



Coomealla Memorial Sporting Club SA Sprint Triathlon Championships

EVENT SCHEDULE

Saturday 10th December 2011

750m Dash for Cash Swim

Sunday 11th December 2011

Coomealla Memorial Sporting Club 21st Anniversary Triathlon

750m swim, 20k bike, 5km run

Coomealla Memorial Sporting Club Challenge Triathlon

200m swim, 10k bike, 2.5k run

Coomealla Golf Club

Saturday 10th December 2011

2.00pm – 5.00pm Registration & pick up race pack at the Coomealla Golf Club (**THIS IS PREFERRED OPTION – you can register on Sunday morning**)

3.30pm Swim race briefing

4.00pm Dash for Cash Swim

6.30pm Dinner at Coomealla Memorial Sporting Club Restaurant. Order from the menu.

Sunday 11th December 2011

6.30am – 8.00am Transition & Registration opens

8.00am Transition closes. No bikes can be exited after this time, or allowed on course after 8.15am.

8.15am Race Briefing

9.00am Race Start. Wave starts will be published at registration

Presentations will take place approximately 11.30am EST

(60 minutes after the last competitor has finished)

9.15am Challenge Swim Start

GENERAL INFORMATION

ACCOMMODATION

Preferred accommodation is the **COOMEALLA RESORT MOTEL & CARAVAN PARK** (03) 50274737 or Freecall 1800674505

ENTERING THE RACE

In the 2011 Coomealla Memorial Sporting Club SA State Sprint Championships Triathlon, there is only **ONE** method of entering the event. Go to www.coomeallatriclub.com and enter online using a credit card for payment

All entries will close **at 5.59pm on FRIDAY 9th December 2011**. Entries after this time will incur a **\$15.00 late fee** and participants will have to complete a paper entry available at registration on Saturday or Sunday morning. Definitely **NO** entries will be taken after 8.00am on Sunday.

Paper entries are **not** available before Saturday 10th December and the late fee will apply.

AGE GROUPINGS

The Age Group categories for the Coomealla Triathlon Series will be in 5 year age groupings except for the junior & junior elite categories.

12-13yrs, 14-15yrs, 16-17yrs, 18-19yrs, 20-24yrs, 25-29yrs, 30-34yrs, 35-39yrs

40-44yrs, 45-49yrs, 50-54yrs, 55-59yrs, 60-64yrs, 65-69yrs, 70-74yrs, 75+

There is also a Junior Elite section for those athletes associated with their State Association Development

Program. These athletes may race in the Open wave at Coomealla. They are, however, ineligible to win any prize money. Prizes will be awarded to Junior Elite as per the Age Group winners.

OPEN CATEGORY

The Open category is for those athletes competing for prize money at Coomealla or Open points in the SA State Championship Series.

ANY COMPETITOR WHO WISHES TO CHANGE FROM AN AGE GROUP CATEGORY TO OPEN AFTER ENTRIES HAVE CLOSED WILL NEED TO PAY A \$10.00 CHANGE OVER FEE.

PRIZEMONEY

There will be prize money on offer for the Open category at the Coomealla Triathlon. Equal prize money is awarded to both the male and female open categories.

The breakdown of the prize money for each race is as follows:

Coomealla Memorial Sporting Club Triathlon

1st M & F **\$500**, 2nd M & F **\$275**, 3rd M & F **\$125**, 4th M & F **\$75**, 5th M & F **\$50**, 6th M & F **\$25**

Tasco Inland 750m Dash for Cash Swim

1st M & F **\$250**, 2nd M & F **\$150**, 3rd M & F **\$75**

DINING SATURDAY

Coomealla Memorial Sporting Club - Vineyard Restaurant – Off the menu - commencing @ 6.30pm

Telephone (03) 50274505 or Freecall 1800674505

AGE GROUP PRIZES

Coomealla Memorial Sporting Club Triathlon: Age Group winners will be presented with a \$50 fuel voucher & medals for team category winners. Age group winners in the Dash for Cash swim will be presented with a \$25 fuel voucher.

Challenge Triathlon: Age group winners will be presented with medals.

AGE LIMITS FOR ALL EVENTS

All ages for ALL age groups are calculated as of **31/12/11**.

The following is age limit for the Coomealla Triathlon **Individual** 14 years **Team** 12 years.

The age limit for the Enticer Triathlon is 12 years as of 31/12/2011

These age limits are approved by Triathlon Australia.

AID STATIONS

The Coomealla Triathlon Club will provide water stations on the run course of the triathlon. Sports drink, fruit, buns and other refreshments will be provided at the finish of each event.

Coomealla Memorial Sporting Club Triathlon: 4 drink stations. The first Drink station will be positioned at the transition exit and can be accessed on exiting the transition and after the first run lap. The 2nd drink station will be positioned approximately at the 2km mark & can be also accessed on the 2nd run lap. There will also be a drink station at the swim exit.

COMPETITOR RACE NUMBER BIBS

These bibs must be visible at all times during the Event. Numbers must not be altered in any way and **MUST** be displayed on **UPPER CLOTHING**. **If pinning the bib to clothing, it must be pinned to the front.** **Race Belts:** If you decide to use a race belt, it is essential to note that the rule is the number must be displayed at the back (bike) and front (run), **ie the race belt must not be moved so as to cause the race number to be displayed on the hip.** This practice may lead to disqualification. It is common for race numbers to become detached from race belt toggles. You should ensure therefore that the number is firmly secured. Pinned numbers may also be a problem in this regard especially if worn during the swim.

HELMET NUMBERS

At the Coomealla and Euston races, competitors will be required to place a race number on the **right hand side** of the helmet. These numbers will be included in the competitor race pack.

PROPERTY

Please use the luggage tag as **identification on your personal gear bag** and store these items in the property tent at the compound area. Please note that the Race Organizers take no responsibility for lost property.

MEDICAL

Medical assistance will be available from mobile medical personnel on the Course. Please ask for medical help if you have even the slightest hint you may need it. Please note - if you are transported by ambulance you could be required to meet costs involved unless you are covered by an appropriate fund. Any aid given by race medical personnel is permissible and will **not** lead to disqualification. **However, if you have any outside assistance you will be disqualified.**

MEDICAL / FITNESS WAIVER

As a competitor, you have accepted the "Conditions of Entry" and "Event Waiver". Please note this is a legal part of the form and affects your rights and it is important that you are aware and understand all sections. As part of your entry, you have attested that your physical condition is sufficient to compete in this event. If you have developed a medical condition since you registered to enter the event, please notify the race organizers.

OUTSIDE ASSISTANCE

A competitor will be disqualified if they accept any form of outside assistance from spectators whilst competing in the event. Please warn your coach, family and friends that any form of contact, including following you along any part of the course, will result in immediate disqualification from the Race. There are sufficient viewing areas on the swim, bike and run legs for your family, friends, coaches and supporters to see you during the race. **Do not allow them to automatically disqualify you by being on the Course with you.**

Officials at Aid Stations and on the Course, as well as the Police, have the authority to report outside assistance to the Race Referee. **Outside assistance will result in disqualification.** There is absolutely no provision for having anyone running, walking, cycling, driving beside or near you. Spectators can support and encourage you **as you go by.**

Illegal Items

Spectators, family, friends or supporters are **not** permitted to hand any item to a competitor during the race. This includes food and drink. You cannot accept items from anyone other than volunteers at aid stations or medical officials. Triathlon Australia rules dictate that you cannot use a mobile phone or wear a headset (portable radio, MP3, iPod, CD player, etc) whilst competing. All of the above will result in disqualification from the Race.

RACE RESULTS

Race results will be made available on www.coomeallatriclub.com the Monday after the race. There are occasions when the results are posted Sunday evening, however we cannot guarantee this.

TIMING BANDS (CHIP)

The Coomealla Triathlon Series will be timed by an electronic chip system and involves the use of an electronic chip encased in a neoprene ankle band. Your responsibilities as a competitor include:

1. When you register you will be issued with your Chip Timing Band.
2. You must wear the Chip timing band at all times while racing. The timing band must be attached to your **left ankle** on race morning for the swim. You must leave it on until you finish the entire race course. It is a means of recording your finish times across the special timing mats located at the end of each leg of the race.
3. 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 do not finish the race you are responsible for returning the timing band to the Officials at the finish area.
4. The timing chip and band is to be returned intact to the Race Officials at the completion of the race or pay a AUD\$50.00 fee.
5. **Do not lose or forget your timing band on race day.** There will be a limited number of replacement band which will be given to the competitor after a \$50.00 bond is paid. You will remain responsible for the return of the original band and any replacement band or the cost of them. The bond will be returned once the race officials have received the original band and the replacement band. Notwithstanding the payment of any replacement, failure to return the band/s will lead to prevention of future participation in Coomealla Triathlon Club events.
6. **It is imperative that you return the timing band to the officials at the finish line should you withdraw from the race at any time.** It is essential for us to know where you are on the course for your safety and our ability to post accurate official results post race.
7. Should you lose your timing band during any leg of the race, you should alert an Official

at the finish of that particular leg.

REGISTRATION

- You must register on race morning, however, you have the **option** to register on Saturday afternoon. **Coomealla Golf Club** – Saturday 2.00pm – 5.00pm

• PLEASE ENSURE YOU ARE REGISTERED BEFORE YOU CHECK YOUR BIKE INTO TRANSITION.

- You require your timing chip to be attached to your left ankle to be able to gain entry to transition
- **Teams:** The swimmer requires the timing chip to gain entry the bike rider requires a race number (or helmet number for the Coomealla & Euston races) and the runner requires a race number
- Your name will be ticked off a list when you first arrive into transition. We need to ensure all competitors have arrived.

BIKE CHECK IN RACE MORNING 6.30AM – 8.00AM

TRANSITION AREA

COMPETITORS ONLY ALLOWED IN THE SECURED AREA (Bike not to be removed from transition after entry to secured area) NO ONE allowed on course after 8.15am.

Your TIMING CHIP is your entry to this area. (race numbers or helmet numbers for team riders & runners) **You should arrive at transition with your bike in safe working order and your helmet secured on your head.**

ANY BICYCLES PLACED IN THE TRANSITION AREA BEFORE TRANSITION BEING OPENED BY THE TECHNICAL OFFICIALS WILL BE REMOVED.

VISUAL BIKE CHECK

Triathlon Australia Technical Officials will carry out a visual inspection of your bike when you check into transition on race morning. It is essentially a visual check on obvious defects. It is not a certification of roadworthiness by Triathlon Australia Technical Officials or race 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

Triathlon Australia Technical Officials will carry out a visual inspection of your helmet when you check your bike into transition.. Your helmet must be correctly fastened on your head at the time of inspection. This visual inspection, however, as with the bike inspection, is not a certification of roadworthiness.

BODY MARKING

Competitors need to ensure they have a race volunteer mark their race number on the right arm and right leg. A category letter will be marked on the right calf. This letter will be written on the front of the competitor race pack.

RULES FOR THE RACE

The race organizers will follow Triathlon Australia rules as stated in this booklet. If you have any queries regarding any aspects of competing or any of the rules, please discuss with Technical Officials in the transition area prior to the race.

TECHNICAL OFFICIALS

There will be a Race Referee and Technical Officials appointed by Triathlon Australia to administer **ALL** race rules for the entire race. All competitors are expected to be familiar with Triathlon Australia rules. Trained and accredited Technical Officials will cover the entire course and be present on the bike course as pillion passengers on the back of motorcycles (draftbusters).

WATER TEMPERATURE

The expected water temperature for Race Day will be posted on the Saturday afternoon before the race in the registration tent and an updated temperature will be posted one hour before the race..

SAFETY MEASURES IN THE SWIM

Safety measures include patrolling board paddlers, during swim to ensure the safety of all competitors. If a competitor requires assistance, please raise your hand / arm to alert Officials who will come to your aid.

TEAM MEMBER CHANGE OVER & INFORMATION

All change overs **MUST** occur at the place the team bike is racked.

Once the swimmer has returned to transition, they must move to where the cyclist has racked the bike. At this point the swimmer must remove the timing chip & the cyclist must secure it to their **left ankle** before the bike is moved from the rack.

The change over from cyclist to runner must occur after the bike has been racked. The runner must secure it to their **left ankle** before leaving the transition area.

Race Numbers – The cyclist needs to wear the helmet number on the right hand side of their helmet & the runner needs to wear the race number on the front of their clothing.

Failure to follow these instructions, could result in disqualification for the team.

BIKE COURSE - ROAD RULES

All competitors must follow New South Wales (NSW) Traffic rules and keep on the left of the roadway at all times for the Coomealla event.

TRIATHLON AUSTRALIA RULE INFRINGEMENTS

Technical Officials will be conveyed on motorcycles on the bike course to ensure all race rules are observed. The Technical Official will advise the competitor of the reason for any infringement issued. It is the competitor's responsibility to ensure what the infringement is for and what the nature of the penalty is.

YELLOW / RED CARDS - If you receive either a Yellow or Red card for any infringement, you must follow the directions of the Technical Official as you will be required to proceed to the penalty box located near the transition area to serve a **two (2) minute** time penalty.

INFRINGEMENTS - other than blocking or drafting - For these infringements (involving either a Yellow or Red card), you will be required to carry out a stop/start penalty with the Technical Official on the course as near as possible to the point of the infringement. At all times you must follow the directions of the Technical Official as he/she, in conjunction with their motorcycle rider, will select a safe position off the course for you to carry out the stop/start penalty.

Two infringements for either drafting and/or blocking is automatic disqualification with no right of appeal.

PENALTY BOX

The Penalty Box will be sign posted. It will be located at the finish of the bike course near the transition area. The Penalty Box is part of the bike course so you must remain in your full cycle clothing including helmet on head and securely fastened, while serving the time penalty. You must remain standing and hold your bike upright at all times. You can consume food and drink carried on your bike. Accepting food or drink from a third party is outside assistance and will result in disqualification.

MANUAL TIMING AS A BACKUP

The events will be manually timed as a back up (finish times only). **Please ensure race numbers are at the front at the finish line.** If the manual timer can't see the race number because it isn't displayed on the front, the competitor will NOT receive a backup time.

TRANSITIONS PROCEDURES - SWIM TO BIKE & BIKE TO RUN

You must not take your bike from the rack until you have your **helmet securely fastened to your head.** You must then walk/run your bike to the mount line.

When you reach the Bike Finish chute, you will dismount at the line and proceed with your bike to the bike compound for racking. Your helmet must remain securely fastened to your head **until you have racked your bike.**

COURSE MAPS

Course maps for all Coomealla Triathlon are available to download from www.comeallatriclub.com in PDF format.

FURTHER INFORMATION

If you require any further information, please contact

Race Director

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0430502948