

GERALDTON TRIATHLON 2020 CALENDAR

Date & Time	Event & Venue & Sponsor	Distances	Marshals
Sunday 5th January 2020 8.00am	GO HEALTH LUNCH BAR New Year's Resolution St Georges	Enticer: 300/7/2 Short: 300/17/4 Long: 600/27/5	Marshal: Mark Adam Marshal: Fiona Angelatos Marshal: Maddison Bradley Coordinator: Helen Taylor
Sunday 12th January 2020 8.00am	REVOLUTIONS Club Championship Race 3 St Georges	Enticer: 300/7/2 Short: 300/17/4 Long: 600/27/5	Marshal: Paul Baldock Marshal: Di Todd Marshal: Lorcan McGonagle Coordinator: Matt Chamberlain
Sunday 19th January 2020 8.00am	SNAP FITNESS St Georges	Enticer: 300/7/2 Short: 300/17/4 Long: 600/27/5	Marshal: Paul Burkinshaw Marshal: David Heyhoe Marshal: Ray Crudelli Coordinator: Scott Dennett
Saturday 26th January 2020	Champion Bay Challenge at Champion Bay surf club near the Rubik's cubes (No triathlon this weekend)	Juniors 1km Seniors 1.5km, 3km & 6km	Hosted by the Champion Bay Surf Life Saving Club
Sunday 2nd February 2020 8.00am	GERALDTON BIKES Double Up Series St Georges	Enticer: 300/7/2 Short: 300/7/2 (x2) Long: 300/7/2 (x3)	Marshal: Simon Teakle Marshal: Peter Hearne Marshal: Eliza Thomas Coordinator: Monique Burrows
Sunday 9th February 2020 8.00am	MIDWEST OPTICAL St Georges (Busselton Jetty Swim Weekend)	Enticer: 300/7/2 Short: 300/17/4 Long: 600/27/5	Marshal: Petrina Wakelam Marshal: Dannika Barras Marshal: Chantelle Hattingh Coordinator: Troy Gildersleeve
Sunday 16th February 2020 8.00am	REVOLUTIONS Club Championship Race 4 St Georges	Enticer: 300/7/2 Short: 300/17/4 Long: 600/27/5	Marshal: Deb Carlyon Marshal: Ed Cooney Marshal: Ryan Dennett Coordinator: Jane Benson
Sunday 23rd February 2020 8.00am	GERALDTON BIKES Double Up Series St Georges (Turquoise Coast Jurien Bay Triathlon & Duathlon Weekend)	Enticer: 300/7/2 Short: 300/17/4 Long: 600/27/5	Marshal: Shaun Dynan Marshal: Robert Melville Marshal: Lindsey Richmond Coordinator: Mischa Westlake
Sunday 1st March 2020 8.30am	MIDWEST OPTICAL HORROCKS	Distances TBA BBQ Afterwards	Marshal: Matt Chamberlain Marshal: Jo Marshall Snosages: Scott Dennett Coordinator: Paul Luxton

Sunday 8th March 2020 8.00am	GERALDTON BIKES Double Up Series St Georges	Enticer: 300/7/2 Short:300/7/2 (x2) Long:300/7/2 (x3)	Marshal: Emma Jones Marshal: Hanna Dethlefsen Marshal: Richard Houwen Coordinator: Victoria Freer
Sunday 15th March 2020 8.00am	REVOLUTIONS Club Championship Race 5 St Georges	Enticer: 300/7/2 Short: 300/17/4 Long: 600/27/5	Marshal: Michael Richmond Marshal: Andrew Blackburn Marshal: Laura Burkinshaw Coordinator: Ben Freer
Sunday 22 nd March 8.00am	ATHLETE'S FOOT St Georges	Enticer: 300/7/2 Short: 300/17/4 Long: 600/27/5	Marshal : Chloe Spence Marshal: Fiona Angelatos Marshal: Chris Cooper Coordinator: Jo Marshall
Sunday 29th March 2020 8.00am	Rockingham TriClub Shoalwater Classic (Its an Away week)	Olympic Distance 1500/40/10	If you would like to have a go individual or join one of our teams contact Ben 041 888 1937
Sunday 5th April 2020 8.00am	ANKLE AND FOOT HEALTH GROUP St Georges (3 & 5 Dams Event weekend)	Enticer: 300/7/2 Short: 300/17/4 Long: 600/27/5	Marshal:Shantell Dewer Marshal:Charlotte Inwood Marshal:Jesse Steele Coordinator: Helen Taylor
Sunday 12th April 2019 7.30am	GERALDTON TOYOTA Olympic Triathlon St Georges	Short: 900/20/5 Long: 1500/40/10	Marshals: Volunteers required for this event Coordinator: Ben Freer
Sunday 19 th April 8.00am	REVOLUTIONS Team Challenge St Georges	Enticer: 300/7/2	Marshal:Jess Bower Marshal:Jiki Vanamstel Marshal:Sarah Haskell Coordinator: Paul Luxton
Sunday 26 th April 4.00pm	END OF SEASON WIND UP Spalding Park Golf Club		

PLEASE NOTE: Please gather at the race venue **45 minutes** prior to the race start so that names and details can be entered into the computer system. Anyone nominating later than **10 minutes** before the race start, will be **allowed** to participate but will not be entered into the computer system and therefore will not be eligible for any points or prizes.

Club President
Ben Freer
Phone: 0418 881 937

Email
info@geraldtontriclub.com.au

Marshaling Coordinator
Troy Gildersleeve
0436 852 587

Club Vice-President
Scott Dennett
Phone: 0400740866

Club Information

We encourage participants of all abilities ... "surprise yourself - come and have a go!"
Geraldton Tri Club Members pay \$3 per event.
Non-members pay \$15 per event.

We welcome all family members. Children must be in Year 7 high school at the time of competition and deemed competent by their parents and the Tri Club committee.

Even though the race distances are marked for each course on the day, members are allowed to alter the distances of each leg to suit their needs/fitness or ability. You just need to inform the timer keeper that you have altered your course distance. You will not be eligible for Championship or Double Up Series points.

The cycle leg for all events are non-drafting. On the cycle leg you must be at least 5 meters behind the person in front of you unless you are overtaking. If you have been overtaken you are not allowed to spend time in the slip stream and must let the overtaking person get 5 meters in front before attempting to re-overtake. Penalties will apply.

Tri Club Marshaling

For the Geraldton Triathlon Association to continue to be a success everyone must help out - it is a hallmark of our club. Each week we require 3 people to basically set up, run the day and then pack up. We roster tri club members on to do this so the load is shared. **Marshals are the most important people in our club - without them we would not be able to run an event!**

Marshal's Responsibilities:

The contact person for marshaling is Marshaling Coordinator Victoria Freer 0447 894 072

- If the nominated Marshal cannot attend the event that they have been rostered on for, it is their responsibility to find a replacement before the nominated date.
- Marshals' need to be at St Georges Beach at 7.00am on Sunday mornings ready to begin setting out equipment. Due to the requirement of setting out road signs for the cycle course it is recommended that all Marshals' drive a vehicle to the event.

- It is the marshals' responsibility to have the swim, ride and run courses set up and ready for competition 20 minutes before the nominated start time of the event.
- Marshals' to be ready for competitors' registration 1 hour prior to the race start
- Marshals' to confirm with the Race Day Coordinator the race directions and any special conditions for the day.

As a Marshal, you have one (1) possibly two (2) events to organise for the season. Please take this responsibility seriously as the club cannot function without you!

CLUB CHAMPIONSHIP RACES

Club Championship Races will be held over 5 equal distance events with the 4 best places recorded. Please note we have championship points for the Long and Short courses and not the Enticer.

Championship points.

- 1st place = 5 championship points
- 2nd place = 4 championship points
- 3rd place = 3 championship points
- 4th place = 2 championship points
- 5th place = 1 championship point
- Marshall = 1 championship point

The Club Championship Races are sponsored by:



Double Up Series

The Geraldton Triathlon Association will be running a very popular event. The Double Up series is designed to provide a different challenge for the short and long course members. The Double Up Series will be a three-race series where short course competitors will complete two enticer courses and long course competitors will complete three enticer courses. One after the other i.e.

Short Course = 300m swim, 7km ride, 2km run
100m swim, 7km ride, 2 km run.

Long Course = 300m swim, 7km ride, 2km run
100m swim, 7km ride, 2km run
and another 100m swim, 7km ride, 2km run.

Points will be awarded each week and at the end of the series will have a male and female winner for the Short and Long courses (not the Enticer) based on the number of points accumulated over the three-race series. Points will be awarded as follows.

- 1st place = 5 points
- 2nd place = 4 points
- 3rd place = 3 points
- 4th place = 2 points
- 5th place = 1 point
- Marshall = 1 point

The Double Up Series is sponsored by:

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TRIATHLON
CLUB