

ADELAIDE DUATHLON

AUS
TRIATHLON



Athlete Guide

War Memorial, North Adelaide

7 SEPTEMBER 2025

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AMENDMENTS

Date	Action
7/08/2025	Version One Published. Contents are subject to change.

WELCOME FROM AUSTRIATHLON

Welcome to the Adelaide Duathlon Series for 2025/26, we're thrilled to have you join us as we run and ride around the beautiful city of Adelaide.

If this is your first time racing, a warm welcome to you. I hope this is an incredible experience in which you reach your personal goals and get inspired to continue your multisport journey.

To all our returning competitors, it's great to have you back with us this season.

We're excited to be continuing to bring you events in partnership with NX Sports as we work hard to ensure the best athlete experience and safety.

Triathlon is a sport for everyone, with a vision of creating a happier, healthier, and more connected national through triathlon and multisport experiences. We are happy you have chosen to join this supportive community in South Australia and hope to see you at many more events this season.

We are so lucky to have some incredible clubs and squads filled with passionate people. If you're not already part of a club/squad, I encourage you to check them out on our website Club Finder, their respective social media, or have a chat to them on race day about how you can join their training and connect with the local community.

Finally, I want to take this opportunity to thank the many volunteers that make our event days and club's function. Please take a moment to thank these fantastic people for giving up their time to make your race experience a memorable one.

Good luck on the course, I look forward to seeing you on the start line and cheering you on as you cross the finish.

Laura Bond

SA State Services Manager, AusTriathlon

ACKNOWLEDGEMENT OF COUNTRY

We acknowledge this land that we meet on today is the traditional lands for the Kaurna people and that we respect their spiritual relationship with their country.

We also acknowledge the Kaurna people as the custodians of the Adelaide region and that their cultural and heritage beliefs are still as important to the living Kaurna people today.

We also pay respects to the cultural authority of Aboriginal people visiting/attending from other areas of South Australia/Australia.

EVENT PROGRAM



SUNDAY 7 SEPTEMBER

6:00am – 7:20am	CHECK IN / TRANSITION OPEN	PAR 3 CARPARK, WAR MEMORIAL DRIVE
7:30am	SPRINT DUATHLON START	
7:40am	ENTICER DUATHLON START	
8:55am - 9:10am	TRANSITION REOPENS FOR BIKE COLLECTION & KIDS BIKE RACKING	
8:45am - 9:10am	KIDS CHECK IN	
9:15am	KIDS DUATHLON START	
9:30am	PRESENTATIONS	
9:30am	TRANSITION REOPENS FOR BIKE COLLECTION	

WAVE STARTS

Wave Starts will be published in the week of the event once entries have closed.

All athletes are asked to begin marshalling 20 minutes prior to their start. Marshalling takes place adjacent to the Finish Line Arch.

GENERAL EVENT INFORMATION

CHECK IN:

Check in is adjacent to transition in the Par 3 Golf Course Carpark. When you arrive at Check In you will need to sign on. Line up and you will be asked for your surname and then first name. After registering, you will receive your registration pack which will include:

WHAT COMES IN YOUR PACK

- **Race Bib** – this is to be worn for the run and the Cycle, attached via safety pins or a race belt. Ensure that the number stays forward so it is easier for the officials to identify you.
- **Timing tag** will be attached to your Race Bib.

MARSHALLING AND RACE STARTS:

Marshalling for each race start will begin 15-minutes prior to their start. Wave starts will be made available when entries close, both on the website and via email.

SAFETY:

Trained staff, local police, volunteers, and triathlon race officials will be on course – their highest priority is to ensure your safety. Failure to follow directions may result in a disqualification from the race. If an athlete is considered incapable of continuing the race without risk of serious injury, the Race Director, Head Referee, and medical staff have ultimate and final authority to remove an athlete from the race. If you decide to withdraw from the race, it is your responsibility to report it to the finish line.

TIMING:

Your timing tag will be attached to the race bib, which is included in your race kit that you receive at check-in.

TOILETS:

Portable toilets are available adjacent to transition in the Par 3 Golf Course Carpark.

TEAM TENTS

Please reach out to our team at satriathlon@nxsports.org if you wish to have a team tent at the event.

VOLUNTEERS:

We require the assistance of many local community-based volunteer organisations. We ask that you treat all volunteers with the highest level of respect. Abuse of volunteers in any capacity will not be tolerated and offenders will be faced with disqualification at the discretion of the Race Director.

Should an issue arise, you are welcome to approach the Race Director or the Event Manager at the finish line.

SOCIAL MEDIA

Keeping current on your socials is an important part of life for many athletes, and we promote regular sharing of results and achievements.

Feel free to share your photos from the event by tagging @SATriathlon.

Facebook: <https://www.facebook.com/SATriathlon>

PARKING

Participants and supporters are asked to park using normal road rules. Note: War Memorial Drive between Montefiore Rd and Barton Tce W will be closed between 5.30am – 10am and therefore no parking is permitted at the race venue or along the cycle course. Please use caution when entering and exiting car parks and use extra care for any cyclists in the area.

GENERAL EVENT INFORMATION (CONT'D)

AUSTRI RACE RULES:

For all the race competition rules, go to the AusTriathlon website and read the Official AusTriathlon Race Competition Rules:

<https://www.triathlon.org.au/rules>

GENERAL RULES:

- When you are on the road cycling or running, remember to follow the rules of the road. Do not ride two abreast on narrow sections of road and obey all traffic law.
- Do not use abusive language.
- Do not interfere with the property of another competitor.
- Mobile phones and electronic devices are strictly prohibited during racing.
- No public nudity or urination (including within transition).
- Your torso must be covered on the cycle and run leg of the event.

SPECIAL RULES:

A 10m Draft Zone has been approved for this event.

HELMETS:

At all times when participating in or preparing for an event held in Australia, all who are mounted on a bicycle shall wear a securely fastened helmet that meets a recognised cycling standard. Participants shall provide documented proof for their helmet – such as manufacturer's label – upon request by event officials. Participants must wear their securely fastened helmet at all times once the bike is removed from the rack, on the cycle course, including when dismounting from the cycle course until the bike is racked in transition.

OUTSIDE ASSISTANCE:

Competitors may not accept assistance from anyone other than an authorised race official, this includes:

- Receiving water or food from spectators
- Pacing a competitor on the run or cycle

MEDICAL:

There are medical staff stationed at the event venue adjacent to the finish. If you see or experience an incident requiring medical attention, alert the nearest member of the event crew.

PENALTIES:

Technical officials can assess penalties - even if the infringement is not listed - if the technical official deems an unfair advantage has been gained or if a dangerous situation has been created.

The penalty box is located at the Transition gate under the red tent.

Penalty box infractions – 3 minutes

- Drafting
- Illegal passing – passing on the inside (left hand side) of another competitor.

Stop/Start Penalty

- Cycle course: report to the penalty box and advise the official that you are serving a stop/start penalty
- Run course/transition: issued on the spot
- Blocking

The official will serve a penalty by doing the following:

- Sound a whistle or horn
- Show a blue or yellow card
- Advise you of the penalty, and what you need to do i.e. go to the penalty box
- Call your number
- Advise you of the penalty
- If you are shown a Red card, you may be disqualified. You may continue the race and meet with the Head Referee after you have finished
- Check that you understand the instruction

WEATHER CONTINGENCY:

In the event of lightning within 10km of the venue, the event will be placed on hold until conditions are deemed safe.

Final decisions will be communicated via the event PA system and official channels.

GENERAL EVENT INFORMATION (CONT'D)

DISQUALIFICATION:

If you are shown a red card or fail to attend the penalty box, a violation report will be filled out and submitted to the Head Referee.

The Head Referee will assess your disqualification and rule accordingly.

All disqualifications will be posted on the penalty notice board after the race.

LITTERING:

We take pride in being a 'leave no trace' event. You must take responsibility for your own litter and deposit in the correct receptacle. Athletes found littering will be fined in accordance with local laws and disqualified.

DRAFTING

Drafting behind or next to another bike or any other vehicle is strictly prohibited for all races. Athletes must ride on the left side of the road, except when passing other cyclists.

The draft zone of a competitor may not overlap the draft zone of another competitor, motorcycle or vehicle except in the following circumstances:

- a) When the competitor is in the process of legally passing another competitor, motorcycle or vehicle:
 - a) for safety reasons
 - b) for an aid station
 - c) for entrance to or departure from a transition area
 - d) in making an acute turn
- b) When passing a forward competitor or motorcycle, the rear competitor is allowed a maximum of 20 seconds to pass through the 10m draft zone. Failure to observe this may result in a penalty.
- c) When passing a forward vehicle, the rear competitor is allowed a maximum of 90 seconds to pass through the draft zone. Failure to observe this may result in a penalty.

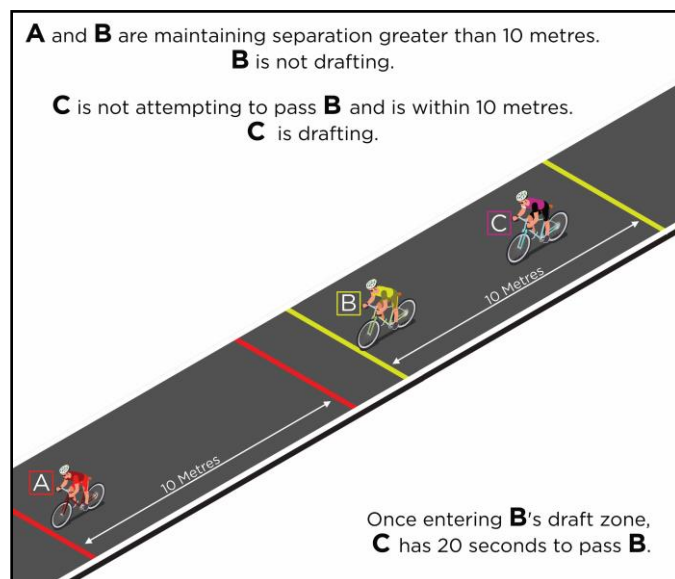
- d) At every instant during the overlapping of draft zones, the rear competitor must be seen to be gaining on the forward competitor or motorcycle or vehicle. Failure to observe this may result in a penalty.
- e) Once passed, a competitor must immediately commence to drop back out of the draft zone of the forward competitor before attempting to re-pass.

A competitor is deemed to have been passed once the leading edge of the front wheel of the passing bicycle has moved in front of the leading edge of the front wheel of the competitor's bicycle. Failure to observe this may result in a penalty.

More information and Drafting explained

<https://www.youtube.com/watch?v=PZ6MjOxvJn0>

EXAMPLES:



CHECK IN

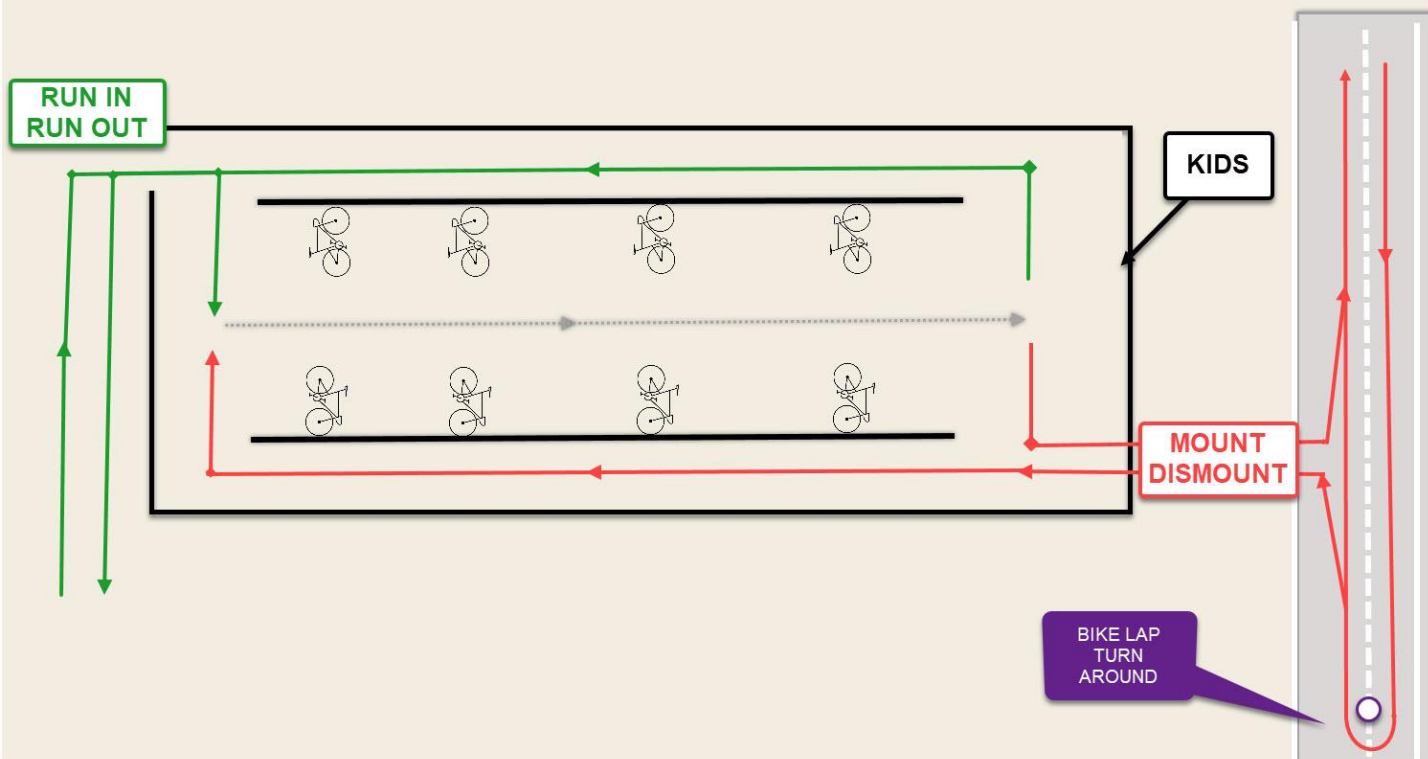


Check In is available on Sunday. See the event program for times and locations.

Once you have checked in, place the relevant labels onto your bike.

When arriving on Sunday- please allow enough time to:

- Sign on at Check In
- Put your bike in Transition (you must have your helmet on and fastened prior to entering transition)
- Then walk to the start and marshal area
- We would suggest arriving at least 90 minutes before the start of your race



TRANSITION

For the safety of all participants, transition must be kept clear during racing. Transition closes 10 minutes prior to the first Start. Transition will be open to collect bikes only when safe.

Run-to-Cycle

- Run to your bike position and quickly change your shoes.
- Before touching your bike attach your helmet,
- Then take your bike to the “Mount Here” sign outside transition and mount up after the white line

Cycle-to-Run

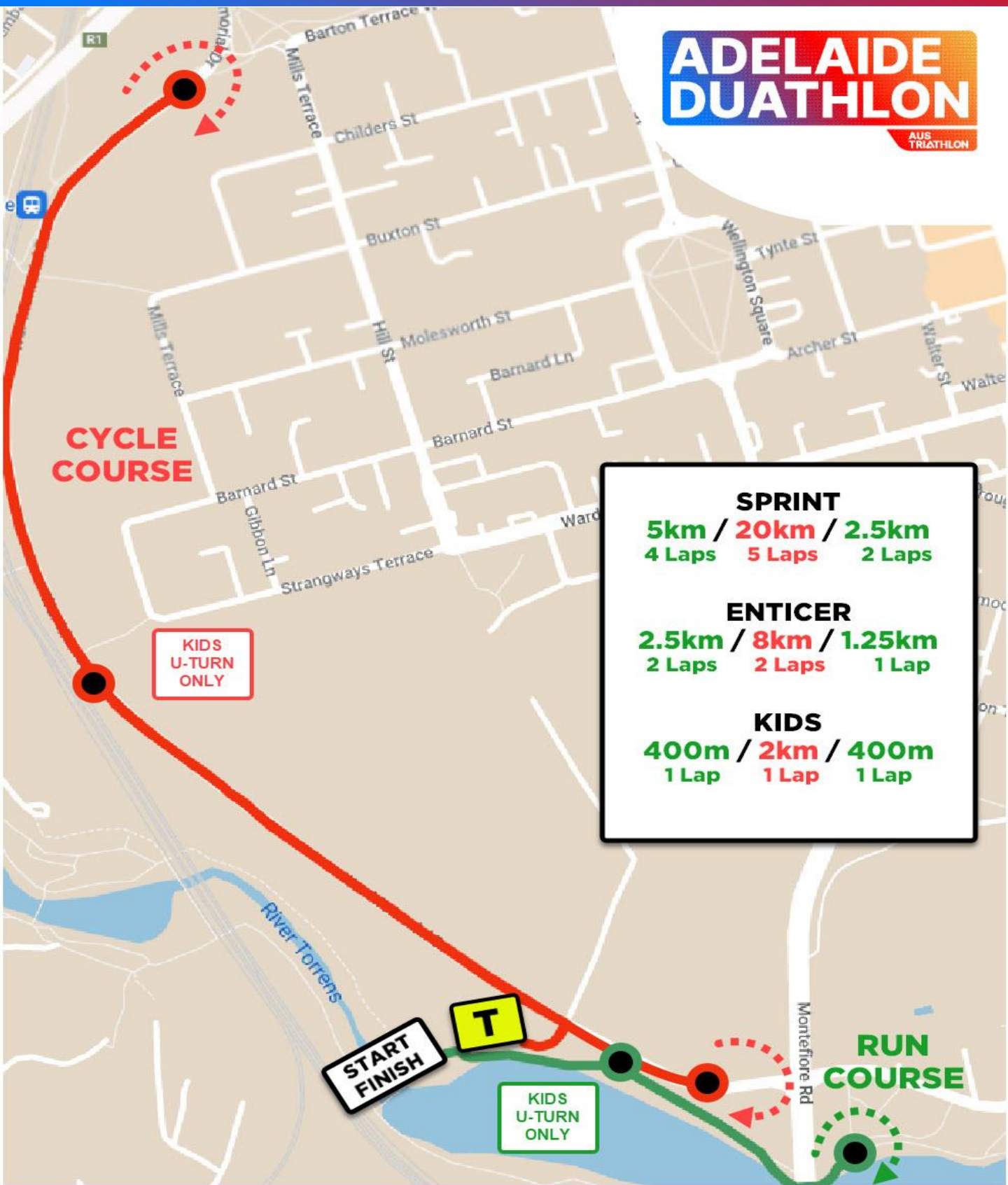
- On your return, dismount your bike at the “Dismount Here” sign before entering Transition.
- Return your bike to its original position and then remove your helmet.
- Quickly put on your running shoes and follow the yellow arrows to ensure you do not run into any other competitors.
- Exit the run at the run exit – if you are confused ask an official or marshal on the course.

After the Race

Your bike cannot be collected until the last cyclist has finished their ride and start the run.

YOU NEED TO BRING YOUR RACE BIB TO RETRIEVE YOUR BIKE FROM TRANSITION.

COURSE OVERVIEW



DUATHLON

CYCLE

Your bike must comply with the regulations of AusTriathlon and must be technically suitable and safe for a duathlon. Fixed-gear bicycles are not permitted.

Disk wheels or covers are allowed on the rear wheel only. However, this provision may be changed by the Head Referee in the interests of safety.

Please remember that you are fully responsible for your bike performance and safe condition on race day. Please make sure that all mechanical parts are in good condition and that all equipment on the bike is securely fastened.

Remember- you are responsible to know the number of laps you need to complete and to keep track of how many laps you have done.

LAPS

Some distances will complete multiple laps of the cycle course. It is your responsibility to know how many laps you have to complete and to keep track of the number of laps you have completed.

On your approach to the lap decision point, signal with your right arm if you will be taking the lap turn and move to the right; riders proceeding into transition should keep to the left



RUN & RECOVERY

The run course is identified by green cones from the exit of transition to the finish chute. Keep along the run course at all times and follow race signage and the directions of course marshals.

Make sure you turn ONLY at the turn point signs and turn marshal. You will be disqualified if you cut the course and turn early.

Remember – you are responsible to know the number of laps you need to complete and to keep track of how many laps you have done.

MP3 players and headphones are strictly forbidden throughout the race. Keep your head up and enjoy the spectators who cheer you on along the course!

RACE NUMBER

You must wear a shirt and your race number at all times on the run course. Place your number either on your shirt or a race belt, at waist height and in the center of your body. Runners without race numbers may incur a stop/start penalty.

KEEP TO THE LEFT ON THE RUN COURSE

RECOVERY

Once you have completed your race, you can enter the recovery zone. Recovery is directly after the finish line - there will be lollies, as well as water and fruit.

After you've finished your race, enjoy! Listen to the crowd. Feel the emotions. This is your day! Don't worry about your watch. Be a crowd pleaser and pose for the cameras. You could make the headlines of the evening news or make the front-cover of next year's race guide!

PRESENTATIONS

Presentations will take place at the Finish Line. See the Program for presentation timings.

RESULTS

Results are available on the event website: www.eventstrategies.racetecresults.com

TIMING

HOW TIMING WORKS

1. At Registration you will have to check & then collect your race number bib. It will have a timing tag on the back.
2. Your bib must be attached at WAIST HEIGHT (NOT Chest!) to the OUTSIDE FRONT of your clothing. In a tight finish the winner will be whoever's timing tag is detected first, so not having it on your front will disadvantage you.
3. Your bib must be visible when you cross timing points, so do not have it covered with your hands as you operate a watch, or with clothing or anything else.
4. Race number bibs do not need to be returned.

GENERAL NOTES

1. Your timing chip is included in your race kit that you receive at check-in.
2. The timing chip is attached to your race bib.



**Thank you to all our participants for
joining us!**