



BREAK O'DAY COMMUNITY TRIATHLON, ST. HELENS MARCH 3rd 2019

The BOD Community triathlon will be held on Sunday March 3rd at St. Helens.

This race is proudly presented by the BOD Community Triathlon Committee, in conjunction with the Launceston Triathlon Club and is supported by Armstrong Insurance Brokers.

The transition area will be on the main wharf/foreshore area in front of the Council Chambers.

Three events will be held:

1. A junior Super Sprint - Swim 350 m., ride 10 km. and run 2.5 km. (Commence at 9.00 a.m.)
2. An adult Super Sprint - Swim 350 m., ride 10 km. and run 2.5 km. (Commence 9.30 a.m.)
3. Sprint Event - Swim 750 m., ride 20 km. and run 5km. (Commence 10.00 a.m.)

The swim will take place in Georges Bay - commencing and concluding within 50 meters of the transition area.

The bike leg will occur on a **fully closed road** travelling along Binalong Bay Road.

The run will be conducted on the Main Road with the Southern lane of traffic closed and on the Georges Bay walking track.

We envisage the event will conclude at 12.00 pm. with presentations shortly after.

Highlights include:

- Free massages for competitors courtesy of Relax
- Food vans
- Elite athletes visiting and the publicity and business stimulation created
- Extensive local participation, especially in teams i.e. Enticer events
- Large spectator numbers
- Approximately \$7000.00 in total for prize money and spot prizes
- Improvement in health and wellbeing and general mental health in Break O'Day. Given we have suffered from a cluster of suicides this new event presents an opportunity for increased focus, networking and celebration.



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MARCH 3rd 2019

ENTRIES & RACE DAY REGISTRATION

Entry is by online entry only via the club website at www.launcestontriclub.com. Entry closes at midnight, Friday 1st March - this is an automated system which will not accept any entries after the cut off time. Race day entries will be accepted but will incur a \$10 late fee - restrictions on the numbers of on the day entries may be enforced to ensure the safety of all participants.

On race day you will need to go to race registration on the St. Helen's Foreshore to be marked off and to receive your body marking and timing chip. If you have entered as a Triathlon Australia member you will need to bring your TA member ID with you.

Race registration for the Enticer & Sprint Races opens at 7.30am and closes at 8.30am. You must be registered before you can check your bike in. After registering you must present your bike and helmet for inspection by TO Officials before racking your bike. The race briefing will be held at 8.45am.

DISTANCES & RACE TIMES

Enticer Junior	350m swim, 10km bike, 2.5km run	-	-	Start	9.00am
Enticer Adult	350m swim, 10km bike, 2.5km run	-	-	Start	9.30am
Sprint	750m swim, 20km bike, 5km run	-	-	Start	10.00am

PRESENTATION & PRIZES

Presentations will occur after all participants have finished. There will be medals and prizes for category winners and spot prizes for volunteers and participants. Based on predicted finishing times for all participants, the presentations will be held at 12-12:30pm and we encourage all participants and families to attend.

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AGE RESTRICTIONS

Triathlon Australia rules require that the following age restrictions apply to participants – as a sanctioned triathlon event we cannot vary these under any circumstances:

Enticer Triathlon:

Individual competitors must be at least **13 years of age as at 31 Dec 2018**. Team competitors turning 12 by the 31 Dec 2018 are able to compete in a team but are restricted to one leg only.

Sprint Triathlon:

Individual competitors must be at least **14 years of age as at 31 Dec 2018**. Team competitors must be at least 13 years of age as at 31 Dec 2018 – if a team competitor is only 13 years of age by the 31 Dec 2018 they are restricted to a single leg only.

****Please note – the age restrictions for the BOD Community Triathlon are different from regular LTC races due to the slight increase in distances****

RACE RULES

In order to ensure a safe and fair race for all, as with most triathlons in Australia, this race 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 Competition Rules.htm](http://www.triathlon.org.au/Technical/Race%20Competition%20Rules.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 competing. These rules are simply there to provide an equal playing field for all competitors and ensure everyone is as safe as possible on the day. The majority of these are aimed at the bike section of the course.

- ✓ Please keep as far left as practically possible at all times, and do not cross the centre line of the road at any stage.
- ✓ Do NOT overtake on the left at any time.
- ✓ Drafting is not allowed, a general guideline used at races around the country is to envisage a large family car between yourself and the bike in front. Do not enter this zone unless you intend to overtake.
- ✓ If/when you are overtaken (the moment the overtaking bike's front wheel goes past yours) it is your responsibility to drop out of the draft zone immediately, you cannot attempt to re-overtake until you have completed that move.
- ✓ Remember while your bike is not racked you must have your helmet on and fastened.
- ✓ The use of personal electronic devices such as IPods, iPhones etc is not permitted for safety reasons.
- ✓ There will be bike numbers and helmet numbers provided – these must be used.
- ✓ All participants, other than persons who are only doing the swim leg for a team, must be body marked.



BREAK O'DAY COMMUNITY TRIATHLON, ST. HELENS

MARCH 3rd 2019

Technical Officials (TO) will be on the course to monitor rider activity, and infringements of the above rules may result in rider 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 at the place the team bike is racked. Once the swimmer has returned to transition, they must move to where the cyclist has racked the bike. At this point the swimmer will tag the cyclist who can then secure their helmet and remove their bike from the rack. The change over from cyclist to runner must occur after the bike has been racked and the cyclist has removed their helmet. The runner must be tagged by the cyclist before leaving the transition area.

TIMING & RESULTS

For this race, LTC will be running an electronic timing system. Regardless of this, while every effort is taken to ensure that numbers are accurately recorded, the assistance of competitors in calling out their race number as they pass through the timing points will help ensure that your number is recorded.

Results will be posted on the LTC website (www.launcestontriclub.com) as soon as possible after the race.

CONTACT

Race director: Barry LeFevre - 0477095778

THE COURSE

Transition will be located at the St. Helens Boat Ramp, parking and toilets can also be found nearby.

SWIM

Will be conducted in the bay at St. Helens (salt water), water temperatures are generally 17-21 degrees Celsius at this time of year and therefore it will most likely be a wetsuit legal swim (wetsuit legal temperature is below 24 degrees Celsius).

The swim is an open water swim. The race organisers reserve the right to vary the course according to the weather conditions. The course will be patrolled by Surf Life Saving club members. The swim course will be 1 lap of a designated course exiting the water onto the beach with a 50m run across carpet to the transition area.

BREAK O'DAY COMMUNITY TRIATHLON, ST. HELENS MARCH 3rd 2019

BIKE

The course is relatively flat and on sealed bitumen roads. Cyclists will exit North East from transition, keeping left, onto Marina Parade and then on to Georges Bay Esplanade which turns into Cameron Street. Cyclists will then turn right on to Quail Street which will then turn in to Binalong Bay Road. They will then follow this until such point as they reach the 5km turn point. 1 lap for Super Sprint, 2 laps for Sprint.

Important Note: The cycle course is on closed roads. While there will be marshals on the course assisting competitors and other road users it is your responsibility to obey all race rules. This includes keeping to the left as per normal road conditions.

Enticer participants complete one lap = 10km, Sprint participants complete two 10km laps = 20km

RUN

Runners will exit from transition and follow a marked course south for 1.25kms (Enticer) and 2.5km (Sprint) along the foreshore to a turn marker and then head back along the same course (keeping left).

Enticer participants complete 1 lap = 2.5km. Sprint participants complete 1 laps = 5km

MAPS

Maps of the swim, bike and run course are provided at the end of this document. The swim course will be decided on the day depending on the conditions.

FIRST AID & AID STATIONS

First aid will be provided by qualified medical personnel and based at transition and there will be a drink station on the run course located at transition near the finish/turnaround.

RACE BRIEFING

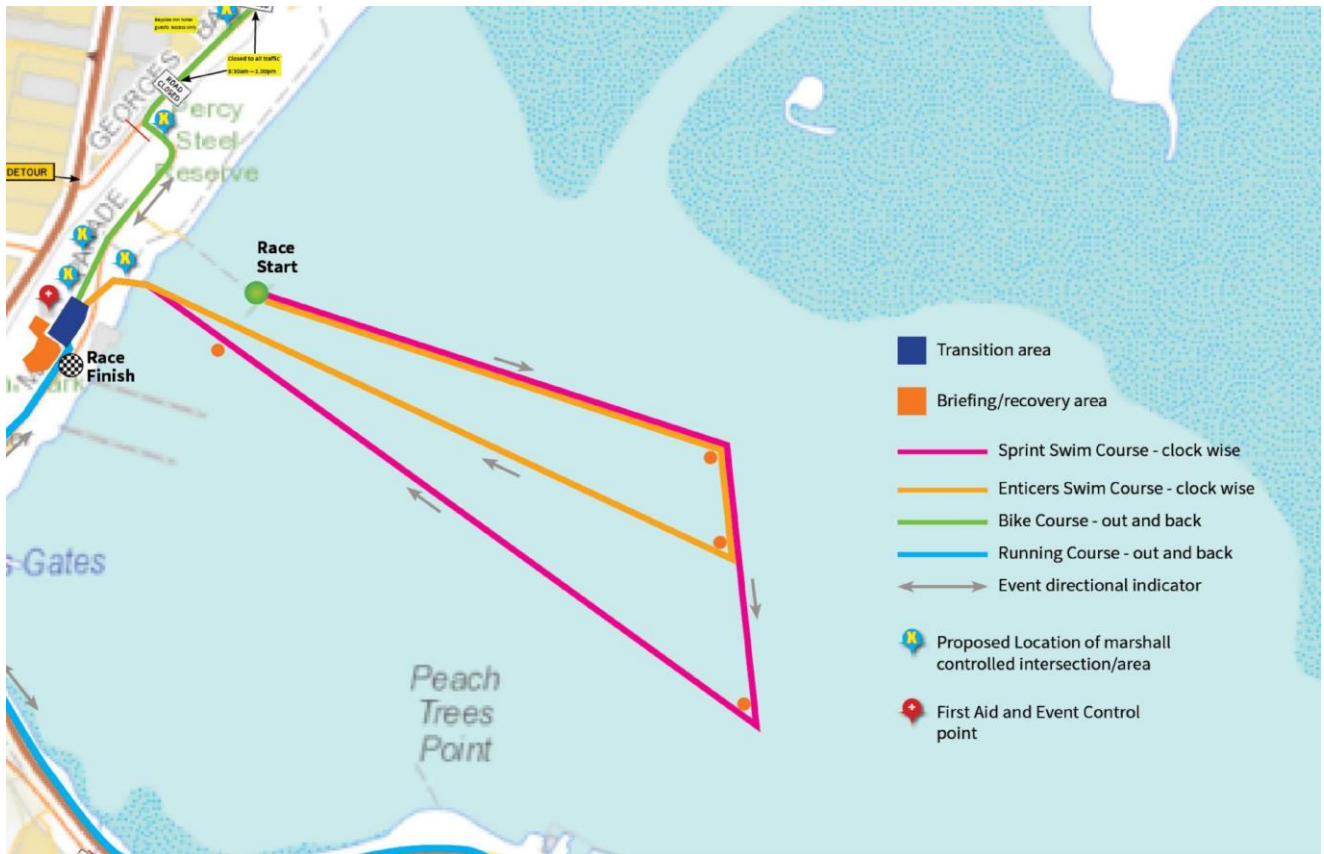
There will be a race briefing for the super sprint and sprint events at 8.45am in the transition area. All participants are to be present for this. The briefing will provide course details, entry and exit points, start and finish areas, turning points, safety guidelines and recommendations, and location of refreshment stations. Importantly, the briefing will inform all participants of event regulations such as drafting, mount and dismount area, transition procedure, and penalty box information.

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MARCH 3rd 2019

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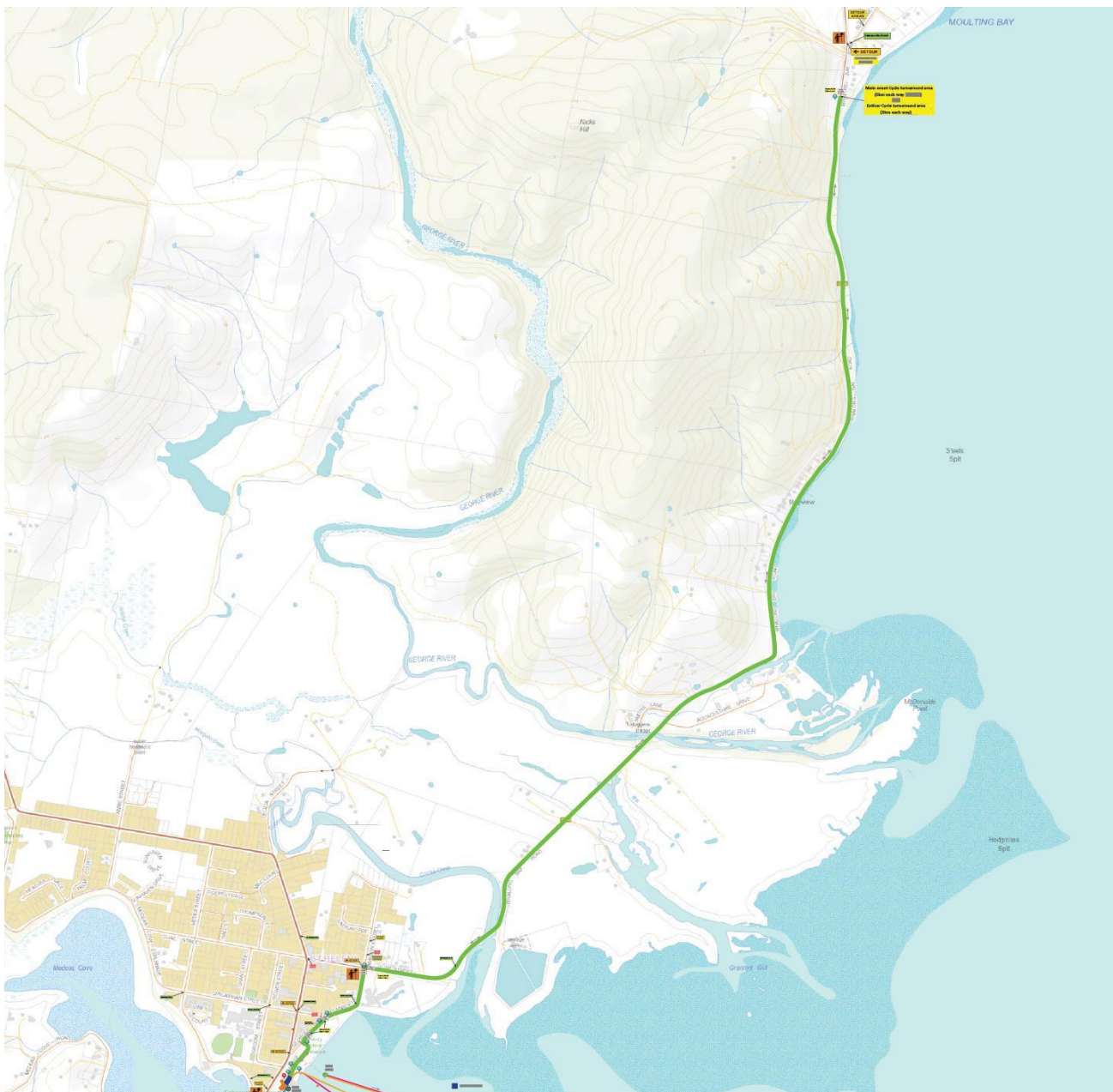
Swim - to commence from the end of the private marina, with swimmers exiting the water via the boat ramp.



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MARCH 3rd 2019

Bike - the course is an out and back course, with one lap being 10km.



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MARCH 3rd 2019

Run - to commence from the transition area

