



ROCKINGHAM

FORESHORE TRIATHLON

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WA TRIATHLON

ATHLETE GUIDE 2024



Department of Local Government, Sport and Cultural Industries



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EVENT SCHEDULE

*Times are subject to change. Please continually check the website for updated information

DRAFT LEGAL	SPRINT	ENTICER	KIDS TRIATHLON
SUNDAY 4 FEBRUARY 2024 AT BELL PARK, ROCKINGHAM			
TIME	EVENT	LOCATION	
6:00 AM	ATHLETE CHECK IN & PACK COLLECTION OPEN (ALL DISTANCES)	BELL PARK RESERVE FINISH AREA	
6:00 AM	TRANSITION OPEN FOR RACKING (ALL DISTANCES)	TRANSITION	
6:30 AM	ATHLETE CHECK IN CLOSES FOR DRAFT LEGAL ATHLETES	TRANSITION	
6:30 AM	DRAFT LEGAL TRANSITION CLOSES	TRANSITION	
6:35 AM	DRAFT LEGAL RACE BRIEFING	BEACH	
6:45 AM	DRAFT LEGAL RACE START	BEACH	
7:30 AM	ATHLETE CHECK IN & PACK COLLECTION CLOSES FOR SPRINT & KIDS TRI ATHLETES	BELL PARK RESERVE FINISH AREA	
7:35 AM	KIDS TRANSITION CLOSES	TRANSITION	
7:40 AM	KIDS TRIATHLON RACE BRIEFING	BEACH	
7:45 AM	KIDS TRIATHLON START	BEACH	
7:45 AM	SPRINT TRANSITION CLOSES	TRANSITION	
8:05 AM	SPRINT RACE BRIEFING	BEACH	
8:15 AM	SPRINT RACE START	BEACH	
8:30 AM	ATHLETE CHECK IN & PACK COLLECTION CLOSES FOR ENTICER ATHLETES. NOW CLOSED FOR ALL.	BELL PARK RESERVE FINISH AREA	
8:30 AM	DRAFT LEGAL PRESENTATIONS	FINISH AREA	
8:45 AM	ENTICER TRANSITION CLOSES	TRANSITION	
8:50 AM	ENTICER RACE BRIEFING	BEACH	
9:00 AM	ENTICER RACE START	BEACH	
10:00 AM	SPRINT TRANSITION OPEN TO REMOVE BIKES (PLEASE NOTE TIME IS DEPENDENT ON ALL ENTICER ATHLETES COMMENCING RUN COURSE)	TRANSITION	
10:30 AM	SPRINT AND ENTICER PRESENTATIONS * NOTE PRESENTATIONS WILL COMMENCE ONCE LAST COMPETITOR FINISHES	BELL PARK RESERVE FINISH AREA	

EVENT CONTACT

TRIATHLON WA 203 Underwood Ave, Floreat, WA 6010 Phone: (08) 9443 9778
Email: admin@wa.com.au Website: foreshoret.com

COURSE CUT OFF TIME

All participants must have commenced their first run lap **no later than 10:30am.**

ONSITE CHECK IN AND PACK COLLECTION PROCESS:

PLEASE NOTE: You cannot check in outside of these advertised times.

You must collect your race pack on race day, Sunday 4 Feb 2024, from the check in desk at Bell Park Rockingham. Please bring photo ID.

Volunteers will look you up by either name or your race number. You can look up your race number on the start list on [our website HERE](#). The list will be posted closer to race day. If you requested for your name NOT to be published on the public start list, we will contact you directly.

DISTANCE	CHECK IN AND PACK PICKUP TIMES
DRAFT LEGAL	Between 6:00 AM and 6:30 AM
KIDS TRIATHLON	Between 6:00 AM and 7:30 AM
SPRINT	Between 6:00 AM and 7:30 AM
ENTICER	Between 6:00 AM and 8:30 AM

At the check in desk, you will be given your race pack which will contain all requirements for the race before making your way to transition to check your bike in.

Your race pack will include the following items:

Race Number: It is MANDATORY for all participants, whether competing as an individual or in a team, to wear the race number on your BACK for the BIKE LEG and on the front during the RUN LEG. Participants are advised to purchase a race belt prior to the event. Safety pins will be supplied at Registration for those participants without a race belt.

Bike Number Sticker: This is to be placed on your bike as identification and will be checked against your race number and transition check in and transition exit.

Electronic Timing Chip: Timing of the event involves an electronic chip encased in a material ankle band. On race day this is to be worn on your LEFT ankle. Do not lose or forget your timing band on race day - you will not be allowed into transition without these. Limited replacement chips and bands will be available; however, any **lost timing bands will incur a fee of \$95 for the chip and \$5 for the strap.** After your race, please take off your timing band and put it in the allocated bucket in the finish area. If you take your chip home by mistake, please post it back to BlueChip Timing at PO Box 185, West Perth WA 6872 Australia.

Swim Cap: You will be provided with a coloured swim cap that corresponds to your wave number. It is compulsory to wear the cap provided during the swim for water safety purposes.

BIKE RACKING PROCESS:

PLEASE NOTE: You cannot rack your bike outside of these times.

DISTANCE	TRANSITION OPEN FOR BIKE RACKING
DRAFT LEGAL	Between 6:00 AM and 6:30 AM
KIDS TRIATHLON	Between 6:00 AM and 7:35 AM
SPRINT	Between 6:00 AM and 7:45 AM
ENTICER	Between 6:00 AM and 8:45 AM

Once you have checked in and collected your race pack, you are required to check your bike into transition. Please note that you must be wearing your bike helmet (clipped up) BEFORE heading into transition with your bike. This is so that Technical Officials can check that your helmet fits securely.

Technical Officials will also carry out a cursory inspection of your bike. No bike will be accepted unless it passes the inspection. This is an extra service for the competitors and is NOT a guarantee of safety. The bike number supplied in your race pack must be attached to your bike prior to bike check in.

Officials will be checking for such things as:

- End plugs on handlebars.
- Tyres in reasonable condition.
- Brakes in working order.
- Compliance with AusTriathlon Race Competition Rules.

Competitors are responsible for ensuring their bikes and helmets are in safe working order before presenting to transition to avoid rejection.

All athletes will be allocated a bike position. Positions are allocated in category order so you will be in a similar area to all other participants in your category. Participants are requested to rack only in the designated rack space for your race number.

TWA takes no responsibility for lost or misplaced personal affects, equipment, or accessories.

RACE DAY INFORMATION

WETSUITS

Wetsuits with a thickness of less than 5mm are optional depending on air and water temperature. The use of wetsuits will be determined by the Technical Team on race day; however, it is likely to be warm enough not to need one. Please see section 2 Swimming Conduct of the AusTriathlon race rules for full info on how wetsuit rulings work.

NOT PERMITTED ON COURSE

Do not discard items on course or litter. Please use the bins provided or carry it with you.

Mobile phones and other communication devices, headphones (including bone conduction) and music players are not permitted to be used on course. Ignoring this rule may result in disqualification. You may wear a watch that tracks activity passively (i.e. Garmin watch), but you must not use it in a distracting manner during the race. Your full attention must be on your surroundings.

You may not wear, use, or carry items deemed to be a hazard to yourself or others, e.g. a hard cast, jewellery, glass/metal containers or mirrors (reference to mirrors does not apply for competitors with a disability using a hand-cycle).

BAG DROP

No bags are to be left in Transition. A basic Bag Drop area is available next to transition, but please note that it is not fully supervised/secure. Your race number has a bag tag. Triathlon WA accepts no responsibility for any loss or damage to items left in bag drop. If you have a spectator accompanying you, we recommend that you ask them to look after any valuables (e.g. Keys, wallet, phone) instead of leaving them in bag drop.

MEDICAL

Medical assistance will be available on the Course and in the Event Village. 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 health fund. Any aid given by race medical personnel is permissible and will not lead to disqualification. However, if you receive any outside assistance, you will be disqualified.

EVENT VILLAGE MAP



ROAD CLOSURES

To ensure the safe running of the event, certain restrictions will be in place to minimise danger for participants, spectators and regular road and path users.

The following roads will be closed from 6:30am–11:00am on Sunday 4 Feb 2024:

- Rockingham Beach Road, east of Wanliss Street
- Kwinana Beach Road, east of Rockingham Beach Road

Where the event course affects ingress or egress from private or public property, every effort will be made to facilitate access during the event for residents, so athletes should be aware that there MAY be cars on the cycle course at times.

WAVE STARTS

DRAFT LEGAL			
Start Time	Age Groups	Wave	Cap Colour
6:45 AM	MALE DRAFT LEGAL	1	Green
6:47 AM	FEMALE DRAFT LEGAL	2	Blue
SUNSMART KIDS TRIATHLON			
Start Time	Age Groups	Wave	Cap Colour
7:45 am	7 – 11 YEARS	3	Yellow
7:47 am	12 – 15 YEARS	4	Yellow
7:47 am	PARENTS WAVE (Parents to wear yellow caps too)		Yellow
SPRINT TRIATHLON			
Start Time	Age Groups	Wave	Cap Colour
8:15 am	MALE 14-15, M16-19 & M20-24	5	Green
8:20 am	FEMALE 14-15, F16-19, F20-24 & F25-29	6	Purple
8:23 am	MALE 35-39	7	Blue
8:26 am	MALE 55-59 & ALL MALE 60+	8	Green
8:27 am	FEMALE 50-54, F55-59 & ALL FEMALE 60+	9	Purple
8:30 am	MALE 45-49 & M50-54	10	Blue
8:35 am	FEMALE 40-44 & F45-49	11	Green
8:40 am	FEMALE 30-34 & F35-39	12	Purple
8:45 am	MALE 40-44	13	Blue
8:50 am	MALE 25-29 & M30-34	14	Green
8:50 am	ALL SPRINT TEAMS		Green
ENTICER TRIATHLON			
Start Time	Age Groups	Wave	Cap Colour
9:30 am	FEMALE 12-29	15	Purple
9:33 am	FEMALE 30+	16	Blue
9:35 am	ALL MALES	17	Green
9:36 am	ALL ENTICER TEAMS	18	Purple

PARKING

There are 650 untimed parking bays available near the Rockingham Foreshore. All parking is free. Please note that the Wanliss Street Foreshore carpark is closed for our event (it's the transition area). For the safety of all competitors, please DO NOT park along the bike course on Rockingham Beach Road.

Please see the [City of Rockingham website](#) for full details and a detailed [parking map](#).

KIDS TRI COURSE MAP



SWIM: 100m (1 lap)

Water start. (ORANGE ARROWS)

BIKE: 3km (1 lap)

Exit transition and head NORTH along Rockingham Beach Road for 1.5km. 180° turn and return to transition to complete lap. Return to transition to complete bike leg.

RUN: 500m (1 lap)

Exit transition and turn LEFT, follow the path for 250m and make a 180° turn. Head back along the path, and veer into the finish line to complete your race.

Aid stations with water will be located at the Churchill Park car park (southbound). Please do not cross the course to obtain water.

PLEASE NOTE: YOU MUST KEEP RIGHT ON THE RUN COURSE

FREMANTLE PORTS ENTICER COURSE MAPS & DESCRIPTION

200m Swim, 9km Cycle, and 2.4km Run. Please note that the run course route and distance has been changed from 2023 and is now 2.4km instead of 2km.

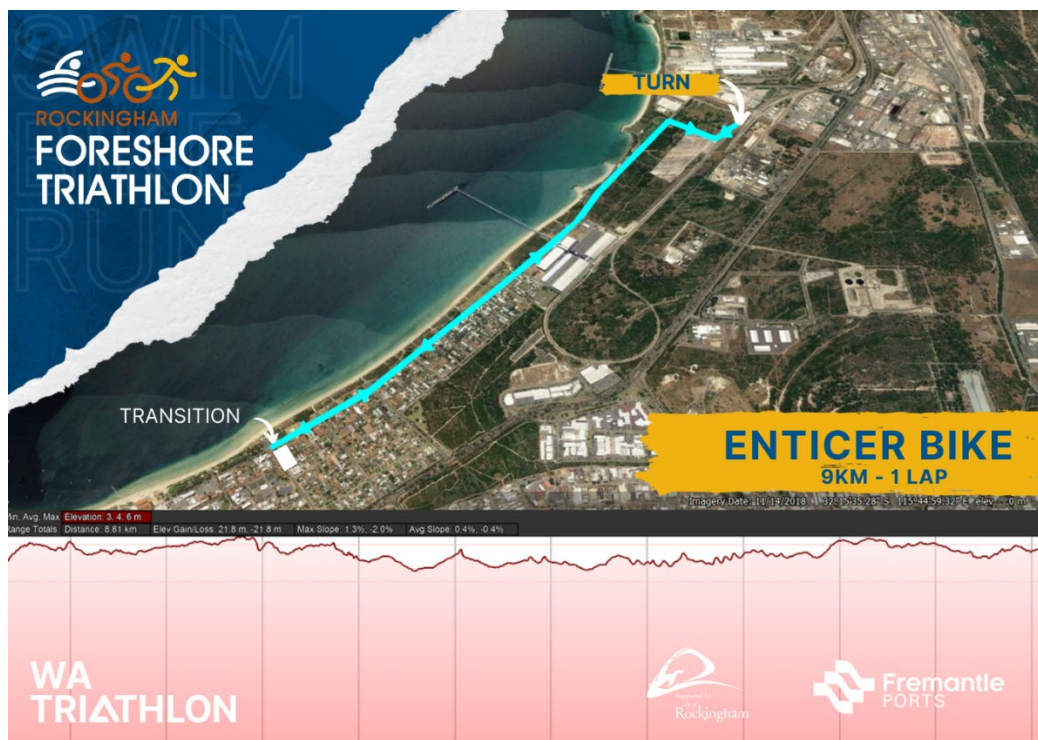
ENTICER SWIM COURSE- 200M- 1 LAP

Water start. Keep both buoys on your right to complete your lap.



ENTICER BIKE COURSE – 9KM- 1 LAP

Exit transition and head NORTH along Rockingham Beach Road for 4.5km. 180` turn and return to transition to complete bike leg.



ENTICER RUN COURSE- 2.4KM- 1 LAP.

Exit transition and turn RIGHT, follow the path for 850m and make a 180` turn. Return past transition to the Western run turn. Make a 180` turn and head back towards transition and veer into the finish line to complete your race.

Aid stations with water will be located at the Victoria Street car park (northbound) and Churchill Park car park (southbound). Please do not cross the course to obtain water.

PLEASE NOTE: YOU MUST KEEP RIGHT ON THE RUN COURSE



FREMANTLE PORTS SPRINT COURSE MAPS & DESCRIPTION

750m Swim, 18km Cycle, and 5km Run

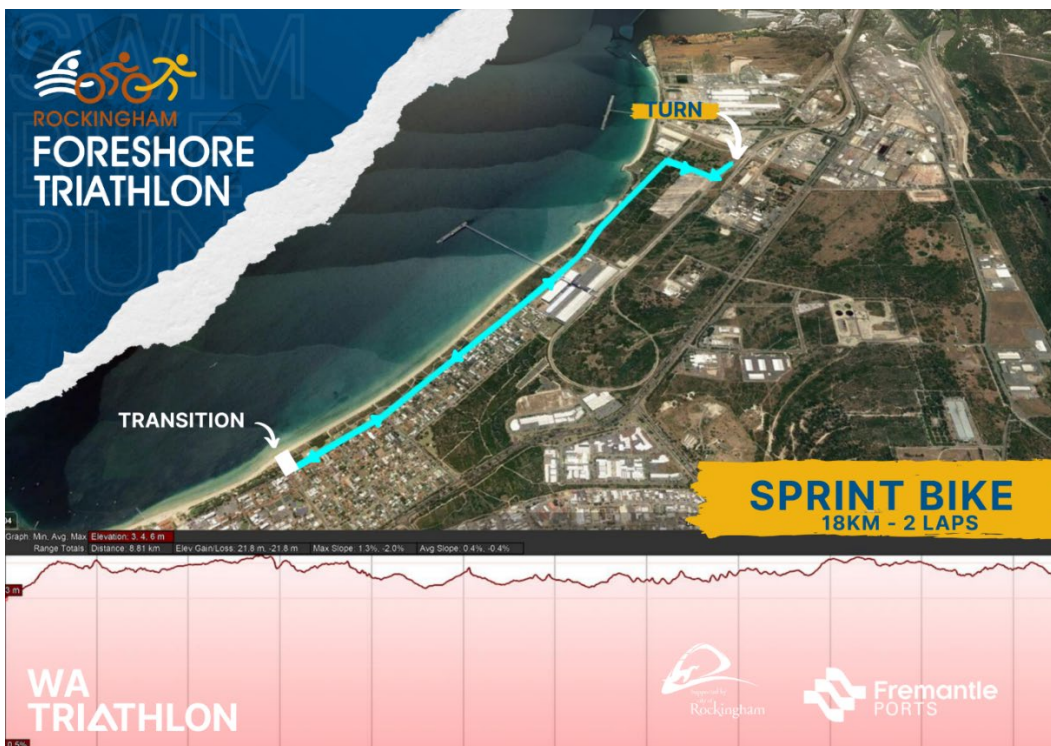
SPRINT SWIM COURSE – 750M- 1 LAP.

1 lap of the swim course (GREEN ARROWS). Water start.



SPRINT BIKE COURSE – 18KM- 2 LAPS

Exit transition and head NORTH along Rockingham Beach Road for 4.5km. 180° turn and return to transition to complete lap 1. 180° turn and complete a second lap before returning to transition to complete the bike leg.

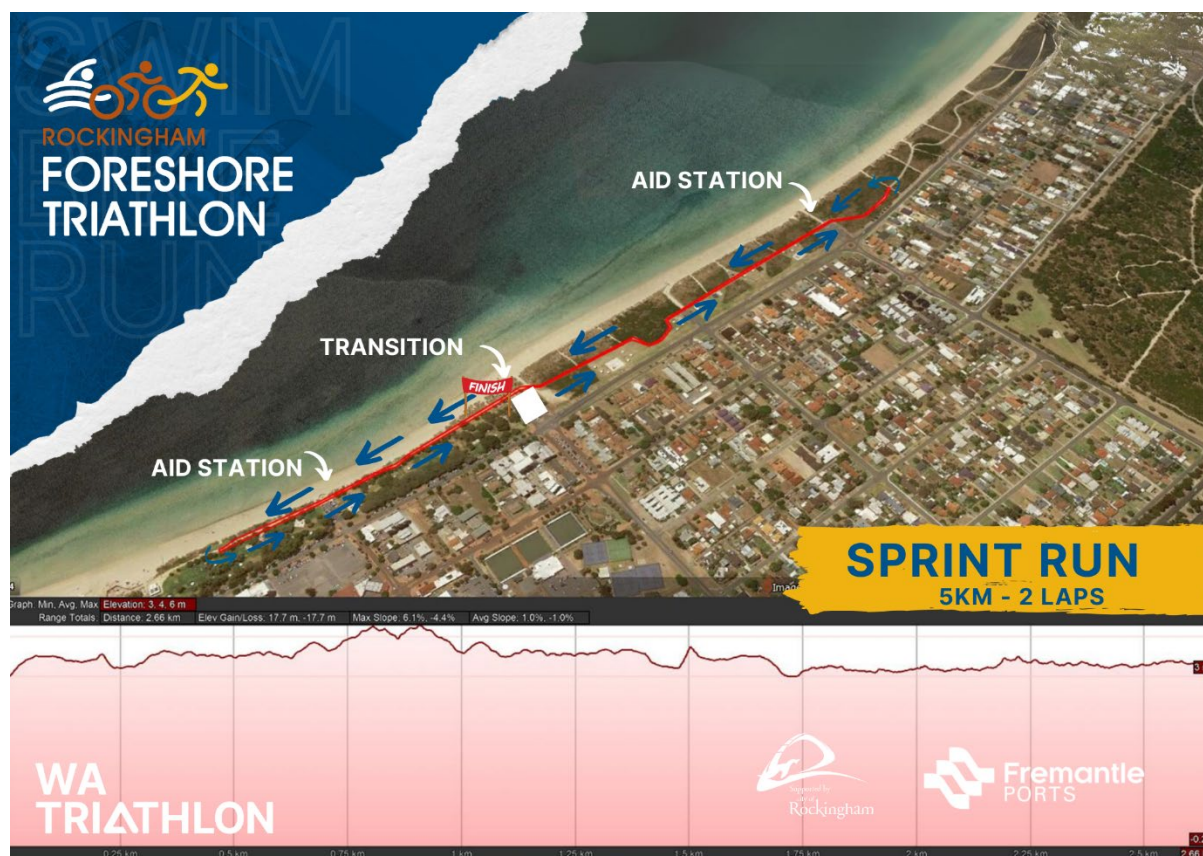


SPRINT RUN COURSE – 5KM- 2 LAPS

Exit transition and turn RIGHT, follow the path for 850m and make a 180` turn. Return past transition to the Western run turn. Make a 180` turn and head back to transition to complete LAP 1. Complete this again and after your Western run turn on your way back towards transition and veer into the finish line to complete your race.

Aid stations with water will be located at the Victoria Street car park (northbound) and Churchill Park car park (southbound). Please do not cross the course to obtain water.

PLEASE NOTE: YOU MUST KEEP RIGHT ON THE RUN COURSE



INSTRUCTIONS FOR THE TEAMS EVENT:

These instructions are to ensure that all team changeovers are FAIR AND SAFE. All team Swimmers must be wearing a timing band on their left ankle. The team Cyclist will wait for the swimmer at their bike in transition. The Cyclist may have their helmet on whilst waiting.

The team Swimmer will meet the cyclist at transition. Here they will take off their timing band and hand it to the team cyclist who must put it on their LEFT ankle. Only after the timing band is attached may the team cyclist move to their bike and exit the transition. They must not mount their bike until they reach the MOUNT sign.

Meanwhile the team Runner must estimate the expected time of return of their Cyclist. The team Runner may enter the transition area and wait at the transition rack, taking care not to impede others.

At the end of the cycle course the team Cyclist must dismount their bike at the DISMOUNT sign and run their bike back to the rack and RACK THEIR BIKE. ONLY AFTER THEY HAVE RACKED THEIR BIKE can they pass the timing band and the race belt to the team Runner.

The team Runner must put the timing band on their left ankle and the race number on the front. THEY MUST NOT LEAVE TRANSITION UNTIL THIS IS DONE.

No mp3, iPods, mobile phones or other communication or music devices are allowed to be on your person at any time during the event.

The team Runner will then complete the run course and pass through the finish chute at the end. Other team members are able to run down the finish chute with the team runner. Please wait at the top of the finish chute to join your runner.

WHAT TO BRING

As general advice for beginners, here is a checklist of items to bring with you to a triathlon:

- Race pack provided on the day (swim cap, race number, timing chip, stickers etc)
- Goggles
- Swimwear or tri suit
- Cycling / Running clothes (if not wearing a tri suit the whole race)
- Bike in good working order (not an e-bike)
- Bike helmet that fits well and clips under your chin
- Running shoes and socks
- Hat, sunscreen, and sunglasses
- Flip flops or other shoes to wear when your running shoes are in transition.
- Any medicines you need (e.g. EpiPen, Puffer)
- Personal bike repair kit
- Towel
- Filled water bottle or two.
- Optional: Change of clothes for after the race
- Optional: Race Belt
- Optional: Cycling shoes and socks
- Optional: Small personal medical kit
- Optional: Race nutrition items / snacks
- Optional: Coffee money to grab your morning cup of joe! ☕ 📱

WHAT TO WEAR ON RACE DAY

If you have no idea where to start, it's a good idea to have a look at the images of the event from past years on Instagram or Facebook page and see what other athletes wore. Below is some general advice:

PRE-RACE:

It can be cold at the start of the morning so make sure you bring a jumper to keep you warm. Apply sunscreen (yes, even on a cloudy day – be aware of UV). Make sure you have collected your race pack and racked your bike in transition.

Make sure to bring two pairs of shoes; the ones you'll race in must be left in transition, and you probably don't want to be barefoot all morning. Bringing a second pair of shoes/socks also means you can go for a warm up jog if you want to. Some athletes prefer to bring thongs/slides as their second pair of shoes.

NOTE: Please put your helmet on and clip it up prior to heading to transition. Technical Officials will carry out a cursory inspection of your bike and helmet to make sure there are no obvious safety issues.

SWIM:

Most athletes will wear either a tri-suit or swimwear they feel comfortable in, plus goggles and of course the swim cap and timing chip from your race pack. In terms of goggles, choose what works for you. Open water swimmers generally use tinted goggles to assist with reducing glare from the sun. You can wear a rashie over your bathers. Fins and other flotation aids are not allowed. Don't forget a towel!

NOTE: Some athletes like to use a smaller towel to lay out as the base of their transition pile so that they can wipe their feet after the swim. If you are a person who hates sand in their socks/shoes, this is a great hack!

BIKE:

If you won't swim in a tri-suit or don't want to cycle in your swim wear, you'll need to bring some other clothes to put over the top of your bathers for the bike and run. Activewear or just leggings/shorts and a t-shirt are fine. We find it's easiest to pre-pin your race number onto a T shirt or a race belt which you can just slip-on during transition.

NOTE: Your number needs to be on the **back** for the cycle. You will also want to pop on your running shoes, or bike shoes instead if you have them. Whether you want to wear socks or not is up to you. We recommend sunglasses to protect you from UV during the cycle.

Don't forget to bring a helmet that clips under your chin, as this is mandatory. Make sure your helmet is on and securely fastened BEFORE you touch your bike.

RUN:

You can keep wearing your running shoes and activewear or tri-suit for this leg. If you have a race belt, swivel your race number around to the front. If the race number is pinned to the back of your shirt, you'll need to move it to the front. Swap your helmet for a run cap, and don't forget your smile for that finish line moment!

BEGINNERS GUIDE TO TRANSITION

Transition is the 'storage place' for all the equipment required to complete the event, but it can only have the necessities.

Your transition area will need to be set up prior to the race start. Be sure to check the event schedule for timing. When you enter transition, technical officials will be checking your bike and helmet, so ensure you enter transition with your helmet ON and done up for checking.

The space allocated to you in transition is enough for your bike to be racked, and then a small area below (either on the left or right side of your bike – personal preference) for any equipment you may need. Please be courteous of how much space you are taking up.

Equipment required to set up in transition are as follows:

1. Bike: Can't complete the cycle leg without the trusty steed! See below the different ways you can rack your bike.
2. Helmet: Set up with clasps undone, sitting facing upwards for ease of application. Remember you CANNOT touch your bike without having your helmet fastened and secured on your head.
3. Cycling shoes: These can be any shoes you will be wearing for the bike course, runners or cycling shoes are fine. Have the shoes open, ready for your feet to slide on in!
4. Running shoes: If you do have cycling shoes, you will need your different shoes that you will be completing the run in. However, using your running shoes in the bike leg is perfectly fine.
5. Race number: You will receive a race number in your race pack that you will either need to attach to a singlet/t-shirt with pins or use a race belt. You will need to slip this on in T1 (swim to bike) prior to going out onto the bike course.
6. Water bottle: If you have a water bottle holder on your bike, keep your water bottle on the bike so you can drink on course. Otherwise, just leave a water bottle in transition and utilise the free water cups at aid stations on the run.

Suggested items for transition but not essential:

Hat: We always want to protect our skin from the Australian sun, having a hat in transition means you can grab that to head out onto the run for added protection.

Socks: This is a personal preference, some people prefer to pop some socks on for the ride or run, as socks can assist with reducing the risk of blisters and are that added level of comfort. This is something to practice in training.

Sunglasses: Eye protection is extremely important, having a comfortable, secure fitting pair of sunnies will not go astray. Practice wearing on a run prior to race to make sure they won't slip around and annoy you on the day.

Towel: Having a towel to wipe your face, hands or feet from water, sweat or dirt is always handy.

T-shirt or shorts: If you do not have a Tri suit and do not want to complete the full race in your swim wear, you can slip on these items of clothing in transition for the ride and run.

In the example below, the participant has a towel at the bottom, with their hat, race number, helmet, shoes, socks and water bottle all laid out on top next to their bike. Remember to be courteous and kind to your transition neighbours and keep equipment within your area.



Please note: The example pictured is from Every Woman Triathlon, which is why there is a tutu. That is not a normal triathlon transition item!

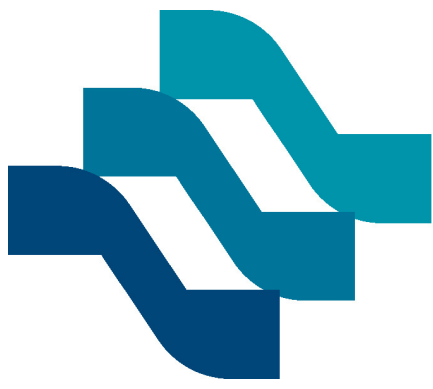
HOW TO RACK A BIKE

There are two ways to set your bike up in transition, down to personal preference and bike set up.

Option 1: Hanging your bike up by the seat. This is the less stable choice out of the two options because it only has one point of contact on the rack but is a very common and easy method.

Option 2: Hang by the handlebars (brake hoods). This is more secure; however, it is dependent on your bike set up and if you have the style of handlebars required.





Fremantle PORTS



ABOUT FREMANTLE PORTS

Operating in both the Inner Harbour (Fremantle) and Outer Harbour (Kwinana), Fremantle Ports facilitates trade for a more prosperous Western Australia. Our Community Investment Program supports the initiatives and events of more than 40 community groups each year - just like this one!

A FEW FUN FACTS

- Our port can appear large and deep, however the space between the keel of a container ship and the harbour floor can be as little as 25cm!
- Dolphins often 'bow ride' on ships entering the port. They surf in the wave created and are propelled forward - saving half their energy and having lots of fun!
- Almost everything you've used today probably came through Fremantle's Inner Harbour on a container ship. From the chair you sat on, to the clothes you are wearing!

CONTACT

✉ mail@fremantleports.com.au

☎ 08 9430 3555

📍 1 Cliff Street, Fremantle, WA 6959

WWW.FREMANTLEPORTS.COM.AU



RACE DAY CONDUCT

GENERAL CONDUCT OF COMPETITORS

- Practice good sports conduct at all times.
- Competitors are responsible for following the [AusTriathlon Race Competition Rules](#) and any special rules applicable to the event.
- Obey instructions from event officials and Police. Obey traffic regulations unless otherwise instructed by an event official.
- Treat other competitors, officials, volunteers, and spectators with respect.
- It is the responsibility of each participant to know and keep on the designated event course.
- Not wear/use electronic devices e.g., iPod, mobile phone etc.
- Not obstruct or interfere with the forward progress of another competitor or jeopardise the safety and welfare of another competitor or race official or spectator or member of the public.
- Only accept assistance from an event official, otherwise no outside assistance.
- Not discard any equipment or litter on the course except at approved dedicated location (do not litter)

SWIM COURSE

- Wetsuits with a thickness of less than 5mm are optional depending on air and water temperature.
- Interim and final water temperatures will be taken 24 hours and 2 hours before the event.
- Must wear the swim cap provided.
- May use any swimming stroke for propulsion through the water and may tread water or float.
- May stand on the bottom or rest by holding an object e.g., boat, buoy, or paddleboard. However, they must not make forward progress whilst doing this.
- Should raise an arm overhead and call for assistance in an emergency. If assistance is rendered beyond resting, the competitor will be deemed to have not finished the event.
- Must take all their equipment i.e., swim cap and goggles to their designated rack in transition.
- Any competitor receiving an infringement penalty may be required to serve a Stop-Start Penalty with the Technical Official where the infringement occurred on the course.

CYCLE CONDUCT

- Must wear footwear and a top, no bare torsos are allowed.
- Display the race identification number on their back.
- Must wear a helmet approved by a testing authority and it must remain securely fastened at all times once the bike is removed from the rack, on the bike course and until bike is replaced on bike rack.
- Must cycle in single file on left hand side of bike course unless passing. Failure to do so will incur a penalty for a blocking infringement
- Must keep a distance of 10 meters between leading edge of front wheel of the forward bike and leading edge of front wheel of following bike, unless passing.
- Draft zones may overlap for safety reasons, leaving or entering transition and when making an acute/U turn
- Have 15 seconds to pass through the 10-meter draft zone and must be gaining on the forward competitor at all times. After passing must move to the left when safe to do so.
- Competitor passed must immediately drop back out of the draft zone of forward competitor before attempting to repass. Distance between two competitors must be increasing.
- Competitors reported for drafting, or an illegal pass, will be shown a BLUE card by a Technical Official.
- In both cases they will be asked to confirm their race number, be told of the infringement and to report for a 3-minute time penalty at the next Penalty Box at the dismount line.
- Failure to observe the above will result in a disqualification for failing to serve the penalty
- Competitors reported for blocking may be shown a YELLOW card by a Technical Official, and may be given a stop and go penalty, which is to be served in the Penalty Box.

RUN CONDUCT

- Must wear shoes and a top, no bare torso.
- Display the race identification number on their front.
- Outside assistance is not permitted
- Receiving an infringement penalty may be required to serve a Stop-Start Penalty with the Technical Official where the infringement occurred on the run course.

PENALTIES

- Infringement of the rules may result in one of the following penalties:
- Yellow Card Stop -Start penalty to be served with the Technical Official where the infringement occurred on the course excluding the cycle course. Generally, swim, transition and run segments of the course will be served with a technical official, for cycle leg this needs to be served in the penalty box.
- Blue Card on cycle leg of course is shown for an infringement then a 3-minute time penalty.
- must be served at the next Penalty Box on the cycle course. Two or more blue cards may result in a disqualification.
- Red Card is shown for a major infringement. Competitor may complete event, but Race Referee will rule on the infringement at conclusion of event and if ratified, competitor will be disqualified.

AUS TRIATHLON RACE COMPETITION RULES

Race Competition Rules are essential to maintaining a safe, fair and quality level of competition for participants of the sport. Each year the AusTriathlon Race Competition Rules are reviewed and updated to ensure the rules reflect the ever-evolving conditions of our sport. The AusTriathlon competition rules also comply with the international governing body rules of World Triathlon.

The rules were updated on 11 Oct 2023 and will be in effect from Monday 6 November 2023.

Find a copy of the rules here: <https://www.triathlon.org.au/rules/>

FUELLING FOR BEST PERFORMANCE



Why is good fuel important?

Choosing healthy food and drinks helps us perform at our best. During sport, a combination of carbohydrates, protein, healthy fats and fluid is needed to stay fuelled and hydrated.



Carbohydrates

Carbohydrates provide energy during sport. The best sources of carbohydrates includes grains, wholegrain cereals and breads, legumes, fruit, vegetables and dairy products.

These food and drinks provide energy for active bodies, fibre for general gut health and a wide range of essential vitamins and minerals.



Protein

Protein is needed for recovery, growth and development. Include a small serve of lean protein at each meal and in snacks after exercise.

Lean protein sources include meat, seafood, eggs, dairy and alternatives (e.g. soy milk), meat alternatives, legumes, nuts and seeds.

Protein provides the necessary building blocks for growing and repairing muscles, and is important for normal immune function.



Healthy Fats

Healthy fats are necessary for normal growth and development. Include unsaturated fats in main meals and snacks following exercise. Healthy sources of fats include reduced fat dairy such as milk and yoghurt, nuts, avocado and oily fish such as salmon and tuna.



Fluids

Fluids to stay hydrated. Drinking adequate fluids before, during and after exercise ensures we stay hydrated and perform at our best. Water is the best choice.

How much should we drink?

Fluid requirements will vary:

- from person to person
- depending on the weather, e.g. sport in hot or humid conditions will increase fluid requirements.
- during intense exercise where sweat rates are higher.

Children often don't realise when they are thirsty and may need to be reminded to drink often, particularly during exercise.

Warning signs of dehydration

- Dark urine
- Dizziness
- Muscle cramps
- Dry mouth and throat
- Nausea and headache.

Before exercise

Fuel up before exercise with:

- Cereal with milk
- Fruit salad
- Pikelets with fruit and yoghurt
- Porridge with fruit
- Wholegrain toast.



During exercise

Keep your tank topped up with fruit and stay hydrated by sipping on water.

After exercise

After exercise, it's important to rehydrate, replenish and rebuild with healthy choices. Refuel with:

- Baked beans on toast
- Chicken with rice and vegies
- Flavoured milk (<300mL)
- Healthy hamburger loaded with salad
- Pasta salad with vegies
- Sandwiches, rolls and wraps
- Sushi
- Toastie with cheese and tomato.



References

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