

LAKE MAC TRIATHLON

COMPETITOR INFORMATION BOOKLET

Friday 15 to Sunday 17 March 2024
Speers Point Park, Lake Macquarie

Presented by



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Information and Entries

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MESSAGE FROM THE EVENT DIRECTOR

After many years of thinking about staging this event in beautiful Lake Macquarie, we are fortunate to have been able to bring all the local and government stakeholders together to get it started. There are many factors that need to fall into place concurrently for these events, and we appreciate the work of our industry colleagues and event sponsors to make it happen.

We would like to thank the staff and board of The Committee for the Hunter including their members Quarry Mining, ARTC, Ampcontrol, KCE and Brokenwood Wines. We would also like to thank DANTIA and the Lake Macquarie Council for their support and guidance in planning and funding the event, as well as The Athletes Foot, Charlestown Rotary, Just Dig Deeper Coaching, The Bicycle Centre Hunter Valley and Swansea Belmont SLSC.

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 the return of this great event in 2024.

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 available at registration on Saturday from 11am 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
Event Director
H Events**



MESSAGE FROM THE RACE REFEREE

On behalf of NSW Triathlon and the AusTriathlon technical team, I extend a warm welcome to everyone competing in H Event's 2024 LAKE MACQUARIE TRIATHLON FESTIVAL. Whether you are a hardened veteran or an up-and-coming star of the future I hope that you have a fair and a safe race.

Our AusTriathlon team of technical officials will be out there on the course and in transition with the aim of helping you to achieve your goals. The event will be conducted under AusTriathlon's [Race Competition Rules](#) so please spend some time reviewing them so that you will avoid being penalised for a breach of the rules.

A few of the most common rule infringements are:

DRAFTING - Following a leading cyclist closer than 10 metres and failing to pass within 20 seconds. Please watch this [Drafting Video](#) for a further explanation.

OVERTAKING INFRINGEMENT – Immediately re-passing a competitor without initially dropping back out of their draft zone

ILLEGAL PASS – Passing on the left

BLOCKING – Impeding the forward progress of a competitor approaching from behind you

LITTERING – Intentionally discarding items, such as tyres, bidons, gel wrappers etc., on any part of the course

If you have broken a rule a technical official will gain your attention by calling your number, advising you of the nature of the infringement and showing you a coloured card. It will then be your responsibility to follow the instructions of the Technical Official. You may be asked to spend some time in the Penalty Box, so prior to the race make sure that you know where the penalty box is located.

Wetsuits – It's too early to tell whether wetsuits will be allowed in the swim leg. If the water temperature is measured at less than 24.5 degrees then you will have the option of wearing a wetsuit. The ruling will be confirmed about an hour before race start.

Finally, 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 triathlon goals.

Dave Williams (Technical Delegate)



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.

PROGRAMME

DAY	TIME	ACTIVITY	DESCRIPTION
FRIDAY	6.30pm	Out of the Sun Run event start.	Start near the Finish line. Presentation from 7.15pm on the stage.
SATURDAY	7.30am	Race office open for Aquathlon registration in main pavillion.	Aquathlon transition is open from 8am in bike compound.
	9.00am	Aquathlon event starts. 750m swim and 5km run.	Race brief will be held 10min prior at the swim start.
	9.30am to 4.30pm	Race registration is open for all further Sat & Sun events.	Event compound in Speers Point Park.
	10.00am	Open Water Swim event starts.	Race brief will be held 10min before swim at the jetty.
	11.30am	Presentation	On the stage in the event compound.
	11.45am following presentation.	Q&A sessions for Sunday Triathlons.	<ul style="list-style-type: none"> 11.45am(approx) - Senior Course 1pm - Junior Course 3pm - Senior Course
SUNDAY	5.15am	Race Office opens Speers Point Park.	Triathletes collect their Race Kits.
	5.30am	Transition opens.	Closes 15 min before each race.
	6.50am subject to light.	Olympic distance Triathlon swim starts near jetty. Deep water start in waves.	Event distance 1500m swim, 39km cycle (6 laps), and 10km run (2 laps).
	8.00am	Legends wave start.	
	8.15am	Sprint Triathlon swim starts near jetty. Deep water start. Individuals followed by Teams in 2 waves.	Event distance 750m swim, 19.5km cycle (3 laps), and 5km run (1 lap).
	9.00am	Short Triathlon swim starts near jetty. Deep water start. Individuals. 2 waves.	Event distance 250m swim, 13km cycle (2 laps), and 2.5km run (1 lap).
	9.15am	Junior Triathlon swim starts in waves.	Event distance age 7-9 yrs 100m/2km/500m and age 10-11 yrs 150m/6.5km/1000m.
	11.15am to 11.45am	Presentation of overall, age and team prizes.	Medals for category places.

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.

The Race Director will also be conducting a Q&A on Saturday at 11:45am (Standard, Sprint and Short), 1pm (Juniors) and 3pm (Standard, Sprint and Short), beside registration and will take you through everything you need to know on the day, including how to set up in transition, course directions and will provide other tips to make your day a little less stressful.

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
LEGENDS	Yellow	All gender	8.00AM	3	750m	19.5km	3	5km	1
Sprint Distance	Yellow	Male	8.15am	4	750m	19.5km	3	5km	1
Sprint Distance	Green	Female	8.20am	5	750m	19.5km	3	5km	1
Sprint Relay	Red	Team	8.20am	5	750m	19.5km	3	5km	1
Short Distance	Yellow	Male	9.00am	6	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 15 March	Out of the Sun Run	4.30pm – 6.15pm
Saturday 16 March	Aquathlon and Open Water Swim	7.00am – 8.45am
Saturday 16 March	Triathlons	10.00am – 4.00pm
Sunday 17 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

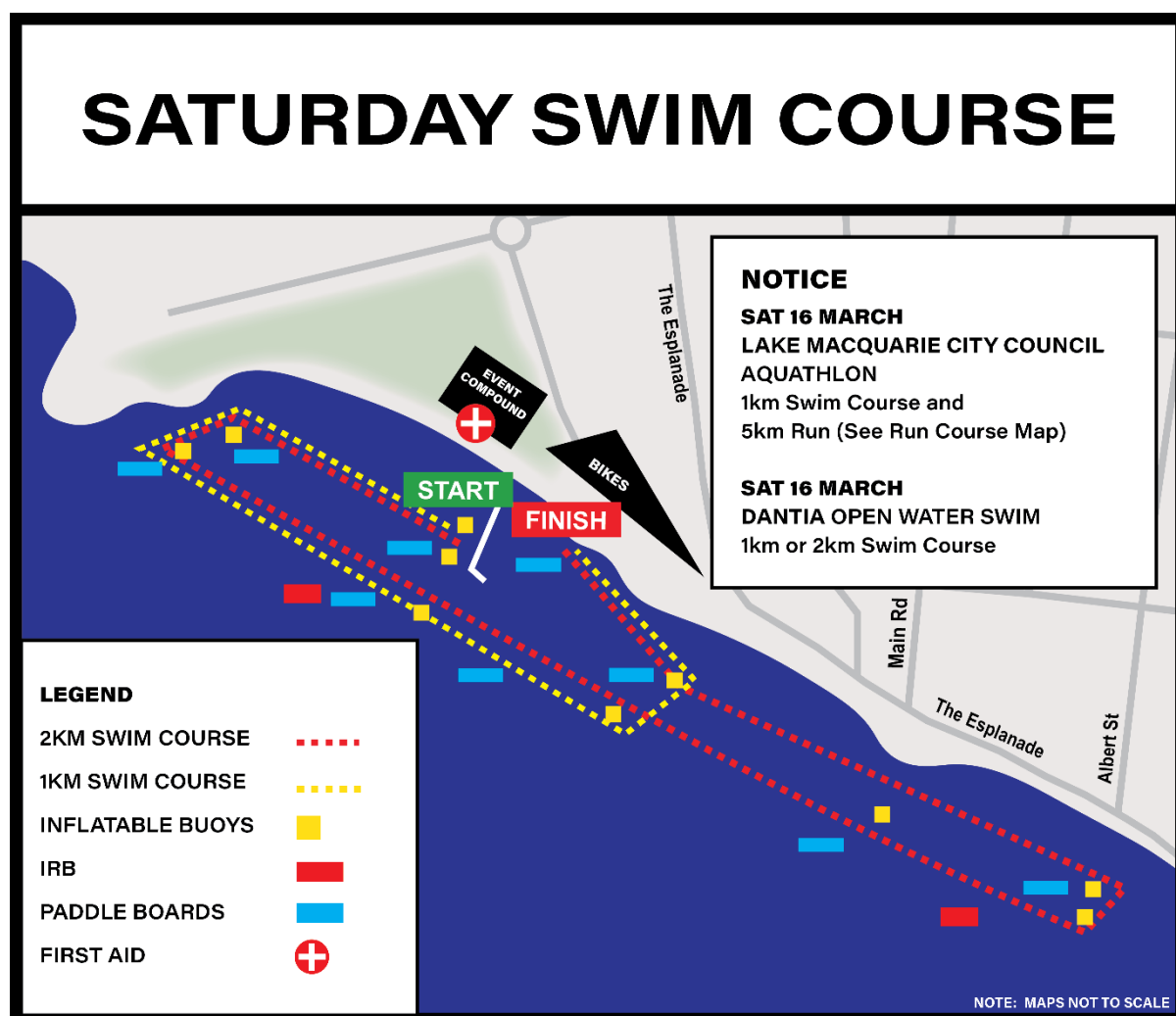
This is to be worn on your left ankle the entire race. This way it cannot get caught in your bike chain ring. If you wear it anywhere other than your ankle it may not register a time when crossing the timing mats (ie: not on wrist).

RACE COMPOUND LOCATION

The race compound is located within the park at Speers Point.



ALL COURSES OVERVIEW



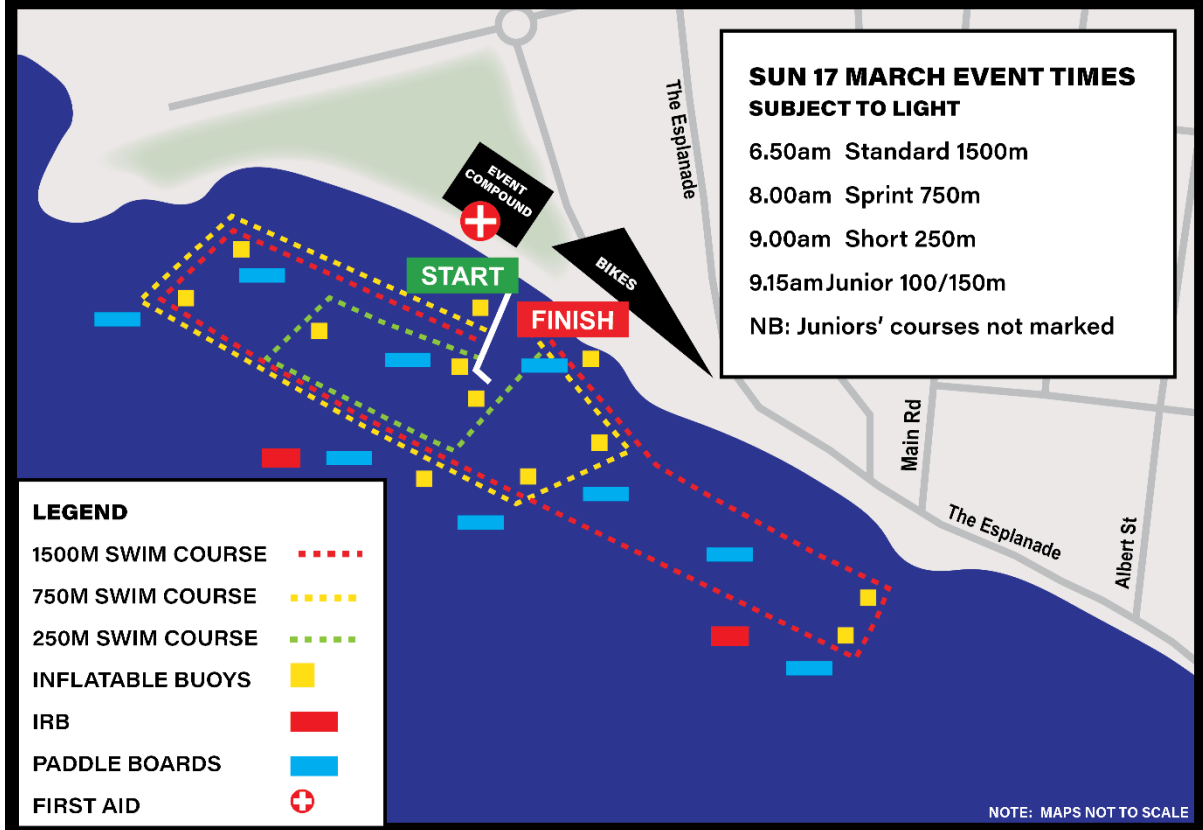
Note: Swim course may change due to conditions on the day

Swim Safety

The following precautionary measures will see all our swimmers exit the water safely over the weekend.

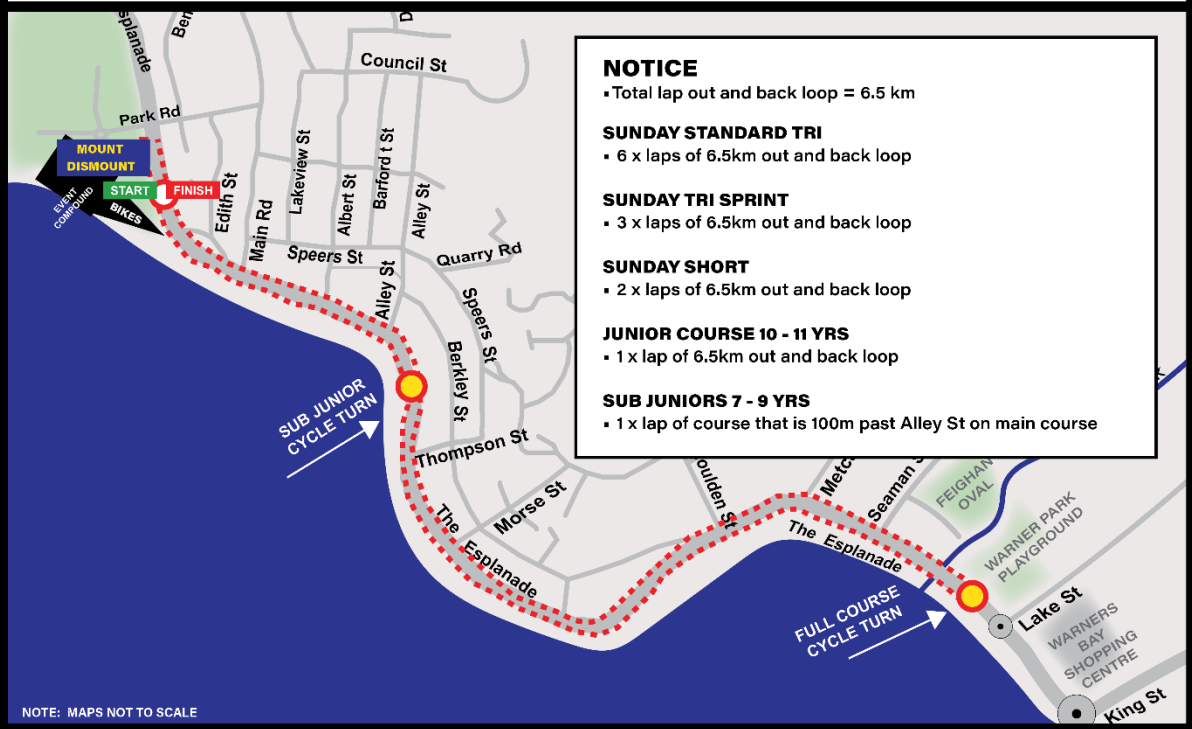
- We have Swansea Belmont Surf Lifesaving Club keeping a watchful eye with 1 x Jetski, 2 x IRB and 8 board paddlers (all with comms)
- We will also have an additional experienced Jetski volunteer assisting
- Our safety protocol states if there is any risk, there will be 3 short blasts on airhorns (multiple horns throughout safety crew) which will initiate a quick exit to shore
- You are never more than 25m from the shore

SUNDAY SWIM COURSE

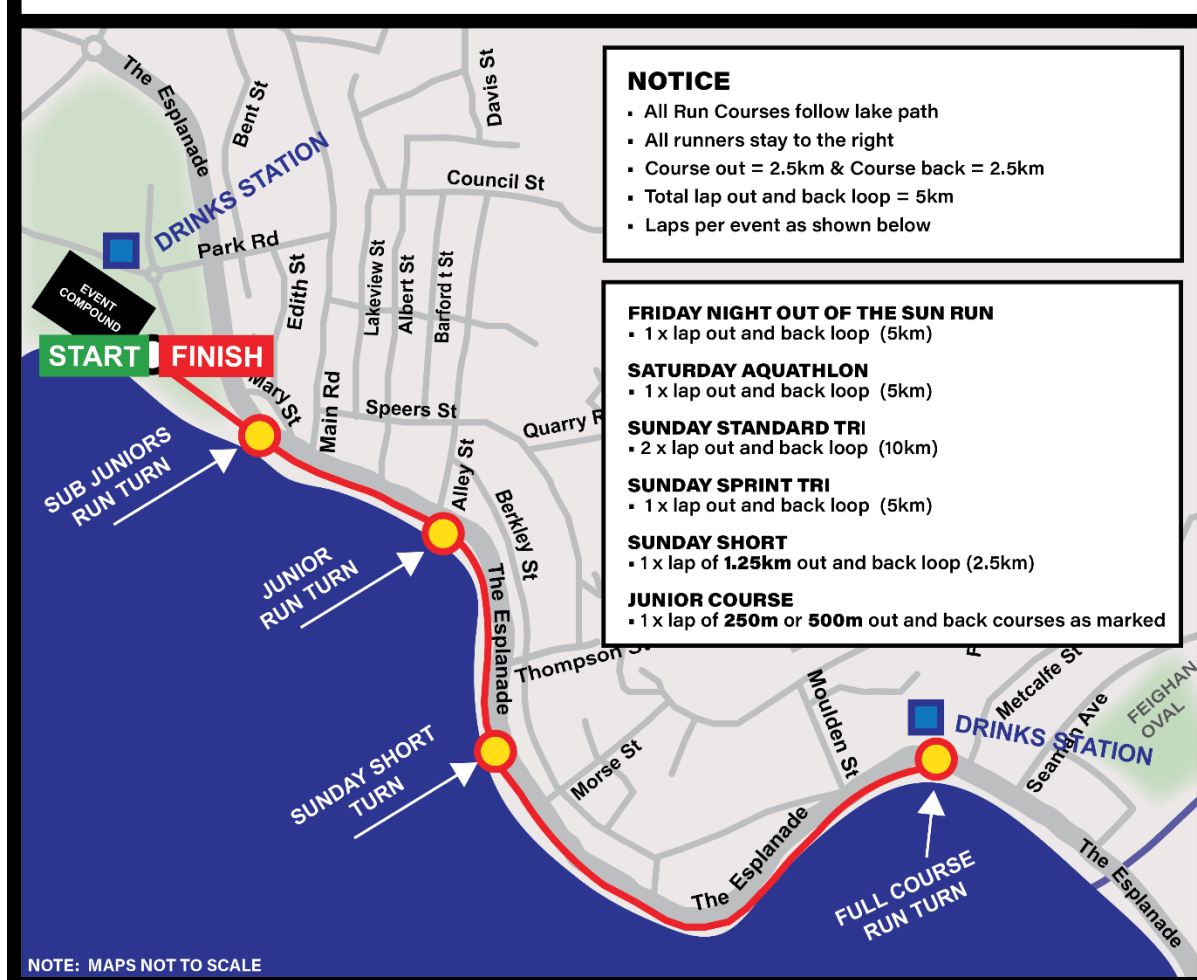


Note: Swim course may change due to conditions on the day

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 within

Race HQ 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

Ample early parking is near Race HQ. Speers Point Park off Park Rd is open all morning and is right next to the compound and finish area. 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'.

Please be mindful and do not cross the road whilst bikes are on course. There are crossing points at either end of each lap.

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.

RACE REGISTRATION LOCATIONS

This will take place from the event compound in the park at Speers Point.

Saturday, 16th March – 7:30am to 4:30pm

Sunday, 17th March - 5:15am to 7:45am

Please ensure you bring you mobile phone for fast check-in at registration.

You must attend registration at least 30min before your race start.

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 11:30am 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 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 and 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 at - <https://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.

**WE HOPE YOU HAVE A GREAT AND ENJOYABLE
RACE**

**WE LOOK FORWARD TO SEEING YOU AT THE
FINISH LINE**