



Competitors Safety Briefing:

GENERAL

1. Our club race is conducted under the rules and regulations set out by Triathlon Australia's "Race Competition Rules & Policies"
2. Please comply with Covid controls, maintaining social distancing.
3. Competitors must abide by normal road rules during the ride and run legs.
4. No bags are to be left in transitions
5. If at any point throughout the day you are feeling unwell, marshals are on course with mobile phones if you need assistance, we ask that you withdraw from the race and report your race number to the timekeeper at transition.
6. Do not litter out on course. Rubbish vessels are available at transition.
7. No MP3 players of any description are to be used during any leg of the race.
8. Keep left on exiting and entering the pool to/from transition to avoid collisions
9. Obey all directions from marshals, and remember they are giving up their time to enable you to race. Please thank them when you pass them.

THE SWIM LEG

1. Competitors may stop and hold the side of the pool or stand.
2. Competitors in difficulty should raise their arm and call for assistance.



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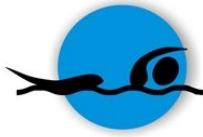
THE CYCLE LEG

1. Helmets must be securely fastened on the head before the bike is removed from the rack, and must remain fastened at all times on the course until the bike is replaced on the rack at the completion of the bike course.
2. All competitors must have their torso covered before removing your bike from the transition rack and must remain on until the end of the race.
3. Competitors must mount and dismount at the designated area, before entering the roadway
4. Our course is open to local traffic, **you must obey all NSW traffic laws**
5. Ensure that you do not short cut any intersections on course.
6. Do not cross the centreline of the road.
7. Obey all directions of marshals.
8. Failure to follow road rules will result in disqualification
9. Combo Lane is a public road and Juniors must keep to the left at all times.
10. It is the responsibility of the competitor to check to see if it is safe to conduct U-turns at the turn around points or proceed at intersections, not the marshal.
11. Rack your bike at the same place as you unracked and that it does not impede any other competitors.
12. You must always pass on the right hand side of fellow competitors and parked vehicles; illegal passing is a very dangerous practice, and cause for disqualification.
13. Do not weave in and out of parked traffic.
14. **Keep in mind whilst on the bike course that drafting* is not allowed** and places yourself and your fellow competitor in a potentially unsafe position on the road. People deliberately drafting will be disqualified from the race.
15. It is the responsibility of an overtaken competitor to fall back **7M** before attempting a new passing manoeuvre.

THE RUN LEG

1. Always keep to the edge of the road, give way to traffic and obey marshal's directions. On return from the Church please don't cross the road to return. Stay on the Church side.
2. Competitors may run or walk, but may not crawl.
3. Competitors may not run with a bare torso or without shoes.
4. A drink station will be available at the start of each lap – water only you must have your own container (cups are not provided)

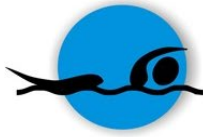
**drafting is when you ride close behind another cyclist and gain unfair advantage from the slipstream they create. Cyclists must leave a 7m gap to the rider in front of them.*



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Course Briefings:

Event	Course Description
Splash and Dash	<p>Swim across the shallow end of the pool.</p> <p>Exit the pool at the stairs and run up to the back of the bleachers, run along the top, through transition and to the finish line.</p>
Sub Juniors	<p>Swim:</p> <p>Starting at the deep end (rego table side), swim diagonally across to the shallow end, then swim up the side of the pool to the stairs at the deep end. Exit pool to bike transition.</p> <p>Bike: (1 lap of Combo lane) Put your helmet on before touching your bike. Walk or run you bike out to the edge of the road. Mount your bike before entering the road. Turn left and while keeping to the left ride to the marker at the end of the road and turn around. Ride back to the where you got on your bike. Dismount your bike and walk/run it back into transition via the shute (marked by orange flags). Rack your bike in the same place you got it from. Remove your helmet and get set for the run.</p> <p>Run: Put your shoes on and run out to the road. Look for traffic and listen to the Marshall. Turn right and run towards the Church. Stay on the grass and not on the road. At the marker turnaround and run back to the entrance to the pool and to the finish line.</p>
Juniors	<p>Swim:</p> <p>Starting at the shallow end (rego table side), swim up to the side of the pool to the deep end, then diagonally across to the shallow end, then swim up the far side of the pool to the stairs at the deep end. Exit pool to bike transition.</p> <p>Bike: (2 laps of Combo lane) Put your helmet on before touching your bike. Walk or run your bike out to the edge of the road. Mount your bike before entering the road. Turn left and</p>



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	<p>while keeping to the left ride to the marker at the end of the road and turn around. Ride back to the where you got on your bike. Do a second lap. Dismount your bike and walk/run it back into transition via the shute (marked by orange flags). Rack your bike in the same place you got it from. Remove your helmet and get set for the run.</p> <p>Run: Put your shoes on and run out to the road. Look for traffic and listen to the Marshall. Turn right and run towards the Church. Stay on the grass and not on the road. At the marker turnaround and run back to the entrance to the pool. Do a second lap then run to the finish line. You cant access the Finish Line unless you're returning from the church.</p>
Enticer	<p>Swim:</p> <p>Starting at the shallow end (rego table side), swim up to the side of the pool to the deep end, then diagonally across to the shallow end, then swim up the far side of the pool to the stairs at the deep end. Exit pool to bike transition.</p> <p>Bike: (3 laps of Combo lane) Put your helmet on before touching your bike. Walk or run you bike out to the edge of the road. Mount your bike before entering the road. Turn left and while keeping to the left ride to the marker at the end of the road and turn around. Ride back to the where you got on your bike. Do 2 more laps. Dismount your bike and walk/run it back into transition via the shute (marked by orange flags). Rack your bike in the same place you got it from. Remove your helmet and get set for the run.</p> <p>Run: (3 laps) Put your shoes on and run out to the road. Look for traffic and listen to the Marshall. Turn right and run towards the Church. Stay on the grass and not on the road. At the marker turnaround and run back to the entrance to the pool. Do 2 more laps then run to the finish line. You can't access the Finish Line unless you're returning from the church.</p>
Supersprint (Short Course)	Swim:



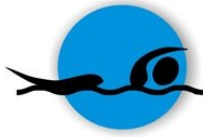
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	<p>Starting at the shallow end (bleachers side), swim two (2) laps of the pool, then swim the length of the pool to the stairs at the deep end. Exit pool to bike transition.</p> <p>Bike: (12 Km) Put your helmet on before touching your bike. Walk or run you bike out to the edge of the road. Look for cars then take your bike to the far side of the road to mount your bike. Turn right on to Civic ave, left on to Queen st to Redbournberry bridge, right on to Glendon rd after crossing the Bridge and riding through to Big Ridge (Hill). At the bottom of the hill, riders check for no traffic and 'U' turn returning back to ride start. Dismount your bike and walk,run it back into transition via the shute (marked by orange flags). Rack your bike in the same place you got it from. Remove your helmet and get set for the run.</p> <p>Run: Put your shoes on and run out to the road. Look for traffic and listen to the Marshall. Turn left and run towards end of Combo lane. Turnaround at the marker and run to the Church. At the marker turnaround and run back to the entrance to the pool and to the finish line.</p>
Long Course	<p>Swim:</p> <p>Starting at the shallow end (bleachers side), swim four (4) laps of the pool, then swim the length of the pool to the stairs at the deep end. Exit pool to bike transition.</p> <p>Bike: (20 Km) Put your helmet on before touching your bike. Walk or run you bike out to the edge of the road. Look for cars then take your bike to the far side of the road to mount your bike. Turn right on to Civic ave, left on to Queen st to Redbournberry bridge, right on to Glendon rd after crossing the Bridge and riding through to Big Ridge (Hill). At the bottom of the hill riders sweep left to continue on Glendon rd on a flat straight section of road for 4km. Continue past Roughit Lane and up the hill to the turnaround marker. Check for no traffic and 'U' turn returning back to ride start. Do not turn at the Church, turn at Civic Avenue, where</p>



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	<p>Marshal will be standing. Dismount your bike and walk/run it back into transition via the chute (marked by orange flags). Rack your bike in the same place you got it from. Remove your helmet and get set for the run.</p> <p>Run: Put your shoes on and run out to the road. Look for traffic and listen to the Marshall. Turn left and run towards end of Combo lane. Turnaround at the marker and run to the Church. At the marker turnaround and do a second lap then run back to the entrance to the pool and to the finish line. You can't access the Finish Line unless you're returning from the church.</p>
X Long Course	<p>Swim: Starting at the shallow end (bleachers side), swim eight (8) laps of the pool, then swim the length of the pool to the stairs at the deep end. Exit pool to bike transition.</p> <p>Bike: (35 Km) Put your helmet on before touching your bike. Walk or run you bike out to the edge of the road. Look for cars then take your bike to the far side of the road to mount your bike. Turn right on to Civic ave, left on to Queen st to Redbournberry bridge, right on to Glendon rd after crossing the Bridge and riding through to Big Ridge (Hill). At the bottom of the hill riders sweep left to continue on Glendon rd on a flat straight section of road for 4km. Turn left onto Roughit Lane and up the hill for about 3km to the turnaround marker. Check for no traffic and 'U' turn returning back to Glendon Lane. Turn left onto Glendon lane and up the hill to the turn around marker. Check for no traffic and 'U' turn head back down the hill and turn left into Scotts Flat Road. Giveaway to vehicles on Pankhurst bridge it is single lane only. Continue to end of Scotts Flat road and do U-turn, returning back to Glendon Lane. Scotts Flat is a farming road so be prepared for road debris, tractors, trucks, cows and motorbikes. Turn left on Glendon Lane and head back to the start. Do not turn at the Church, turn at Civic Avenue, where Marshal will be standing.</p>



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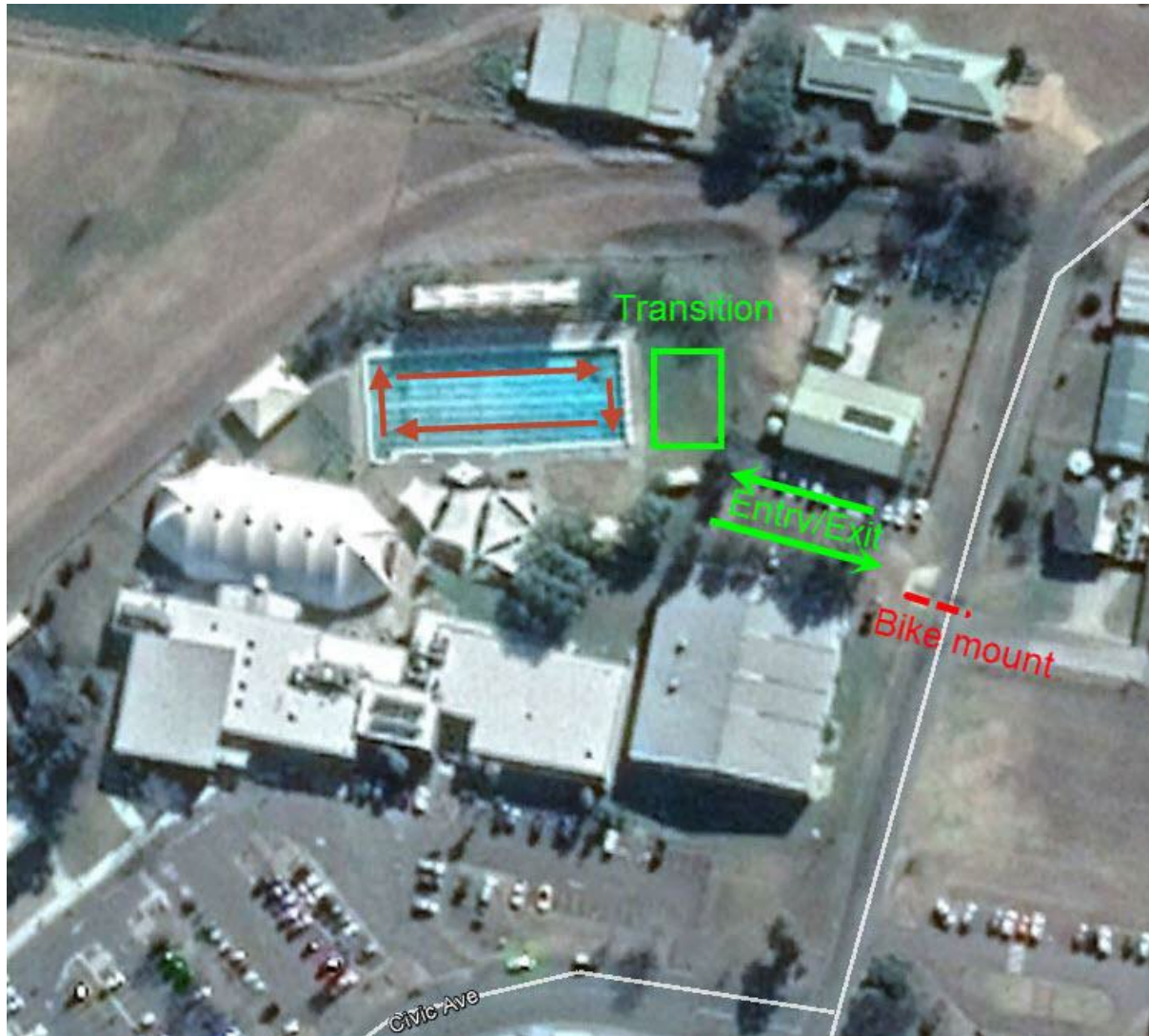
	<p>Dismount your bike and walk/run it back into transition via the shute (marked by orange flags). Rack your bike in the same place you got it from. Remove your helmet and get set for the run.</p> <p>Run (10km): Put your shoes on and run out to the road. Look for traffic and listen to the Marshall. Turn left and run towards end of Combo lane. Turnaround at the marker and run to the Church. At the marker turnaround and do three more laps then run back to the entrance to the pool and to the finish line. You can't access the Finish Line unless you're returning from the church.</p>
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Course Maps:

Pool and Transition

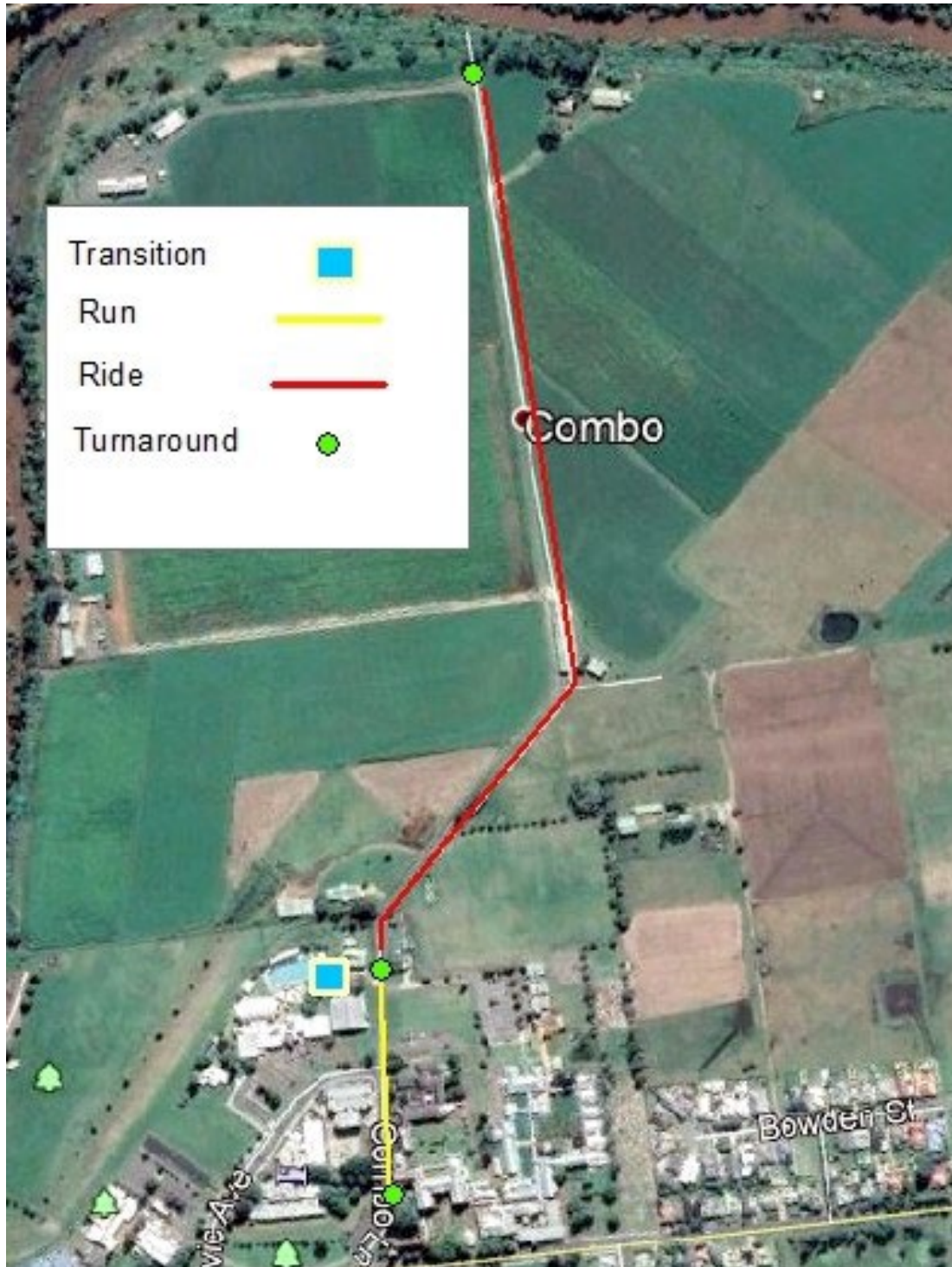




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Enticer and Junior Course

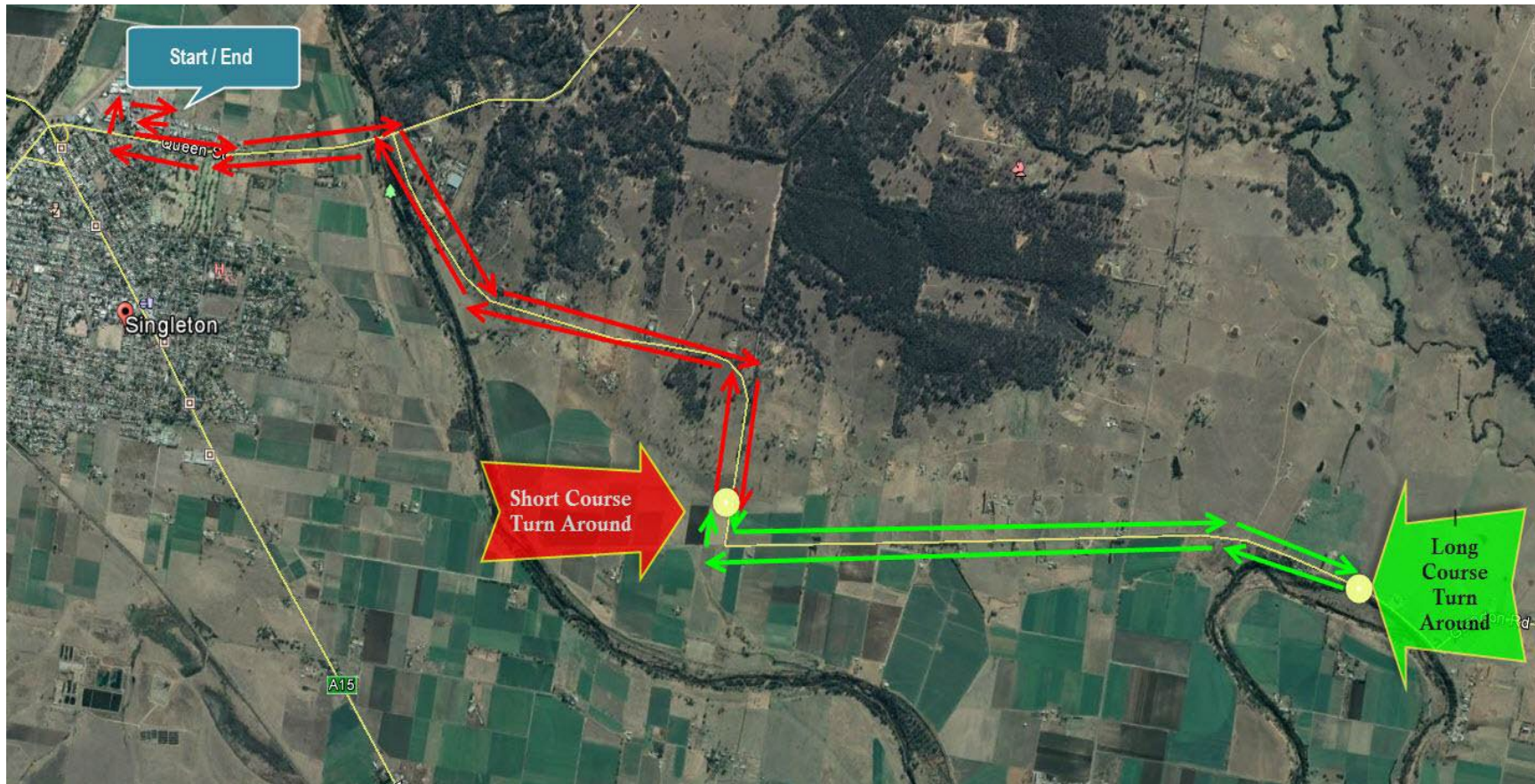
Sub-Junior 1 Lap || Junior 2 Laps || Enticer 3 Laps





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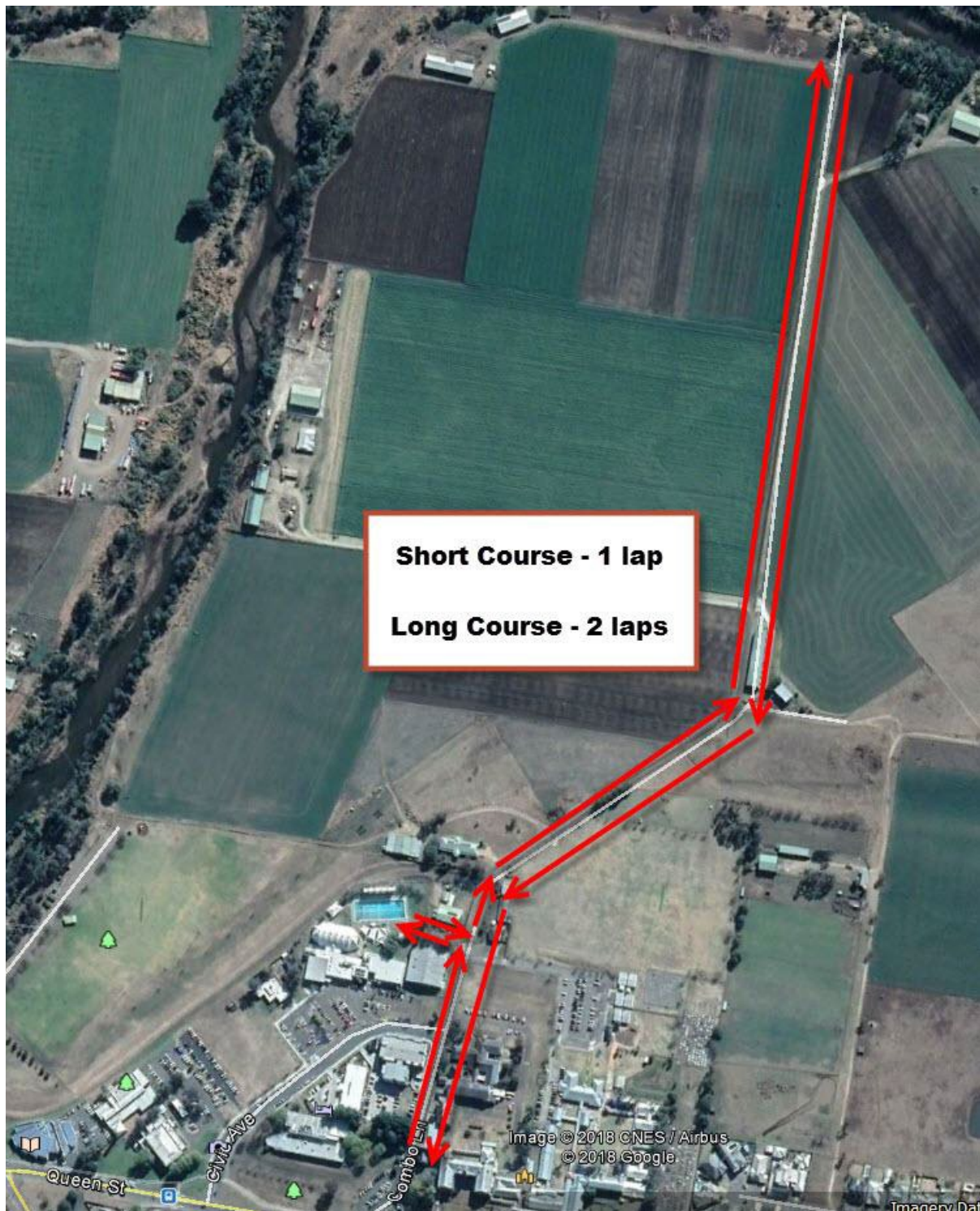
Long and Short (Super-Sprint) Bike Course





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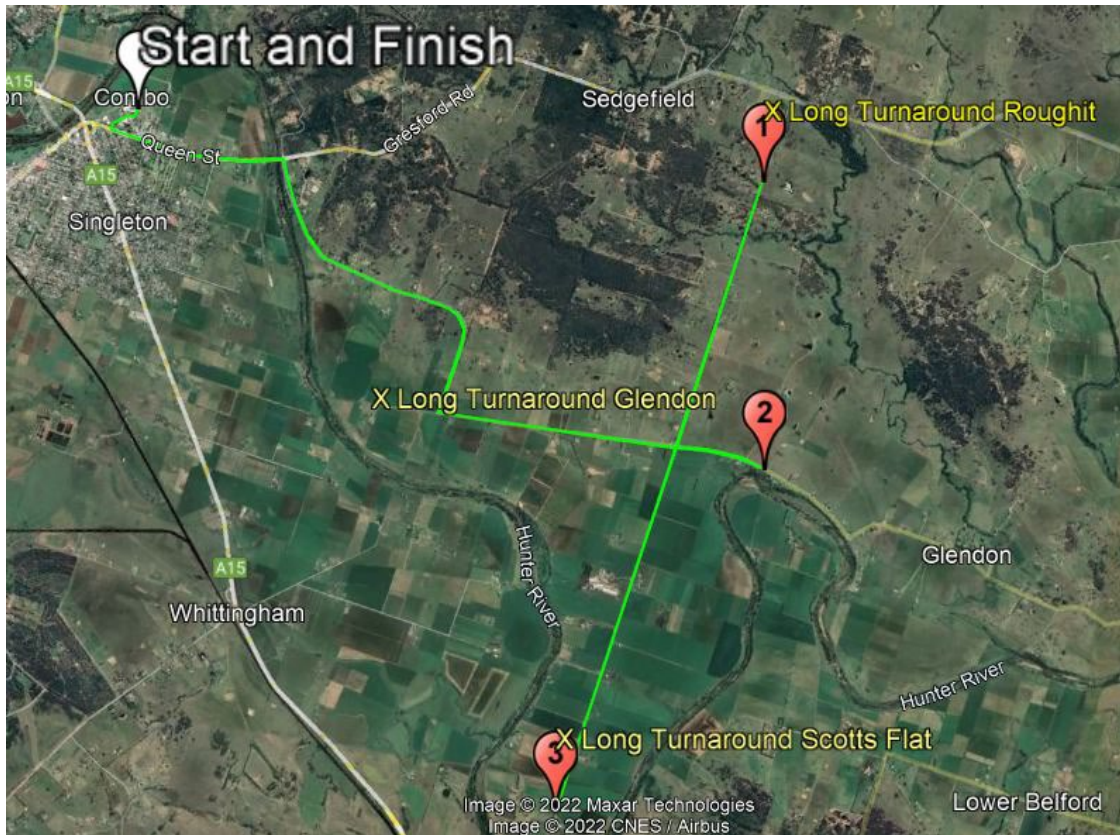
Long and Short (Super-Sprint) Run Course





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X Long Bike Course



Glendon/Roughit/Scott intersection

