



BRIDPORT TRIATHLON

Sunday 4th December 2022

One of LTC's most iconic event of the season is the Bridport Triathlon. The Bridport Triathlon is renowned for the quality of triathletes that have traditionally competed in this race and for the festive atmosphere at this very popular holiday seaside destination.

This year we will run an Olympic Distance race, Sprint Distance and Tristars Aquathon as well as encouraging teams entries for those wanting to be involved but not wanting to tackle a full race distance.

ENTRIES & RACE DAY REGISTRATION

Entry is by online entry only. Entry closes at noon on Saturday 3rd December 2022 (this is an automated system which will not accept any entries after the cut off time).

We will not be accepting on the day entries.

On race day you will need to go to race registration on the Village Green to be marked off and body marking. If you have entered as a Triathlon Australia member you will need to bring your TA member ID with you.

Race registration opens at 07:00 and closes at 08:00 SHARP. You must be registered before you can check your bike in. After registering you must present your bike and helmet for inspection by TO Officials before racking your bike. **The race briefing will be held at 08:00.**

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
- 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.

DISTANCES & RACE TIMES

Trystars (Aquathon)	100m swim, approx. 1km run	-	Start	07:45	-	Presentation at the finish line.
Olympic	1500m swim, 40km bike, 10km run	-	Start	08:15	-	Presentation approx. 12:30



BRIDPORT TRIATHLON

Sunday 4th December 2022

Sprint 750m swim, 20km bike, 5km run - Start 08:45 - Presentation approx. 11:00

AGE RESTRICTIONS

Triathlon Australia rules require that the following age restrictions apply to participants – as a sanctioned triathlon event we cannot vary these under any circumstances:

Sprint Triathlon:

Individual competitors must be at least 14 years of age as at 31 Dec 2022. Team competitors must be at least 13 years of age as at 31 Dec 2022 – if a team competitor is 13 years of age they are restricted to a single leg only.

Olympic Triathlon:

Individual competitors must be at least 15 years of age as at 31 Dec 2022. Team competitors must be at least 14 years of age as at 31 Dec 2022 – if a team competitor is 14 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 2022.

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 at:

[Tri Aus Race Competition Rules](#)

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.
- ✓ 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.
- ✓ 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 a swim cap for the race, this must be worn for safety reasons.



BRIDPORT TRIATHLON

Sunday 4th December 2022

- ✓ The use of personal electronic devices such as iPods, iPhones etc is not permitted for safety reasons.
- ✓ There will be bike numbers and helmet numbers provided – these must be used.
- ✓ All participants, other than persons who are only doing the swim leg for a team, must be body marked.

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

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.

Timing points for the Race are as follows:

Swim split – time is taken upon leaving the transition area for the bike leg.

Bike split – time is taken upon completing the bike leg.

Run split – time is taken upon finishing.

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

CONTACT

Race director: Sarah Springer scspringer82@gmail.com 0417 528120

THE COURSE



BRIDPORT TRIATHLON

Sunday 4th December 2022

Transition will be located on the Village Green, next to the Bridport Community Hall; limited parking and toilets can also be found here.

SWIM

Bridport is situated on Anderson Bay which leads into Bass Strait. Water temperatures are generally 15-18 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 held off Eastman's Beach. 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 or 2 laps (depending on event) of a designated course exiting the water onto the beach with a 400m run across sand and grass to the transition area.

BIKE

The course is relatively flat and on sealed bitumen roads. Cyclists will exit south from transition, keeping left, onto Main Street which becomes Waterhouse Road

There is a turnaround at the 10km mark along Waterhouse Rd for the Sprint and Olympic distances. Sprint participants complete one lap = 20km, Olympic participants complete two 20km laps = 40km

Here cyclists will reach the turnaround point and travel the 10km back to transition.

Important Note: The cycle course is **not** on closed roads. While there will be marshals on the course assisting competitors and other road users it is your responsibility to obey all traffic rules.

RUN

Runners will exit from transition and follow a marked course south for 1.25kms along the foreshore to a turn marker and then head back along the same course (keeping left), back to the turnaround point at transition.

Sprint participants complete 2 laps = 5km

Olympic participants complete 4 laps = 10km



BRIDPORT TRIATHLON

Sunday 4th December 2022

Maps of the bike and run course are provided at the end of this document. The swim course will be decided on the day depending on the conditions. The swim will exit the water onto the beach with a 400m run across sand and grass to the transition area.

FIRST AID & AID STATIONS

First aid will be provided by qualified medical personnel and based at transition.

There will be 2 drink stations on the run course located at transition near the finish/turnaround, and at the far turn on the run course

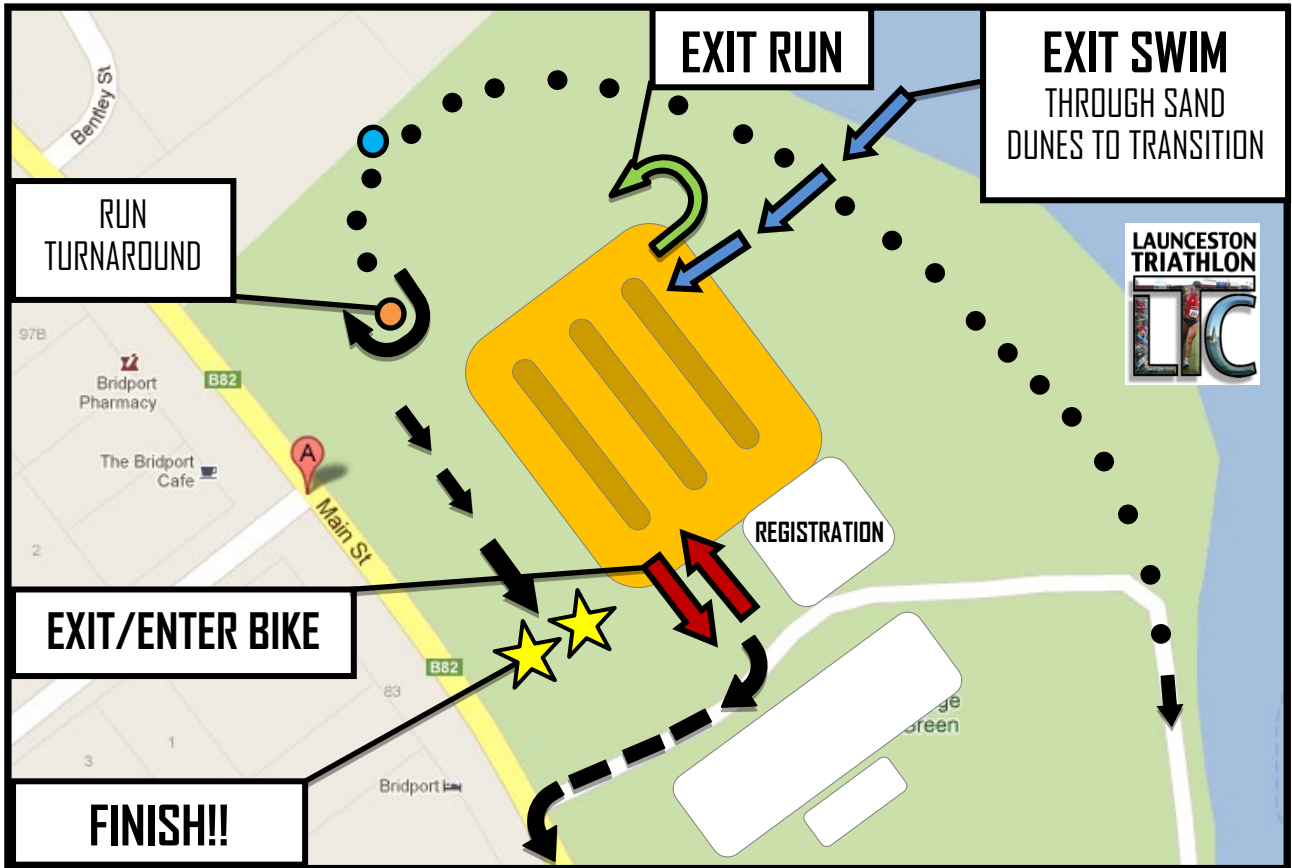
RACE BRIEFING

There will be a race briefing at 08:00 in the transition area. **All participants are to be 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.

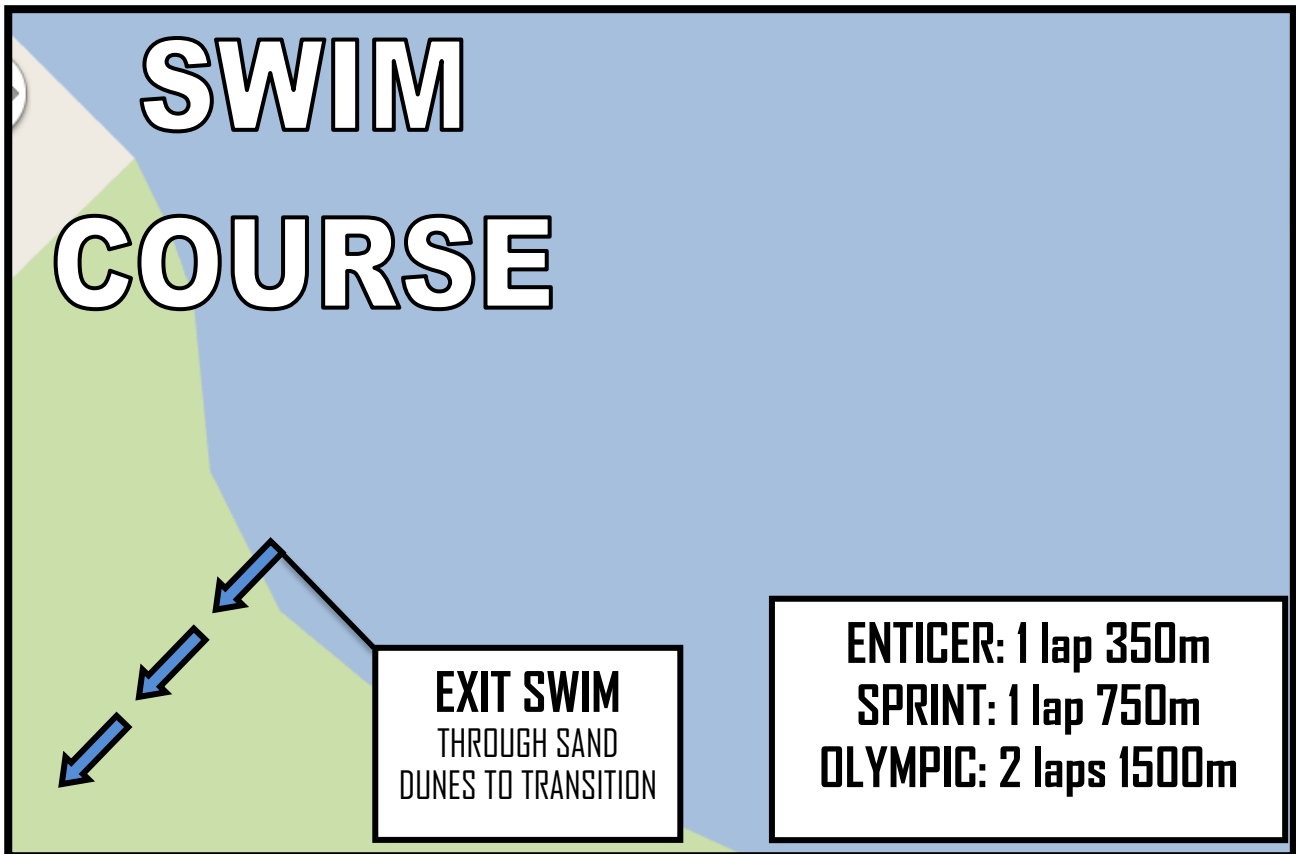
The Race Briefing for the Trystars and their parents/guardians will be held at 07:40.

BRIDPORT TRIATHLON

Sunday 4th December 2022

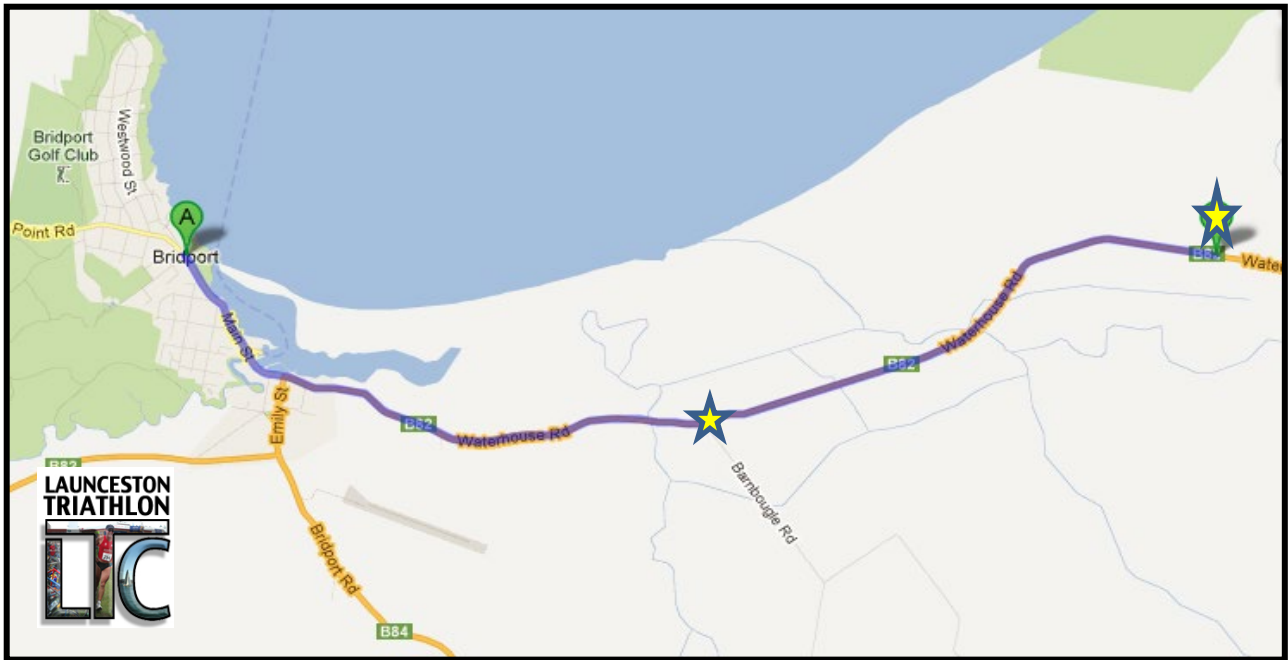


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