









## **BREAK O'DAY COMMUNITY TRIATHLON, ST. HELENS, SUNDAY FEBRUARY 9th, 2020**

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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](http://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**

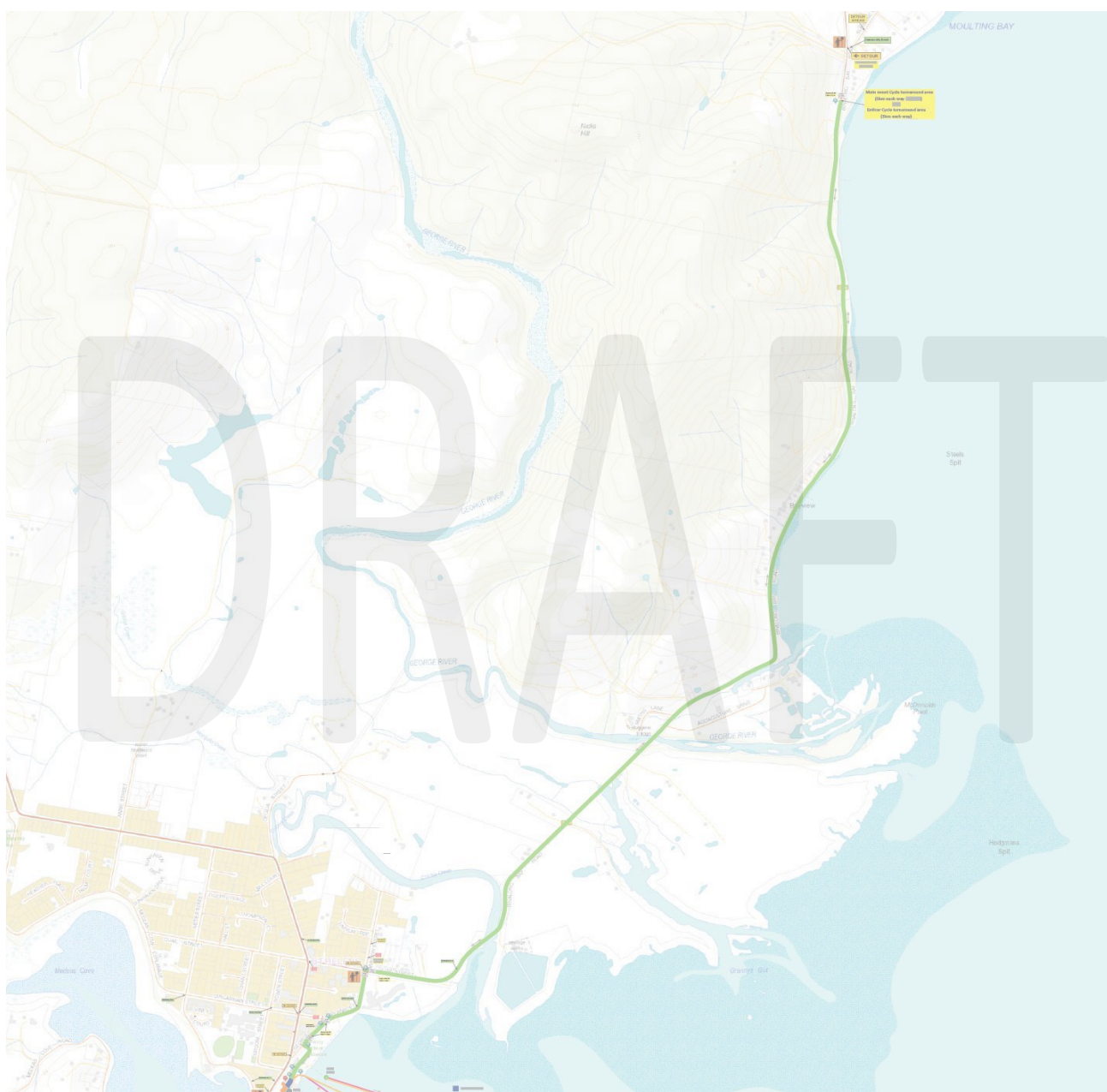
Will be conducted in the bay at St. Helens (salt water), water temperatures are generally 17-21 degrees Celsius at this time of year and therefore it will most likely be a wetsuit legal swim (wetsuit legal temperature is below 24 degrees Celsius).

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.





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





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Run - to commence from the transition area

