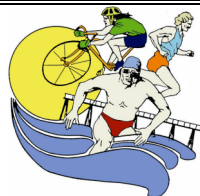




The home of Honda



A DAY AT THE BEACH TRIATHLON - ENDURO

Saturday 6 March 2010

C.Y.O'Connor Reserve

Robb Road & McTaggart Cove, North Coogee

EVENTS

While the event Triathlon Course Distance remains the same you can choose to do the course once, twice or three times. After completing the Swim : Cycle : Run you will return to the Swim for Fun Triathlon and Sprint Triathlon (red indicates the total distance)

Event / Distance	Swim	Cycle	Run	Repeat
Junior Triathlon	200m	10km	2km	
Novice Triathlon	200m	10km	2km	
Fun Triathlon	200m	10km	2km	X 2
	400m	20km	4km	= Total
Sprint Triathlon	200m	10km	2km	X 3
	600m	30km	6km	= Total

CATEGORIES:

Junior: 12-13 and 14-15 years Novice: 16-29; 30-39; 40-49; 50+ years
 Fun: 14-19; 20-29; 30-39; 40-49; 50+ years & Teams
 Sprint: OPEN; 16-29; 30-39; 40-49; 50+ years & Teams

Entries Close: Saturday 27 February , 2010

RACE DAY:

Registration: 6.00am – 6.15am
 Briefing: 6.15am
 Race Start: 6.30am

ENTRY FEES:

REGISTRATION FEES

Event	Junior	Individual	Relay Team
Junior / Novice Tri	\$40	\$45	\$45
Fun Tri	n/a	\$50	\$50
Sprint Tri	n/a	\$60	\$60

FAMILY ENTRY: (3 or more contact race organiser for entry fee detail)

LATE ENTRY FEE:

Prior to Race Day Add \$15
 On Race Day Add \$30

RACE LICENSE – For non Triathlon Western Australia Members add One Day Race License Add \$10

Entries at Bike Force Stores must be completed by 12.00pm (midday) on Monday prior to the event. No credit card or eftpos at Bike force Store



Roads are closed for the event. Park in designated areas that are not on the course. Areas include;
McTaggart Cove from Cockburn Road to the railway line
Cockburn Road industrial area
Rollinson Road Car Park 1.25km north of Transition
South Beach 1.7km north of Transition
Consult your Street Directory for details

INFORMATION

Tel: (08) 9339 1317 or 04 111 33 954

Email: sportsperformance@iinet.net.au

Web: www.allbarnone.com

RACE RULES / CONDITIONS

(specific race rules and recommendations are on the web: www.allbarnone.com)

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.