



ROCKINGHAM

FORESHORE TRIATHLON

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WA TRIATHLON

DRAFT LEGAL 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.triathlon.org.au Website: foreshoretri.com

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 Pathway Lead staff member (Janine Kaye) at the entrance to transition at Bell Park Rockingham.

DISTANCE	CHECK IN AND PACK PICKUP TIMES
DRAFT LEGAL	Between 6:00 AM and 6:30 AM

Your race pack will include the following items:

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.

TECHNICAL REGULATIONS

This event is conducted under the World Triathlon Rules 2023 for Draft Legal events. Please see the latest rules [HERE](#). If you need any clarification on any rules, please see the Head Referee at the event.

Key Information/ New Rules:

- This is not a mixed gender drafting event. If you are caught mixed gender drafting you will receive a warning and the second time is a DSQ (Disqualified)
- If you have a compliant suit, please wear it. If not, please let us know so we have a list of those racing in different suits.
- Everything you are planning to use for the race must be within 0.5 m of your transition box.
- Once you have finished using an item, it must be placed into your box.
- You must only overtake on the right. Overtaking on the left is a penalty offense.
- During the ride, your bottom must be on or above your saddle at all times. You can sit on the saddle or stand up, but you cannot sit on the top tube or slide your bottom back behind the saddle.



Allowed in all races



Forbidden in all races

Penalties

All penalties will be a yellow card – 10 seconds and served as below:

- Swim start penalty is 10 seconds served in T1.
- Bike, T2, and run penalties will be served in the run penalty box.

All penalties must be displayed on the board by the 3rd lap as it's a 5-lap run course. Look for your race number and the letter beside it will tell you what it's for:

D - Dismount	E-Equipment
S – Swim behaviour	L-littering
M - Mount Line	V- Other Violations
B - Bike behaviour	R-Run behaviour

The penalty for riding in an unsafe manner is a time penalty the first time and then it will be a DSQ if repeated. There will be Technical Officials on motorbikes out on the bike course.

If you receive a penalty and do not serve it, you could be a DSQ (Disqualified), unless a protest is made, and the decision is overturned. Protest procedures are as per the [AusTriathlon rules](#).

EQUIPMENT

- Athletes must wear the approved Tri suit which complies with the World Triathlon (WT) rules and includes the WT Logo.
- You must wear the swim cap provided. If it's cold, you can double cap but the provided one must be the visible one.
- It is vital that you check your wheels are UCI compliant, which you can search the list of wheels here: <https://wheellist.info/>
- Only traditional drop handlebars are permitted in draft legal racing. Time trial Bikes or clip on bars are not permitted.
- Handlebars must be plugged.
- Wheels must have at least 12 spokes
- Disc wheels are not permitted in draft legal racing

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

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.

Officials will be checking for such things as:

- End plugs on handlebars.
- Tyres in reasonable condition.

- Brakes in working order.
- Compliance with UCI/World Triathlon 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. Your bike must be racked with the front of the saddle hooked over the horizontal bar, so that the front wheel is pointing to the middle of the transition lane. Technical Officials may apply exceptions if your bike is too tall or unstable. When you return to Transition after the bike leg, you can rack your bike in any direction, either with both sides of the handlebars, both brake levers or the saddle within 0.5 m of your rack number or name plate. Your bike must be racked in a way that does not block or interfere with the progress of another athlete.

If you knock someone else's bike off the rack at any stage of the race, it is your responsibility to fix it before you leave transition.

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

RACE DAY INFORMATION

WETSUITS

Wetsuits may be optional, though this is unlikely, depending on water and air temperature on the day. The final call will be made by the Race Referee on race morning. It is unlikely wetsuits will be worn.

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. Competitors must withdraw immediately from an event if deemed and informed by the event medical personnel that the competitor appears to present a danger to the health or welfare of the competitor and/or others.

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

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](#).

MEDAL ALLOCATIONS

Medals for the Rockingham Foreshore Draft Legal race will only be awarded to the top three Open Male and Female athletes, and the top three 16-19 Male and Female Athletes, as it is a State Series distance for these age groups.

PRIZE MONEY ALLOCATIONS

Prize money will only be paid to the overall 1-3 place male and females across the line regardless of age/category in the 2024 Draft Legal race. Open to all 2024 Draft Legal competitors. Prize money will be awarded as follows:

- \$300 for first place overall winner (male and female) regardless of age/category
- \$200 for second place overall winner (male and female) regardless of age/category
- \$100 for third place overall winner (male and female) regardless of age/category

DRAFT LEGAL COURSE MAPS

SWIM: 750m (1 lap)



BIKE: 20km (6 laps)

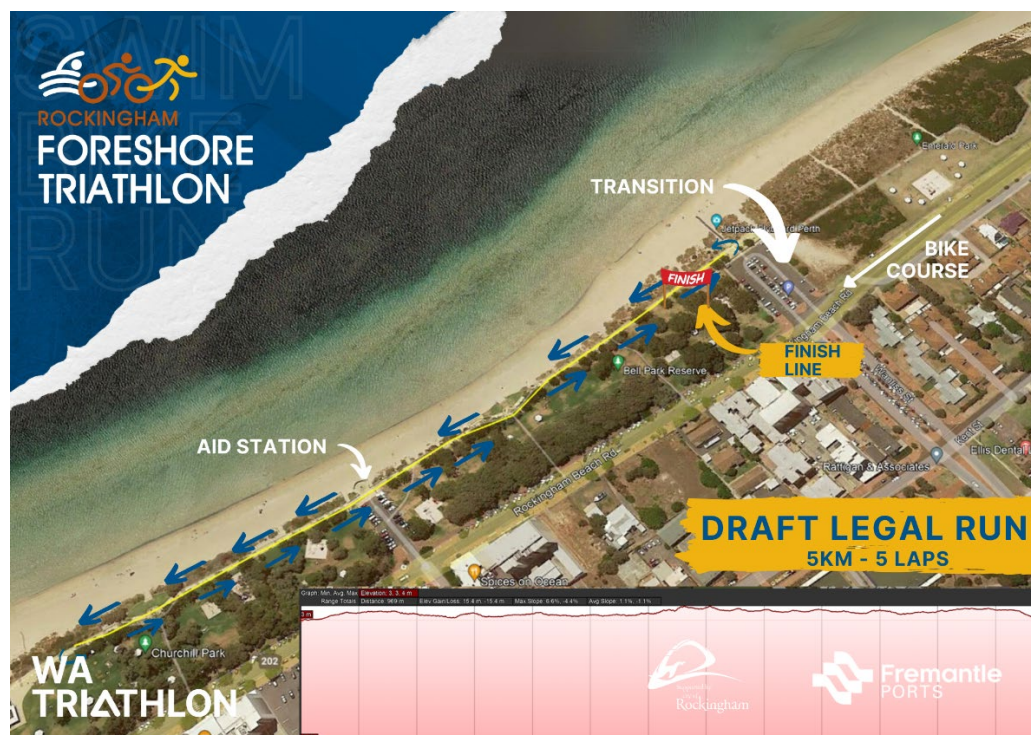
Exit transition and head along Rockingham Beach Road for 1.6km. 180° turn at Governor Road roundabout and return to transition to complete lap 1. Take a 180° turn, head back up Rockingham Beach Road to complete laps two, three, four, five and six.



RUN: 5km (5 laps)

Exit transition and turn LEFT, follow the path for 500m and make a 180` turn. Head back to transition and make a 180` turn to complete LAP 1. Complete this lap again for laps two, three, four and five. On lap five, veer into the finish line to complete your race.

PLEASE NOTE: YOU MUST KEEP RIGHT ON THE RUN COURSE



CODE OF CONDUCT

It is expected that all athletes, parents, and spectators behave in a way that reflects [Triathlon WA's code of conduct](#). This includes excluding any bad language and always respecting officials, athletes, race volunteers and other members of the public.

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

- 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 Penalty.

CYCLE CONDUCT

- Must wear footwear and a top, no bare torsos are allowed.
- 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.

RUN CONDUCT

- Must wear shoes and a top, no bare torso.
- Outside assistance is not permitted
- Receiving an infringement penalty may be required to serve a Penalty with the Technical Official.

AUS TRIATHLON RACE COMPETITION RULES

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

WORLD TRIATHLON RACE COMPETITION RULES

Find a copy of the rules here: https://www.triathlon.org/uploads/docs/World-Triathlon_Compition-Rules_2023_20221122.pdf