

OCEAN ADVENTURE SPRINT SERIES

RACE 3 – COOGEE BEACH OCEAN ADVENTURE

Introduction

Welcome to our Sprint Adventure Race 3. The event is ideal for the beginner adventure racer, Triathlete or Competitor looking for something different, while still providing a challenge for all abilities. Designed for finishing times of 2 to 4 hours, this is a great way to give the sport a try, increase your fitness, involve your friends and colleagues and above all have fun.

Your entry includes a professionally organised event, race bag with products, draw prizes and awards.

Conducted against the dramatic backdrop of the Indian Ocean and Woodman Point Reserve, the Coogee Beach Ocean Adventure Race is conducted at one of Western Australia's ideal beach locations with the coast road (Cockburn Road) closed for the event.

Two formats are available for competitors – one with a ski paddle and one without

PADDLE FORMAT: Consist of 5 legs – An Ocean Swim : Short Beach Run : Cycle: Paddle : and Coastal Run. The event is open to individuals and teams

TRIATHLON PLUS FORMAT: Consists of 4 legs - An Ocean Swim : Short Beach Run : Cycle: Coastal / Path Run. This event has two distances – A Sprint Distance Challenge and Fun Distance Challenge for Novice competitors

What do you need – your bathers, a bike, a ski or paddle craft and joggers. You can participate as an individual or in teams of two, or three or more. If you do not have a ski (paddle craft) there is the option of completing the 4 leg event (Triathlon Plus)

Race Maps:

The Race Map can be found on the web: www.allbarnone.com

If you need to contact us: Email: sportsperformance@iinet.net.au

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COOGEE OCEAN ADVENTURE

Ocean Adventure Sprint #3

Venue

Coogee Beach Cockburn Road, Coogee

Parking: Coogee Beach and Cockburn Road. Also side streets

Facilities: Cafes
 Toilets and Beach Showers

Disciplines

Swim Ocean Swim on a rectangular course or straight line –
 dependent on weather conditions
 Swim Distances of 750 metres and 200 metres

Beach Run: 500 metre sand run from the Swim to the Bike compound

Cycle Flat Road Lap Course with roads closed to traffic.

 Cycle Distance of 20 kilometres (4 laps) and 10 kilometres (2 laps)

Paddle Ocean Paddle – from Coogee to the Woodman Point and return.
 Paddle Distance of 6 kilometre.

Run Path and Beach Run.
 The Run follows the Path through the Woodman Pint Reserve and returns
 via the beach foreshore north . Is a loop course of 1 lap or 2 laps
 Run Distances of 5 kilometres and 2 kilometres

Formats

The Ocean Adventure Sprint is designed so that finish times of the event range up to 3 hours. Competition is offered in the following formats:

OCEAN ADVENTURE	INDIVIDUAL AND TEAMS FIVE LEGS: SWIM : BEACH RUN : CYCLE : PADDLE : BEACH & PATH RUN
SPRINT CHALLENGE	INDIVIDUAL AND TEAMS: FOUR LEGS: SWIM : BEACH RUN : CYCLE : BEACH & PATH RUN
JUNIOR - FUN CHALLENGE	INDIVIDUAL ONLY – A SHORTER VERSION OF THE SPRINT CHALLENGE FOUR LEGS: SWIM : BEACH RUN : CYCLE : BEACH & PATH RUN

Competition is offered in a range of age divisions for male and female and divisions for teams.

Schedule

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

SUNDAY April 18			
6.15am	Bike Area Open	Coogee Beach Picnic Area	At Coogee Beach
6.15am	Paddle Craft Area open	Coogee Beach	North of Coogee Beach Jetty
6.30am	Registration	Coogee Beach	
6.50am	Final Race Briefing	Coogee Beach	Finish Area
7.00am	Race Start	Coogee Beach	North of Coogee Beach Jetty
9.30am	Presentations	Coogee Beach Picnic Area	

Fees

Event	Junior	Individual	Relay Team of 2	Relay Team of 3 Or 4
Ocean Adventure	n/a	\$60	\$80	\$80
Sprint Challenge	n/a	\$60	n/a	n/a
FUN Challenge	\$35	\$50	n/a	n/a

Registration is on the official 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
- Paddle: A Surf Ski, Kayak or Paddle Craft suitable for Ocean conditions.
Paddle
PFD (Type 1) is recommended and may be compulsory if Ocean conditions are considered to make the PFD a requirement.
- Run: Suitable running shoes for a variety of terrain including path and beach

Equipment - Recommended

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

Awards

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

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 to all competitors and appear on the event web.

Registration

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.
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- **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

SPECIFIC EVENT RULES, CONDITIONS & RECOMMENDATIONS

GENERAL:

- Each competitor must read the following to ensure the safe running of the event.
- Competitors must obey all directions and instructions by officials and police.
- It is the responsibility of competitors to be familiar with the course.
- If you withdraw from the race it is essential you notify the timing team at the finish line.
- Medical staff have ultimate and final authority to remove a competitor from the race if the competitor is judged to be incapable of continuing without risk of serious injury.
- A top must be worn during the cycle leg and run leg of the event.
- The swim cap and race numbers provided must be worn - race number displayed at the front.

TRANSITION: (Bike Compound)

- Competitors are responsible for their own equipment.
- Bikes must be placed in the bike rack before and after the cycle leg of the event.
- Only competitors who are racing should be in the compound.
- Relay change over for the Teams will take place at the Bike Racks.

SWIM:

- Wetsuits are permitted under Triathlon Australia Guidelines
- Fins, paddles, or other swimming aids are not permitted.
- All competitors must wear the swim cap provided during the swim leg.
- Competitors who warm up must be behind the start line at least two minutes before race start.
- The course will be patrolled by qualified surf life savers and craft.

CYCLE:

- An approved helmet must be worn and fastened at all times.
- The helmet straps must be secured prior to moving the bike from the rack. At the completion of the cycle the bike must be racked prior to unfastening the helmet.
- No outside assistance can be rendered.
- No drafting on the Cycle leg is permitted.

PADDLE:

- Ski's {addle Craft must be placed in the Paddle Transition area facing the beach. Paddles must be placed on top of the Craft
- Competitors must complete the course rounding the course markers (buoys) at each end of the course
- A PFD is recommended for the Paddle Leg. If conditions dictate the event organizers reserve the right to make the PFD compulsory

RUN:

- No form of locomotion other than running or wading is allowed.
- No support vehicles or escort runners are allowed.
- Runners must wear the race numbers at all times on the front of the running top. Please ensure the number is clearly visible when finishing.

RECOMMENDATIONS:

- Drink plenty of fluid before, during and after the event.
- Use caution at the start of the swim if you are not an experienced open water swimmer. Wave starts can be very crowded – start at the back or to either side
- Cycles must be in safe mechanical condition and should be checked prior to the race.
- Helmets must be correctly fitted on your head or they will not protect you.
- Bicycles should carry a full bottle of water at the start of the cycle leg.
- MEDICAL – If you are over 30 years of age / or have not done much regular exercise, it is strongly recommended that you have a medical check up prior to the event.

BICYCLES / TRAINING:

For Bicycle information / checks and event advice consult your closest Bike Force store