
Open Triathlon and Duathlon

Saturday, 14 May 2022 (7am start)

Information for Open Competitors (14 and above)



PROGRAMME

TRIATHLON

Distances: Swim 250m / Bike 7.5km / Run 2.5km

Category: Individual (male and female)
Team (male / female or mixed)

DUATHLON

Distances: Run 2.5km / Bike 7.5km / Run 2.5km

Category: Individual (male and female)
Team (male / female or mixed)

Course map for both duathlon and triathlon is included in this document.

REGISTRATION AND PAYMENT DETAILS

Open registration fee: \$50 (per person)

All Triathlon and Duathlon competitors must read 'Information for Competitors' online before proceeding to register.

- Someone cannot run in your place if you withdraw from the race.
- Open Triathlon competitors must be 14 years old as of 31 December 2021.
- No refunds will be provided if you withdraw from the race.
- Once you have registered your team you cannot change the names of team members. All team members must register under the same team name.

REGISTRATION & TRANSITION AREA

Registration: Open: 05:45am

Close: 06:40am

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Close: 06:40am

Please follow these below steps closely:

Step 1. Upon arrival, competitors must rack bike and layout their biking and running gear in the transition area.

Step 2. Competitors proceed to registration table to receive racing number and race tag. Ensure you have your race number

marked on you at this stage by the body-marker.

Step 3. After registering, pick up your Competitor's Pack at the table nearby.

Step 4. Competitors will not be allowed to enter transition to collect their gear until the last competitor has crossed the finish line.

Step 5. There will be a compulsory race briefing at 6.45am by the Race Director.

START TIME

Start: 7:00am

You will be directed to the swim start at 6.50am. The swim will start in 10 min waves. Swimmers need to complete the five laps within 10 minutes.

Start: 7:00am

You will be directed to the run start at 6.50am. The start line will be near the transition area.

ARRIVING AT THE EVENT – SATURDAY, 14 MAY 2022

Registration and race pack (includes t-shirt) collection will take place from 5.45am to 6.40am on Saturday, 14 May 2022 at the event location.

The start and finish of the race is at the Jabiru Public Swimming Pool on Civic Drive.

Parking for competitors and supporters will be in the Jabiru Plaza Carpark as detailed on the attached triathlon map.

DO NOT PARK in either of the car parks at the Jabiru Public Swimming Pool or Magela Field as these car parks will be closed for the race.

Please advise your supporters that there will be a **road closure** along Civic Drive, Kinchela Road, Jabiru Drive (both adjacent to Jabiru Golf Club and Aurora Kakadu Lodge and Anbinik Kakadu Resort) and Waterhouse Road from 6.30am until the last bike of the duathlon and triathlon is back in transition (approximately 9.00am).

REGISTRATION AND RACE BRIEFING – SATURDAY, 14 MAY 2022

Registration, signing of waiver form and race pack (includes t-shirt) collection will take place from 5.45am to 6.40am on Saturday, 14 May 2022 at the event location.

After registration and picking up your competitor pack, there will be a **compulsory race briefing at 6.45am by the Race Director near the transition area.** Race briefing will cover the course, basic duathlon and triathlon rules.

An instructor will run a 5 minute warm up session before the event.

Hydration drinks will be available to assist you through the race and post-race.

AFTER YOU HAVE FINISHED

Bottled water and breakfast will be available for all competitors once you have finished the race.

Once the last competitor of the triathlon and duathlon has finished there will be a medal ceremony.

Transition will open after the last competitor of the triathlon and duathlon has finished.

DUATHLON AND TRIATHLON RULES – POINTS TO REMEMBER FOR BEGINNERS

General Rules:

- You must behave in a manner which is safe, fair and demonstrates good sports conduct. Be careful, enjoy the race and show good sportsmanship.
- You are not allowed to use any ipods / iPhones / mp3 players during the race as you must be able to hear instructions from officials at all times.
- You may not receive any outside assistance of any kind from anyone outside Race Officials. For example your supporters giving you additional water on the run course.
- If you withdraw from the race you will need to notify a Technical Official.

Swim Course:

- If you encounter difficulty during the swim, raise your hand get the attention of water safety. Any assistance provided beyond an object to lean on and catch your breath you will have to withdraw from the race.

Transition Area:

- You must have your torso covered on both the cycle and the run - swimmers are acceptable for females.
- Your helmet must be fastened securely before you remove your bike from the rack and must be kept done up until after you replace your bike on the rack. You will be stopped if you do not obey this rule.
- No riding in the transition area - you must mount and dismount your bike in the marked zones.
- All biking and running gear in the transition area must be kept together in a tidy pile before and after use.
- If you knock over another competitor's equipment, it must be put back to its original state.

Bike Course:

- Do not get too close to the person in front of you on the bike - this is called "drafting" and is not allowed in Triathlon. You must ride single file keeping to the left, and stay four bike lengths behind the competitor in front of you.
- You must keep to the left at all time, unless you are passing someone in front of you.
- If you want to overtake someone you have 15 seconds to do so and you must be gaining on the person in front at all times during that period. The correct way to pass is to stay on the left, ride up behind the person in front, when you are close enough, go around them on the right (checking behind you first) and once you have passed them, immediately move back to the left side of the road.
- If you get passed, you must immediately drop back four bike lengths so you are out of the "draft zone".
- You may not speed up once someone's wheel has gone past yours to catch up with them again. You must drop out of the draft zone first before you attempt to overtake them.

Run Course:

You must keep your torso covered and shoes on your feet until the finish.

TRIATHLON AND DUATHLON COURSE MAP

(Please note, the Duathlon is on the same course as the Triathlon)



Cycle Helmet Safety

When riding your bike, you must wear a proper bike helmet.

It must be properly fitted, securely fastened and approved by a testing authority ie Australian Standards.

Tips for a correct fit

1. Position the helmet so that it protects your forehead (1-2 fingers above your eyebrows).
2. Secure the clip on the strap under your chin and tighten the strap up so you can still fit one finger under it to make sure it isn't too tight.
3. The plastic clips on each side of the strap should be slid up to make a triangle that meets just below your ears.
4. The helmet should fit your head so that it touches on all side and can't be slid forwards, backwards or side to side. Use the extra pads supplied with your helmet to ensure a snug fit.



If you have a crash and bump your helmet, you should buy a new one, even if you can't see anything wrong with it. The foam in your helmet provides protection by absorbing the impact. This impact compresses the foam, reducing its future effectiveness.