

Thank you for Registering for the Toyota Olympic & Sprint Distance Triathlon Please read the important race rules – they will not be repeated at the Race Briefing

PROGRAMME

Transition will be closed and there will be no access after 7:55am

- Olympic Distance Starts at 8:00am 22nd April
- Sprint Distance Starts at 08:30am 22nd April
- Presentations and prizes at aprox. 11:30 am

COLLECTION OF RACE TIMING CHIPS

6am -7:45am Sunday, 22nd of April – Rundle Park, St Georges Beach

- Please collect your race pack containing your timing chip (if required), swim cap etc from Registration at Rundle Park, St Georges Beach before 7:30am Sunday 22nd April (Race Day)
- If you are a club member use your normal timing chip
- All competitors must register with race control before 7:30am and show a race number on arm & calf

Race Briefing

The race briefing for all competitors and teams will take place at St. George Beach, Bluff Point ,14th April

- Olympic Distance Briefing 7:45am
- Sprint Distance Briefing 8:10am
- EACH COMPETITOR MUST ATTEND THE RACE BRIEFING.

TEAMS

- Teams will register and use one timing band only
- Teams members must only exchange timing bands in the teams area—after bikes are racked
- All Team members are to cross the timing map together on the final leg

PENALTIES

- If you are shown a yellow card by a race official you are to proceed to the penalty box on your current cycle or run lap for three minutes
- If you are disqualified by a race official you must leave the race course
- Penalties will be given for Drafting (being with in 8m of bike in front for over 30 seconds)
- Blocking on the bike course—riding 2 or more abreast
- Not obeying road rules on the bike course—you must give way to all other traffic and obey all road rules
- You may be disqualified for Not completing all the course, receiving more than two warnings, breaking traffic laws, Disrespecting on course officials or marshals or acting in an unsporting manner

USE OF WETSUITS

- Wetsuits are permitted for the Toyota Sprint & Olympic Distance Triathlon swim

USE OF SWIM CAPS

- If you wish to use flippers of other swim aids you must inform race control—you will receive a time but not a race position.

SWIM CAPS

- All competitors are to wear the supplied swim cap

COMPLETING THE COURSE

- If you do not complete any part of the course you must tell race control as soon as possible

ASSISTANCE ON COURSE

- If a competitor requires on course medical assistance please stop and assist - in an emergency contact emergency services 000 —for assistance contact race control 041 888 1937
- You are expected to be independent on course and carry spares etc, however there will be an on course vehicle which may be able to help with limited assistance and spares

Water on Course

- There will be one water station at the 2.5km mark on the run course—there is no water station on the cycle course

MEDALS

- Every individual and team member that completes the course will receive a unique finishers medal

DISCALIMER

- All competitors are required to complete and sign a disclaimer before race start at registration

DRAFTING

- Drafting is strictly not allowed in the Toyota Sprint & Olympic Distance Triathlon. Competitors will be penalised for drafting. The draft zone is eight metres (roughly four bike lengths). Competitors must stay at least four bike lengths behind the competitor in front of them to correctly avoid the draft zone. There will be marshals on the course conducting drafting checks.

TRIATHLON
CLUB