

YORK COVE AQUATHLON, SUNDAY 21st March, 2021



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 noon on Saturday 20th March 2021. (this is an automated system which will not accept any entries after the cut off time).

Entry is free for Trystars participants but we strongly encourage pre-registration.

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 06:45 and closes at 07:30**. You must be registered before you can enter transition.

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

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DISTANCES & RACE TIMES

Registration and Body Marking	-	-	-	-	From	06:45am
Race Briefing	-	-	-	-	Start	07:45am
Trystars	100m swim 1km run	-	-	-	Start	08:00am
Enticer	300m swim 2km run	-	-	-	Start	08:15am
Sprint	1km swim 5km run	-	-	-	Start	08:15am

Presentations will take place at approximately 10:00am. 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 2020.

Sprint Aquathlon:

Individual competitors must be at least 14 years of age as at 31 Dec 2020. Team competitors must be at least 13 years of age as at 31 Dec 2020 – 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 2020.

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 laps 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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