



ROUND ONE

ILLAWARRA

SUN 13TH OCT

ILLAWARRA TRIATHLON CLUB



BILLIGENCE

**NSW
TRIATHLON**

**ACT
TRIATHLON**

Acknowledgement of Country

In the spirit of reconciliation, NSW Triathlon and ACT Triathlon acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

Thank You Illawarra Tri Club and Billigence

A heartfelt thank you to the Illawarra Triathlon Club, the dedicated volunteers, and everyone who tirelessly creates opportunities for the NSW/ACT Pathways programs. Your unwavering commitment to hosting events year after year and nurturing athletes across the State is truly remarkable and something special we have in NSW. Your efforts not only foster athletic development but also build a strong, supportive community. The impact you have on the lives of these athletes and the broader community is invaluable, and we are deeply grateful for your continued dedication and passion.

Billigence is the naming rights sponsor for the Billigence Pathway Series again for 202425 season. We extend our deepest gratitude for the ongoing generous support that makes these events possible and helps to inspire and develop the next generation of athletes. Thank you for contributing to the growth and success of the NSW/ACT Pathways Programs

Schedule of Events

6:00 Rego Open

6:45 Briefing

7:00 Heat 1

7:30 Heat 2

8:00 Heat 3

Heats Draft Legal 250 swim, 250 run to T1, 8km ride (4 lap), 1500 run..

8:30 NON Draft Race

Non Draft 250 swim, 250 run to T1, 8km ride (4 lap), 1500 run.

9:00 C Final

9:30 B Final

10:00 A Final

Finals Draft Legal and non draft Aquathlon

250 swim, 250 run to T1, 8km ride (4 lap), 1500 run.

11:00 *Dash for Cash

Youth Female

Youth Male

Open Male

Open Female

12:00 Presentation

Additional and NOT for Billigence Points

Dash for Cash

250 swim - 250 beach run

Youth Female

Youth Male

Junior / U23 / Open Female

Junior / U23 / Open Male

Please note whilst every effort will be made to have the day run according to this schedule, it is subject to change at any given time.

Triathlon Heats and Finals

Swim Course

The swim is a 250 metre swim with a beach start on Fishermans Beach. The swim is anticlockwise, swimming out 100 metres before turning left at the buoy. Swim for another 50m, then turn left again and head back to shore. A short run up the ramp over the timing mat to complete the swim.

Bike Course

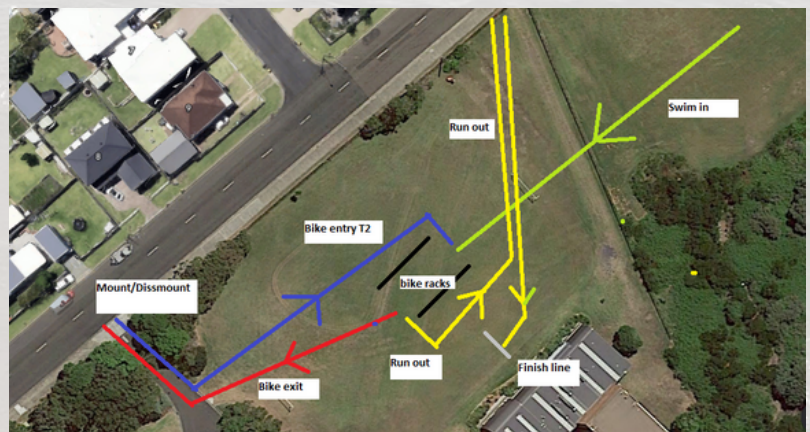
Coming out of transition, mount at the line on Gloucester Blvd. An uphill start, follow the road around as it sweeps to the left, then down the other side. The road then flattens out to the turn around point approximately 2 km from the mount line. Continue back to the bike turn around on the scenic out and back course. The bike turn around is just before the mount line heading back. Complete the 4 laps, continue to the dismount line (in line with the mount line) dismount bike and run into transition.

Run Course

The 1500m run will start on the road at the other end of transition out the front of the Five Islands Secondary College on Gloucester Blvd. An up hill start, follow the road around as it sweeps to the left then down the other side. The road then flattens out to the turn around point. Continue back to the finish line on the scenic out and back course.



Transition



Adverse weather policy

Ensuring the safety of our athletes, volunteers and spectators are our first priority. In the event of adverse weather such as thunderstorms, extreme heat or cold, strong winds and heavy rain the race may need to be altered in format, structure or cancelled entirely. The final call will be made by the Race Director on-the-day of the race ONLY if it is deemed necessary.

Parking

There is plenty of parking available on side streets. Please do not park on the race course on Gloucester Blvd.

Toilets

There is a toilet block located on the race site.

Drinking Water

There are water taps located in the toilet block.

Weather Forecast

Check the weather forecast leading into the event and pack accordingly. Bring a wetsuit in case the water temperature deems that a wetsuit swim is necessary.

Food / Drinks

There are cafe's nearby, approximately 400 metre walk from the venue.

Race Rules

Draft legal races will be governed by the World Triathlon 2023 Competition Rules.

https://www.triathlon.org/uploads/docs/World-Triathlon_Competition-Rules_2024_20240219.pdf

The Non-Drafting race will be governed by Triathlon Australia Race Competition Rules July 2024.

<https://www.triathlon.org.au/wp-content/uploads/2024/07/AusTriathlon-Race-Competition-Rules-August-2024.pdf>

Please familiarise yourself with the rules.

First Aid

First aid will be available and present to offer assistance if needed

Race Results

Race results can be found at the following web address:

<https://www.triathlon.org.au/nsw/statepathwayprogram/>

Parents / Spectators

Parents are encouraged to spectate along the course. Be mindful of riders and runners if crossing roads or paths.

Swimming Caps

Swimming caps will not be provided for this event. Please bring your own swimming cap/s to the event.

Transition Boxes

Transition boxes will need to be supplied by you and be brought to each race. The boxes are available from Bunnings. The dimensions can only be those of the link 386mm x 205mm x 570mm. The boxes are \$6.20

https://www.bunnings.com.au/all-set-30l-clear-modular-storage-container_p0401851?store=7148&gad_source=1&gclid=CjwKCAjw2dG1BhB4EiwA998cqCuif7pVOblLG7QKK0mZkbJZDeKq2HmTffPHK3LCsqAbLw5SIbFABhoCxMYQAvD_BwE&gclidsrc=aw.ds

Penalty Box

There will be a penalty box in effect. Please listen to the briefing on the day for placement of the penalty box.

Heat Allocation and Awards

Heats will be allocated on the Friday prior to the race. The fastest heat times will make the A final. There must be a minimum of 3 females in the highest final. If less than 3 females makes the highest final, the finals will be adjusted accordingly. This enables the female podium positions to be held in the same final. The number of athletes in each final will be dependent on how many athletes are racing and will be determined on race day.

The fastest 3 athletes per gender from the accumulated heats and finals times will be the award winners.

The categories are:

Youth (Male & Female)

Junior B (Male & Female)

Junior (Male & Female & may include Junior B athletes)

U23/Elite (Male & Female)

Para Triathlon PTS3

Para Triathlon PTS4

Refer to the Billigence Pathway Series Guide for points allocation.

Spirit Of The Sport

Athletes are expected to compete in the spirit of good sportsmanship, and exercise high standards of race etiquette. Behave at all times with respect and familiarise yourself with the course.

Please be aware of your safety, the safety of other athletes, and the safety of the general public. Headphones or other listening devices are not permitted to be used at any time whilst racing.

Do not accept outside assistance from anyone other than a Race Official.

Child Safe Commitment:

NSW Triathlon has a zero-tolerance policy to child abuse and neglect in any form. AusTriathlon and NSW Triathlon are committed to safeguarding and promoting the welfare of children in triathlon by providing a safe and inclusive environment and by ensuring that everyone involved in triathlon is educated and informed of their responsibilities to protect and look after children. All children have the right to feel safe and protected from all forms of abuse, harm, and neglect. Children have the right to take part in sport in a safe, positive, and enjoyable environment. NSW Triathlon aims to create and maintain an inclusive, child-safe environment that is understood, endorsed, implemented, and adhered to by everyone involved in Triathlon.

Thank you again, to the Illawarra Triathlon Club volunteers and Billigence for the ongoing support, which offers the TNSW/ACT Pathway Athletes development opportunities.

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