Athlete Guide



24 February 2024







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Version Control

Date	Version Update	
3 February	Version One Live	
5 February	Check In Times Updated	
15 February	Aquabike Presentation Time Updated	
16 February	Course Maps Updated	
21 February	Wave Starts Updated	







Event Program

EVENT	TIME	LOCATION			
FRIDAY 23 February 2024					
Check In and Transaction Racking	4.00pm – 7.00pm	Phillip Street Reserve			
Tri Club Social Mixer	From 6:30pm	Pottsville Tavern			
SATURDAY 24 February 2024					
Check In and Transition Racking	5:00am – 6.30am	Phillip Street Reserve			
Draft Legal	6:45am* Subject to Change	Mooball Creek Mouth			
Sprint+	6:50am* Subject to Change	Mooball Creek Mouth			
Enduro Elite and Sub 30min	7:00am (rolling start)	Mooball Creek Mouth			
Enduro 30-34min	See Wave Starts	Mooball Creek Mouth			
Enduro 40min and longer	See Wave Starts	Mooball Creek Mouth			
Aquabike	See Wave Starts	Mooball Creek Mouth			
Enduro Teams	See Wave Starts	Mooball Creek Mouth			
Sprint First Timers	8:00am* Subject to Change	Mooball Creek Mouth			
Sprint+Presentations	9:30am* Subject to Change	Phillip Street Reserve			
Aquabike Presentations	12:00pm* Subject to Change	Phillip Street Reserve			
Transition Reopens for Bike Collection	12:30pm* Subject to Change	Phillip Street Reserve			
Long Course Presentations and Soiree	4:00pm* Subject to Change	Pottsville Beach Sports Club			









Race Distances

CATEGORY	AGES	SWIM	CYCLE	RUN
Long Course	18+	1150m	90km	21.1km
Sprint +	14+	750m	22.5km	5km
Aquabike	18+	1150m	90km	Skip the Run!







Be here

Sit back, relax, enjoy the outdoors and connect with yourself and loved ones. Tweed Holiday Parks offers seven stunning holiday parks dotted along the pristine Tweed coastline. Each park offers something unique and has accommodation options to suit all budgets and holiday styles.

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Wave Starts

	Check In Transition 5:00am to 6:40am		6:40am		
SPRINT+ TRIATHLON					
	Start Location: Northern side of Mooball Creek Mouth				
A	Il times are subject to suitable start co	onditions (+10 m	ninutes)		
Wave	Division		Cap Colour		
1	Draft Legal Men and Women	6:55:00 AM	Orange		
2	Sprint Women 40 and Over	6:57:00 AM	Pink		
3	Sprint Men 50 and Over	7:00:00 AM	Yellow		
4	Sprint Women 39 and Under	7:03:00 AM	Green		
5	Sprint Men 35-49	7:05:00 AM	Orange		
C	Sprint Men 34 and Under, All Sprint	7 00 00 00 0	Dink		
6	Teams	7:08:00 AM	Pink		
	ENDURO TRIATHLON & A	QUABIKE			
Start Location: Northern side of Mooball Creek Mouth					
IMPORTANT Starts are organised based on your average <i>unassisted</i> swim time. You must nominate your own start time. Your time begins when you cross the start mat.					
Every 5 Seconds - 5 Person Waves Depart					
All times are subject to suitable start conditions (+10 minutes)					
Wave 1	Division		Cap Colour		
—	29 Minutes and Shorter	7:15:00 AM	Yellow		
2	30-34 Minutes	7:22:00 AM	Green		
3	35-39 Minutes	7:32:00 AM 7:42:00 AM	Orange Pink		
4	40 Minutes and Longer				





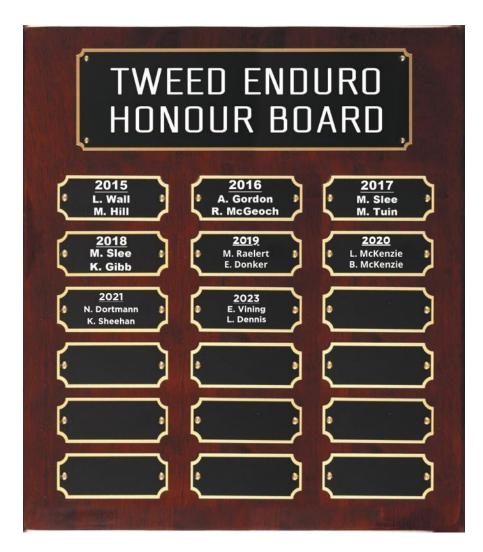


History of the Tweed Enduro

The Tweed Enduro was first created in 2015 as a community sporting event that provided local triathletes a pathway past the Olympic distance. The Enduro gives a personal approach and celebrates athlete accomplishment for many who are competing on the long course for the first time.

The Enduro continues the proud tradition of fundraising for the Cabarita Surf Life Saving Club and Pottsville Beach Neighbourhood Centre, and a number of other community groups including Tweed Raiders JRL, Pottsville Cricket Club, Murwillumbah Venturer Scouts and Pottsville Men's Shed among others. Our goal this year is to raise \$7000 for these local groups. Additionally, we are seeking to employ \$4500 in labour services directly from the Tweed.

The Enduro is clearly a Pottsville Beach unique event and highly sought after, and we look forward to working with everyone to deliver another first-class destination, tourism activity.









Event Information

Triathlon Australia Membership

All participants must be a current Triathlon Australia member or One Day Member.

When you purchased your entry your membership number was verified and if you did not have a membership number or your membership was not current, a One Day Membership was automatically added to your purchase.

If you are interested in becoming an annual member please contact info@triathlon.org.au

Prerequisite

This event is for the competitive, recreational, and social participant. We want everyone to have a go and have fun; however it is important you have done some training prior to the event.

We want you to enjoy the tri, so you must be physically capable to complete your nominated distance within a reasonable time frame.

If you are not sure and need some pointers, call the office and we will help put you in contact with some experts in the field to help guide your training needs.

Pre-Race Training

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 laws.

Being a triathlete does not exempt you from the law.

It is the law to wear a helmet whilst cycling, and Police willissue on the spot fines.

Age Group Participation

Unless you are in an Elite 'Open' wave or in a Team, your entry and wave start is usually organised by your age group.

All our events calculate your age grouping using the Triathlon Australia Rules and Regulations, by using your age as of 31 December 2023.

Relay Teams

Relay teams consist of two or more participants who transfer the timing band between them throughout the race.

Swimmers must pass on the band before cyclists remove their bike from transition; and cyclists must rack their bike before passing the timing band onto runners.

Relay team times are calculated once the runner crosses the finish line.

All In Teams

All In teams consist of three participants who start together and each complete a full triathlon.

Even though you start together, you do not have to complete the whole race together.

All In team times are calculated as a sum of all three teammates times once the final teammate crosses the finish line.









Event Information (cont'd)

Safety

Medical

Trained staff, local police, volunteers, and triathlon race officials will be course – their highest priority is to ensure your safety. Failure to follow directions may results in a disqualification from the race.

If an athlete is considered incapable of continuing the race without risk of serious injury, the Race Director, Race 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.

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.

There are medical staff stationed at the event venue adjacent to the finish as well as mobile on the cycle course.

If you see or experience an incident requiring medical attention, alert the nearest member of the event crew.

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 and comments using the hashtag #tweedenduro

Facebook: www.facebook.com/tweedenduro/

Instagram: www.instagram.com/tweed_enduro/







Race Rules

Officials

Technical Delegate **TBC**



Race Rules

For all the race competition rules, go to the Triathlon Australia website and read the Official Triathlon Australia Race Competition Rules: <u>www.triathlon.org.au/Technical/Race_Competition_</u> <u>Rules</u>

TECHNICAL

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 laws.

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 legs of the event.

Outside Assistance

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

- receiving water or food from spectators,
- handing goggles to spectators, or
- pacing a competitor on the run or cycle.

Timing

Your timing chip is included in your race kit that you receive at check-in. Timing chips must be worn on your **left** ankle.

If you do not start the race or pull out of the race for any reason, you must return your timing chip to the finish line or the athlete help desk.

If your timing chip is not returned or is lost, you will be charged \$150 for a replacement.

Helmets

At all times when participating in or preparing for an 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 fastened helmet when dismounting from the cycle course until the bike is racked in transition.

Race Numbers

There are three numbers included in your race kit that you receive at check-in.

The small sticker must be placed on the right side of your bike helmet for the cycle leg.

The long sticker must be placed around your seat post for the cycle leg.

Your race bib must be worn on the run leg. Ensure that the number stays forward so it is easier for the officials to identify you.

There will be no body numbering or tattoos.

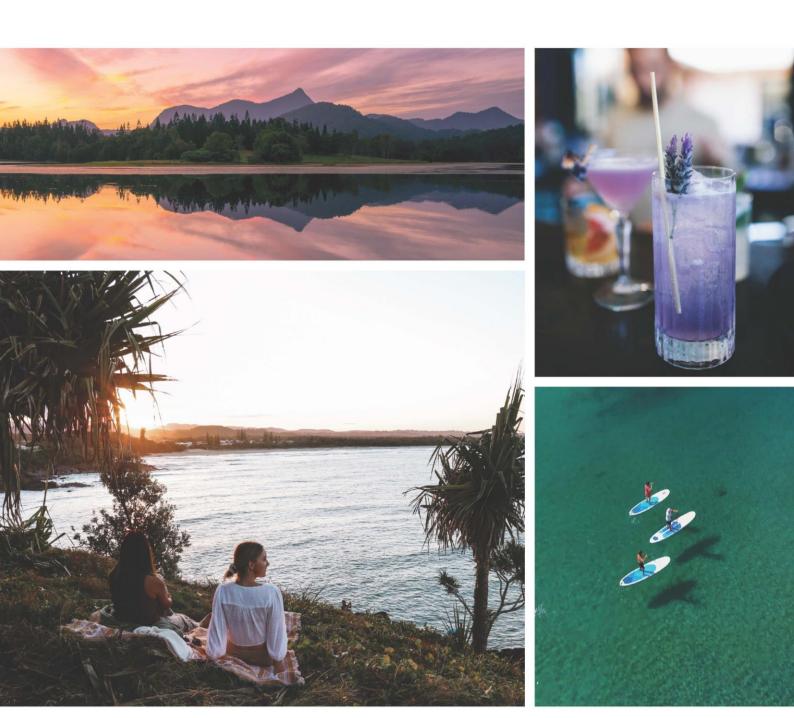






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DISCOVER WHERE TO STAY, WHAT TO DO AND WHERE TO EAT AT





Drafting

Drafting behind or next to another bike or any other vehicle is strictly prohibited. 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:

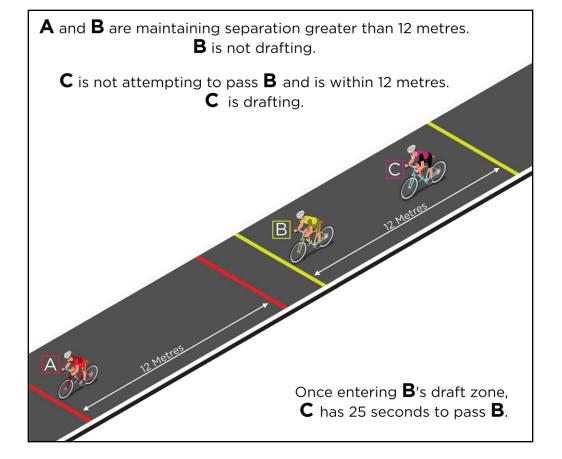
- a) When the competitor is in the process of legally passing another competitor, motorcycle or vehicle:
 - i. for safety reasons
 - ii. for an aid station
 - iii. for entrance to or departure from a transition area
 - iv. in making an acute turn
- b) When passing a forward competitor or motorcycle,
 - a) <u>LONG COURSE</u> the rear competitor is allowed a maximum of 25 seconds to pass through the 12m draft zone. Failure to observe this may result in a penalty.
 - **b)** <u>SPRINT+</u> 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
- a) 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.
- b) 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.
- c) 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.

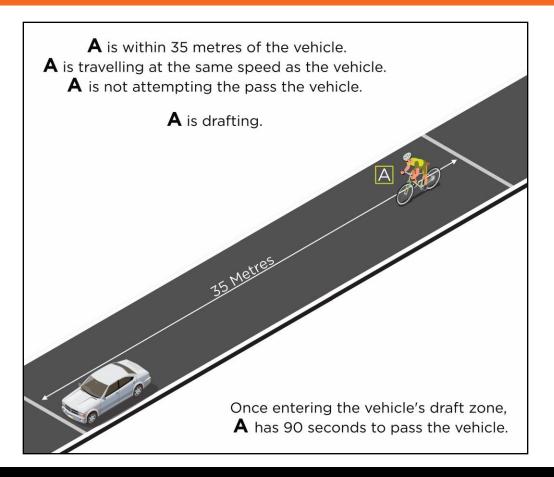








Drafting Examples (LONG COURSE)









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 - 5 minutes

- Drafting
- Illegal passing

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
- Call your number
- Advise you of the penalty
- If you are shown a Red card, you may be disqualified

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 Race Referee.

The Race 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 responsibly for your own litter and deposit in the correct receptacle.

Athletes found littering will be fined be fined in accordance with local laws and disqualified.









Venue

Parking

Parking is available as indicated on the map above.

Please park legally and only in designated areas – there will be Council rangers ticketing in the area.

Toilets

Toilets are available in the Phillip St Reserve near the Finish Line.

Bag Store

There is limited space for bag storage at the venue on Phillip Street Reserve.









Check In

Check In for the triathlon is available on Friday from 4pm to 7pm in Phillip Street Reserve and again on Saturday morning from 4:30am to 6am in Phillip Street Reserve.

When you arrive at Check In, you will need to sign on. Prior to race day, we send out your race number via SMS - please have your race number ready when you line up – it makes things quicker!

Once you have checked in and placed the relevant labels onto your bike and helmet, you can then move to transition. You must have your helmet on and fastened prior to entering transition.

If you are not a Triathlon Australia member, you will need a One Day Licence. If you did not enter a TA number online when you entered, the One Day Licence was automatically added to your entry at the time of purchase. Teams require one licence per team.

When arriving on Saturday - please allow enough time to:

- Sign on at Check In
- Put your bike in Transition
- Then walk to the start and marshal area
- We would suggest arriving at least 90 minutes before the start of your race









TRANSITION

Before the Race

For the safety of all participants, transition must be kept clear during racing. Transition closes 30 minutes prior to the first wave.

Swim-to-Cycle

- After completing the swim, you must take off your wetsuit (if applicable) and clip on your helmet. Your helmet's chinstrap must remain fastened at all times (when on your bike or running with your bike).
- Ensure your timing chip is securely fastened on your ankle before removing your bike from the rack.
- Move your bike quickly out of the transition area, following the signs provided. Do not mount the bike before the "Mount Here" sign. The line is clearly marked on the road.

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.
- Be aware of other competitors and their equipment. At no time should you interfere with another competitor's bike or equipment. However, if by accident you knock over someone's bike you need to put it back.
- Quickly put on your running shoes and follow the yellow arrows provide 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.







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Swim

It is your responsibility to read this Athlete Guide and be informed of any final race briefing before entering the water. There are no excuses if you don't follow regulations and are reprimanded by officials.

Proceed to the marshal area no later than 20 minutes before your wave start time. If you miss your wave, you will be able to start late, but your time will be calculated from your scheduled start wave start. If you start early, you may receive a penalty.

You must wear the official swim cap from your check in pack - it should be visible and clean. You may wear a personal swim cap under your official swim cap.

When entering the water, please make sure your timing chip is securely fastened. You must walk through the official entrance to the starting area.

If you are not the best swimmer, take it easy and let the faster competitors go first and then find your own rhythm and enjoy the water.

The swim is marked with buoys, look up regularly to check you are on track. Should you be in any kind of need lifesavers and marshals will be in the water to help you.

Wet Suits

NATIONAL STORAGE

The official temperature will be taken on race morning, and a preliminary temperature will be taken the day prior.

Wetsuits will only be permitted if the official water temperature is less than 24.6 degrees for Long Course, or 22 degrees for Sprint +.









Cycle

Your bike must comply with the regulations of Triathlon Australia and must be technically suitable and safe for a triathlon. 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 Race 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.

Over-inflation is a well-known phenomenon at races and may result in a flat tyre before the race or after the swim. Please take note of your tyre's maximum inflation pressure to avoid any issues.

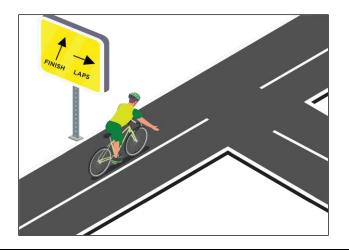
Curfews

We do everything we can to support you to finish your race; however we must open the road by our permitted times. The cycle course time has been calculated based on an average speed of 22km/h over 90km.

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.











Aquabike

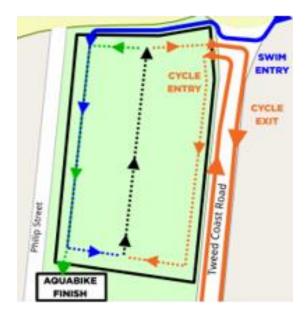
The Aquabike consists of a Swim leg, Cycle leg and a final short run to the finish. All the rules for triathlon also apply to the Aquabike.

In accordance with Triathlon Australia regulations the run to the finish must never be longer than 1km.

The Aquabike finish line is located at the Run Exit gate of transition. Your event will end once you cross this gate, and timing is calculated at this point.

From the finish mat you can take your time and walk, jog or run to the recovery area next to the main triathlon finish line.

Presentations for the Aquabike will be with the Long Course Presentations.









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Run

The run course is identified by green cones from the exit of transition to the finish chute. Keep along the run path 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.

The leading runner for each distance will be accompanied by a lead volunteer cyclist who will clear the way along the course.

There will be nutrition and hydration stations along the cycle and run with water and assorted snacks available on the course. Please refer to the FAQ's on the website for a list of nutrition items available.

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, above your waist and in the centre of your body.

Runners without race numbers may incur a stop/start penalty.

KEEP TO THE LEFT ON THE RUN COURSE









Post-Race

Recovery

Once you have completed your race, you can enter the recovery zone. Recovery is directly after the finish line - there will be recovery drinks, 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 magazine!

Bike Collection

Your bike cannot be collected from transition until the last cyclist has finished their ride and started the run. We anticipate this will be at 12:30pm approximately.

You will need to bring your race bib to retrieve your bike from transition – this is so we can match you to your bike.

Results

Results are available on the event website: www.tweedenduro.org

Presentations

Presentations for the Sprint+ will be held at the Phillip Street Park at 9.30am.

Presentations for the Aquabike will be held at the Phillip Street Park at 12.00pm.

Presentations for the Long Course will be held at the Pottsville Sports Club at 4.00pm.

Presentation times are subject to change pending athlete finish times.









NXsports wishes to thank all our partners for the Tweed Enduro.

Please support the organisations that make your community sporting events possible!

