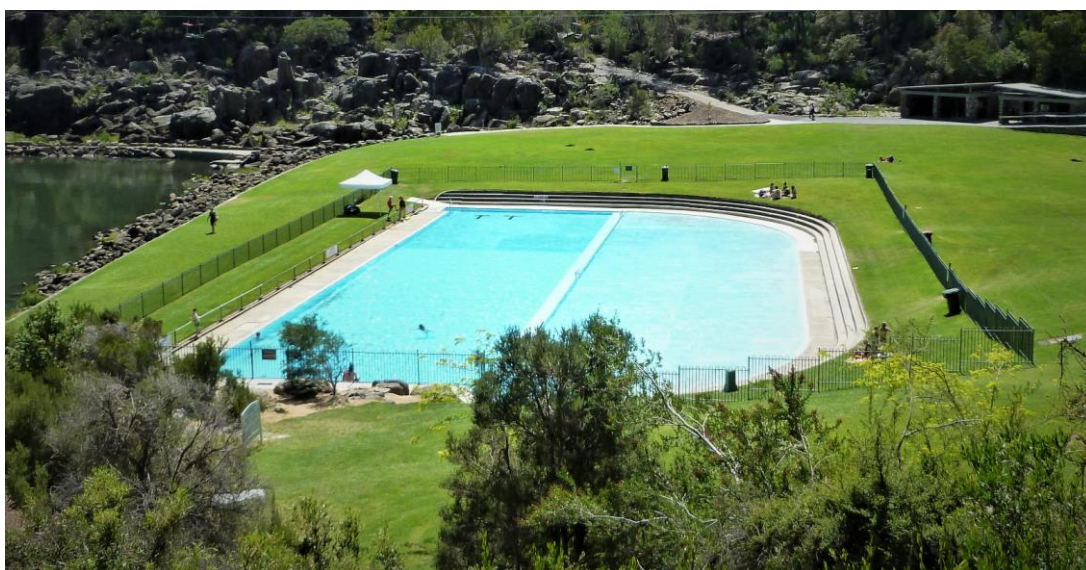


# Aquathlon - Race Information

Cataract Gorge

27<sup>th</sup> January 2019

5-8pm



This is an inaugural event proudly supported and sponsored by **Launceston City Council**. It's a community Twilight Aquathlon (pool swim + trail run) open to anyone. The event will include three races - one for children 7-12yrs (Try Stars) and two distances for those over 12 years. Please note the age restrictions. Teams (family, friends, corporate) are welcome and encouraged. There will be overall winners, however the focus is on participation and having fun in one of the most beautiful places in the State. Timing will be provided for later reference if you are interested. Acknowledgements and Spot prizes will happen after the last participants have completed the course.

## ENTRIES & RACE DAY REGISTRATION

Online entry is available, and encouraged. This will close at midnight, Saturday 26<sup>th</sup> January 2019. Entry on the day is available between 4.45pm and 5.15pm but will incur an additional late entry fee of \$5 for individuals and \$10 for teams.

Race registration and body marking opens at 4.45pm and closes 5.15 pm. You must be registered before you can check into the transition area. Technical officials will be on hand to answer any questions. **The race briefing will be held at 5:20 pm.** Depending on the number of participants there may be wave starts. If wave starts are required they will be explained at the race brief.

## DISTANCES & RACE TIMES

Try Stars - 50 m pool   1km run -	-	-	Start	5.30pm
300m pool swim   2k run -	-	-	Start	5.45pm
750m pool swim   5km run -	-	-	Start	Following previous wave

## PRESENTATION & PRIZES

Acknowledgements and spot prizes will occur after all participants have finished.

## AGE RESTRICTIONS

Triathlon Australia rules require that the following age restrictions apply:

- Individual competitors must be at least 12 years of age as at 31 Dec 2018 to compete in the 300/2 race
- Individual competitors must be at least 14 years of age as at 31 Dec 2018 to compete in the 750/5 race
- **Competitors aged 12-14 may compete in one leg of the 750/5 race as part of a team**

## RACE RULES

In order to ensure a safe and fair event for all this event is subject to the Triathlon Australia, Race Competition Rules. A link to the document containing this information can be found at [http://www.triathlon.org.au/Technical/Race\\_Compensation\\_Rules.htm](http://www.triathlon.org.au/Technical/Race_Compensation_Rules.htm)

In the meantime however please find below a small list of simplified rules and regulations that we would like you to keep in mind while participating. These rules are simply there to provide an equal playing field for all participants and ensure everyone is as safe as possible on the day.

- ✓ Please keep as far left as practically possible at all times
- ✓ You must wear a swim cap for the race for safety reasons.
- ✓ The use of personal electronic devices such as IPods, iPhones etc is not permitted for safety reasons.
- ✓ Ensure your torso is covered on the run leg.

Technical Officials (TO's) will be on the course to monitor activity, and infringements of the above rules may result in penalties that can include disqualification. If you have any questions or require clarification on any of the rules mentioned, please refer to the link above or speak to one of the TO's at the event.

## TRANSITIONS BETWEEN TEAM MEMBERS

All changeovers **MUST** occur in the transition at the team change over place. Once the swimmer has returned to transition, they will tag the runner who can then leave the transition area and enter the run course.

## TIMING & RESULTS

LTC is running a new electronic timing system. While every effort is taken to ensure that numbers are accurately recorded, the assistance of participants in calling out their race number as they pass through the timing points will help ensure that your number is recorded.

Timing points for the Aquathlon are as follows:

Swim split – time is taken upon leaving transition for the run leg.

Run split – time is taken upon finishing.

## CONTACT

Race Directors: Matthew Wheatley 0447 893 173 / Di Webb 0419309207

Technical Director: Peter Adams 0408 575 984

## THE COURSE

Transition will be located next to the Gorge Pool.

## SWIM

The swim is a pool swim (non-wetsuit). The race organisers reserve the right to vary the course according to the weather conditions. The course will be patrolled by the Launceston City Council Lifeguards. The swim course will be 6 laps for (300m) or 14 laps for (700m) exiting the water straight into the transition area.

## RUN

The run course is along paths and trails in and around the Gorge. There will be marshals on the course assisting competitors and providing event information to members of the public.

When running please keep to the left and respect any members of the public on the course and take care to avoid any contact.

## FIRST AID & AID STATIONS

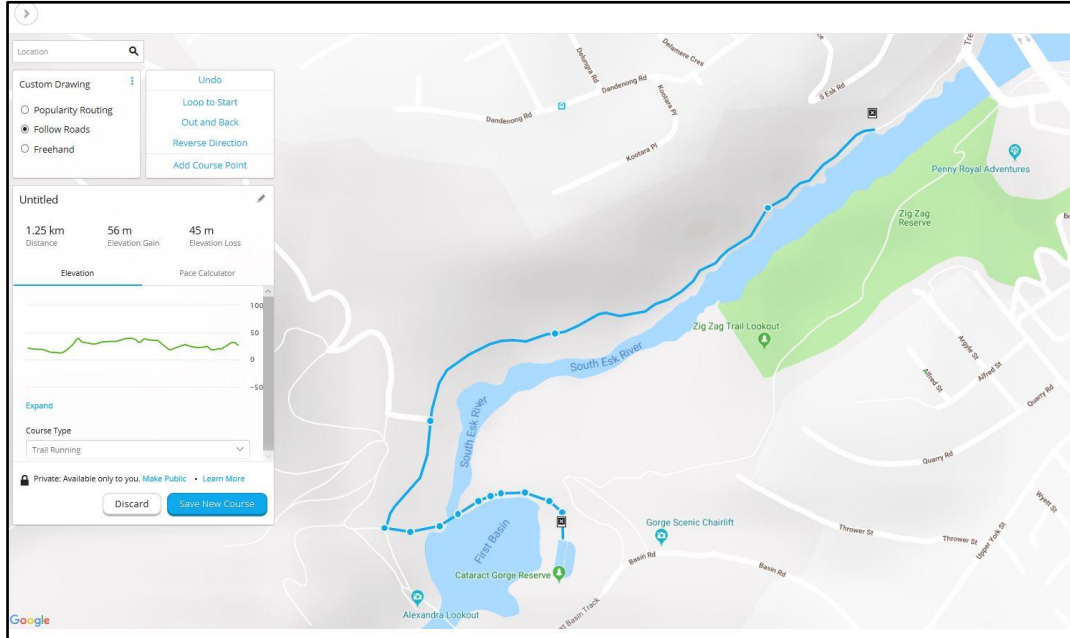
First aid will be provided by qualified medical personnel and based at transition.

There will be a drink station on the run course located at transition near the finish/turnaround.

## RACE BRIEFING

There will be a briefing for the event in the transition area before the start. Please make sure that you are present for this if you are a participant. The briefing will provide course details, entry and exit points, start and finish areas, turning points, safety guidelines and recommendations, and location of refreshment stations. Importantly, the briefing will inform all participants of event regulations, transition procedure, and penalty box information.

## Aquathlon – Gorge - Run Course - 2.5km (Out and back course)



## Aquathlon – Gorge - Run Course -5km (loop)

