

YORK COVE AQUATHLON, SUNDAY 22nd March, 2020



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 21st March 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.

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 08:00 and closes at 09:00**. You must be registered before you can enter transition.



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DISTANCES & RACE TIMES

Registration and Body Marking	-	-	-	-	From	08:00am
Race Briefing	-	-	-	-	Start	09:10am
Trystars	100m swim 1km run	-	-	-	Start	09:30am
Enticer	300m swim 2km run	-	-	-	Start	09:45am
Sprint	1km swim 5km run	-	-	-	Start	10:00am

Presentations will take place at approximately 11:00am. 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:

Enticer Aquathlon:

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

Sprint Aquathlon:

Individual competitors must be at least 14 years of age as at 31 Dec 2019. Team competitors must be at least 13 years of age as at 31 Dec 2019 – if a team competitor is 13 years of age they are restricted to a single leg only.

Trystars:

Competitors must be at least 7 years of age and not older than 12 years of age as at 31 Dec 2019.

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](#).

All changeovers **MUST** occur in the transition area.

LTC runs a manual timing 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.

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

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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.

RUN

Enticer event runners will exit east from transition onto the Esplanade, and follow the trail all the way around for 1.00km then turn around the marker and head back to transition for 1 lap = 2km.

Sprint participants will travel to the second turn marker past the Anzac Memorial and return for complete 1 laps = 5km.

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 – BUT athletes are asked to supply their own drink bottles to save on plastic waste.

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

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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 transition procedures, impacts of weather and penalty box information.

CONTACT

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