

RACE INFORMATION BOOKLET 2010

SPARKE
HELMORE
LAWYERS

NBN

2010



Triathlon Festival | 21 March | Newcastle



Good Sports in Property



Thanks to our event supporters



GENERAL INFORMATION

The Sparke Helmore/NBN Television Triathlon Festival is a two day event including the Sports Expo and race registration on the Saturday and major Triathlon with 4 separate races including nearly 2000 competitors on Sunday.

Timetable for weekend

Saturday 20 March 2010		
Time	Activity	Description
10.30am	Race Office and Sports Expo Opens	An expo showcasing Health, Fitness and Sports Products and Services
11.00am -5.00pm	Early Race Kit Collection and fellowship among competitors	For the Sparke Helmore NBN Triathlons event to be held on Sunday
5.00pm	Race Office closes	Race Compound security
Sunday 21 March 2010		
Time	Activity	Description
5.00am	Race Office opens	Collection of Race Kits for Triathletes
6.30am	Olympic Distance Triathlon starts	From 200m west of Queens Wharf.
8.40am	Triathlon Diehards start	First Wave Start for Triathlon Diehards. Distance 500m swim, 25km cycle and 6km run
9.45am	Solo Racers Triathlon start	First Wave start for Solo Racers. Distance 500m swim, 15km cycle and 4km run
10.30am	Presentation and Formal Presentation to HMRI	Olympic Triathlon only
10.30am	Team Racers Triathlon start	First Wave Start for Team Racers. Distance 500m swim, 15km cycle and 4km run
12.15pm	Second presentation of major prizes	Place getter awards and prize draws
1.00pm	Sports Expo and lunches continue	Fun for competitors, friends and families

All Races Summary

Race	Description	Who should enter?	Distances	Entry Fees
Olympic Distance Triathlon	A medium distance triathlon for serious triathletes or those who have trained for the event.	Competitors 15+ years of age who can complete a medium distance triathlon. This event is the State Olympic Distance Championships and a qualification race for the Australian Age Group Team for the 2010 World Triathlon Championships. It is also hosting the Australian Defence Force Olympic Distance Championships.	Complete all legs of a 1500m swim, 38.4km cycle, 10km run	Members of Triathlon Australia - \$95 Non members of Triathlon Australia - \$110
Solo Racers Triathlon	A short course triathlon for new, novice or hobby triathletes	Competitors 14+ years of age who can complete a short course triathlon	Complete all legs of a 500m open water swim 15km cycle 4km run	Members of Triathlon Australia - \$65 Non members of Triathlon Australia - \$75
Diehards Triathlon	A slightly longer triathlon for regular or experienced triathletes	Competitors 15+ years of age who can complete a short course triathlon	Complete all legs of a 500m open water swim 25km cycle 6km run	Members of Triathlon Australia - \$65 Non members of Triathlon Australia - \$75
Team Racers Triathlon	A short course triathlon for teams of new, novice or hobby triathletes	Teams of competitors 13+ years of age who can complete one or two legs of a short course triathlon	Complete one or two legs of a 500m open water swim 15km cycle 4km run	<u>Two person teams</u> Members of Triathlon Australia - \$100 Non members of Triathlon Australia - \$120 <u>Three person teams</u> Members of Triathlon Australia - \$140 Non members of Triathlon Australia - \$160

RACE COMPOUND LOCATION

The race compound is located at Camp Shortland Park Opposite Nobby's Beach off Wharf Rd, Newcastle. For Google Maps go to :

http://maps.google.com.au/maps?f=q&source=s_q&hl=en&q=Newcastle+East+New+South+Wales&ll=25.335448,135.745076&sspn=56.772803,135.263672&ie=UTF8&cd=1&geocode=FXePCf4dBxoMCQ&split=0&hq=&hnear=Newcastle+East+New+South+Wales&ll=32.926068,151.788161&spn=0.01331,0.033023&z=16



WEATHER

The Newcastle area at this time of the year is usually very pleasant with air temperature varying from 15c min. to 32c maximum. It may be a little cool in the morning and warm clothing is advisable.

COURSE INFORMATION

Officials will be on hand at Registration to answer any specific questions you may have concerning the course, the rules and to assist you generally. Do not hesitate to raise any query no matter how trivial it may seem. Officials are on hand to help make your Triathlon experience as memorable as possible.

BIKE MECHANIC ON HAND

A bike mechanic will be providing mechanical and spare parts on the day. Call at the Merida Expo Stand in the expo for advice and for those last minute tips or fine-tuning of your equipment. Spare parts must be purchased.

LOST PROPERTY

You should place some form of **identification** on all your **personal gear/property** for ease of identification if any is misplaced and handed in to officials. Please note that the

race organisers take no responsibility for lost property. Property handed in to the officials will be available for collection on Sunday afternoon at the registration tent.

MEDICAL

Please ask for medical help if you have the slightest hint you may need it. There will be an ambulance on stand-by at all times. Note also that if you are transported by ambulance you could be required to meet costs involved unless covered by an appropriate fund. Any aid given by race medical personnel on the course is permissible and will **not** lead to disqualification, **excluding** the swim section. **If, however, you have any outside assistance you will be disqualified.**

You will be withdrawn from the race only if you require transportation, IV fluids, or if medical personnel consider your continued participation presents a danger to the health or welfare of you or others.

PARKING:

Early Parking at Horseshoe Beach next to Compound

If you and/or your supporters are travelling to the start by car, please note that Wharf Road and Shortland Esplanade will be closed from 5am and other parking will fill quickly. The car park at Horseshoe Beach next to the race compound will be open until full or full road closures are in place. You can only access the Horseshoe Beach Car Park via Nobby's Rd off Scott St. You **WILL NOT** be able to leave this car park until the last competitor is finished the last event. This may be 12.30pm.

Late (after 6.15am) parking in Newcastle CBD (parking station open)

If you are arriving for later events or need to leave the area straight after your race we suggest you park in the Newcastle City Council car park in Bolton St between King and Church St. This car park has been contracted by the event and is free. It is approx 1km from the Race Compound.

Bikes will be on the course from 6.50am. We recommend if arriving after this that time you approach the race compound from the Watt St end of Wharf Rd and follow the pedestrian directions along the harbor side of Wharf Rd. Please do not use the park side as you will need to unnecessarily cross the cycle course further along Wharf Rd. The bikes will be going very fast along this section.

If otherwise parking in local streets be aware of parking time limits and please be careful not to walk on road-ways and to respect the Sunday sleep in for local residents, by keeping noise to a minimum. Please **DO NOT** park in driveways and 'No Parking Zones'.

WATER / AID STATIONS

All events will have a drink station at the finish area. There will be no CYCLE water/aid stations and we suggest the Olympic Distance competitors start the event with 2 full bottles. First aid personnel can be deployed onto the course at any time. There will be one drink station on the run leg in Foreshore Park near the toilet block and another at the turn point for the 4 and 6km courses. There will also be a drink station at the finish area.

PORTABLE TOILETS

Portable toilets will be located adjacent to the transition area. There are also public toilets and change rooms located at Nobby's Beach pavilion just 200m from the race

compound. Please ensure you use these facilities as required as anywhere else will lead to police action if caught, particularly in residential areas. There are showers for after the race.

MEDICAL FITNESS/SIGNED WAIVER: You are reminded of your acceptance of entry conditions, waiver release and indemnification. Please note this is a legal part of the form and affects your rights. You have attested your physical condition has been verified by a registered medical practitioner. If you have developed a medical condition since you registered to enter, this should be brought to attention and where appropriate a medical certificate produced.

PERSONAL AND LOST PROPERTY: Like most cities and towns in Australia, Newcastle has its criminal element. Please take extra care with your possessions. Lock cars and accommodation when unattended. Please place identification on all race equipment and apparel for easier I.D. with lost property.

LITTERING: Please DO NOT discard wrappers, etc. on the **SPARKE HELMORE TRIATHLON NBN TELEVISION** course. Please be USER FRIENDLY. Avoid discarding energy bar/gel wrappers and, where available, use garbage bins particularly on the run course. There is provision for disqualification of this practice.

MESSAGE AREA

A limited number of volunteer massage therapists will be on hand to provide a brief massage service for you. Delays may occur and you are free to exit the Finish compound to return later. Use the common recovery area outside to discuss the race with your fellow competitor/s. Do not congregate in areas where you block finishing competitors being assisted to Recovery.

RACE SPECIFIC INFORMATION

RACE RULES

Triathlon Australia rules will be applied to the **SPARKE HELMORE NBN TELEVISION TRIATHLON** as well as other special Triathlon Australia and **SPARKE HELMORE NBN TELEVISION TRIATHLON** rules as set out in this booklet at appropriate sections. Please refer to them if in any doubt on any aspect of the race. You will be able to discuss any questions/issues with Technical Officials check in on Saturday afternoon or Sunday morning.

SPECIAL RULE FOR OLYMPIC DISTANCE TRIATHLON

Please refer to the final page of this document to explain the:

Explanation of Special Rule Change for NSW Olympic Distance Championships 21st March 2010

TECHNICAL OFFICIALS

There will be a Technical Delegate and Race Referee appointed by Triathlon Australia to administer **ALL** race rules for the entire race. It is expected that you be acquainted with these rules. Additional trained and accredited Technical Officials will cover the entire course from experienced competitors all the way through to the last competitors. An experienced Race Director is in charge on race safety and logistics. The race

director is responsible for your safety during the race and has taken steps to make the race safe and enjoyable. Please assist making the race safer, but showing courtesy to fellow competitors.

RACE REGISTRATION

Location: This will take place on from 11am to 4.30pm on Saturday 20 March 2010 and from 5.00am Sunday 21 March 2010. **At Registration you will be required to produce some form of I.D. (drivers licence, T.A. licence, etc.).** You will be issued with your electronic Timing Band. You must attend registration at least 45min before your race start.

Bikes are racked only on Sunday and each later race can access their transition area while the previous race is underway.

PLEASE NOTE the estimated start times are:

- 6.30 – **NCC Olympic Triathlon (1500 swim, 38.4km ride, 10 km run)**
- 8.40 - **Diehards: (500 swim, 24.2km ride, 6 km run)**
- 9.45 - **Solo Racers: (500 swim, 15km ride, 4 km run)**
- 10.30 - **Team Racers: (500 swim, 15km ride, 4km run)**

Please note that if you arrive after any event has started you should only cross Wharf Road at the crossing area behind the cycle course at Watt St or near Nobby's round-about at the crossing point. You will need to take additional care crossing any part of the course, in particular only cross at the designated crossing areas around the Camp Shortland when instructed by marshals.

Only competitors will be permitted to enter the transition area Sunday race day.

TIMING BAND

The **SPARKE HELMORE NBN TELEVISION TRIATHLON** will be timed with the use of an IPICO electronic chip attached to your ankle. Your responsibilities as a competitor include:

1. At race kit collection you will be issued with your Timing Band by Blitz Sports Timing.
2. You must wear the Timing Band at all times while racing. The timing band with the chip must be attached to your **left ankle before you check-in** on Sunday morning for the swim. You must leave it on until you finish the entire racecourse (except for teams). It is a means of recording your finish times across the special timing mats located at the end of each leg of the race and turnaround check points. Teams will use the band as a batten.
3. At the completion of the race you will be required to remove the timing band and hand it to Officials prior to leaving the finish compound area. If you fail to register for the swim on race morning, (Sunday) you are still responsible for returning the chip to race headquarters at the finish area.
4. As you have acknowledged on your entry contract, the timing chip and band is on loan and you are committed to returning the band intact with the chip to the

SPARKE HELMORE NBN TELEVISION TRIATHLON organisation or pay a \$50-00 fee.

5. **Do not lose or forget your chip on race day.** Limited replacement chips will be available at swim registration but there is no guarantee that one will be supplied to you. You will thus remain responsible for the return of the original chip and any replacement chip or the cost of them. No chip = no result!
6. It is imperative that you return the timing band to the race dropout clerk at the finish line Race Headquarters should you withdraw from the race at any time. It is essential for us to know where you are on the course at all times for your safety and our ability to post accurate official results post race.
7. Note the Race Clerk will monitor and collect timing bands from competitors who may be transported from the course direct to the Medical Recovery Area at the Finish Compound.

BIKE INSPECTION

Officials will carry out a cursory inspection on your bike. You should ensure your bike, (as well as your helmet), is in safe working order before presenting it at check-in to avoid rejection. Bike inspectors may check for such things as:

- * Front and rear brakes operable
- * End plugs on handle bars
- * At least one water bidon cage
- * True wheels
- * Tyres in reasonable condition
- * Loose head sets
- * Stripped cables
- * Singles glued securely to rims

Disc wheels may be used on rear only. There will only be sufficient facilities for minor repairs and/or purchasing of required minor parts, at the check-in. Trained personnel will only effect on-the-spot minor adjustments, if required. A mechanics fee may be charged for repairs.

Please note that the **SPARKE HELMORE NBN TELEVISION TRIATHLON** bike check-in is a safety precaution to monitor basic soundness of your bike and is essentially a visual check on obvious defects. It is not a certification of roadworthiness by Triathlon N.S.W. Technical Officials or **SPARKE HELMORE NBN TELEVISION TRIATHLON** officials that your bike meets any specific minimum criteria or a guarantee it will not break down during the race. It is your sole responsibility to ensure the mechanical and safe operation of your bike prior to and during the race. Our 'sag' wagon has only limited access to the course and may not be able to pick up riders until after all races are completed.

HELMETS

Immediately prior to bike check-in Triathlon Australia Technical Officials will carry out a visual inspection of your helmet. Your helmet, therefore, must be correctly fastened on your head at this time. This visual inspection, however, as with the bike inspection, is not a certification of roadworthiness or safety effectiveness.

PRE RACE BRIEFING: Your pre-race briefing will take place on Race Morning, 20 minutes before the start of your race. All competitors will need to be in the race briefing area, which will be in front of the stage, except for Olympic Distance event. Please remember you may need to cross the race course to get to this area. Please only cross when instructed by marshals. Inherent in this briefing is an acknowledgment that you are familiar with Triathlon Australia Rules and the contents of this booklet. Any

confusion or queries should be directed to the Race Director in the first instance before Race Day. Knowledge of the course and rules is entirely your responsibility.

COURSE DETAILS

Transition Bike Compound

The transition area is separate for each event. There will be access to each later events transition area while the previous event is on, however access to remove bikes from the transition area will be limited until all races have completed. Bike racks are not numbered. Each bike is allocated 500m.



EYELINE SWIM 1500m and 500m

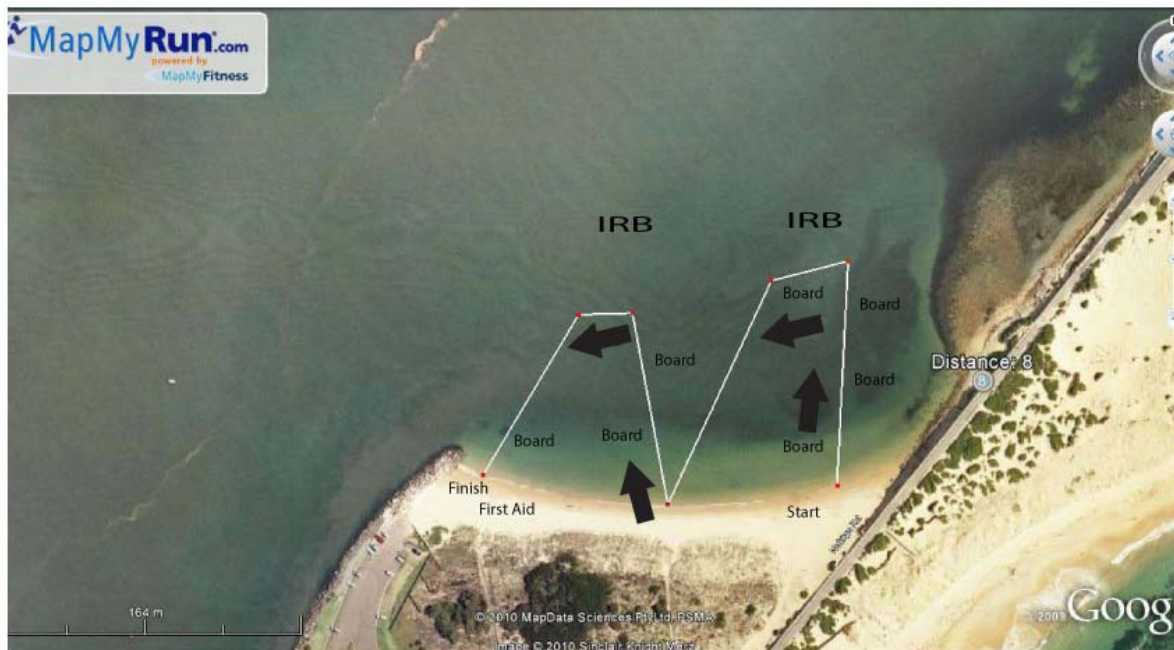
The 1500m swim will begin 200m west of Queens Wharf on Newcastle Harbour. You will enter the water off Queens Wharf. Swimmers will swim approx 30m off the shoreline following the directions of Surf Club marshals until turning right past the small headland into Horseshoe Beach. This will be a deep water start with 2 waves. Swimmers should seed themselves within each wave. The tide is low at 6.50am and therefore you will have the last period of outgoing tide. That is you have the tide with you, or very little tide flow.

1500m Swim Sparke Helmore NBN Triathlon



The 500 swim begins at the eastern end of Horseshoe Beach. You will swim out to a turn buoy and return to a marker near the beach, where you will swim out to another buoy and return to the western end of the beach to exit the water. The swim course is an M shape to avoid entering the Harbour channel. Start times may be delayed due to ship movements. The tide will be incoming (from your right to left) and you will swim with the tide across the top of the course.

500m Swim Sparke Helmore NBN Triathlon



Dixon Park Surf Life Saving Club has control of the swim leg and paddlers and rescue boats will be on the course at all times. There will be many trained personnel along the swim course (boats and surfboards) to assist you in case of any medical emergency while you are in the water. If you experience difficulties during the swim and require assistance, raise your arm. You may use a float or stationary craft to support yourself to regain composure before continuing and not incur a penalty. If you obtain other assistance rules provide that you will be disqualified from taking further part in the race. After exiting the water, all swimmers must run approximately 150m to the transition area to collect their bike or tag their rider. Special consideration will be given to physically challenged participants.

Team swimmer will enter a separate compound and hand over the timing band and then the cyclist only will enter the bike compound.

Water Temperature and Wetsuits

The temperature of the water should be in the vicinity of 19-20C. Wet suits are normally allowed, however if the water temperature is over 24 degree they may be banned. Please note special rule for Olympic Distance competitors on the final page of this document.

SWIM START:

There will be a number of waves in each race, depending on final race numbers. You will be notified of these on registering. Swim caps will be colour coded according to each wave. Details of your wave start grouping will be issued at Registration. You will be called to enter the water from the special compound into your wave. You should ensure you have assembled according to your swim cap colour and then move to the start line without delay. **N.B.** Technical Officials will monitor competitor behaviour during the swim.

Walkom Real Estate CYCLE LEGS - 15km - 25km or 40km

There are three cycle courses for 4 races.

1. Olympic Distance complete 5 laps of the long course
2. Diehard completes 4 laps of the Mid course
3. Solo and Team Racers complete 3 laps of the short course.

38.4km Long Course (5 Laps)

The course proceeds from the transition area, into the top car park opposite Nobby's Beach, turns left into Shortland Esplanade, then proceeds to Newcastle Beach, turning left near the old Newcastle Hospital into the old South Newcastle Road leading to King Edward Park. Cyclists will then ride through King Edward Park and return to Shortland Esplanade via The Terrace, Reserve Rd, Watt and Church St. The leg returns to Nobby's Beach roundabout, then heads left into Fort Drive and returns via Nobbys Rd and then left along Wharf Road until a turn-around point just before the Watts St Roundabout, then proceeds back to the exit point. Cyclists **MUST COMPLETE FIVE LOOPS** in total and then return to the transition area. Bike exit and entry are separated for the entry and exit to the transition.

24.2km Mid Course (4 Laps) This course is the same as the long course but will NOT continue past King Edward Park's lower entrance off Reserve Rd. The course proceeds from the transition area, into the top car park opposite Nobby's Beach, turns left into Shortland Esplanade, then proceeds to Newcastle Beach, turning left near the

old Newcastle Hospital into the old South Newcastle Road leading to King Edward Park. Cyclists will then ride through the **lower section of King Edward Park only and return to Shortland Esplanade via Reserve Rd, Watt and Church St**. The leg returns to Nobby's Beach roundabout, then heads left into Fort Drive and returns via Nobbys Rd and then left along Wharf Road until a turn-around point just before the Watts St Roundabout, then proceeds back to the exit point. Cyclists **MUST COMPLETE FOUR LOOPS** in total and then return to the transition area. Bike exit and entry are separated for the entry and exit to the transition.

15km Short Course (3 Laps)

The course proceeds from the transition area, into the top car park opposite Nobby's Beach, turns left into Shortland Esplanade, then proceeds to Newcastle Beach, turning at the old Newcastle Hospital. The leg returns to Nobby's Beach roundabout, then heads left into Fort Drive and returns via Nobbys Rd and then left along Wharf Road until a turn-around point just before the Watt St Roundabout, then proceeds back to the exit point. Cyclists **MUST COMPLETE THREE LOOPS** in total and then return to the transition area.

TEAMS

Team cyclist will return from the course and rack their bike and then enter the teams compound and swap the timing chip with the runner, who will exit the compound.

Conditions : The road surface is all sealed and is quite a fast surface. You should always keep as far to the left as possible as strong competitors could reach up to 50kph even on flat sections. Always check and notify the rider in front as you go to overtake other bikes. **Some cars may be parked along the roadway! YOU MUST NOT OVERTAKE ON THE INSIDE!**

TRIATHLON AUSTRALIA RULE INFRINGEMENTS

Technical Officials will be monitoring the bike course to ensure all race rules are observed. The stop/start penalty will apply for infringements of the rules and any infringement will result in either a Yellow or Red card being displayed to the competitor by a Technical Official. The Technical Official will advise the competitor of the reason for the infringement .

RUN LEG – 4km - 6km - 10km (note all runs are 2 laps of their course)

10km Run Course (2 X 5km laps)

The run heads East from transition out towards the break-wall and runs to a turn point approx 100m off the end of the Split Beach. Runners will then return past transition around the northern side and join the short run course. This course then runs West along the footpath of Wharf Rd until the Watt St roundabout, then crosses West of the bike turnaround and heads anti clockwise around the Ponds and Shortland Lawns. Then return to the transition area. There are two laps.

6km Course (2 X 3km laps)

This course follows the short course West from transition and heads along the footpath of Wharf Rd until the Watt St Roundabout and then continues along the Foreshore towards a turn point just before Queens Wharf Brewery. They then return and run anti clockwise around The Ponds and Shortland Lawn and then return to the compound and then complete another lap.

4km Course (2 X 2km laps)

This course heads along the footpath of Wharf Rd until the Watt St Roundabout and then runs anti clockwise around The Ponds and turns just before Shortland Lawn and then returns to the Race Compound to a turn point and then complete one more lap.

Care should be taken when passing other competitors on the footpaths. Runners must keep to the LEFT when passing oncoming competitors.

RACE RESULTS

Subject to all competitors having been accounted for, and all timing bands returned, the race results will be available after the presentation. **This should be within 1 hour of the final competitors crossing the line.**

Results will be available on the web site at www.sparkeNBNtriathlon.com.au by Monday afternoon after the race.

A Message from the Triathlon NSW Technical Committee

Explanation of Special Rule Change for NSW Olympic Distance Championships 21st March 2010

In accordance with the Triathlon Australia Technical Committee (TATC) approach for other ITU World Championships selection races, the TATC has approved the inclusion of two special rules at the NSW Olympic Distance Championships.

The reason for both of these rule changes is to provide the competitors with race experience under these critical ITU rules and to ensure that the best qualified competitors are selected to represent Australia at the 2010 ITU World Championships. Additionally, the adoption of these special rules will provide consistency across all of the national selection races in 2009/10.

1. The first special rule concerns the wetsuit use determination.

It is intended to replace TA's RCR Rule 7 with the ITU RCR Rule D2 clauses (b), (c) and (d).

The new wetsuit use determination rule shall be:

The use of wetsuits will be determined by the following tables:

b) For Age Group competitors:

Swim Length	Forbidden above	Mandatory below	Maximum stay in water
1500m	22 deg C	14 deg C	1 hour 10 min

- c) **Modifications:** If weather conditions dictate, i.e., ambient air temperature, the ITU-Medical committee (ITU-MC) may advise the Technical Delegate to adapt the limits on wetsuit use. A ruling on wetsuit use will be made one hour before the start, by the Technical Delegate and will be clearly communicated to the competitors.
- d) **Water Temperature:** Water temperature must be taken one (1) hour prior to the start of the event on race day. It must be taken at three (3) different places of the course at a depth of 60cm and the **lowest measured temperature** will be considered as the official water temperature.

2. The second special rule concerns the amount of time that a passed cyclist has to drop out of the draft zone.

It is intended to replace TA's Rule 24 with the ITU RCR Rule E2.2 (f)

The new rule shall be:

ITU RCR Rule E2.2 (f) Overtaking definition:

- I. A competitor is passed when another competitor's front wheel is ahead of theirs;
- II. Once overtaken, a competitor must move out of the draft zone of the leading competitor **within 5 seconds**.
- III. Competitors must keep to the side of the course and not create a blocking incidence. Blocking is where a competitor(s) behind cannot pass due to the leading competitor being poorly placed on the course.

Dave Williams
NSW Olympic Distance Championships Technical Team