

THE TWENTY FIRST ANNUAL CORPORATE TEAMS TRIATHLON

Sunday March 21, 2010

PRESENTED BY



THE EVENT

The event is unique in Western Australia. It features the opportunity to not only race other teams but also race your own team members.

Corporate Teams Triathlon

Team of Two (Pairs) or Three (Triples)

Each person in each team completes the full Triathlon

Team members start at the same time with all two or three individual times added to give the team time

Teams can represent companies, organizations or just be an alliance of friends, colleagues or family

With times being accumulated the event will finish at 9.00am allowing the morning for socializing in Fremantle's many cafes or at the event

Tri-It Teams Triathlon

Teams of three with each person doing one leg each – either the Swim, the Cycle or the Run

Is a great way to get into Triathlon

The event features

- Blue Water Pristine Ocean Swim
- Closed Road Harbour Side Cycle
- Flat Run Through Historic Fremantle and South Mole
- Opportunity to socialize in Fremantle's Historic precinct
- **Bring your company banner or hire a marquee – promote your company**
- Provides an opportunity for training, fitness and team work
- Teams of three or two

Entry Forms From: www.allbarnone.com

For companies or organisations entering a number of teams a *multi team entry form* is available by contacting us at sportsperformance@iinet.net.au or (08) 9339 1317

FORMAT

The Corporate Teams Triathlon is designed so that finish times of the event range from 30 minutes to 1 hour. Competition is offered in the following formats:

| | |
|--------------------------------|--|
| CORPORATE TEAMS TRIPLES | TEAM OF THREE WITH ALL COMPETITORS COMPLETING ALL 3 LEGS OF THE TRIATHLON. I.E. SWIM : CYCLE : RUN I.E. SWIM : CYCLE : RUN |
| CORPORATE TEAMS PAIRS | TEAM OF TWO WITH BOTH COMPETITORS COMPLETING ALL THREE LEGS OF THE TRIATHLON. I.E. SWIM : CYCEL : RUN |
| TRI-IT TEAMS | TEAMS OF THREE OR TWO WITH COMPETITORS COMPLETING AT LEAST ONE LEG OF THE TRIATHLON |

Competition is offered in a range of divisions for members companies / organisations or informal groups.

Schedule

++ The event schedule below will only change if weather or other conditions create adjustments to the course or operations of the event

| | | | |
|--------------------------|---------------------|-------------------------------|---------------------------|
| Thursday March 18 | | | |
| 11.30am to 1.30pm | Registration | Perth CBD Venue | |
| Saturday March 20 | | | |
| 8.30am to 11.00am | Registration | The Esplanade Park, Fremantle | |
| Sunday March 21 | | | |
| 5.45amam | Bike Area Open | The Esplanade | Marine Terrace, Fremantle |
| 6.40am | Final Race Briefing | Bathers Beach | Fremantle |
| 7.00am | Race Start | Bathers Beach | Fremantle |
| 9.30am | Presentations | The Esplanade | Marine Terrace, Fremantle |

Fees

| Event | Pairs | Triples | Team |
|-----------------|-------|---------|------|
| Corporate Teams | \$110 | 165 | n/a |
| Tri-It Teams | n/a | n/a | \$75 |

Registration is on the official entry form or Multi Team entry form only and can be deposited via methods on the form

Maps

Course map is an indication of the course – any change that is made will be emailed to all competitors from entries received. The map is available on the web: www.allbarnone.com

Equipment

Equipment - Mandatory

We require the following equipment be used in the event. Failure to have equipment that is considered safe by event marshals may result in competitors not being allowed to start or complete the event.

- Swim: Bathers and Goggles
Swim Cap (provided)
- Cycle: Road or Mountain Bike in good condition
An approved Bicycle Helmet that meets Australian Standards
Five Bikes to each Bike Rack – arrive late do not take others space
- Run: Suitable running shoes for running on a path

Equipment - Recommended

- Sunscreen – this is a event
- Hat with visor
- Protective eyewear
- Towel
- Change of Clothes and warm gear

Awards

Team awards will be presented at the conclusion of the event to first, second and third in each division

Significant Draw Prizes will be available for all competitors with a ticket for each person entered giving everyone the opportunity to be successful.

Results

Complete results will be emailed or mailed to all competitors.






Registration / Event Entry

Complete the event entry form and lodge from instructions on the form. Ensure entries are lodged on time to avoid late fees

Rules

GENERAL

- **The Event Organizers reserve the right and the authority to alter or change the course, route and stages of the event at any time due to a real or perceived threat to the safety of participants**
- **Non- support:**
 - The event is a non support event. All event activities from registration to competing, etc. are to be completed by the individual or team members only.
 - Aid stations on the course will be provided by the event organizers.
- **Racing Bib / Numbers**
 - Runners (Individual or Team) must wear the official Racing Bib, on their section of the course and at the finish.
 - Swimmers, Paddlers and Cyclists must have their race number marked clearly on the left Upper Arm and Left Leg
- **Relay Change Over**
 - The event Timing Chip must be changed over at the Transition Area from one competitor to another. Make sure the Timing Chip is securely fastened at the start and at each change.
 - The change must occur at the designated Transition areas
- **Timing Chip**
 - The timing chip is a timing device that measures the race time of each individual or team
 - Each Individual participant will receive a timing chip

- Each relay team will have one timing chip issued that is passed from one team member to another after they complete their distance.
 - All competitors must ensure the timing chip is securely fastened to their left / right ankle before the event starts.
 - Timing chips must be returned immediately on finishing the race. A fee of \$25 is incurred for any lost or not returned timing chip.
- **Course Route**
 - Participants are required to follow the course route and complete the number of laps where applicable as designated
 - The Course Map indicates the course route that will be marked with signs and marshals on race day.
 - It is the responsibility of competitors to know the course and number of laps. Course marshals are there for your safety and to indicate directions.
- **Hydration / Nutrition**
 - All competitors are responsible for their own general wellbeing in the event including, hydration and nutrition
- **Sun Smart**
 - Apply Sunscreen and wear protective clothing during the event.
- 




- **Garbage / Trash**
 - Leave no trace on the course
 - At drink stations marshals will pick up discarded drink cups
 - **Be Safe / Be Courteous**
 - At all times compete within your limits
 - Show sportsmanship by being courteous to other competitors
 - **Have Fun**
 - Above all enjoy your self and have a successful event
 - **Spectators**
 - Spectators and friends are most welcome to support you during the event.
 - Please advise them of the course to enable them to avoid competitors when moving between sections
 - No Supports are allowed in the Transition Areas or Recovery Area

PARKING / ROAD CLOSURES

**Do not park in the West End of Fremantle as roads in this area will close by 5.30am.
Park over the rail line on Fremantle Harbour, along Mews Road or along Marine Terrace
(not on the road)**

**There are many parking areas close to The Esplanade – many are pay areas – make sure
you check to avoid parking fines**

**To park in Mews Road use Howard Street from South Terrace to Marine Parade to cross
into Mews Road**

CORPORATE PROMOTION

Company or organization banners are welcome at the Corporate Teams Triathlon. They will be placed around the main operational area. This includes the Transition and Start / Finish area where most participants and spectators will gather. In past years company banners have been a feature of the event. We would request banners arrive early to allow for orderly placement.



Tel: +61 (08) 9339 1317

Mob: 04 11 13 39 54

Email: sportsperformance@iinet.net.au
Web: www.allbarnone.com