



# MEN'S ONLY TRIATHLON

Sunday 18 March 2012  
 Point Walter Reserve  
 Honour Avenue, Bicton

## EVENTS

Event / Distance	Swim	Cycle	Run
Junior Triathlon	200m	8km	2km
Novice Triathlon	200m	8km	2km
Fun Triathlon	400m	20km	3km
Olympic Triathlon	1500m	40km	10km
Duathlon Short	2km run	8km	2km
Sprint Duathlon	2km Run	20km	5km

++ Note; cycle distances may be modified for road works – none will be shorter.

## DIVISIONS - CATEGORIES

Junior / Novice / Fun: 12-13; 14-15; 16-19; 20-29;30-39; 40-49; 50-59; 60+ years Teams  
 Olympic: 14-19; 20-29; 30-39; 40-49; 50-59; 60+ years & Teams  
 Duathlon / Sprint Duathlon: Open only  
 Minimum Age: Competitors must be a minimum age of 12 years on 31 December 2011  
 \* Categories may be combined if less than 5 in a category

**Entries Close: Saturday 10 March 2012**

Race information and results will be emailed if a clearly printed email address is provided

## REGISTRATION FEES

**NOTE: All fees include Triathlon one day race insurance / license**  
*TWA Members discount race fee of \$5 applies*

**LEFT BANK TRIATHLON ONLY**

Event	Junior Competitor	Individual 16Yrs+	Relay Team
Junior Tri	\$50	n/a	\$60
Novice Tri	n/a	\$65	n/a
Fun Tri	\$50	\$70	\$70
Olympic Tri	n/a	\$80	\$75
Duathlon	\$50	\$65	\$65
Sprint Duathlon	\$50	\$75	\$75

**FAMILY ENTRY:** (3 or more contact race organiser for entry discount)

**Non Triathlon Association Members must add \$10 per event for Triathlon Australia one day race license**

**LATE ENTRY FEE:**

**Prior to Race Day Add \$15      On Race Day Add \$30**

*Entries submitted at listed Bike Force Stores must be completed by 12.00pm (midday) on Monday prior to the event. No credit card or eftpos at listed Bike force Stores*

**BIKE FORCE STORES:** Balcatta, Woodvale, Subiaco, Myaree and FLEET Fremantle, Mandurah

**RACE DAY TIMES:**

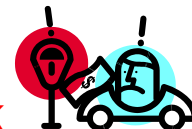
Registration: 5.45am - 6.15am      Briefing: 6.15am      Race Start: 6.30am  
Presentations: 9.40am



**Roads are NOT closed for the event. Park in designated areas.**

Parking Areas are in Honour Avenue – Car Parks on the eastern side and verge on the western side. Also car parks just above the Jetty.

Park in areas listed on the Course Map



**NO PARKING IN THE GOLF COURSE CAR PARK**  
**Failure to do so will result in fines.**

**INFORMATION**

Email: [sportsperformance@iinet.net.au](mailto:sportsperformance@iinet.net.au)

Tel: 04 111 33 954

Web: [www.allbarnone.com](http://www.allbarnone.com)

- Race information and results will be emailed if a clearly printed email address is provided

## RACE DETAILS

### TRANSITION AREA

- Transition area opens at 5.30am and will close at 6.15am for the race start.
- Familiarize yourself with the location of your bike and the entry / exit points to transition
- We cannot be responsible for arriving late so allow adequate time for travel.

### BIKE RACKS

- Bike Racks will be in rows with Event and / or Gender and Division signage at the end of the racks
- On arrival place your bike in the applicable row. Each rack bar has space for 5 to 6 bikes

### REGISTRATION

- Individual and team registrations will be at the marquee area. Please queue up according to your race number. At the registration table you will be asked for your race number, surname and Christian name. Race numbers will be emailed 2 days prior to the event or listed on the main notice board under alphabetical order
- At registration you will receive your Timing Band, Swim Cap and Race Number (bring 4 pins to attach to your running top or a race belt)

### CHANGES TO ENTRY

- Changes can be made prior to the day by email to [sportsperformance@iinet.net.au](mailto:sportsperformance@iinet.net.au)
- Changes on the day can be made at the "Information / Late Entry Marquee"

### RACE NUMBERING

- Race numbers are marked on both upper arms. It is your responsibility to ensure the numbers written on your arms are the same as your timing band and race number

### TIMING

- The timing band must be placed on your left ankle – secured and checked
- The transponder must be worn at all times during the event
- You must cross the mats at all timing locations to receive an official race time
- The transponder must be handed in immediately after crossing the finish line
- Transponders are not transferable. Do not switch transponders with other competitors

- If you withdraw from the race or fail to complete the course please inform the Information Centre and return your timing band.

#### **WAVE STARTS**

- Wave starts will be advertised to competitors two days prior to the event
- Final wave start details will be provided at the Race Briefing

#### **WETSUIT RULING**

- A provisional water temperature and wet suit ruling will be advertised two days prior to the event with the final wetsuit ruling announced on the event morning

#### **TEAM INFORMATION**

- Teams will change over at the allocated Bike Rack with the timing band being passed from one team member to the next
- The team swimmer must not remove the timing band until within the Transition area
- Team cyclists must stay in the allocated bike rack with the bike seat over the rail until the swimmer has tagged the cyclist. The swimmer needs to pass the timing band onto the Cyclist
- Team cyclists must rack the bike and pass the timing band to the runner before the runner can leave on the run leg. Team runners must wait at the allocated bike rack and attach the timing band before exiting transition.

#### **ROAD CLOSURES**

- The roads are closed to traffic for the event
- However, some vehicles may require access to the course including safety vehicles – be aware of other cyclists and potential vehicle movements

#### **RACE RESULTS**

- Race results will be emailed to all competitors who have provide an email clearly printed on the entry form
- Results will also be posted on the website: [www.allbarnone.com](http://www.allbarnone.com)

## **THE COURSE**

**TRANSITION;** Located on the grass above the café alongside Honour Avenue – west side of Point Walter

**SWIM:** Held in the Swan River opposite the café and boat ramps  
200m Course: From the first boat ramp west towards the jetty, parallel to the shore in chest deep water  
400m Course: From between the two boat ramps towards the jetty parallel to the shore in chest deep water  
1500m Course: A rectangle of 750m starting from the end of the jetty and requiring two laps to be completed

**CYCLE:** From Transition the ride follows Honour Avenue, Carroll Avenue and Burke Drive to turn at Stoneham Road. Junior and Novice return via the same course.  
 Fun and Olympic and Long Duathlon turn left at the Point Walter golf course roundabout and follow Point Walter Road, Preston Point Road, Wauhop Road and Riverside Road to the Stirling Traffic Bridge with the cycle turn being 100 metres past the bridge. Return via the same roads. One lap is 20km

Event / Distance	Swim	Cycle	Run
Junior Triathlon	200m	8km (1 lap)	2km (1 lap)
Novice Triathlon	200m	8km (1 lap)	2km (1 lap)
Fun Triathlon	400m	20km (1 laps)	5km (1 lap)
Olympic Triathlon	1500m	40km (2 laps)	5km (2 laps)
Duathlon	2km Run	8km (1 laps)	2km (1 lap)
Sprint Duathlon	2km Run	20km (3 laps)	5km (1 lap)

**RUN:** The run follows the walk / cycle path east towards Perth. Cycle distance signs will mark run turns

**Course Map: [www.allbarnone.com](http://www.allbarnone.com)**

## EVENT RULES & CONDITIONS

The race will be under the Triathlon Australia race rules. [www.triathlon.org.au](http://www.triathlon.org.au)

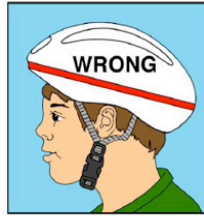
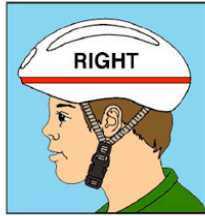
### GENERAL

- The Event Organizers reserve the right and the authority to alter or change the course, route and stages of the event at any time due to a real or perceived threat to the safety of participants
- The event is conducted under the rules of Triathlon as stated on the Triathlon Australia website
- In Brief
  - Cycling helmets are to be fastened before removing the bike from the rack and remain fastened until the bike is racked
  - No Drafting
  - No Blocking – keep left as far as possible to enable passing. Passing on the inside is illegal and can result in disqualification
  - Do not cross centre lines on the cycle course
  - No cheating, no cutting corners
  - Upper body chest must be covered at all times during the cycle and run legs
  - Penalties: Rule breaches may result in a time penalty served in the penalty box on course. Failure to report to the penalty box to serve the time penalty will result in disqualification
- Non- support:

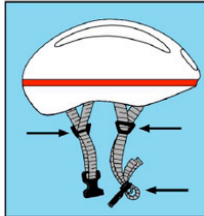
- The event is a non support event. All event activities from registration to competing, etc. are to be completed by the individual or team members only.
- Aid stations on the course will be provided by the event organizers.
- **Racing Bib / Numbers**
  - Runners (Individual or Team) must wear the official Racing Bib, on their section of the course and at the finish.
  - Swimmers, Paddlers and Cyclists must have their race number marked clearly on the left Upper Arm and Left Leg
- **Relay Change Over**
  - The event Timing Chip must be changed over at the Transition Area from one competitor to another. Make sure the Timing Chip is securely fastened at the start and at each change.
  - The change must occur at the designated Transition areas
- **Timing Chip**
  - The timing chip is a timing device that measures the race time of ach individual or team
  - Each Individual participant will receive a timing chip
  - Each relay team will have one timing chip issued that is passed from one team member to another after they complete their distance.
  - All competitors must ensure the timing chip is securely fastened to their left / right ankle before the event starts.
  - Timing chips must be returned immediately on finishing the race. A fee of \$25 is incurred for any lost or not returned timing chip.
- **Course Route**
  - Participants are required to follow the course route and complete the number of laps where applicable as designated
  - The Course Map indicates the course route that will be marked with signs and marshals on race day.
  - It is the responsibility of competitors to know the course and number of laps. Course marshals are there for your safety and to indicate directions.

**RECOMMENDATIONS:**

- Drink plenty of fluid before, during and after the event.
- Use caution at the start of the swim if you are not an experienced open water swimmer. Wave starts can be very crowded – start at the back or to either side
- Bikes must be in safe mechanical condition and should be checked prior to the race.
- Bicycles should carry a full bottle of water at the start of the cycle leg.
- **MEDICAL** – If you are over 30 years of age / or have not done much regular exercise, it is strongly recommended that you have a medical check up prior to the event.



Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.