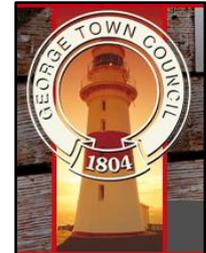


GEORGE TOWN TRIATHLON, SUNDAY 17th February 2019



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RACE GUIDE

ENTRIES & RACE DAY REGISTRATION

This race is an open race which any person can enter, keeping age restrictions in mind.

Entry is by online entry only via the club website at www.launcestontriclub.com. Entry closes at 5pm on Saturday 16th February (this is an automated system which will not accept any entries after the cut off time).

Please note that Trystar participants do not need to enter online but only on the day.

On race day you will need to go to race registration to be marked off and to receive your swim cap and body marking. Please bring your TA member ID with you. Race registration and body marking opens **at 8.00am and closes 8:40am**. You must be registered before you can check your bike in. After registering you must present your bike and helmet for inspection by Technical Officials before racking your bike.

DISTANCES & RACE TIMES

Registration and Body Marking	-	-	-	-	Start	8:00am to 8:40am
Race Briefing	-	-	-	-	Start	8:45am
Trystars (TRIATHLON!)	100m swim	1km ride	750m run		Start	9:00am
Super Sprint	300m swim	10km ride	2km run		Start	9:00am
Sprint	750m swim	20km ride	5km run		Start	9:00am
Coles Bay Warm-up	1km swim	30km ride	7.5km run		Start	9:00am

Presentations will occur after all participants have finished. Generous spot prizes have been provided by sponsors and other local businesses in the area.

AGE RESTRICTIONS

Triathlon Australia rules require that the following age restrictions apply:

Super Sprint Triathlon:

Individual competitors must be at least 12 years of age as at 31 Dec 2018.

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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 13 years of age they are restricted to a single leg only.

Coles Bay Warm-Up:

This distance is only open to individual competitors and competitors must be at least 15 years of age as at 31 Dec 2018.

Trystars:

Competitors must be at least 7 years of age and not older than 12 years of age as at 31 Dec 2018.

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 [here](#).

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. The drafting zone is 10 metres. As 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. You have 20 seconds to complete your overtaking manoeuvre.
- ✓ 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.

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.

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.

LTC runs a manual timing system. Timing is managed by timekeepers using a manual recording system. 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.

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Timing points for the George Town Race are as follows:

- Swim split - time is taken upon exiting the transition area after the swim and heading out on to the bike leg
- Cycle split - time is taken upon exiting the transition area after the bike leg and heading out onto the run leg
- Run split - time is taken upon finishing.

Results will be posted on the LTC website (www.launcestonriclub.com) on the day after the race.

THE COURSE

Transition will be located on the South Esplanade at the end of Adelaide and Mary Street.

SWIM

The swim is an open water swim. George Town is situated at the opening to the Tamar River and water temperatures are generally 18-20 degrees Celsius and therefore it will most likely be a wetsuit legal swim (wetsuit legal temperature is below 24 degrees Celsius).

The course will be patrolled by the Launceston Surf Life Saving club. The swim start will be a deep water start adjacent the pontoon. The swim course will be 1, 2 or 3 laps (depending on the event you choose) of a designated triangular course. The yellow buoys are to be kept on your left as you turn around them. The swim exit will be up the East half of the boat ramp and into transition.

The race organisers reserve the right to vary the course according to the weather conditions.

BIKE

The course is on sealed bitumen roads. Cyclists will exit south from transition onto Mary Street, then turn left onto Victoria Street, right onto Franklin Street which then becomes Old Bell Bay Road. Cyclists will then ride until they reach the turnaround point and travel the same 5km back to transition.

Novice participants complete one lap = 10km. Sprint participants complete two 10km laps = 20km. coles Bay Warm-up participants will complete 3 laps = 30km.

RUN

Sprint event runners will exit east from transition onto the Esplanade, and follow the trail all the way around for 1.25km then turn around the marker and head back to transition. Sprint participants complete 2 laps = 5km.

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Coles Bay warm-up participants will complete 3 laps = 7.5 km.

Novice event runners will follow the same course as the Sprint course BUT WILL TURN at the designated marker at 1.0 km. Novice participants complete 1 lap = 2km

Keep to the left on the running trail.

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. Marshalls will be provided throughout the course to assist with cyclists safe travel around the course.

IMPORTANT! The cycle course is not on closed roads. While there will be marshals on the course assisting competitors and other road users it is your responsibility to obey all traffic rules. When running please respect any pedestrians on the course and take care to avoid any contact.

RACE BRIEFING

There will be a **COMPULSORY** race briefing for all races to be held at the transition area. Please make sure you are present for this. The briefing will provide course details, entry and exit points, start and finish areas, turning points, safety guidelines and recommendations, and the location of refreshment stations.

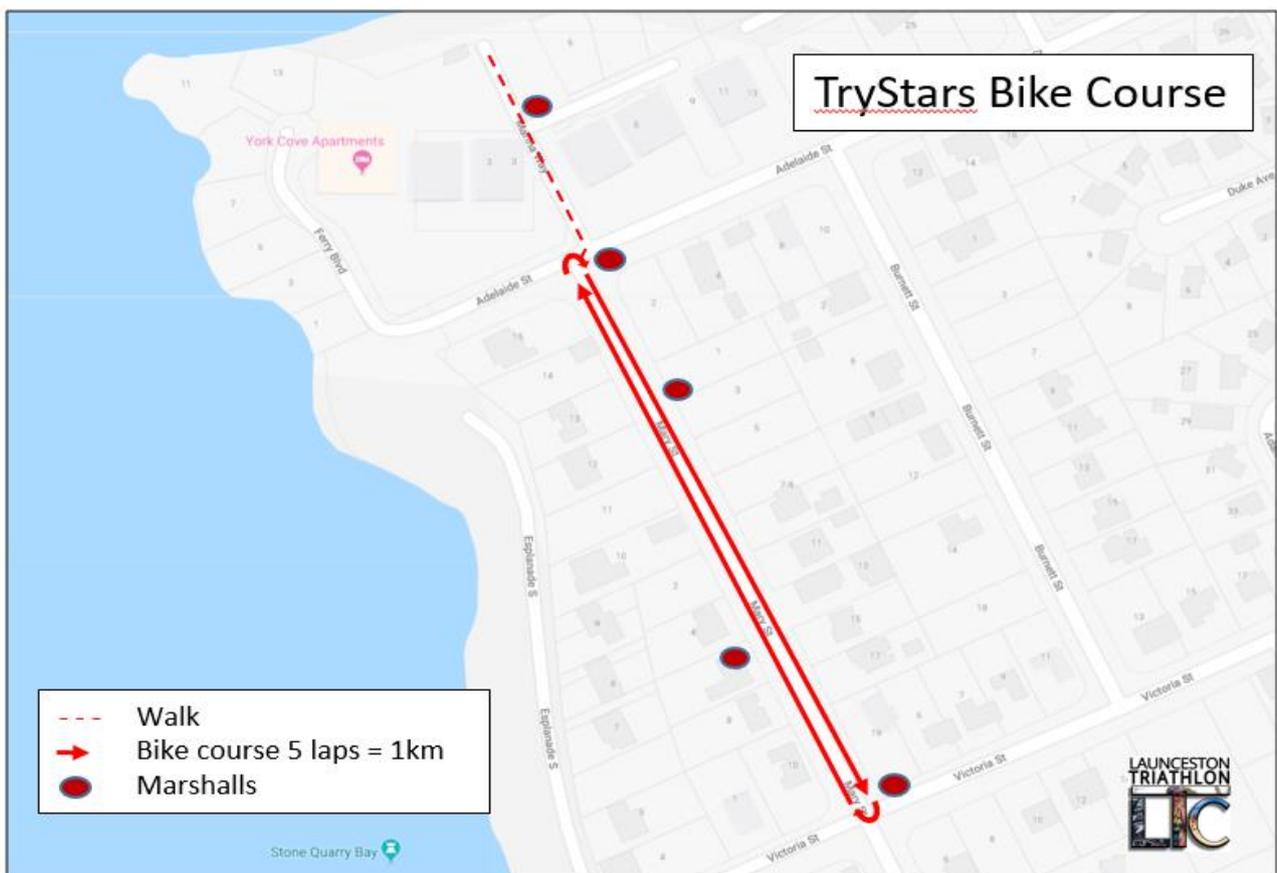
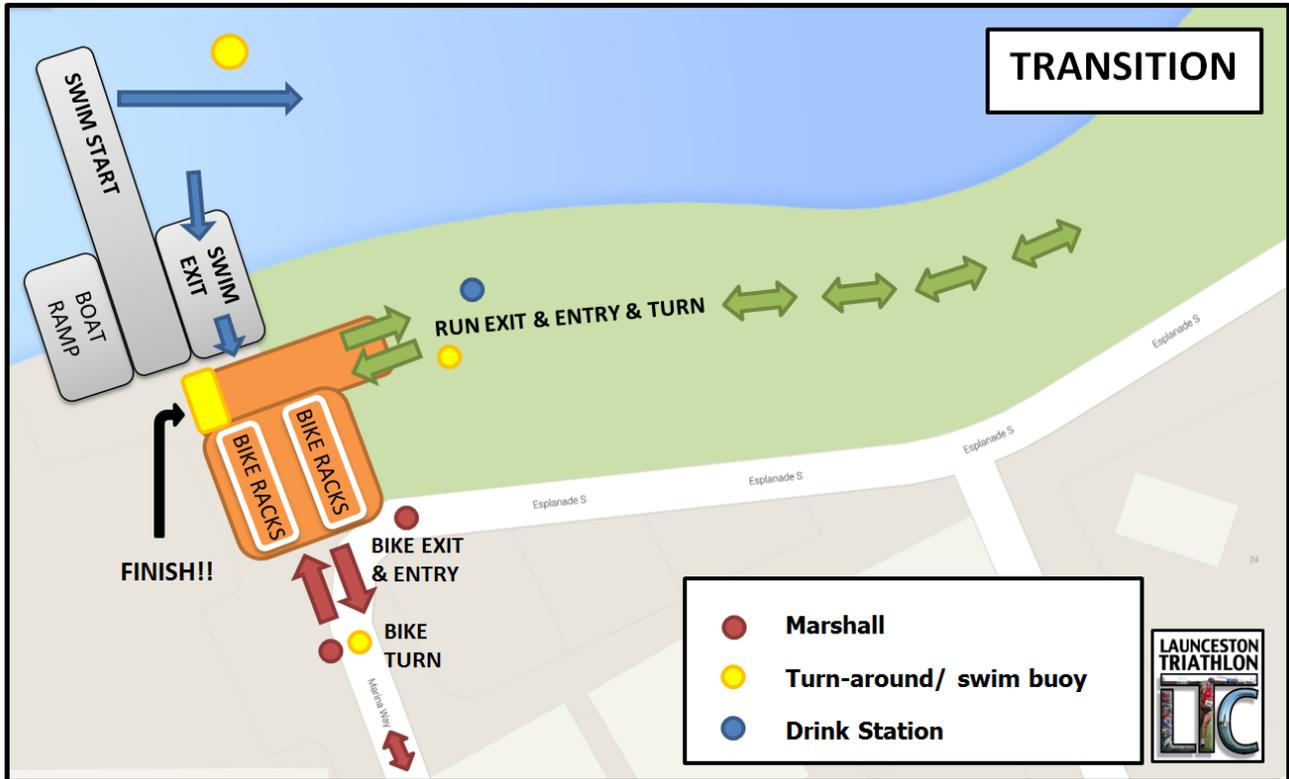
Importantly, the briefing will inform all participants of event regulations such as drafting, mount and dismount areas, transition procedure, and penalty box information.

CONTACT

Race director Matthew Wheatley

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