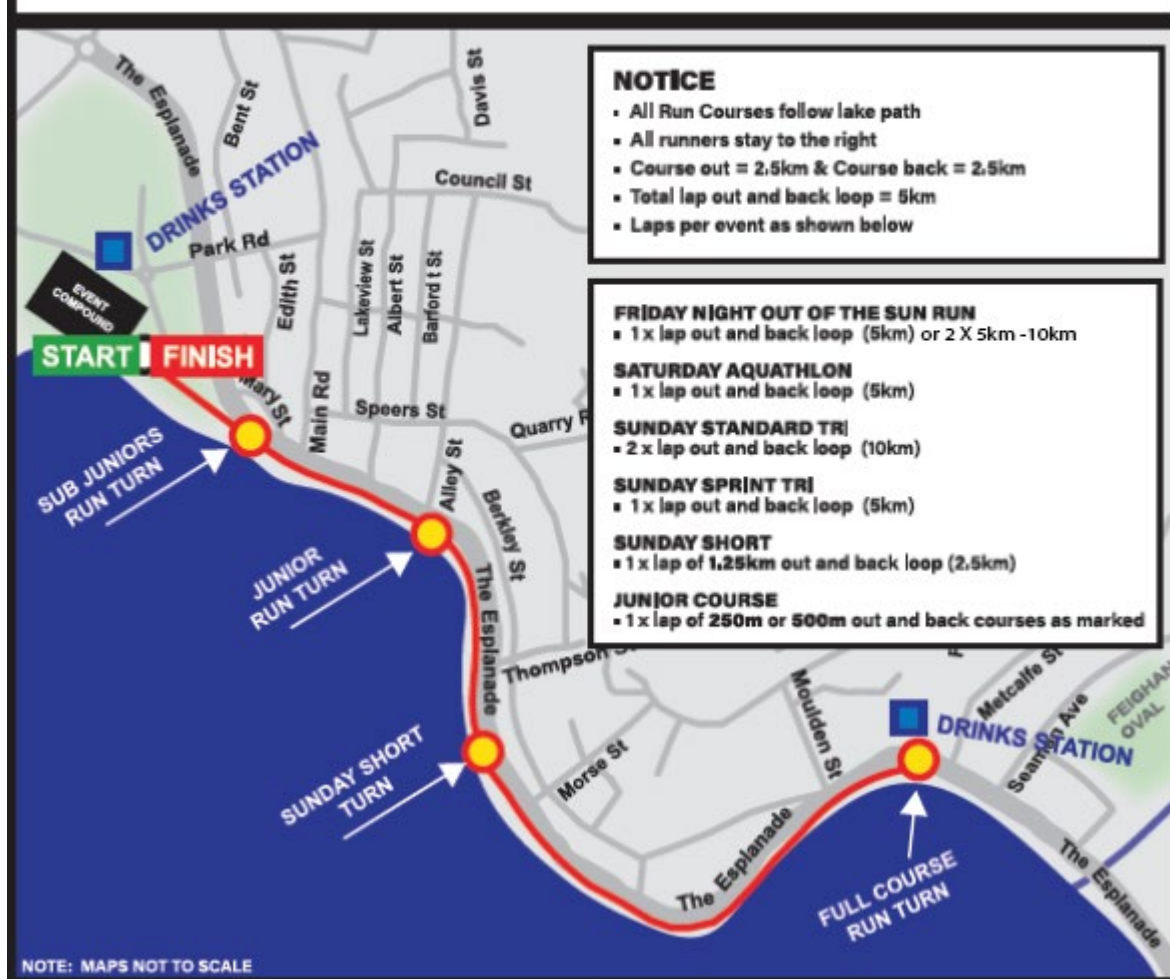
SUNDAY SWIM COURSE



CYCLE COURSE



RUN COURSE



GENERAL INFORMATION

WEATHER

The Lake Macquarie 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 Hunter Valley Bicycle Centre Expo Stand

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 SUNDAY - (note early and later option)

Ample early (before 6.30am) parking is near Compound.

Prior to 6.30am

The Speers Point Park off Park Rd is open until 6.30am. There are 400 car parks and this should be ample for early starters. You will NOT GET OUT UNTIL THE BIKE LEG IS FINISHED. This is approx. 10.30am!

After 6.30am

Head to Creek Reserve Rd of the west side of the large roundabout and park around Macquarie Field.

Otherwise there is street parking on the northern side of The Esplanade. 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'.

Parking Options Lake Macquarie Triathlon



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. That is DO NOT park on The Esplanade.

WATER / AID STATIONS

All events will have one drink station (every 2.5km) on each run lap and at the finish area. There will be no CYCLE water/aid stations and we suggest the Standard Distance competitors start the event with 2 full bottles. Medical personnel can be deployed onto the course at any time. All drink stations on the run will provide water and electrolyte (Powerade).

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.

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, Lake Macquarie 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 Lake Macquarie Triathlon Festival 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.

TRANSITIONING 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 Shorter 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.

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

Only competitors will be permitted to enter the transition and main competitor areas. Spectators are asked to wait outside the compound.

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

There will be a designated secure bag area available at rego on the day of your race. You will need to have completed registration on the day as you will need to know your race number to check gear in and out.

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 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 24.6°C degrees wetsuits are not permitted. Water temperature is usually in the vicinity of 20°C - 22°C degrees and will be 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.
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 leaving the bike area and the run to cycle entry
 - D. T2 – is your time from Bike to Run Leg start exit
 - 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
- Tyres in reasonable condition
- End plugs on handle bars
- Loose head sets
- At least one water bidden cage
- Stripped cables
- True wheels
- 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 provided 15 minutes prior to race start and is mandatory to attend. 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.

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. 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.

SPECTATOR AND SUPPORTER INFORMATION

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: TBC
- NSW Police: TBC
- Traffic Management: TBC

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 an Aquathlon (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.