



## **MARC IN TIME Symmons Plains Duathlon Saturday 17<sup>th</sup> October 2020**

[www.launcestonriclub.com](http://www.launcestonriclub.com)

Welcome to the Launceston Triathlon Club Symmons Plains Duathlon sponsored by MARC IN TIME Jewellers & Watchmakers, a local Launceston business employing local people and supporting local clubs like LTC. Make sure you support local and call in and see Marc and his team next time you are shopping for jewellery or need some jewellery repaired.

This race will be the first race for the 2020/2021 season and the first race that Club members will be eligible to earn points for toward the club championships.

This race will also have a RETRO theme so you are all welcome, and encouraged, to dig out your old race kits and give them an airing at this event. There will be a prize for the 'best' retro kit.

Teams are welcome and encouraged to enter but can only consist of two (2) people, a runner who will complete both run legs and a cyclist. This is in order to comply with COVID-19 requirements.

This event will incorporate the Virtual Burnie 10 for anyone who wishes to record a time for that event. Registration will be via the LTC on-line registration. The Virtual Burnie 10 will be the first leg of the Standard Duathlon. The Virtual Burnie 5 will be the first leg of the Sprint Duathlon. If you nominate to do either of these you will receive a Burnie 10 medal on the day.

## COVID SAFE ESSENTIAL INFORMATION

Do not attend if you are feeling unwell and keep any cough covered.

Use hand sanitiser prior to entering transition. We will provide hand sanitiser at the registration table, outside the toilets and at transition for your use.

Masks and gloves will be available for all volunteers

Rack your bikes by the seat where indicated on the bike racks, alternating on each side of the bike rack.

Do not share equipment

All competitors must bring their own filled water bottles for use during the event. A table will be set up for you to access on the run course if you require. It is your responsibility to place your bottle on the designated table.

Please adhere to the social distancing guidelines throughout the event. Social distancing will be maintained at the start. There will be a rolling start over the timing mat.

Return your timing chip to the bucket/bin at the finish line for cleaning post-race.

Please ensure you read and adhere to COVID-19 Smart Racing guidelines by visiting [Triathlon Australia Guidelines - Smart Racing COVID19](#) on the TA website.

All competitors are encouraged to download the COVIDSafe app

## ENTRIES & RACE DAY REGISTRATION

Race entry will be via online registration only. Race entry on the day will not be accepted.

Due to Covid-19 event restrictions the number of people attending the event will be capped at 500. This includes athletes, officials, event staff, volunteers, supporters and family members. When registering you will be asked to nominate supporters and family members who will be attending in order for us to monitor numbers so we can comply with these restrictions.

Registration is available via the LTC website, LTC Facebook page or the following link:  
[www.active.com/perth-tas/running/distance-running-races/marc-in-time-symmons-plains-duathlon-2020](http://www.active.com/perth-tas/running/distance-running-races/marc-in-time-symmons-plains-duathlon-2020)

Registration will close at midnight, Thursday 15<sup>th</sup> October 2020.

### **Entry fees:**

Sprint Duathlon \$25.00 for TA members, \$40 for non-members, \$50 for Teams

Standard Duathlon \$35.00 for TA members, \$50 for non-members, \$60 for Teams

Virtual Burnie 10 – an additional \$10.00 on top of the above entry fees

To become a member of the Launceston Triathlon Club and obtain the benefits of Club Membership sign up via TA website and nominate LTC as your local club.

Race sign in desk will open at 8.00am and close 9.00am. You must be signed in before you can check your bike in. A timing chip will be allocated when you sign in. After sign in 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

|  |   |   |   |       |        |
|--|---|---|---|-------|--------|
| Trystars (7yo – 9yo)                     | 1km run   1.8km bike   500m run                 | - | - | Start | 8.30am |
| Trystars (10yo – 12yo)                   | 1.5km run   3.6km bike   500m run               | - | - | Start | 8.30am |
| Standard & Sprint Race & Course Briefing |   |   |   | Start | 9.00am |
| Standard Duathlon                        | 10km run   40km ride   5km run (rolling start)  |   |   | Start | 9.15am |
| Sprint Duathlon                          | 5km run   20km ride   2.5km run (rolling start) |   |   | Start | 9.15am |
| Virtual Burnie 10                        | 10km run (rolling start)                        |   | - | Start | 9.15am |

### PRESENTATION & PRIZES

Presentations will occur immediately after each race.

There will **not** be any medals or prizes for placegetters but placegetters will be acknowledged during presentations.

There will be Club Championship point for Club Members

There will be spot prizes.

Burnie 10 medals will be provided to all those who nominate for the Virtual Burnie 10

### AGE RESTRICTIONS

Triathlon Australia rules require that the following age restrictions apply:

#### **Trystars:**

Competitors must be at least 7 years of age and not older than 13 years of age as at 31 Dec 2020.

#### **Sprint Duathlon:**

Individual and team competitors must be at least 14 years of age as at 31 Dec 2020.

#### **Standard Duathlon:**

Individual and team competitors must be at least 16 years of age as at 31 Dec 2020.

## RACE RULES

In order to ensure a safe and fair race for all, as with most duathlons and 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/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 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.
- ✓ This is a non-drafting race. Drafting is not allowed. The draft zone is 10m from front wheel to front wheel. You have 20 seconds to pass through this zone. 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.
- ✓ Ensure your torso is covered on the bike and run legs.

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 runner reaches transition they must make their way to where the cyclist has racked the bike. At this point the runner 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

LTC will use electronic timing chips in this race.

The timing points for this race will be at the start/finish line at the exit of the transition area.

There will be a rolling start in order to maintain social distancing requirements.

Your start time will be recorded as you cross the timing mat on the start finish line.

1<sup>st</sup> Run split will be taken upon leaving the transition area for the cycle leg.

Cycle split will be taken upon leaving the transition area for the 2<sup>nd</sup> run leg.

2<sup>nd</sup> Run split will be taken upon crossing the finish line.

Return your race number/timing chip to 'the bucket at the finish line' for cleaning post race.

Results will be posted on the LTC website ([www.launcestonriclub.com](http://www.launcestonriclub.com)) on the day after the race.

## CONTACT

Race director Peter Adams 0408 575 984

## THE COURSE & PARKING

The entire race will be held on Symmons Plains Raceway and will comprise laps of the race track.

### Trystar Event

There will be a TriStar event prior to the Duathlons. The course will incorporate Pit Lane and a portion of the race track opposite the pits.

Event distances are 1km run | 1.8km bike | 500m run and 1.5km run | 3.6km bike | 500m run

### Standard Duathlon

Run – 10km (4 laps around the outside of the race track)

Bike – 40km (16 laps around the inside of the race track)

Run – 5km (2 laps around the outside of the race track)

### Sprint Duathlon

Run – 5km (2 laps around the outside of the race track)

Bike – 20km (8 laps around the inside of the race track)

Run – 2.5km (1 lap around the outside of the race track)

The start, the finish and transition will be in pit lane

Each lap of the run will include pit lane

Each lap of the bike will be entirely on the race track only entering pit lane on the last lap to enter transition. It will be the Athletes responsibility to count the laps or measure the distance on their bike computer.

There is unlimited parking directly behind the Pit Garages

## MAPS

Maps of the bike course, run course and transition are attached.

## FIRST AID & AID STATIONS

First aid will be provided by qualified medical personnel (St Johns Ambulance) and based at transition.

There will be an aid station set up on the run course at the exit of pit lane. All participants must bring their own filled water bottles for use during the event. It is your responsibility to place your bottle on this table.

## RACE BRIEFING

There will be a race briefing for the standard and sprint events in the transition area 15 minutes before the race start. Please make sure that you are present for this if you are a participant. The briefing will provide course details, entry and exit points, start and finish areas, turning points, safety and social distancing guidelines and recommendations, and location of aid station and penalty box. Importantly, the briefing will inform all participants of event regulations such as drafting, mount and dismount area, transition procedure, and penalty box information.