



TOWNSVILLE TRIATHLON CLUB

SUE BELL MEMORIAL TRIATHLON

SAUNDERS BEACH, 13TH SEPTEMBER 2020

Thanks to our major race sponsors



Important Competitor Information - Sue Bell Memorial Saunders Beach Triathlon - Sunday 13 September 2020

Townsville Tri Club hope you are all looking forward to the race this Sunday - we certainly are!

Due to Covid-19 there will be no race day briefing or end of race presentations. It is therefore essential that all athletes and guardians read the entirety of this race guide to ensure they are aware of important information relative to Sue Bell Memorial Saunders Beach Triathlon.

Covid-19 Smart Racing

All athletes are encouraged to race then go home. Where possible, spectators are discouraged from attending this year's event. If you feel unwell, please stay home.

Physical distancing is encouraged. Utilise the sanitization stations located throughout the venue.

When you arrive follow the instruction of race marshals at the transition area and when collecting your race pack and timing chip.

In the transition area, bike locations will be marked on each rack with a pink sticker. A race marshal will direct you to a specific rack location for your race setup.

Please be patient during this time while we ensure everyone's safety.

IMPORTANT TIMES

Transition opens: 6:00am

Transition closes: 6:45am

Timing chip/Race pack collection and numbering: 6:00–6:45am

WALK beach to start: 6:45am

START Long course: 7:00am

START Short course: 7:00am

PARKING

There will be no parking allowed on Reef St. Please park on roads off the bike leg (see maps). The Saunders Beach Community Centre which is on your left as you come down the main road has allowed us to use their carpark: Cnr Saunders Beach and Boat Ramp Rds. It is within walking distance of transition, or alternatively you can drop your gear / athlete off and return to the carpark to leave your car.

VALUABLES

There will be an area for bags however we strongly suggest not bringing anything of value to the race site if you are leaving your bag unattended. Bags will not be allowed to be left in transition area.

VOLUNTEERS

Thank you for those who have volunteered. We ask all volunteers to be present no later than 5:30am. We could still do with more volunteers if anyone would like to help!

MAPS

You are expected to familiarise yourself with the racecourse prior to race day. Course maps are detailed below and have been posted on our Facebook page.

RACE RULES AND REGULATIONS

All competitors should be familiar with Triathlon Australia Race Rules prior to Sunday.

Timing chips will be provided to all competitors (one per team). Fees will be charged to competitors for lost timing bands/chips. Please secure properly before competing and return to the designated timing box at the finish line. Thank you.

Some important points to remember:

SWIM

1. No fins, paddles or flotation devices life jackets may be worn.
2. Wetsuits are optional.
3. Swim caps (provided to you) must be worn.

RIDE

1. All bikes must be in roadworthy condition.
2. All competitors will be required to wear a bike helmet throughout the bike race.
3. Pumps and other items not required in the race must be removed from transition.
4. Drafting of other bicycles or any other vehicle is prohibited. A space of four bike lengths must be left between riders at all times. Draft Busters may be operating.
5. The bike course will be open to traffic during the race. Competitors must abide by all road laws.
6. Torso must be covered and shoes worn.
7. Adhere to mount and dis-mount lines rules.

RUN

1. No form of locomotion other than running or walking is allowed.
2. No individual support vehicles or escort runners allowed.
3. Runners must follow the directions of ALL course Marshalls or officials.
4. Torso must be covered and shoes worn.

TRANSITION AREA

1. Helmets must be fastened at ALL times the bike is unracked.
2. Bikes must be walked/run through the transition area and past the timers/timing mat.
3. Do not throw goggles, running and cycling gear during transition. Leave all gear in designated area at bike rack so it does not cause a trip hazard to other competitors.
4. After race – your bike is to remain in transition until advised by an official.

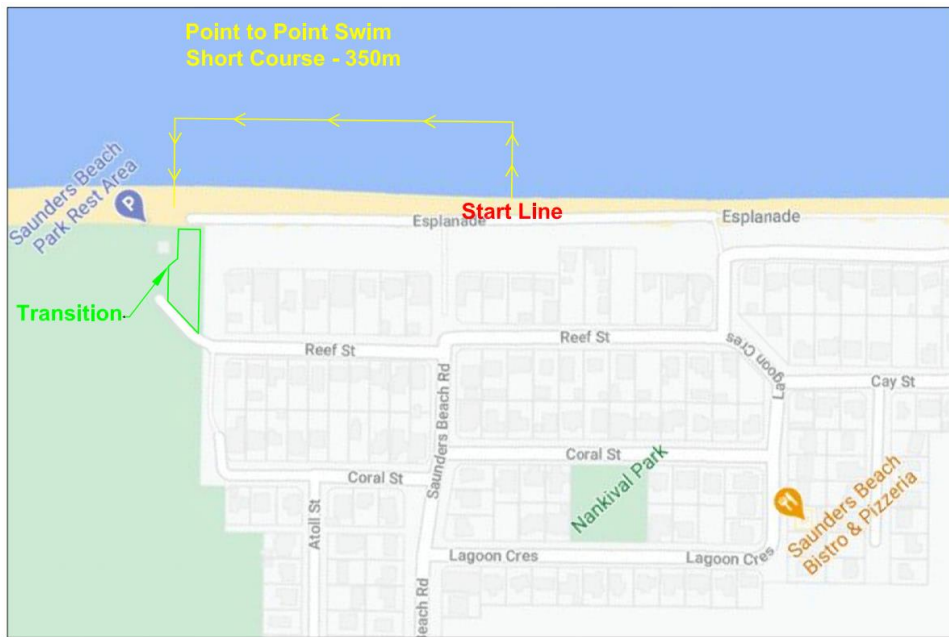
GENERAL RULES

1. Race referees have the authority to disqualify any competitor.
2. Medical staff may remove a competitor from the race if judged to be physically incapable of continuing without risk of serious injury.
3. Good sportsman like conduct is demanded of all competitors.
4. If you withdraw from the race please notify a race Marshall or official.

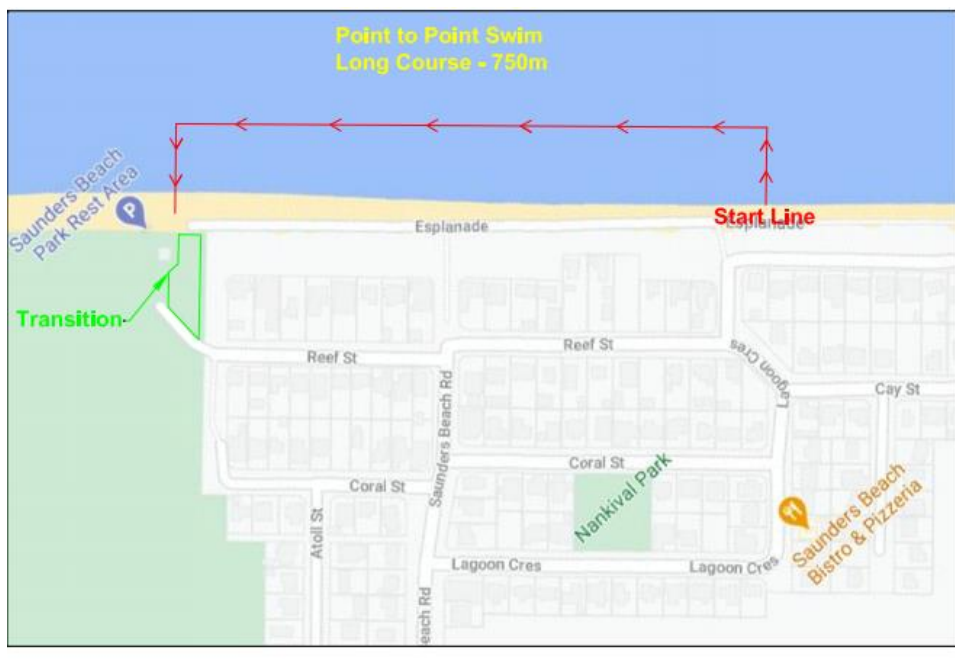
SAFETY ADVICE

1. Drink plenty of fluid before and during the event.
2. Obey road laws, marshals and all instructions on this form.
3. Competitors acknowledge that participation in the event comes with its potential hazards.
4. As this is not an event for the casual jogger, swimmer or cyclist it is recommended that all competitors have trained sufficiently for the event and have obtained a thorough medical examination, prior to competition.

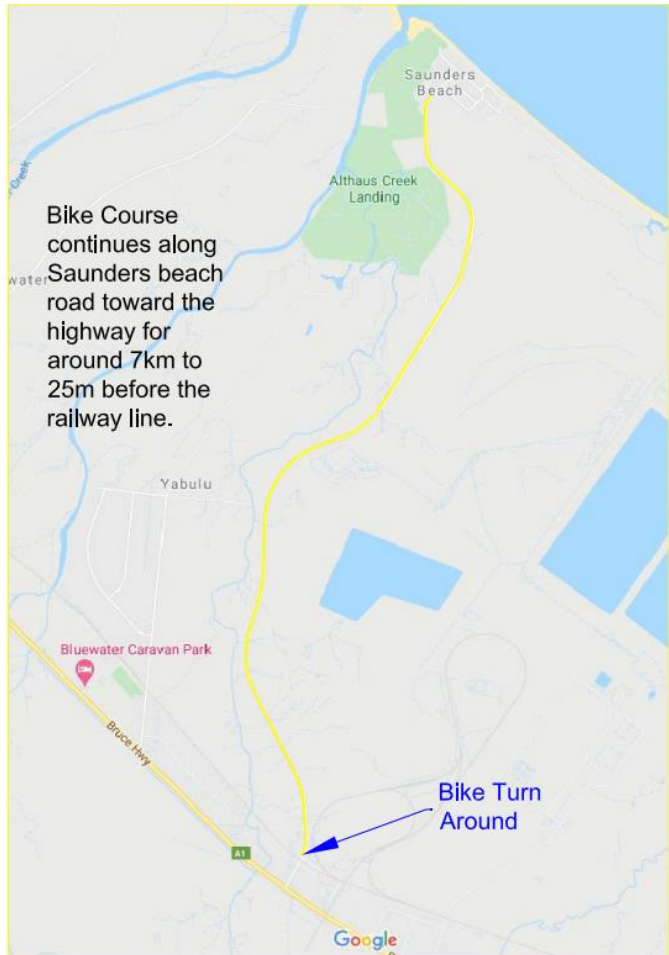
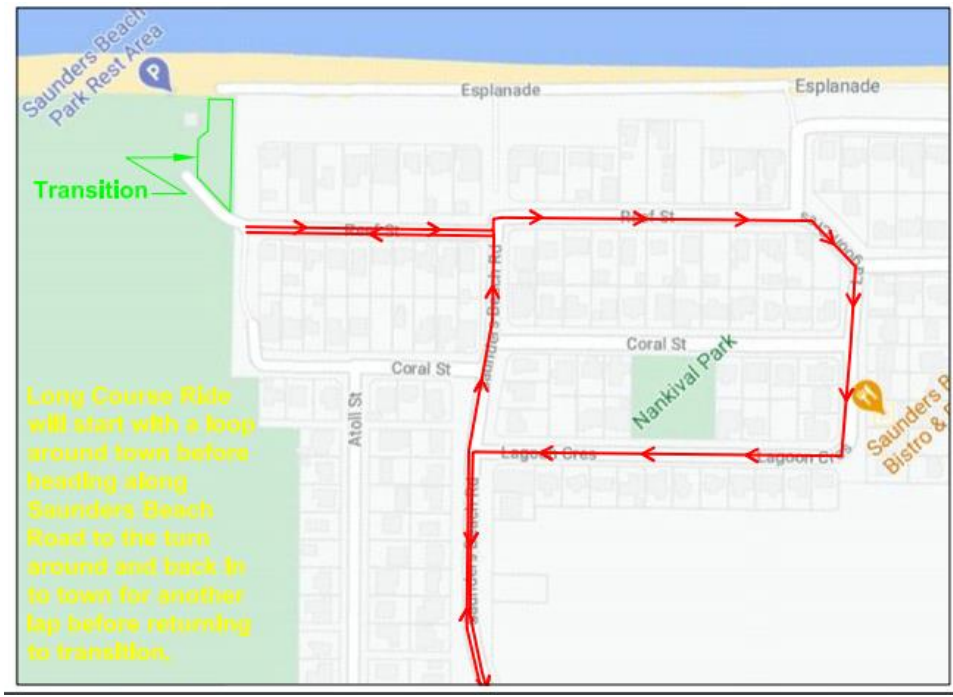
SWIM COURSE – SAUNDERS BEACH
SHORT COURSE SWIM 350 M



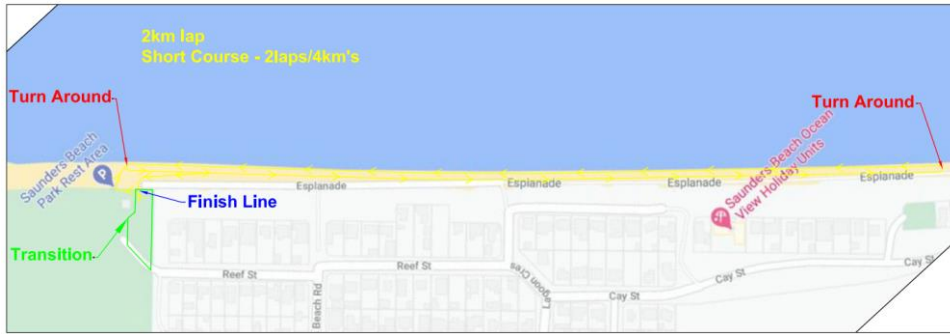
LONG COURSE SWIM 750 M



BIKE COURSE – TOWN LOOP
 SHORT COURSE IS 1 LAP (15 KM)
 LONG COURSE IS 2 LAPS (30 KM)



RUN COURSE – BEACH RUN
 SHORT COURSE 2 LAPS (4 KM)



LONG COURSE 3 LAPS (6 KM)

