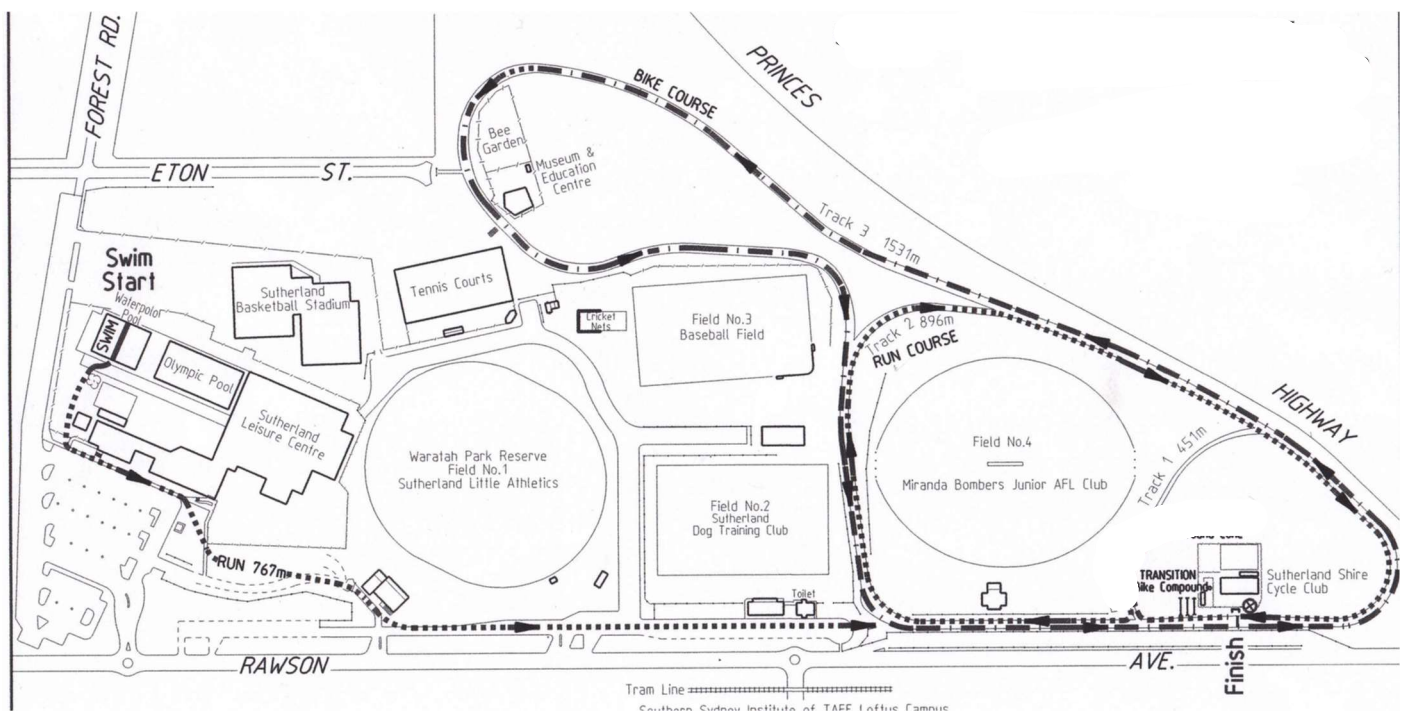


# CRONULLA

## TRIATHLON CLUB

# TRIATHLON

## ATHLETE INFORMATION GUIDE



2022-2023 SEASON

## GENERAL EVENT ENQUIRIES

Website: <https://www.cronullatriclub.com.au>

E-mail: [race@cronullatriclub.com.au](mailto:race@cronullatriclub.com.au)

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## 2022 - 2023 Triathlon Series Dates

<b>Triathlon No. 1</b>	8 <sup>th</sup> October 2022
<b>Triathlon No. 2</b>	10 <sup>th</sup> December 2022
<b>Triathlon No. 3</b>	18 <sup>th</sup> February 2023
<b>Triathlon No. 4</b>	25 <sup>th</sup> March 2023
<b>Triathlon No. 5</b>	15 <sup>th</sup> April 2023

## EVENT SCHEDULE & RACE INFORMATION

### RACE INFORMATION

The purpose of this race is to provide race and transition experience for age group athletes of all abilities (juniors and seniors) in a fun, organised and safe environment. These races are organised and run by volunteers who are committed to making these races accessible, which is why the cost per race is kept to a minimum. The races also provide professional-level results catering to those looking to improve on their best time, however all participants who give it their best on the day are celebrated.

We follow the [Triathlon Australia race rules](#) and there are a few additional rules that allow our event to run safely and smoothly.

#### Additional Rules

- There is no passing allowed on the bike leg through the transition zone
- Participants will not be allowed to use personal music devices during the race
- This is a non-drafting event. Due to the short course, we enforce a 7-metre draft zone and a maximum of 15 seconds to pass through the draft zone.
- Please follow instructions of the racecourse marshals, especially along the pool to transition run.

#### Transition

Transition is located behind the Sutherland Shire Cycle Club (All race maps are found [below](#)) and bike racking is done in a first-come-first-served basis. Please use the racks provided and for safety reasons please avoid leaving anything in the transition area. Transition entry/exit can be congested so take care in ensuring the safety of yourself and others.

### SCHEDULE

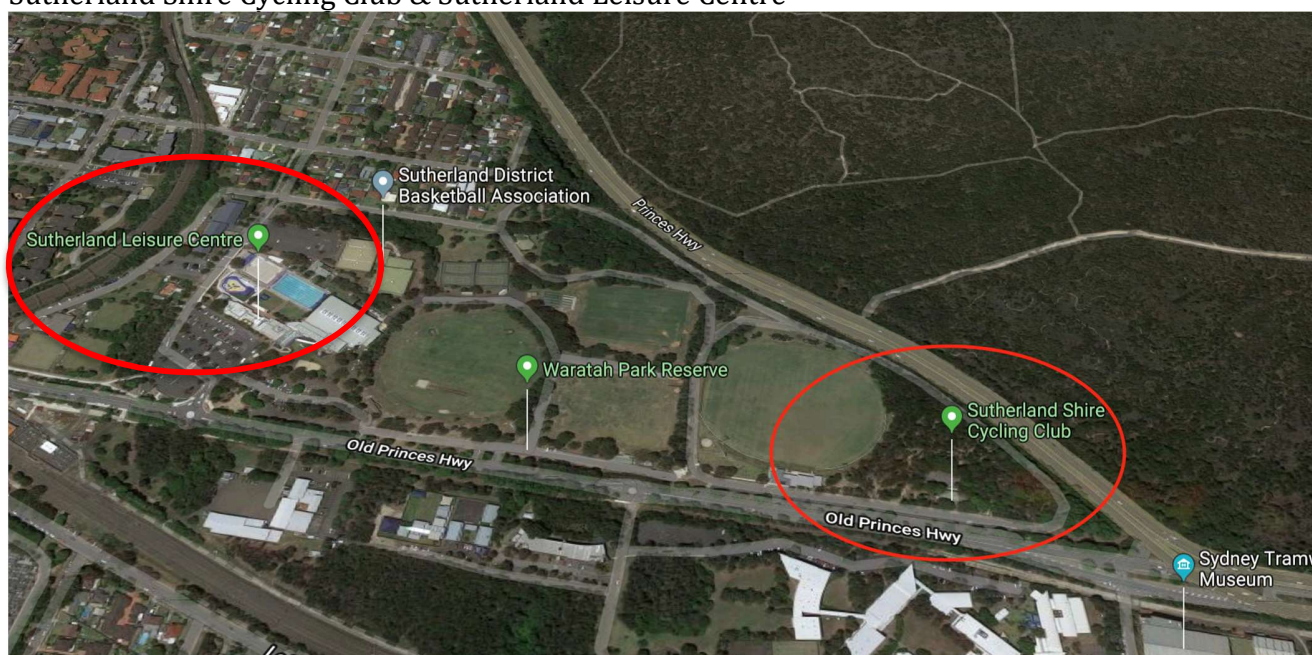
TIME	EVENT	LOCATION
6:30 - 7:00AM	JUNIOR REGISTRATION	Sutherland Shire Cycle Club
6:30 - 7:10AM	OPEN/ENTICER REGISTRATION	Sutherland Shire Cycle Club
7:10AM	JUNIOR RACE BRIEFING	Sutherland Shire Cycle Club
7:15AM	JUNIOR WALK TO POOL	Sutherland Shire Cycle Club
7:25AM	OPEN/ENTICER RACE BRIEFING	Sutherland Shire Cycle Club
7:30AM	JUNIOR RACE START	Sutherland Leisure Centre
7:35AM	OPEN/ENTICER WALK TO POOL	Sutherland Shire Cycle Club
7:50AM	OPEN/ENTICER RACE START	Sutherland Leisure Centre
9:00AM (approx.)	POST RACE PRESENTATION	Sutherland Shire Cycle Club

## DISTANCES

EVENT	SWIM	BIKE	RUN
<b>Open (18+)</b>	400m swim (16 x 25m Laps)	15k Bike (10 x Track 3)	4k Run (4 x Track 2)
<b>Enticer (18+)</b>	200m Swim (8 x 25m Laps)	10k Bike (10 x Track 2)	2k Run (2 x Track 2)
<b>Junior A (17-19)</b>	400m swim (16 x 25m Laps)	15k Bike (15 x Track 2)	3k Run (3 x Track 2)
<b>Junior B (15-16)</b>	400m swim (16 x 25m Laps)	15k Bike (15 x Track 2)	3k Run (3 x Track 2)
<b>Youth A (13-14)</b>	300m swim (12 x 25m Laps)	12k Bike (12 x Track 2)	2.5k Run (2 x Track 2 & 1 x Track 1)
<b>Youth B (10-12)</b>	200m Swim (8 x 25m Laps)	6k Bike (6 x Track 2)	1k Run (1 x Track 2)
<b>Youth C (7-9)</b>	100m Swim (4 x 25m Laps)	3k Bike (3 x Track 2)	450m (1 x Track 1)
<b>Mini (&lt;7)</b>	50m Swim (2 x 25m Laps)	450m Bike (1 x Track 1)	450m (1 x Track 1)

## LOCATION

Sutherland Shire Cycling Club & Sutherland Leisure Centre



## PRE-RACE INFORMATION

To keep things moving along during morning registration/check-in, it is advised that you register yourself online prior to the race ([CLICK HERE](#)). The online registration process incurs no cost to you; race fees are accepted on the day during registration or via EFT (details on the registration page).

*Online registration closes at 5pm the day before the race.*

### Race Fee

Cash accepted on day of race or via EFT details on registration page:

- Adult (16yrs and over) race entry fee: \$15
- Junior (5yrs to 15yrs) race entry fee: \$10
- Family (max 2 adults and 3 children or 1 adult and up to 4 children): \$40
- Non-Tri Australia members: \$5 (One Day Licence) + the above race entry fee

### Registration/Check-in Process

1. [SIGN UP](#) online or,
2. Register in person during morning registration/check-in (online preferred)
3. Check-in and pay race fee
4. Receive/confirm your bib number
5. Receive your timing chip & timing strap (attach to left ankle)
6. Race number written (sharpie) on **RIGHT** arm or calf

## POST-RACE INFORMATION

After you're done smashing your PB, please remember the following:

### Return of Club Equipment

Please ensure **timing chips are returned** once you finish your race to the race organisers.

### Presentation

We invite you to stick around until the last participant has completed the race as we will do a brief presentation and maybe even some other fun stuff.

### Results

Basic results will be posted up online soon after the race is completed (usually within 24 hours). You can find all results [HERE](#).

The full split results take a bit more time to process and they will be posted out usually within a few days. You can find them and other achieved race results on the [Cronulla Triathlon Club](#) website.

## SPECTATOR INFORMATION

Spectators are more than welcome at the races however we do ask that you follow the below:

- There are to be no spectators inside the pool area. Please note all Junior competitors will be supervised by Cronulla Triathlon Club junior coaches and water safety volunteers. A parent may wait just outside the pool to run to the bike track.
- Please stay on the parking lot side of the track and do not cross while the race is in progress.
- Please do not walk around the cycle track while the race is in progress.

## EMERGENCY PROTOCOL

First aid, including a defibrillator, is available in the transition area. If you have an emergency during this event, please notify the Race Director immediately.

### Emergency contact details

Emergency Medical: 000

Sutherland Police: (02) 9542 0899

Sutherland Hospital: (02) 9540 7111

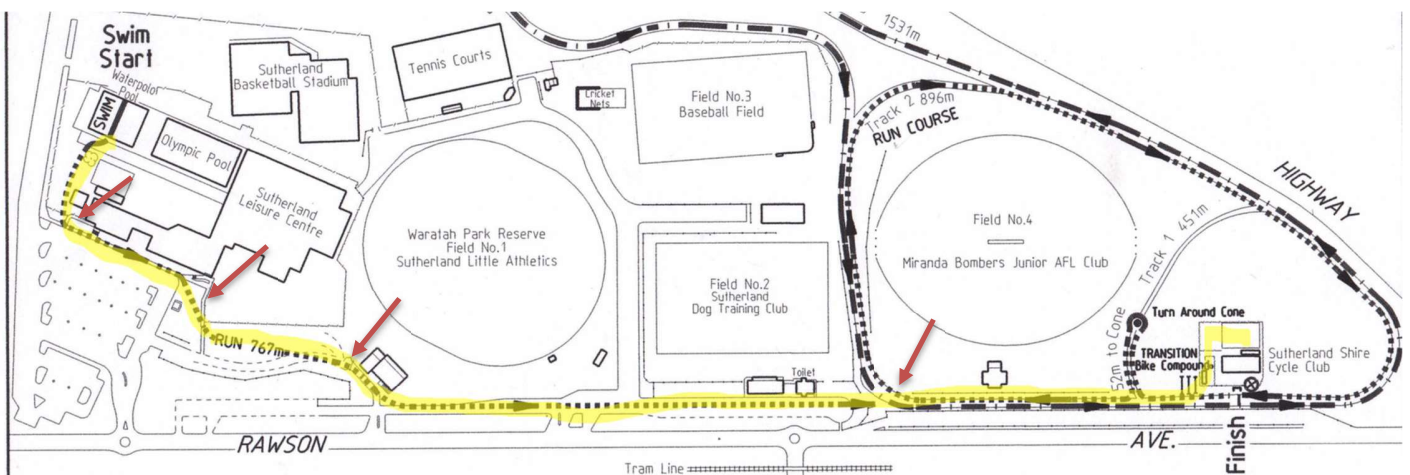
## RACE DETAILS & MAPS

### SWIM

The swim will be held at the Sutherland Leisure Centre. All athletes will gather at the Sutherland Shire Cycle Track for registration and race briefing and then walk to the pool in wave starts. This provides everyone with a good opportunity to review the journey for the return to transition. Please ensure you bring appropriate footwear (runners) to journey back to transition after you have completed your swim.

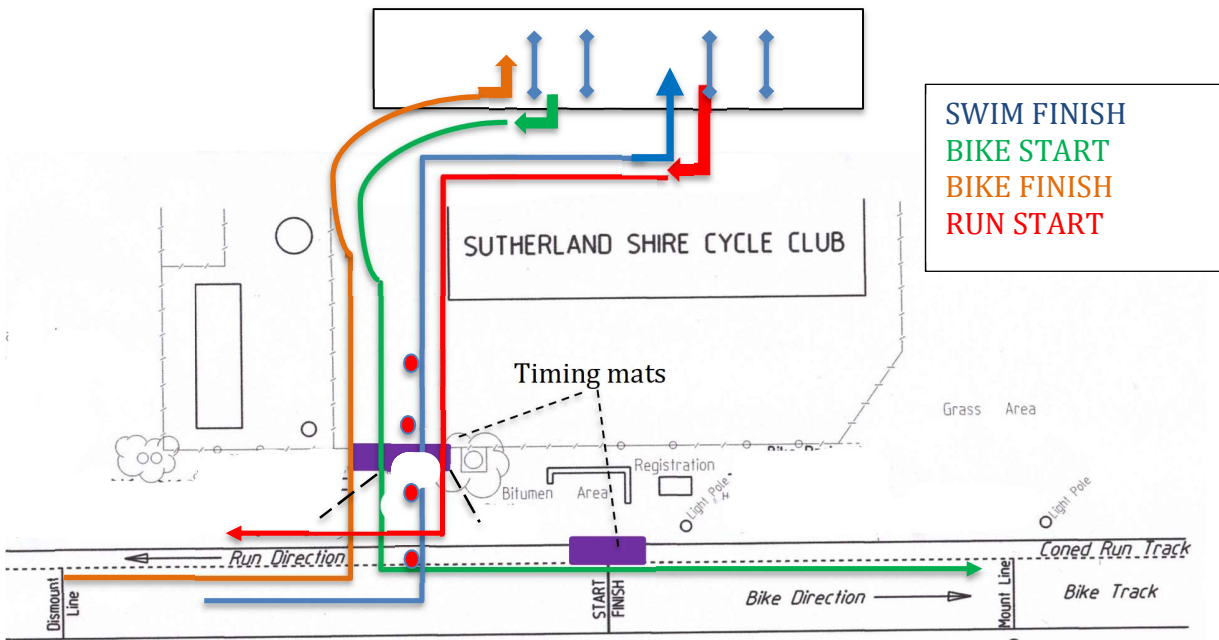
Using a 25m pool, athletes will self-seed into lane groups based on swimming speed. Please note your event and the number of pool lengths required as no external counters will be available. Once you have completed your swim, please ensure you take all of your belongings back to transition with you.

The journey from the pool to transition is approximately 800m and takes place on public roads and footpaths – please use caution as not all hazards can be removed. Volunteers will be placed along this route (see arrows below) to provide direction and safety.



**TRANSITION**

Transition is held behind the Sutherland Shire Cycle Club. Transition flow will be discussed in more depth during in the morning race briefing. Typically heading into transition, bikes will stay to the left and use the ramp whereas those coming back from the swim will stick to the right. Heading out of transition, cyclists will continue to use the ramp and stay to the right, whereas runners will use the steps and stick to the left. Below is a transition flow diagram:

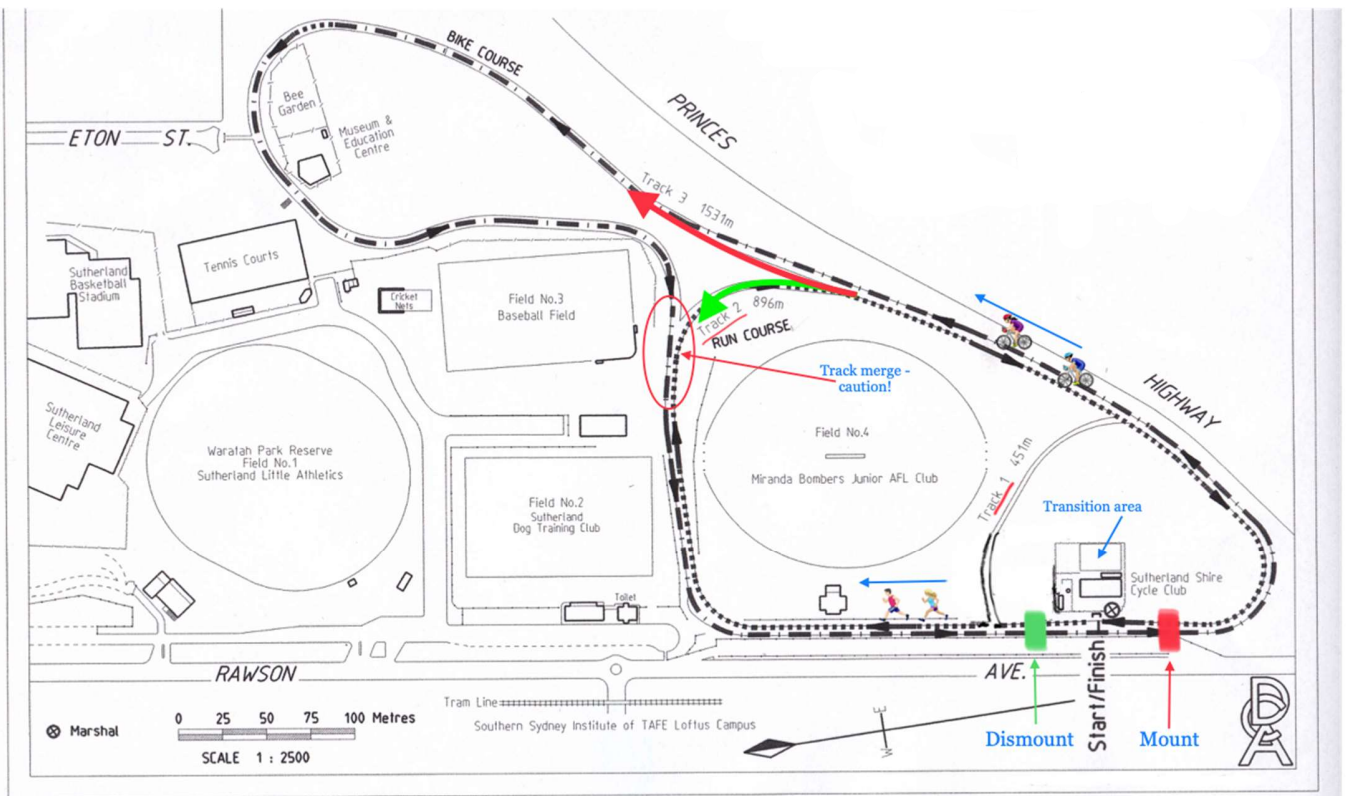


**BIKE**

All tracks are used during the bike leg so please be familiar with your race distance details (**track and laps**). Cyclists ride in a **COUNTER-CLOCKWISE** direction. While riding, please be aware of runners using the most inside area of the tracks 1 and 2. Junior and Enticer distance will bike on Track 2 (green arrow) and Senior distance will use Track 3 (red arrow).

Additional rules reminder:

- Non-drafting event: 7m draft zone with 15 second passing duration.
- Beware of track merge of track 3 and track 2 (indicated on map below).
- No passing through transition zone (between dismount line and mount line)



**RUN**

The run takes place on the inner part of the cycle track and progresses in a **CLOCKWISE** direction. Cones are used on track corners to separate runners from cyclists - **keep the cones on your LEFT**. For most race distances runners will use track 2, however some shorter distances use track 1. Please familiarise yourself with your race distance details (**track and laps**) before racing.

