

ADDITIONAL COMPETITOR NOTES

COASTLINE CREDIT UNION TRIAL BAY TRIATHLON

CYCLE COURSE;/RUN

Some pot holes may be present on the road surface, along with water run-off, mud; sand and tree litter; please exercise extreme caution and care on the cycle leg. Note that wildlife adjacent National Parks and roads are also prolific, especially kangaroos, please be aware of their presence and accident potential.

CAUTION: have bike in pre selected low gear to start on the flat area before the hill,

Slower starting cyclists/ team cyclists must give way to faster finishing cyclists approaching Phillip Drive from Arakoon Rd, as they are coming back to the Gaol. EXTREME CAUTION AT INTERSECTION;

Return leg, get off bike on carpet (last corner on loop), adjacent PENALTY BOX :

RUN/ WALK APPROX 100M back into bike transition to start your run, note speed hump.

Note shared divided road with out- going runners

RUN: BE AWARE OF NATURAL TERRAIN with potential obstacles on ground and in trees

Run starts at top exit of transition, turn right and run back down road parallel to transition

RACE BIBS:

Run number on front, bike ID number around seat post (do this carefully as they are selfadhesive with no replacements) Race belts are OK.

CUT OFF TIMES

Due to road closures and volunteer traffic personnel on duty, a time limit has been imposed on the cycle leg based on **2 hours and 15minutes** from the commencement of the swim (3MINUTE WAVE STARTS) or approximately 9.45am. Cyclists must be off the cycle course and in the cycle transition by this time.

Competitors may be withdrawn if these times are not met. Competitors are expected to FINISH within three hours of commencement or approximately 10.30am.

PENALTY BOX: (located at end of cycle; dismount area)

Drafting infringements may result in a 3 minute penalty, while in the Box the competitor must remain as a cyclist, with attire on including helmet and shoes fastened while standing and holding their bike upright; no food or drink can be accepted from others. Behaviour must be respectful to the volunteer manning this Box. Toilet breaks will cause the time via a stopwatch to recommence.

SECURE BIKE COMPOUND: competitors only allowed in :

The bike compound will be secured until approx 10.00am and/ or, until the last competitor leaves the compound to commence their run; any change to this time will be announced on the PA system. Earlier finishing competitors will not be allowed to remove their bikes until this time, for the safety of existing competitors. Bikes can be collected only by the competitor with race number via a race official. The bike compound will be dismantled from approximately 10.30am to 11.00am, this time will be announced. Please respect these safety and security issues!

BAGGAGE: NO bags, bike pumps, or loose equipment is to be left under bike: Only essential cycle/run gear /swim gear (wet suits?) to be neatly placed as well. Please take excess gear out of compound once set up, a numbered plastic bag may be used to place personal items in for storage in numbered bins

FIRST AID TENT

A First Aid Tent is available from medical staff for medical emergencies adjacent the finish area.

MASSAGE:

Available for \$5.00, for a 10 minute massage from volunteer masseurs, with funds donated to Ovarian Cancer Research.

TIMING CHIPS: Please ensure chips are handed in at the finish or on withdrawal.

RACE BRIEFING WILL CONTAIN ADDITIONAL INFO AND RACE REFEREE NOTES;