





SOUTHERN PORTS
ALBANY BUNBURY ESPERANCE

SUNDAY 1ST MARCH

ALBANY SPRINT

TRIATHLON & DUATHLON

Registration

Briefing

Swim course

Cycle Course

Run Course



ALBANY TRIATHLON CLUB
albanytriclub.com.au

TIMETABLE

Sunday	
6:30am – 7:10am	Registration, body marking and bike racking
6:30am - 7:10am	Transition open
7:15am	Briefing
7:30am	Race Start
7:35am	Team start
8:15am	Swim cut off
9:00am	Cycle cut off
9:45am	Run cut off
10:00am	Presentations



REGISTRATION

Registration and bike check in is from 6:30am until 7:10am on Sunday morning.

Once registered and your numbers have been written on your arm and leg please enter the transition area. You will need your brakes working well for this course as the downhill is technical. Individual and team racks will be labeled for you to rack your bike.

BRIEFING & START

Transition will be closed from 7:10am. All bags will need to be removed from the transition area by this time. Bags may be left at the registration desk which will have people present at all times.

Briefing will be at 7:15am next to transition. Individuals will start first at 7.30am with teams following approximately 5 minutes later.

TECHNICAL INFORMATION

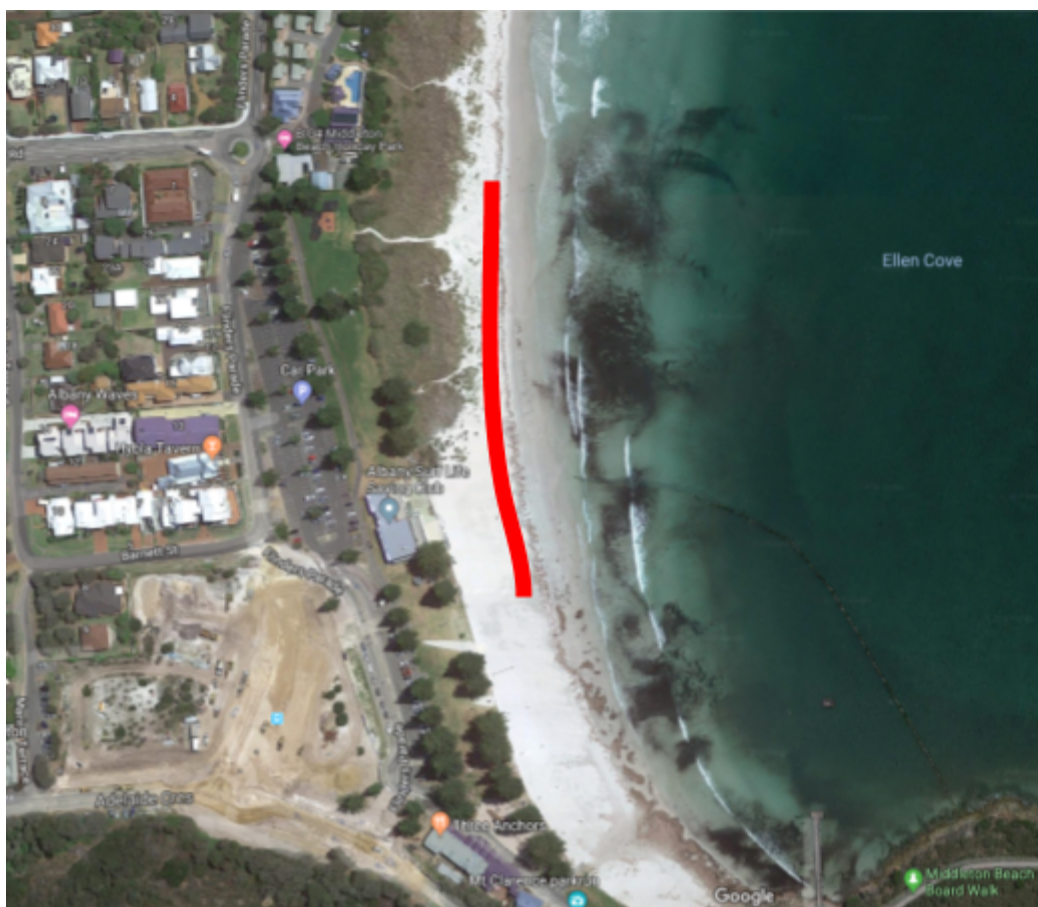
The race will be raced in accordance with TA rules. Check the website if unsure. This is a non-drafting bike course.

BEACH RUN - 2 LAPS

Duathlon only – Shoes must be worn for the beach run.

Starting on the beach beside the swimmers, the course is two x 625m laps heading north up the beach, running the course in an clockwise direction. On reaching the northern marker do a clockwise u-turn around the flag and proceed back to the start point where you will do another clockwise u-turn and start your second lap.

On completing the second lap continue directly up to the transition area and to your bike. Team riders will be waiting at the entry to transition, tag your rider who will run to their racked bike. Helmets must be on your head and fastened before unracking your bike. Run your bike out of transition, across the car-park and along the path to the mount zone on Flinders Parade.





SWIM COURSE – 2 LAPS

Triathlon only

The swim is within the swimming enclosure at Ellen Cove, Middleton Beach. Starting on the beach the course is two 375m laps with a short water exit and re-entry between laps for family, friends and spectators to cheer you on! The Albany Surf Lifesaving Club are generously providing water safety for the event. Raise your hand if you need assistance. You can hold onto their rescue board to rest but will be disqualified if you receive additional help to progress.

The water temperature is usually about 20°C but if it is above 24°C (unlikely!) wetsuits will not be allowed. This will be announced throughout the morning.

Exiting the water the second time continue directly up to the transition area and to your bike. Team riders will be waiting at the entry to transition, tag your rider who will run to their racked bike. Helmets must be on your head and fastened before unracking your bike. Run your bike out of transition, across the car-park and along the path to the mount zone on Flinders Parade.



Start & Lap Cone (2 lap event)



Swim Course Buoys



Direction of Swim (1 lap = 375m)

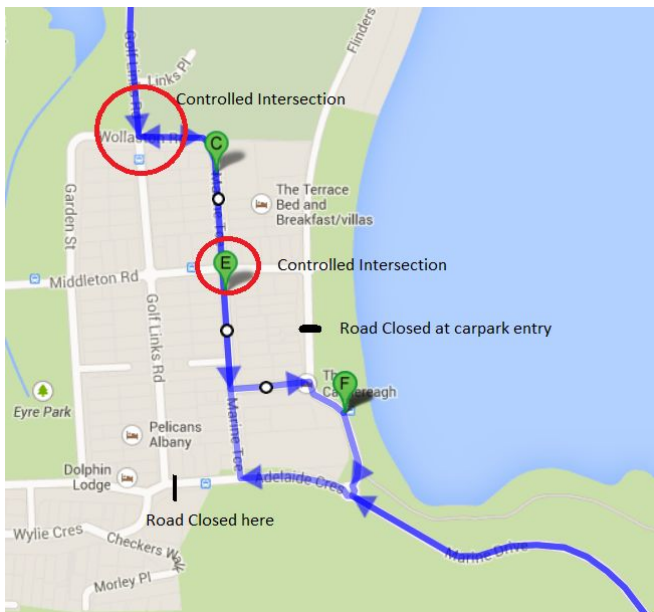


BIKE COURSE – 2 LAPS

****FULL ROAD CLOSURE, BUT OPEN TO URGENT LOCAL TRAFFIC ONLY****

There is about 100m of riding only before you start a significant hill climb – consider your bike shoe set-up pre-race! Make your way uphill up Marine Drive for approximately 2km to the U-turn point, just prior to the Forts Road junction. This is on a slight downhill so please take extra care. Return down the fast descent, through the roundabout and continue onto Adelaide Cres. Turn right before the café into Marine Terrace. This section is a caution point as the area is narrow and brick-paved. **No overtaking is permitted** in this section. Continue through the roundabout across Middleton Road, continue on Marine Terrace which turns left and becomes Wollaston Rd. In a short distance turn right onto Golf Links Rd.

Continue on Golf Links Rd to the U-turn point immediately prior to Troode St. Return along Golf Links Rd and turn left into Wollaston Rd which turns right and becomes Marine Terrace. Prior to the caution point on Marine Tce, turn left onto Barnett St and right onto Flinders Parade. Take care in this section as there may be competitors mounting their bikes as earlier competitors ride through. Turn left for your second lap. On the 2nd lap dismount at the same place you mounted your bike and run your bike to transition. Your helmet must be worn until your bike has been racked.

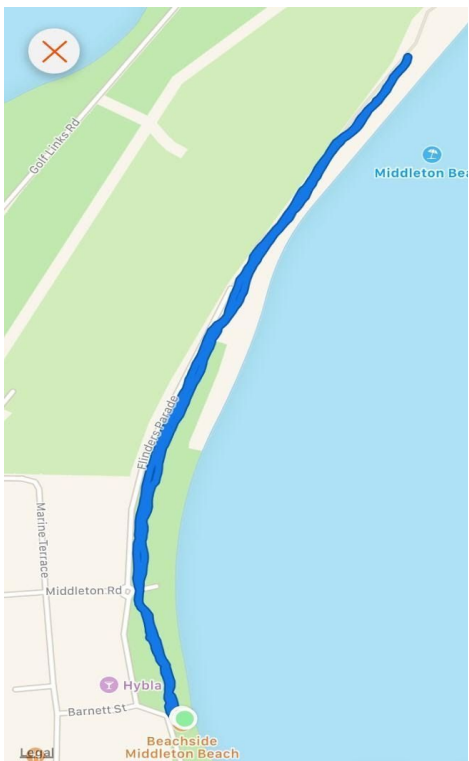


Bike Course Past Transition (F).

RUN COURSE – 2 LAPS

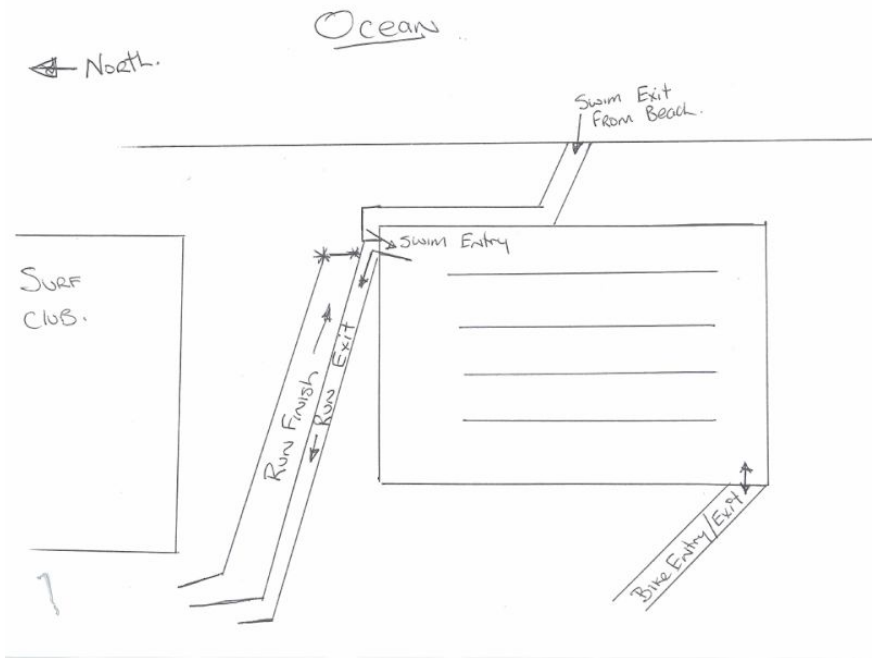
Exit transition at the Run Exit (also Swim Entry). Turn left head towards the surf club. Veer right onto the dual use path and run towards Emu Point. Please exercise caution at the Big 4 Caravan park driveway as they are fully-booked for the long weekend and will be exiting/entering during the event, hopefully in a controlled manner. After a kilometre you will have passed the carpark and be on the gently undulating path through the sand dunes. Continue a short distance to the 1.25km point and perform a right-hand U-turn. Return along the same route to the transition-end of the surf club building where a “Turn Here” cone indicates the turn point for the second lap. You will pass the aid station a few metres before and again after the turn. Water and Bindi hydration product will be available.

At the end of the second lap continue on the ocean side of the outbound run route from transition to the finish chute.



FINISH LINE

Water, soft drink, electrolyte and fruit will be available at the finish line. South Coast Sports Medicine will be providing a first aid post at the finish line.



Transition Area diagram

TEAMS

Change over for each leg must have the timing band swapped onto the next team member's ankle prior to the cyclist entering transition (swim to bike), and after the cyclist has racked their bike and run to the transition exit point (bike to run).

PRESENTATIONS

Presentations will occur at 10am in the transition area. Medals for 1st to 3rd place only will be awarded. Teams will receive medals for mixed, male and female categories. Spot (random draw) prizes from our gracious sponsors will be plentiful and competitors must be present if their name is drawn as a winner.

Major Draw Prize from Passmore Cycles Garmin Edge 520plus valued at \$499

Local Competitor Prize from South Coast Sports Medicine Run Gait Analysis valued at \$154

Dinner vouchers from Six Degrees valued at \$50 each and much more!!!

CONTINGENCY PLANS

Past events have been changed due to unforeseen circumstances.

The swim leg will be cancelled if the surf club deem the surf conditions to be unsafe for swimming or if there is a beach closure due to red algal tide or potentially dangerous marine life. If this occurs the swim will be replaced by a 2.5km run.

The cycle course may be altered if weather conditions are dangerous to competitors or the course is unavailable due to fire or other event. In this case the event will become a 750m swim / 5km run Aquathon.



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PROUDLY SUPPORTED BY:





THINGS TO DO IN ALBANY THIS WEEKEND

Websurf your way to Amazing Albany events page:

<https://www.amazingalbany.com.au/events/>

The Porongurups Wine Festival will be on as will Race Wars!

**WE HOPE YOU ENJOY YOUR STAY IN
ALBANY!**