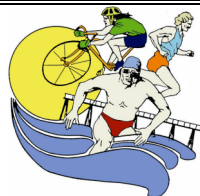




*'The home of Honda'*



# OLYMPIC DISTANCE TRIATHLON

Sunday 28 March 2010

Point Walter Reserve  
Honour Avenue, Bicton

## EVENTS

Event / Distance	Swim	Cycle	Run
Junior Triathlon	200m	8km	2km
Fun-Novice Triathlon	200m	8km	2km
Sprint Triathlon	750m	20km	5km
Olympic Triathlon	1600m	40km	10km
Duathlon	2km	20km	5km

## CATEGORIES:

Junior: 12-13 and 14-15 years      Novice: 16-19; 20-29; 30-39; 40-49; 50+  
 Sprint: 14-19; 20-29; 30-39; 40-49; 50+ ; Teams      Duathlon: Male / Female  
 Olympic: OPEN; 16-19; 20-29; 30-39; 40-49; 45-49; 50-59; 60+; Teams

**Entries Close: Saturday 20 March 2010**

## RACE DAY:

Registration: 6.00am – 6.20am  
 Briefing: 6.25am  
 Race Start: 6.40am

## ENTRY FEES:

### REGISTRATION FEES

*Left Bank Triathlon Only*

Event	Junior	Individual	Relay Team
Junior Triathlon	\$35	n/a	By application
Fun-Novice Triathlon	n/a	\$50	n/a
Sprint Triathlon	\$35*	\$60	\$70
Olympic Triathlon	n/a	\$70	\$70
Duathlon	\$35	\$60	n/a

\* Must be attending a School in 2010

**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 not closed for the event. Park in designated areas.**

Parking Areas are in Honour Avenue – Car Parks on the eastern side and verge on the western side. Also car parks just above the Jetty.

Park in areas listed on the Course Map

**NO PARKING IN THE GOLF COURSE CAR PARK**

## INFORMATION

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

Email: [sportsperformance@iinet.net.au](mailto:sportsperformance@iinet.net.au)

Web: [www.allbarnone.com](http://www.allbarnone.com)

## RACE RULES / CONDITIONS

(specific race rules and recommendations are on the web: [www.allbarnone.com](http://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.