



PARTICIPANT INFORMATION GUIDE

9 – 11 February 2018



A message from the Race Director

Welcome to the inaugural Bunbury Sufferfest Triathlon as part of the Australian Beach Games Festival of Sport, Music and Food!

We're thrilled to be bringing triathlon to Bunbury in 2018. The newly redeveloped Koombana bay is an amazing location for events and will be the perfect venue for the Australian Beach Games and Sufferfest events, you will be swimming in the calm waters of the bay with the resident bottle nose dolphins, riding the flat fast roads around the bay and running the tracks of the waterfront. Where else would you rather be? If you have raced with us before, welcome back and if this is your first time racing Sufferfest then welcome and I hope you "enjoy" the experience!

We have a massive weekend planned for the Australian Beach Games with Live Music, Beach Sports, Parkour workshops and demonstrations, A Beach Bar, Kids Rides and Amusements and so so much more. Make sure you make a weekend of it and soak up everything that is on offer.

Safe travels and we hope you will have a safe and enjoyable race.

Matt Carman— Race Director

Event location and details

Bunbury is located in the South-West corner of WA. With its close proximity to Perth, Bunbury and the Geopraphe Region is an ideal place for a well-earned getaway. Bunbury is the central hub of the region and as Western Australia's third largest city, it has plenty of options for dining out, shopping, swimming and accommodation.

Bunbury is most well-known for the pods of wild bottlenose dolphins which frequent the shores of Koombana Bay regularly, allowing visitors the opportunity to wade, cruise or swim with them.

Bunbury and the Geopraphe Region have a wide variety of accommodation providers, these include campgrounds, backpackers, budget accommodation, motels, hotels, Band B's serviced apartments, luxury apartments, caravan parks, private units/houses and farm-stays.

We have a couple of preferred accommodation providers: Quest Bunbury, Koombana Bay, Discovery Parks BIG4 and Choice Hotels Australasi all offering discount to competitors, athletes and their families.

Event Details

Location: Bunbury, Western Australia

Date: 9 February 2018

Event Distances: Aquathlon

Sprint 500m Swim / 5km Run

Enticer 250m Swim / 2.5km Run

Kids 100m Swim / 1km Run

Date: 10 February 2018

Event Distances: Triathlon

Half IronFest 1.9km Swim / 90km Bike / 21.1km Run

Aquabike 1.9km Swim / 90km Bike

DuathlonFest 90km Bike / 21.1km Run

OlyFest 1.5km Swim / 36km Bike / 10.5km Run

SprintFest 500m Swim / 18km Bike / 5km Run

Event Contacts

Scott Hollow – Event Director

Matt Carman – Race Director

Website: www.sufferfesttri.com/bunbury

Email: info@eventpeople.com.au



EVENT SCHEDULE

FRIDAY 9 FEB	EVENT	VENUE/DETAILS
4.00pm – 10.00pm	Food Trucks Open	Koombana Bay
4.00pm – 10.00pm	Beach Bar Open	Koombana Bay
4:00-6.00pm	REGISTRATION FOR AQUATHLON & TRIATHLON	Registration
4.00pm	Beach Sports Start	Koombana Bay
5.45pm	Aquathlon – Kids Race Briefing	Swim Start
6.00pm	Aquathlon – Kids Race Start	Swim Start
6.00pm	LIVE MUSIC - Shale	Koombana Bay
6.20pm	Aquathlon – Sprint Race Briefing	Swim Start
6.30pm	Aquathlon – Sprint Race Start	Swim Start
6.40pm	Aquathlon – Enticer Race Briefing	Swim Start
6.50pm	Aquathlon – Enticer Race Start	Swim Start
7.00pm	LIVE MUSIC - iPhunk	Koombana Bay
8.00pm	FREE OUTDOOR CINEMA – ANGRY BIRDS	Koombana Bay
SAT 10 FEB	EVENT	VENUE
5.30am	Half IronFest - Registration Open	Registration
5.30am	Transition Opens	Transition
6.00am – 8.00am	OlyFest /SprintFest – Registration Open	Registration
6.20am	Half IronFest Transition Closes	Transition
6:25am	Half IronFest - Compulsory Race Briefing	Swim Start
6.40am	Half IronFest – Open Race Start	Swim Start
6.42am	Half IronFest – Age group Race Start	Swim Start
6.44am	AquaFest – Race Start	Swim Start
7.15am	DuathlonFest - Race Start	Swim Start
7.20am	OlyFest Transition Closes	Transition
7.25am	OlyFest - Compulsory Race Briefing	Swim Start
7:40am	OlyFest – Race Start	Swim Start
8.20am	SprintFest Transition Closes	Transition
8.25am	SprintFest – Compulsory Race Briefing	Swim Start
8.40am	SprintFest - Race Start	Swim Start
10.00am	Beach Sports Start	Koombana Bay
11.00am – 10.00pm	Food Trucks Open	Koombana Bay
12.00pm – 10.00pm	Beach Bar Open	Koombana Bay
12.00pm	LIVE MUSIC - Bernadine	Koombana Bay
1.00pm	Presentations (approx.)	Koombana Bay
2.00pm	LIVE MUSIC – Sophie Jane	Koombana Bay
2.30pm	Bikes Transition Closes so all bikes to be collected	Transition
4.00pm	LIVE MUSIC – Scott Gordon	Koombana Bay
SUN 11 FEB	EVENT	VENUE
10.00am	Beach Sports Start	Koombana Bay
11.00am – 8.00pm	Food Trucks Open	Koombana Bay
12.00pm	LIVE MUSIC – Alex Turner	Koombana Bay
12.00pm – 8.00pm	Beach Bar Open	Koombana Bay
2.00pm	LIVE MUSIC – Mitchell Martin	Koombana Bay

BUNBURY

9-11 FEB 2018

Koombana Bay Foreshore



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@australianbeachgames



Australian

BEACH GAMES

*Sport is better played
on the BEACH*

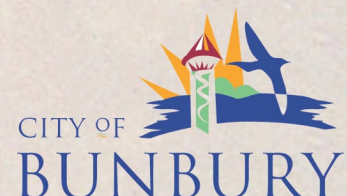
The Australian Beach Games have something for everyone!
Register to **PLAY A SPORT** or come along to our **FREE BEACH PARTY** including our **FOOD TRUCK FESTIVAL** where you'll find **LIVE MUSIC, BEACH BARS, AMUSEMENTS** for the entire family and more!

3X3 BASKETBALL - VOLLEYBALL - AQUATHLON - DODGEBALL - OPEN WATER SWIMMING - HANDBALL - TOUCH - NETBALL - SAILING - SOCCER - DARTS FRISBEE - CHESS - TABLE TENNIS - LIFE SAVING + MUCH MORE!

To register and find more information visit:
www.australianbeachgames.com.au

BUNBURY

Geographe



SATURDAY TRIATHLON

EVENTS – RACE INFORMATION

Pre-race Registration

It is compulsory for all athletes to check in during the nominated Athlete Check-in times. Please see the Event Schedule for Check in days/times.

Competitor packs will not be sent in the mail, so must be collected from race venue.

Competitors will be required to bring their Triathlon Australia Membership Card and a Photo ID to present at Athlete Check in. If you purchased a one day TA membership you will be required to bring this as proof along with your photo ID.

TEAMS only require one member to check-in; however, they must ensure that all team member information is correct and up-to-date at check-in. Photo ID and Triathlon Australia Membership or one day race TA membership must also be provided.

Please note: It is illegal for another competitor to race under someone else's name. Penalties can include suspension from your Triathlon Australia Membership and disqualification from the event.

WHAT YOU WILL RECEIVE AT CHECK-IN

- Competitor ID wristband
- Race Bib – compulsory on the bike AND run
- Swim Cap
- Helmet Sticker – placed on front of helmet
- Bike Sticker
- Timing chip

Without these items you will be unable to compete.

COMPETITOR ID WRISTBAND

Must be worn at all times after receiving at check in and will allow you access to competitor only areas including transition and finishing line.

TIMING AND TIMING CHIPS

Please ensure you securely fasten your timing chip as soon as you receive it. If you lose/misplace your timing chip, there will be a \$50 charge for a replacement and you must see the Athlete Information Tent prior to race start and a new chip will be issued to you.

If you do not start or finish the race, you must return your chip to the Information Tent. If your timing chip is not returned or is lost you will incur a \$50 charge for a replacement. It is important that all timing chips are either returned and/or recorded to ensure all competitors are accounted for.

TEAMS To ensure your team time is recorded, the swimmer must wear the timing chip and on returning to the transition area, transfer the chip to the cyclist.

Once the cyclist completes the bike leg, they return to the transition area and transfer the chip to the runner. The runner then wears it until they cross the finishing line.

Transition / Bike Check-in

The Transition area is located next to the Koombana Bay Amphitheatre. Please ensure you allow sufficient time to make your way to the transition area and start line. Further details in regards to the transition area are included in the 'Transition' Section of this Guide.

When entering the transition area, your bike must display your bike sticker, you must wear your Competitor ID wristband, and your helmet with helmet sticker – all provided in your Race Pack. If you do not have any of these you will not be allowed into transition. Please see the Event Schedule for transition open and closing times. Please ensure you allow enough time to rack your bike, prepare your gear and exit transition before transition closing time. (15min prior to race start).

Pre-Race Briefings

It is compulsory for all competitors to attend the Pre-Race Briefing applicable to their event. Please check the Event Schedule for Pre-Race Briefing times. It is the Athletes responsibility to attend a pre-race briefing.

Bike & Helmet Checks

All competitors are responsible for their bikes and helmets being in a safe working order. We recommend that competitors have their bikes serviced prior to racing.

Triathlon Australia Officials will inspect each competitor's bike as they enter the transition area for bike racking.

Checks will include ensuring:

- Tyres are in reasonable condition
- Bike has at least one bottle cage
- End plugs are on handle bars
- Brakes in working order
- Compliance with Triathlon Australia Race Competition Rules

Please note there will not be any bike mechanical services at transition or on course.

HELMETS are compulsory and must also be worn as you enter the transition area on race day. Please ensure you have your helmet on and secured as you approach the transition area to avoid delays.

Helmets are to meet the following criteria:

- Must be approved by a recognised testing authority (e.g. Australian Standards Certified).
- No alterations to any part of the helmet are allowed.
- Present no physical damage

Bag Compound

A bag compound will be available to all competitors at the registration tent. Athletes must clearly mark their own bag with their race number. **Please DO NOT leave any valuables in the bag compound. It is the athlete's responsibility to collect their bag prior to 5pm on race day.**

Medical Information & Insurance

We recommend that you take out your own personal medical insurance for racing and all competitors should have ambulance cover. If you do have an accident you must pay for your own medical expenses therefore it is essential for you to obtain adequate personal medical insurance/cover. **FIRST AID / MEDICAL** will be located at the finish line, and roving on the course. If you require first aid assistance on the course, please notify an aid station attendant or course marshal who will be able to phone for assistance.

Competitor Safety

It is the responsibility of competitors to ensure that they are sufficiently skilled in all aspects of the event and have attained an appropriate level of fitness to be able to complete the race confidently. Competitors must be in good health and not suffering from any illness that may cause difficulties during the event. Competitors must also ensure that they understand and abide by all applicable road and traffic rules and exercise due caution where necessary.

Race Day Information

RACE MORNING

Competitors will be able to place all items into the transition area the morning of the race including bike, nutrition, hydration and any other relevant equipment. Please check the Event Schedule for Transition opening and closing times on race morning. Please ensure you have your helmet on and secured (with helmet number on the front) as you approach the transition area to avoid delays. You must also wear your corresponding numbered Competitor ID Wristband, if you do not have either you will not be allowed into transition.

TEAM TRANSITION

All Team Competitors must have their Competitor ID Wristband on to access the transition area. Team swimmers shall not remove their timing chip until they reach their team cyclists in the transition area. The team cyclist must remain in their position in the transition area until the swimmer has handed over the timing chip and it has been securely attached to the LEFT ankle of the team cyclist.

Once the team cyclist has completed the bike leg, they must rack their bike before the timing chip can be removed and handed to the team runner. Team runners must wait at the team cyclists bike rack position until this hand over occurs. *NB: Team runners will only be able to access the transition area once all competitors have headed out on the bike course. All team members must also ensure that the transition area remains as clear as possible during the race to ensure the safety of all competitors.*

Toilets

There are a number of public toilet blocks located on the course including the transition, finish line, and run course.

Penalty Box

The Penalty Box will be located as you come back into town. Any competitor who is shown a blue card on the bike course will be required to serve a penalty in the Penalty Box – on the same lap the penalty occurred. You must remain standing, with your helmet fastened and hold your bike upright at all times. You may consume food and drink carried on your bike, but cannot accept any items from a third party. Ensure you have read and understood Triathlon Australia's rules and regulations.

www.triathlon.org.au/Competition+Race+Rules+2017.pdf

Aid Stations

Bike Aid Station

There will be one aid station on the bike course which competitors will pass on each lap (Half IronFest ONLY). The aid station will be located as you are heading out of town on each lap (accessed every 18km).

Bike Aid station will include:

- Water
- Hammer Electrolytes

The bike aid station lay out will be:

Bottle/rubbish drop > Water > Hammer Electrolytes > Water > Back Up > Bottle/Rubbish Drop

Competitors please note: You should slow down when entering the Bike Aid Station but do not stop. If you need to stop at an aid station, proceed all the way through the station and stop on the far side where it is safe to do so. If you do not require any product/support at the bike aid station, please stay to the right.

You must discard bottles/rubbish in the designated area otherwise you may incur an infringement. Every Long Course competitor is required to start the race with a minimum of two hydration bottles

Run Aid Station

There will be aid stations on the run course located at approximately 2-3km apart.

The run aid stations will provide:

- Water, Hammer Electrolytes, Hammer Gels, Coke, Lollies

The run aid station lay out will be:

Water > Hammer Electrolytes > Food > Back Up > Rubbish drop

Recovery Aid Station

Is located at the finish line and will include:

- Water and Hammer Electrolytes
- Fruit

Bunbury Beach Party

LIVE MUSIC GUIDE

AT THE AUSTRALIAN BEACH GAMES, KOOMBANA BAY FORESHORE

FRIDAY 9 FEB 1800-1900 Shale
 1900-2100 iPhunk

SATURDAY 10 FEB 1200-1400 Bernardine
 1400-1600 Sophie Jane
 1600-1800 Scott Gordon
 1800-2100 Off the Wall

SUNDAY 11 FEB 1200-1400 Alex Turner
 1430-1600 Mitchell Martin



Transition Procedure

T1 - Swim to Bike

At the Swim Exit, you will head up the beach towards the transition area, in which you will pass over a timing mat. You will head into the transition area to your bike rack.

(Note bike racks will not be numbered, so on check in it is a first in first served basis)

You must then:

- Discard swim gear (ie swim cap, goggles, wetsuit) in your designated area.
- You must not touch or interfere with another competitor's equipment in transition.
- Helmets must be on and fastened before removing your bike from the rack.
- Your helmet must always remain securely fastened while you are in control of your bike – this includes running to/from transition to the mount/dismount lines.
- You must not mount your bike until you pass the designated mounting line.
-

T2 – Bike to Run

At the conclusion of the bike leg and coming into transition, competitors must:

- Dismount their bike before the designated dismount line.
- Leave helmet secured and fastened until the bike is racked.
- Rack their bike back in the same position after coming back from the cycle leg.
- Follow directions from marshals and TO's and/or signage in the transition area.

General Race Rules

- It is the athlete's responsibility to know all aspects of the swim, bike and run courses.
- Athletes are expected to follow the directions and instructions of all race officials and public authorities.
- Medical personnel have final authority to remove an athlete from the race if the athlete is judged to be physically incapable of continuing the race without risk of serious injury or death.
- Medical transport of any athlete will result in the athlete being classified as Did Not Finish (DNF).
- Fraud, theft, abusive treatment of volunteers or others and acts of poor sportsmanship are grounds for immediate disqualification.
- The Race Director has final authority on any disqualifications of this manner.

Half IronFest Cut Off Times

(subject to change)

All competitors must be finished by 3.00pm.

Swim Cut Off:

Competitors must complete the 1.9km swim leg by in 1 hour 10 minutes from swim start and by 8.00am.

Bike Cut Off:

Competitors have 5 hours 30 minutes from the start time to complete the bike course to be completed by 12:15pm.

The Event Organisers reserve the right to remove any participant who is unable to make the bike cut off time, however we endeavour to do our utmost to allow all competitors to finish the race, as long as safety of the competitor is remained.

Run Cut Off: Accumulated 8 hours

Competitors must complete the race by 8 hours after race start – 3.00pm. All endeavours will be made to allow you to continue to the finish line if and when safe to do so.

If you feel these cut off times could be a concern for you, please contact info@eventpeople.com.au.

Results

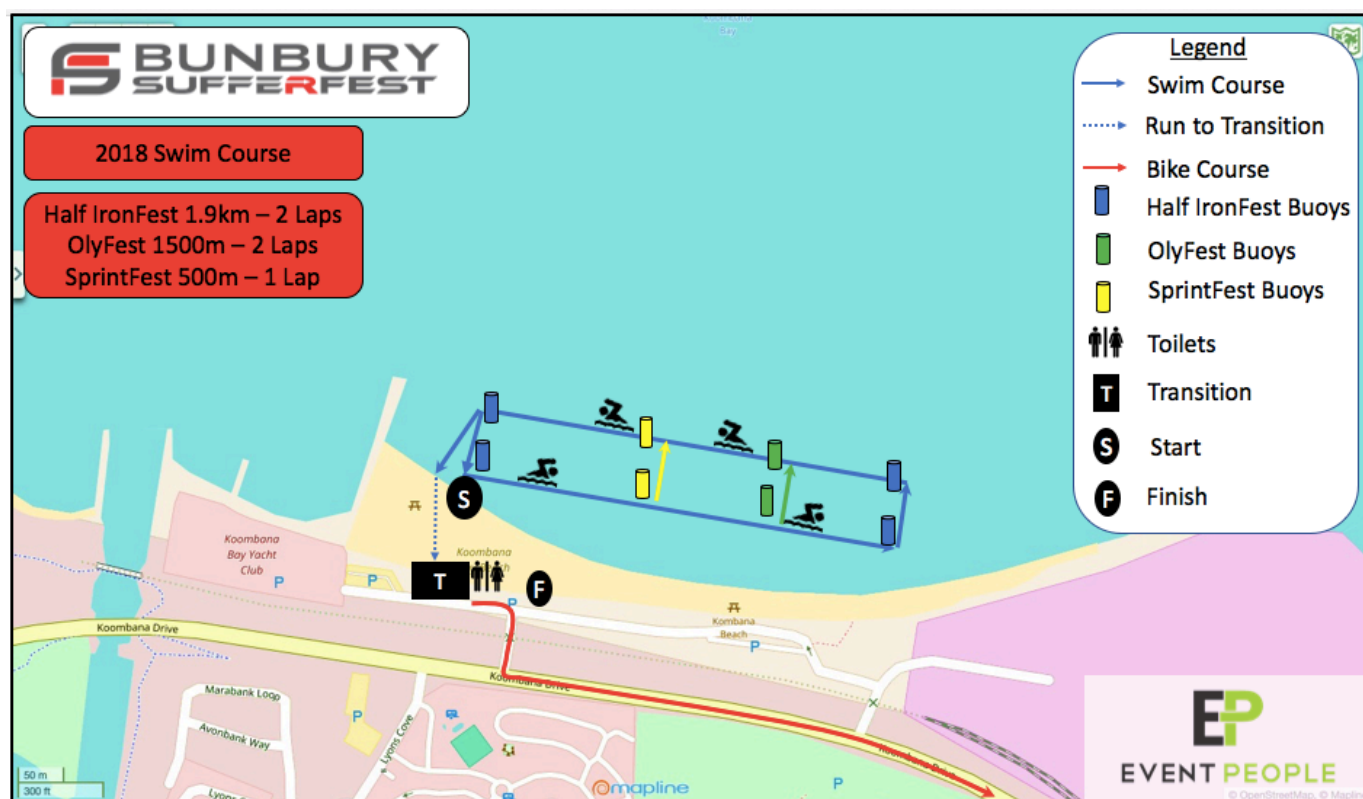
Results will be online no later than Monday post-race.

<http://www.sufferfesttri.com/results-bunbury.html>

Awards Presentations

The top 3 finishers in each age category will be recognised and presented with a trophy/medal.

SWIM COURSE



The swim is an anti-clockwise swim course, in an easy to follow rectangle shape. The Half IronFest will complete 2 laps of a 950m course, while the OlyFest will do 2 laps of a 750m course and the Sprint Distance will complete 1 x 500m lap. The start and finish of the swim course is in the same location.

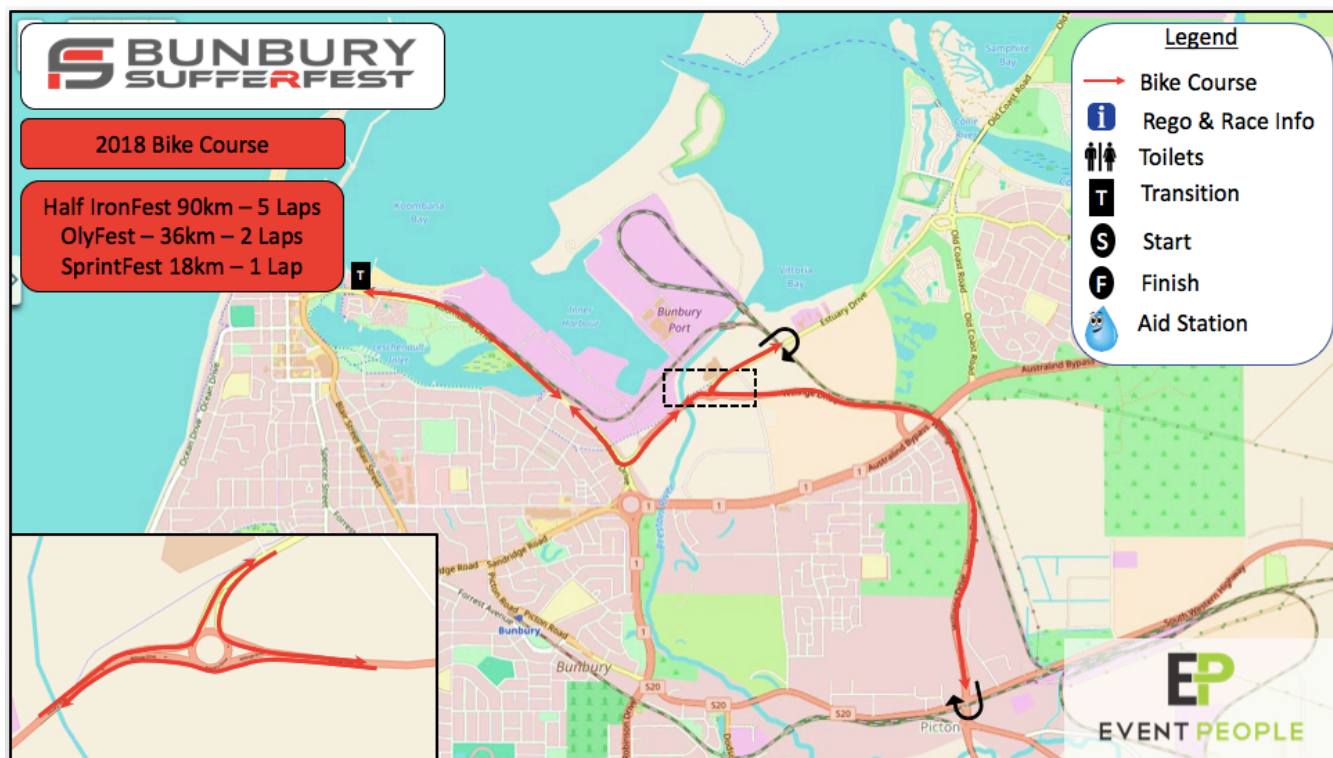
There will be a designated warm up area to the left of the swim start. It is the competitors' responsibility to ensure they are ready for their swim start time. All races will be a mass wave start.

Competitors must listen to directions from event staff to ensure all competitors are in the water and ready for their race start. As soon as all competitors from the wave have started their race, the next wave should prepare for their wave start.

Swim Course Rules

- Wetsuits must be no thicker than 5mm
- Athletes must wear the swim cap provided in their Competitor Race Packs. Additional caps will be available from the Information tent and limited number available at the swim start line.
- Banned swimming items include; fins, aqua socks, gloves, paddles, snorkels or floatation devices of any kind.
- Swim goggles and facemasks may be worn.
- Individual paddlers or escorts are illegal.
- Athletes are permitted to hold on to water safety crafts as long as no forward progression is made. Any assistance required during the swim that results in forward progression will result in disqualification.
- If an athlete is reported for an infringement during the Swim they may be required to serve a time penalty in a designated area prior to entering transition.
- Water safety and/or medical personnel reserve the right to remove any competitor from the swim course should they deem it medically necessary.
- Athletes found not to have completed the entire swim course shall be disqualified from the event.

BIKE COURSE



The bike course is a 18km lap with the Half IronFest competitors completing 5 laps (90km), OlyFest 2 laps (36km) and SprintFest 1 lap (18km). The course is flat and will be an open and fast course.

Mechanical Support

Athletes are expected to be self-sufficient on the bike, carrying their own spares and should be able to change a tyre.

There will be NO mechanical support out on the bike course.

If you require the sag wagon, please head towards the nearest course marshal who can phone for assistance where required. Please be understanding that due to the nature of the course, this may take some time.

Traffic and Road Safety

Please note that the roads are closed to public vehicles however it is expected that there will be times where cars will be on the road. It is imperative that all competitors follow road rules and maintain the safety of themselves and fellow competitors at all times. Competitors must at all times follow the direction of course marshals – this includes signalling to slow down and/or stop due to a bus, truck, vehicle or other safety reason. The course is perfect for such a race and the roads are in good condition for time trialling.

Competitors should be aware and be vigilant at all times. Normal road rules apply.

Emergency Services

Access will remain open for emergency services should an emergency arise (lights/sirens). Competitors should remain vigilant at all times. Normal road rules apply during such incidents where as you must give way to emergency vehicles.

Sag Wagon Support

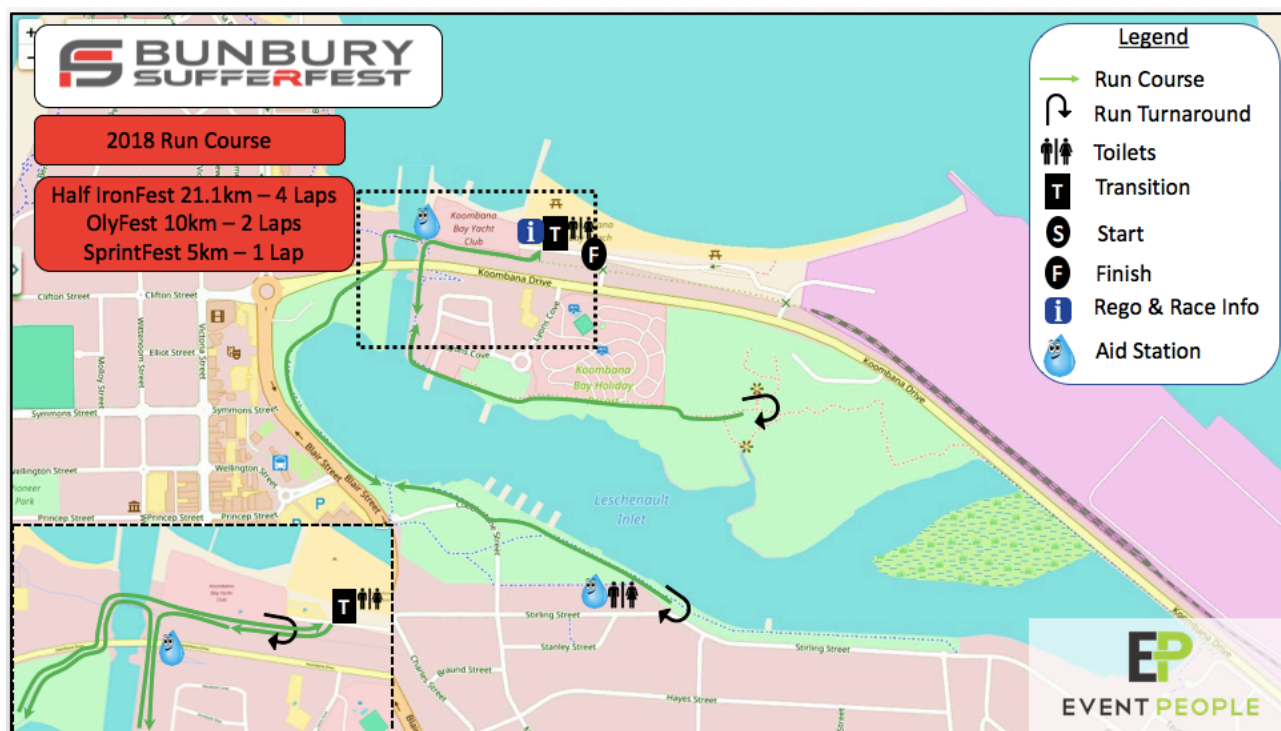
The on course Sag Wagon will collect athletes who are unable to complete the event for any reason and/or are unable to finish within the bike course cut-off time. These athletes will be transported directly to the course finish line/recovery area. Competitors should be aware that due to the nature of the course and event racing conditions, delays in Sag Wagon transport are to be expected. Athletes are encouraged to start walking back towards transition should they require assistance – but please ensure it is safe to do so and remain off the bike course.

Bike Course Rules

- A competitor's torso must be covered at all times.
- A helmet must be worn at all times
- Competitors may walk their bike but cannot make progression without their bike
- Competitors must ride single file on the left hand side of the bike course unless passing.
- Competitors who fail to keep left will receive a blocking infringement.
- Drafting is prohibited and is illegal in this event. Any competitor found drafting will serve a time infringement by Triathlon Australia Officials. The draft distance is 12 metres (7 bike lengths) for the Long Course event and 10 metres (approximately large vehicle length) for the Sprint and Olympic Distance. The drafting distance is measured from the back edge of the rear wheel of the leading bike to the leading edge of the front wheel of the following bike.
- Competitors have 25 seconds to complete a pass of another competitor. A pass is complete when the passing rider's front wheel passes that of the front wheel of the competitor being passed.
- Competitors who are passed and fail to drop back 12 metres will receive a drafting infringement.
- Competitors who are making a pass on more than one competitor and "drop in" between competitors where the distance between is not greater than 12 metres will receive a drafting infringement.
- Passing must occur on the right hand side of the competitor being passed; otherwise the competitor making the pass will receive an infringement.
- Competitors that are reported for a drafting or blocking infringement during the Bike leg will be required to serve a time penalty in a Penalty Box on the bike course on the lap on which they receive the penalty.
- A competitor's draft distance may overlap the draft distance of another athlete only in the following circumstances:
 - * For safety reasons
 - * For an Aid Station
 - * Leaving or entering the transition area
 - * Making an acute/U-turn
- Competitors observed deliberately discarding equipment, bidons/bottles or rubbish on the course other than when entering or leaving an Aid Station will receive a littering infringement.
- A competitor who receives three (3) or more
Infringements of any kind will be disqualified from the event.

Competitors found not to have completed the entire bike course will be disqualified from the event.

RUN COURSE



The run course is scenic and follows the paths alongside the Inlet, the course is relatively flat and should produce a fast run split. Half IronFest competitors will complete 4 laps (21.1km), OlyFest 2 laps (10.5km) and SprintFest 1 lap (10.5km).

Run Course Rules

If an athlete receives an infringement during the Run leg of the race, they may be required to serve out a Stop-Start Penalty with the Technical Official where the infringement occurred on the course.

Run Course Rules include:

- All competitors must wear a race bib number during the run leg and must be clearly visible at all times.
- A shirt, singlet, racing top that covers the torso must be worn at all times.
- No form of locomotion other than running, walking or crawling is allowed.
- A littering infringement will be issued if a competitor is observed deliberately discarding equipment, bottles, cups or rubbish other than at a designated drop zone when entering or leaving an Aid Station.
- Non-participant runners or cyclists are not allowed on the course. This may include supporters, coaches, athletes who have withdrawn or been disqualified from the race.
- The use of cameras, videos or other recording devices is prohibited unless otherwise specifically granted in writing by the Event Organiser.
- Devices such as iPhone, iPods, MP3 players or other are prohibited.
- Athletes found not to have completed the entire Run course may be disqualified.
- If a competitor decides to withdraw from the race at any time, it is the responsibility of the competitor to report to the drop out clerk at the information tent near the finish line and hand in his/her timing band and chip immediately. It is essential that race officials know where athletes are on the course at all times.

COMPETITOR RACE DAY CHECKLIST

A brief check list to help ensure you don't forget anything on race morning

TRANSITION

- ☐ Bike pump
- ☐ Nutrition / Hydration / bottles
- ☐ Bike shoes
- ☐ Helmet
- ☐ Transition towel/matt
- ☐ Bike computer/watch
- ☐ Lubricant/baby powder, sunscreen etc

SWIM

- ☐ Swim cap – supplied in your race pack
- ☐ Timing Chip
- ☐ Wetsuit
- ☐ Goggles
- ☐ Lubricant

BIKE

- ☐ Helmet with helmet sticker on front
- ☐ Bike shoes
- ☐ Sunglasses
- ☐ Nutrition / Hydration / bottles
- ☐ Race Belt
- ☐ Race bib (compulsory for bike & run)

RUN

- ☐ Running shoes
- ☐ Sunglasses
- ☐ Hat
- ☐ Run Nutrition

RECOVERY

- ☐ Gear Bag, containing any post-race requirements such as change of clothes

CONTINGENCY PLANS

A Contingency Committee has been established to consult, make decisions and manage the implementation of any contingency plan.

Event People reserves the right to alter the course, start time and/or race format without notice because of circumstances outside the control of the organiser and under the direction of sponsors, councils, police or other organisations that are associated with the event.

The Contingency Committee will make their decision should conditions such as, but not limited to, any of the following be either forecast or prevail:

- Extreme temperature
- Extreme weather conditions

The Contingency Committee may consider implementing one or more of the following strategies if deemed necessary in the interests of athlete safety:

- Shorten the distance of one or more of the legs (swim, bike, run)
- Start the event earlier or later
- Deletion of a leg to allow for a Duathlon (extreme cold or dangerous water conditions) or Aquathlon (extreme heat)
- Cancel the event.

If the Committee's decision at any time is to change the advertised event format, this will be advised to athletes on the day the decision is made, and subsequent days leading into the event.

FRIDAY'S AQUATHLON EVENTS –RACE INFORMATION

KIDS

Start Time: 6.00pm

Race Distances: 100m swim / 1km Run

RACE INFORMATION

Registration opens at 4pm, All participants must ensure they have registered and checked in **no later than 5.40pm**.

Parents/ guardians are allowed to enter the transition area to assist with setting up the transition area. No bags are to be left in the transition area. Once the race has started, parents/guardians will not be allowed into the transition area until after the race has concluded.

Marshals will be in the transition area to help any participants and provide direction as required during their race.

At 5.45pm there will be a briefing at the swim start area. Participants should follow instructions by the dedicated marshals.

It is advised for parents to accompany their children over to the swim start area.

EVENT RULES

- Swim caps provided in race packs must be worn during the swim leg of the Aquathlon
- Race numbers must be written on the participants' right arm and right thigh.
- Runners/shoes must be worn on the run leg of the race.
- Wetsuits are optional.
- All other race rules apply as per the triathlon race rules included herein.



SPRINT

Start Time: 6.30pm

Race Distance: 500m swim / 5km Run

RACE INFORMATION

Registration opens at 4pm, All participants must ensure they have registered and checked in no later than 6.00pm. No bags are to be left in the transition area. At 6.15pm there will be a briefing for all participants at the swim start area, ready for a 6.30pm swim start.

Participants shall follow instructions by the dedicated marshals throughout the event. Marshals will be in the transition area to help any participants and provide direction as required during their race.

SPRINT RACE RULES

- Swim caps provided in race packs must be worn during the swim leg of the Aquathlon
- Race numbers must be written on the participants' right arm and right thigh.
- Runners/shoes must be worn on the run leg of the race.
- Wetsuits are optional.
- All other race rules apply as per the triathlon/Aquathlon race rules included herein.

ENTICER

Start Time: 6.50pm

Race Distance: 250m swim / 2.5km Run

RACE INFORMATION

registration opens at 4pm, All participants must ensure they have registered and check in no later than 6.00pm. No bags are to be left in the transition area. At 6.35pm there will be a briefing for all participants at the swim start area, ready for a 6.50pm swim start.

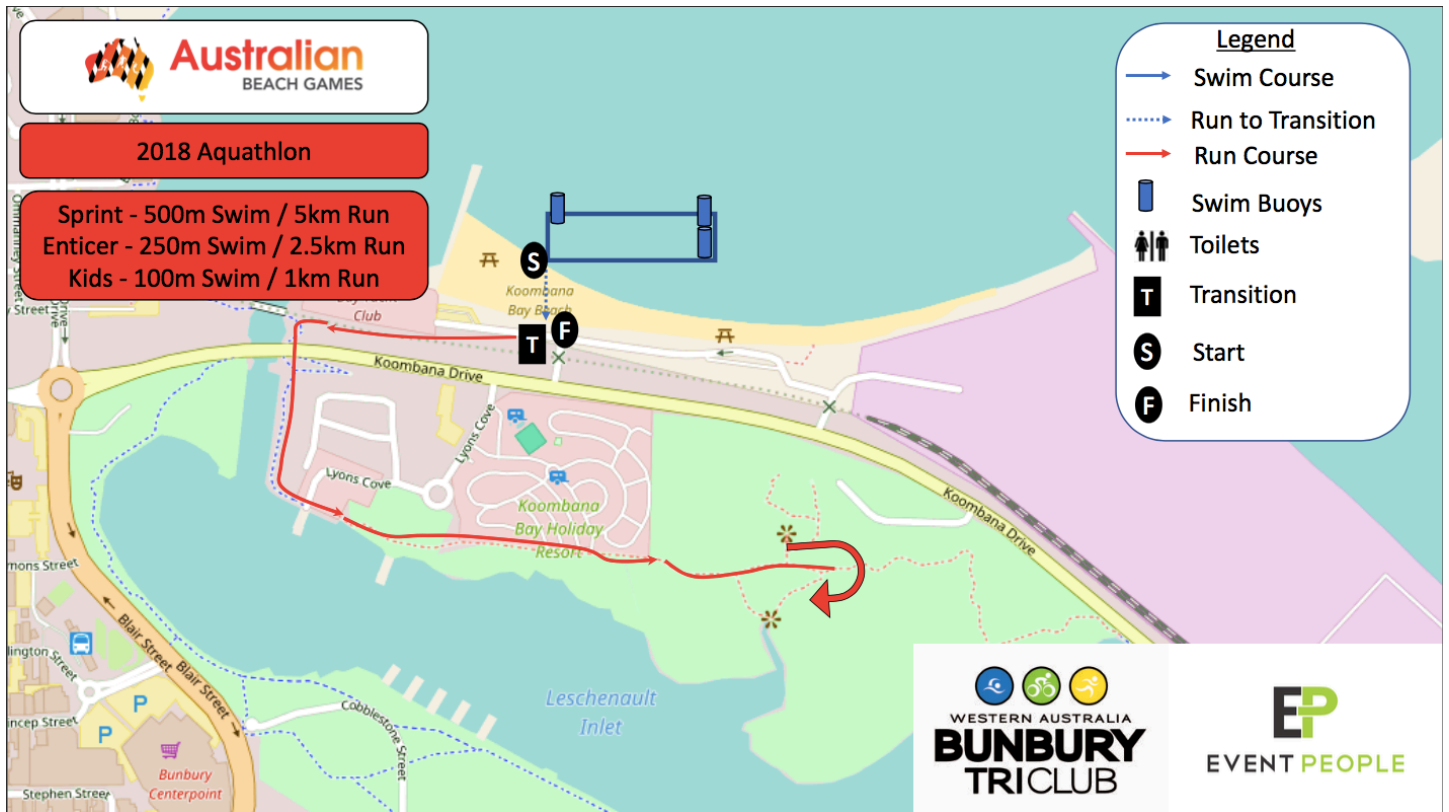
Participants shall follow instructions by the dedicated marshals throughout the event. Marshals will be in the transition area to help any participants and provide direction as required during their race.

ENTICERFEST RACE RULES

- Swim caps provided in race packs must be worn during the swim leg of the triathlon

- Race numbers must be written on the participants' right arm and right thigh.
- Runners/shoes must be worn on the run leg of the race.
- Wetsuits are optional.
- All other race rules apply as per the triathlon race rules included herein.

AQUATHLON COURSE MAP



POST RACE INFORMATION

RACE FINISH/RECOVERY AREA

It is encouraged for competitors to relax in the recovery area to refuel and rehydrate. Should you feel you require medical attention, please make yourself known to the medical team at the finishing line.

BIKE COLLECTION

Competitors will be advised when bikes can exit transition. You must be wearing your ID wristband to collect any bike or equipment from the Transition area. Please ensure you listen to announcements on the day. The opening time will however be dependent on the time the last runner is out on course, and will be announced by commentators on the day.

GEAR BAG COLLECTION

All Gear Bags will be available for collection after the race in the recovery area up until 5.00pm.

PROTESTS AND APPEALS

Any competitor who wishes to submit a protest or appeal must do so in person to either the race director or race referee, both of whom can be contacted through officials at the Race Venue. Protests must be made within 30 minutes of the protester's finish time at the end of the race. Appeals must be submitted to the Technical Delegate within 30 minutes of the Race Referee's decision being formally advised.

RESULTS

Results will be online via

<http://www.sufferfesttri.com/results-bunbury.html>

AWARDS PRESENTATIONS

The top 3 finishers in each age group will be recognised and presented with an award. Ensure you are aware of the presentation times and you are present to accept your award. If you are not present, you may request for your award to be mailed out. This will be at the cost of the competitor.

Any personal items that are lost or misplaced, and handed in to race officials will be available for collection at the Information tent on the day or email info@eventpeople.com.au post event with details of your lost property. If lost property is not able to be picked up from Event People, cost to post the property will be at the competitor's expense. The race organiser does not take responsibility for lost property.

VOLUNTEERS

Our volunteers are a friendly bunch of triathlon supporters who have kindly donated their time to ensure the success of this event and the safety of our competitors. Please give them a shout-out and show your appreciation around the course whenever possible.

RACE PHOTOS

Event photographers will be on course for the duration of all events, so keep an eye out for them and make sure you smile!! Photos will be available for purchase. Further information about how to purchase these will be sent to you directly.

EVENT CONTACTS

Email:

info@eventpeople.com.au

Phone:

03 5988 4040

EVENT PARTNERS

BUNBURY *Geographe*



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