

WOMEN'S ONLY TRIATHLON

LTC CLUB RACE #5

SUNDAY 5th April, 2020

WOMEN'S ONLY TRIATHLON

SWIM - 200M

For women and girls 12 years+ who want to "Tri" for the first time or have another go. Lots of fun, support and spot prizes.

BIKE - 10KM

SUN 5TH APRIL, 2020
7.30AM - BEAUTY POINT

Cost: \$25 entry fee
Enter as an individual or as a team.

RUN - 2KM

Register online at
www.launcestontriclub.com

For more information follow us on Facebook or call 0419 309 207.

This event is open to girls over 12 yrs and women who want to Tri for the first time or have another go. Teams are welcome and encouraged. There will not be any category winners or placegetters but timing will be provided for later reference if you are interested. There will be acknowledgements and spot prizes after the all participants have completed the course.

Race 5 of the Launceston Triathlon Club 2019-2020 season will follow the Women's Only Triathlon.

ENTRIES & RACE DAY REGISTRATION

These races 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 4th April 2020. (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.

All on the day entries will incur an additional late entry fee of \$10 for individuals and \$15 for teams.



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Women's Only Race: registration and body marking opens at 06:30am. 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. The race briefing will be held at 07:15am.

LTC Club Race: registration and body marking opens 08:00am. 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. The race briefing will be held at 09:00.

DISTANCES & RACE TIMES

Women's Only	200m swim 10km ride 2km run	Race Start 07:30am
TriStars	100m swim 1km run	Race Start 08:45am
Enticer	300m swim 10km ride 2km run	Race Start 09:15am
Sprint	750m swim 20km ride 5km run	Race Start 09:15am

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 or team competitors must be at least 12 years of age as at 31 Dec 2019.

RACE RULES

In order to ensure a safe and fair event for all, as with most triathlons in Australia, 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/Assets/Triathlon+Australia+Digital+Assets/Resources/Technical/TA+Race+Competition+Rules.pdf>

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. 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.

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- ✓ 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 Club will provide an official swim cap for the race, this must be worn 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 bike and run legs.

Technical Officials (TO's) 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

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 participants 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) on the day after the race.

CONTACT

Race Director Di Webb 0419 309 207

THE COURSE

Transition will be located on the Beauty Point Esplanade, opposite the Take Away shop.

SWIM

Beauty Point is situated on the Tamar River and approximately 10km from the North coast. 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).



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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 the Launceston Surf Life Saving club. The swim course will be 1 or 2 laps (depending on event) of a designated course exiting the water at the stairs straight into the transition area.

BIKE

The course is undulating and on sealed bitumen roads. Cyclists will exit south from transition, keeping left, turn right onto West Arm Road (A7), and head 5km south-west to Greens Beach Road (C72D). Here cyclists will reach the turnaround point and travel the 5km back to transition. One lap of this course is 10km.

Please note that the bike course is not closed to traffic. While the Club has warning signage and marshals on course, normal road rules apply.

RUN

Runners will exit north from transition onto the Esplanade, turn left off the Esplanade, onto Mainwaring St, then right onto Lenborough St. where they will turnaround before the West Arm Road (A7) junction. Keeping right they will reach the turnaround point after only 0.5km, but will not be sharing the road with cyclists. Runners will then head back along the same course (keeping left), back to the turnaround point at transition. One lap of this course is 1.0km.

The run course is not a closed road. 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.

MAPS

Maps of the bike and run course are attached. The swim course will be decided on the day depending on the conditions. The swim will exit the water straight into transition.

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, all athletes are encouraged to bring their own water bottles to reduce plastic waste.

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. 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.