

ULTIMATE TRIATHLON FORSTER

INFORMATION, RULES AND INSTRUCTIONS

PRE RACE - GENERAL INFORMATION

Compulsory Race Briefing: 6.30am Forster Keys (northern end near the toilet blocks)

PRE- RACE TRAINING

When cycling or running locally, remember the N.S.W. Traffic rules of the road. Do not ride two abreast on narrow road sections and obey all traffic rules. Being a competitor does not exempt you from the N.S.W. law. Be courteous to motorists - they could be your volunteers on race day. Wearing of helmets whilst cycling is compulsory in NSW and N.S.W. Police can issue on-the-spot fines for breach of this law. Bring a chain and lock for your bike whenever you leave it. Lights and reflectors are necessary for night riding. Whilst swim training, do not swim alone and always wear a bright swim cap.

WEATHER

The **Forster - Tuncurry** area during the time of the Event is usually very pleasant with air temperature varying from 17C min. to 28C maximum. It may be a little cool in the morning and warm clothing is advisable.

COURSE INFORMATION

Officials will be on hand at Registration and also at the Race Headquarters to answer any specific questions you may have concerning the course, the rules and to assist you generally. Do not hesitate to raise any query no matter how trivial it may seem. Officials are on hand to help make your Triathlon experience as memorable as possible.

MECHANICAL SERVICE

Mechanics and spare parts will be provided on race day by the extremely experienced and friendly team from SHIMANO AUSTRALIA. The SHIMANO Team will be at the entry to Transition 1 (T1) and also on the course on race day and at the bike turn around.

RULES FOR FAMILY, FRIENDS AND SUPPORTERS

DO NOT bike, drive or run beside a competitor on any part of the course as you may cause the disqualification of that competitor.

DO NOT use permanent paint or crayon for graffiti on any road. Chalk is acceptable but where permanent paint graffiti is identified to a competitor, that competitor will be disqualified.

DO make sure your competitor has read and knows the Triathlon Australia Rules and has thoroughly read this booklet.

DO make sure your competitor keeps his/her special vinyl wristband secured and takes his/her **race timing band** on race morning.

LOST PROPERTY

You should place some form of **identification** on all your **personal gear/property** for ease of identification if any is misplaced and handed in to officials. Please note that the race organisers take no responsibility for lost property. Property handed in to the officials will be available for collection on Sunday afternoon at the Race Headquarters **PROVIDED IT HAS BEEN MARKED WITH AN IDENTIFICATION NAME.**

MEDICAL

Please ask for medical help if you have the slightest hint you may need it during the race. There will be an ambulance on stand-by at all times. Note also that if you are transported by ambulance you could be required to meet costs involved unless covered by an appropriate medical fund. Any aid given by race medical personnel on the course is permissible and will **not** lead to disqualification, **excluding** the swim section. **If, however, you have any outside assistance you may be disqualified.**

You will be withdrawn from the race only if you require transportation, IV fluids, or if medical personnel consider your continued participation presents a danger to the health or welfare of you or others. The medical aid station at the start will handle any injuries or medical problems that arise prior to the start and during the swim.

Those competitors who advised on the entry application of specific medical conditions will be listed to facilitate treatment by our medical staff on the course EG: the Ambulance personnel will be provided with a list of these competitors and their specific condition. As per your agreed waiver, if you have any medical conditions that you need to make our Medical Director aware of, please email office@eliteenergy.com.au.

There will be roving Medical Staff on the bike and run course on motor bikes and within an IRB during the swim. **At registration you will be given a sheet of stickers. One of these will be branded Medical Information – please complete this and place onto the back of your Race Number.**

OUTSIDE ASSISTANCE

There are sufficient viewing areas on the swim, cycle and run legs for your family, friends, coaches and supporters to see you during the race (see entry for details). **Do not allow them to cause you to be disqualified by being on the course with you.** Think of all the training you have put in, only to have a well meaning relative, friend, etc. cause this to happen in one instant.

Officials at Aid Stations and on the course, as well as the Police, have the authority to report to the Race Referee to disqualify and take you off the course for a breach of this race rule. There is absolutely no provision for having anyone running, walking, cycling, driving beside or near you. Tell them to **go away** even if they are well meaning and only wanting to offer encouragement. They can still do this **as you go by**. We have enough trouble controlling the normal traffic flow **for your safety**.

Outside assistance also includes being provided with sustenance other than that offered at official aid stations. You may not have special foods at any aid station. Your supporters must not offer any items to you during the event **nor can you leave any items secreted on the course or at aid stations**. Triathlon Australia Technical Officials will be active on the run course as well as the swim and cycle courses.

Illegal Items: Requests from well meaning friends/relatives to hand items to competitors during the race is not permitted and will lead to disqualification, so advise them before the race.

Outside Assistance also means no use of headphones or mobile phones

AID STATIONS

There will be **TWO aid stations on the cycle leg** and there will be three (3) double (double = you are able to obtain water and an electrolyte drink out and back) RUN aid stations, allowing access to fluids approximately every 2km. The first aid station on the run will be situated at the start of the run in Oyster Parade. For pre race filling of water bottles and sports drink, there will also be the transition aid station. The other two (2) Aid Stations will be situated at Tuncurry (double) and in Forster (double). Please remember that 50% of the race volunteers will be at Aid Stations - they will do their very best and will be trained beforehand – however, some are inexperienced, so PLEASE BE PATIENT AND POLITE.

Water and the electrolyte replacement fluid **DEXTRO** will be available at these Stations.

BIKE AID STATIONS: Tables / Volunteers will be spread thus:

Water **Dextro**

It is compulsory to start the bike with TWO full bidons (water bottles)

RUN AID STATIONS: Tables / Volunteers will be spread thus:

Water **Dextro** **Cola**

When approaching an aid station, be ready to call your need. For DEXTRO you should call simply “Dextro”.

TRANSITION and FINISH

There will be an aid station at the end of the swim located next to the cycle compound. You will be able to use this station also pre-race for filling bidons with water ONLY. Portable toilets will also be available in the area. There will be a Station and toilets at the Finish line. The Finish Area Station will additionally provide (for competitors only) ice cream, fruit salad and liquids.

TOILETS

Portable toilets will be located in both transition areas. Council toilets will be located approx 2.5 km into the run, in transition (T2) and approx 7.5 km into the run. Portable Toilets will also be located at the Bike Aid Stations and at the finish line. Please ensure you use these facilities as required as anywhere else may lead to disqualification or police action if caught, particularly in residential areas.

FINISH LINE

After crossing the Finish Line you will move into a secured area where refreshments will be available for you. You will also be able to have limited access to massage therapist volunteers. Note that prior to exiting the finish area you must remove your timing band and hand this in to officials.

CUTOFF TIMES

Each leg of the triathlon has a cut off time for the safety of the athletes and the limitations placed on the event organisers by the authorities.

These times are;

Swim – 1 hour after your official wave start time

Cycle – 6hrs after your official wave start time

Run – 8:45 hrs after your official wave start time

Overall – ALL athletes must complete the entire course within **8 hours 45 minutes** or their timing chip will be removed and they may be deemed DNF

RACE RULES

Triathlon Australia rules will be applied as well as other special Triathlon Australia and triathlon rules as set out in this booklet at appropriate sections. Please refer to them if in any doubt on any aspect of the race. You will be able to discuss any questions/issues with Technical Officials at cycle and cycle/run gear check in on Saturday afternoon.

TECHNICAL OFFICIALS

There will be a Technical Delegate, Race Referee and Chief Technical Official appointed by Triathlon NSW to administer **ALL** race rules for the entire race from 7:00 am to approx 2.00 pm. It is expected that you be acquainted with these rules. Additional trained and accredited Technical Officials will cover the entire course.

MEDICAL FITNESS/SIGNED WAIVER

You are reminded of your acceptance of entry conditions, waiver release and indemnification. Please note this is a legal part of the form and affects your rights. You have attested your physical condition has been verified by a registered medical practitioner. If you have developed a medical condition since you registered to enter, this should be brought to attention and where appropriate a medical certificate produced.

PERSONAL AND LOST PROPERTY

Like most cities and towns in Australia, Forster has its criminal element. Please take extra care with your possessions. Lock cars and accommodation when unattended. **Please place identification on all race equipment and apparel for I.D. of lost property.**

ENVIRONMENTAL CONCERNS – DISCARDED MATERIAL

This is a problem with local community complaints about the extent of discarded wrappers, etc. on the course. Please be **USER FRIENDLY**. Avoid discarding energy bar/gel wrappers and, where available, use garbage bins particularly on the run course. The same applies to empty bidons, which should not, under any circumstance, be discarded other than at the cycle station. **We ask that ALL rubbish be saved and discarded at the Aid Stations.** There is provision for disqualification of this practice.

TRANSPORT

There will be a small bus that will leave Forster Main Beach at 5.30 am to Forster Keys if you are unable to have your personal vehicle bought back to the Finish Line. This bus will have a small trailer for your race bike. The safe carriage of your bike is your responsibility. If you intend to utilize this bus, we ask you contact Ally on ally@elitenergy.com.au.

REGISTRATION

Location: Competitor Initial **Registration** will take place at MAIN BEACH FORSTER in the Registration Marquee, between **3.00 pm and 6.00 pm on Saturday 12th March 2011**. No competitor will be accepted after 6.00 pm. No early or late registration will be permitted (unless prior EXTREME circumstances have been arranged with the Registration Director).

At registration you will be given TWO sealable plastic bags. One (1) for your run gear and one (1) for you swim gear. You will also be given a sheet of stickers which will have one for your bike, one for your helmet, one for your personal belongings bag that you may leave behind on Sunday after the race start and we will transport to the Finish Line (we would prefer you give this to a loved one), and two stickers for your swim and run bags.

You must place these stickers onto the appropriate places and **YOU MUST PLACE YOUR RUN GEAR INTO THE PLASTIC WEATHER PROOF BAG PROVIDED AND LEAVE AT REGISTRATION ON SATURDAY**. This will be placed in numerical order in T2 prior to your arrival on Sunday after finishing the bike leg.

When exiting the swim, you must place your swim gear and any belongings into the 2nd bag provided to enable staff to transfer these items to the Finish Line. If items are not placed into these bags after the swim leg (and Staff will do their best to assist) no responsibility will be taken for lost personal items not placed into the bags provided.

Cycle check-in takes place on Sunday 16th October 2011 from 5.00 am at the Bike Compound (Forster Keys) **NO BIKES WILL BE ACCEPTED AFTER 6:45 pm**

At Initial Registration you will be required to produce some form of I.D. (drivers licence, T.A. licence, etc.). You will be given your **official Competitor I.D. plastic wrist band/bracelet** which will be secured by an Official. It must not be removed prior to the finish of the race. The ID bracelet will also be essential to gain entry to competitor restricted areas and to collect your cycle and other gear after the race.

Also issued at Saturday Registration will be your electronic Timing Chip Band (see notes below about this item).

You will also receive a **bike number** (double-sided sticker) and after initial registration you will be required to attach this number to the underside of your bike seat prior to checking in your bike in the separate bike compound on the Sunday morning.

You will also be given ONE Race Number to be worn on the front for the Run Leg and preferable on the rear for the cycle leg. This can be achieved with a Race Belt.

At initial registration you will also receive a helmet number (sticker). This must be attached to the **centre front** of your helmet prior to race day check in.

N.B.: Helmet check in and inspection will take place on race morning as you enter the compound to set your bike and gear and prepare for the swim/race start. Please make sure your helmet is on and done up prior to entering transition to expedite entry to the bike compound.

N.B.: Only competitors will be permitted to enter the Registration area and separate Bike Check in compound on Saturday and Sunday race day.

When attending **Saturday Registration** you must therefore bring with you the following compulsory items:

1. Some form of I.D. (drivers licence, Triathlon Australia licence, etc.)

Note: You will also be issued with **1 race bib** at registration. This will need to be visible on your back of your clothing for the bike leg and on the front of your clothing for the run leg. This can be achieved by using a **RACE BELT** available for purchase at Registration. You also have the option to pin you number on the front after you have completed your bike leg.

BE SEEN TO BE GREEN – with over 1000 race numbers being issued at this event, each number has the ability to use 4 safety pins. Most will use these pins once and then discard them. We would appreciate if you bring your own pins (and re-use) or purchase a race belt from Registration or the Expo to eliminate this wastage.

RACE MORNING CHECK IN

On **race morning** prior to check in to the bike compound to prepare for the race you must ensure that you have the following items as part of the compulsory apparel rules:

Compulsory items- Swim gear:

1. Swimming costume (note later, the rules relating to wetsuits).
2. Swim cap (issued at registration)

Compulsory Items - Cycle Gear:

1. Numbered Race bib correctly pinned on back of upper clothing,
2. Cycle helmet with numbered sticker adhered to FRONT of helmet.

Non-compulsory Items - Cycle Gear:

E.g. Sunglasses, towel, gloves, extra clothing, (singlet t/shirt, arm warmers if conditions are cool), sunscreen, spare parts and tool kit, socks, vaseline.

Compulsory Items - Run Gear:

1. Numbered Race Bib correctly pinned on front of upper clothing, or used with Race Belt.
2. Running shoes.

Non Compulsory Items - Run Gear

E.g. Sunglasses, towel, Vaseline, sun visor, running cap, socks, sunscreen, spare singlet/t-shirt.

N.B. Bike Pumps: Where possible hand these to supporters **after race day check-in** and avoid placing them in your street gear bag.

CHIP TIMING BAND

The Championships will be timed with a Chip Timing System and involves the use of an electronic chip attached to an ankle band. Your responsibilities as a competitor include:

1. When you register on Saturday 15th October, 2011 you will be issued with your Chip Timing Band. Once you have cleared initial registration you must go to the 'Chip Verifying Table', wave your chip over the timing mat and ensure that your correct name is displayed on the computer screen.
2. You must wear the Chip at all times while racing. The timing band with the chip must be attached to your **left ankle before you register** on Sunday morning for the swim. You must leave it on until you finish the entire race. It is a means of recording your finish times across the special timing mats located at the end of each leg of the race and other check points (turnarounds etc.).
3. At the completion of the race you will be required to remove the timing band and hand it to Officials prior to leaving the secured finish compound area. If you fail to register for the swim on race morning (Sunday), you are still responsible for returning the chip to race headquarters at the finish area.
4. As you have acknowledged on your entry contract, the timing chip and band is on loan and you are committed to returning the band intact with the chip to the Elite Energy Pty Ltd or pay an AU\$150-00 fee.
5. **Do not lose or forget your chip on race day.** Limited replacement chips will be available at swim registration but there is no guarantee that one will be supplied to you. You will thus remain responsible for the return of the original chip and any replacement chip or the cost of them.
6. It is imperative that you return the timing band to the race dropout clerk at the finish line Race Headquarters should you withdraw from the race at any time. It is essential for us to know where you are on the course at all times for your safety and our ability to post accurate official results post race. Failure to report your drop out to the race dropout clerk on race day will lead to prevention of participation in future events.
7. Note the Race Dropout Clerk will monitor and collect timing bands from competitors who may be transported from the course direct to the Medical Recovery Area at the Finish Compound.

COMPETITOR RACE NUMBER BIBS

These must be visible at all times during the event. Numbers must not be altered in any way and **MUST** be displayed on **UPPER CLOTHING ABOVE THE WAIST**. If competing in a tri-suit your cycle and run numbers must be displayed on front (run) and back (bike) of the suit. If using a race belt then numbers must be secure and displayed at front or back and not to the side of the body.

BIKE INSPECTION

Officials may only carry out a cursory inspection of your bike. You should ensure your bike, as well as your helmet, is in a safe working order before presenting it at check-in to avoid rejection. Bike inspectors may check for such things as:

- | | |
|----------------------------------|----------------------------------|
| * Front and rear brakes operable | * Tyres in reasonable condition |
| * End plugs on handle bars | * Loose head sets |
| * Two water bidon cage | * Stripped cables |
| * True wheels | * Singles glued securely to rims |

Disc wheels may be used on rear only. There will only be sufficient facilities for minor repairs and/or purchasing of required minor parts, at the check-in. Trained personnel will only effect on-the-spot minor adjustments, if required. A mechanics fee may be charged for repairs. You will place your own bike in the compound in accordance with your race number.

BIKE RACKING

Bike racks will be numbered accordingly and there will be two transitions for this year's event.

T1 = Forster Keys (where you will exit the swim and commence the bike leg)

T2 = Town Park – Forster (where you exit from the bike and commence the run)

Please note that the bike check-in is a safety precaution to monitor basic soundness of your bike and is essentially a visual check on obvious defects. It is not a certification of roadworthiness by race officials that your bike meets any specific minimum criteria or a guarantee it will not break down during the race. It is your sole responsibility to ensure the mechanical and safe operation of your bike prior to and during the race.

HELMETS

Immediately prior to Sunday race day check-in, Triathlon Australia Technical Officials may carry out a visual inspection of your helmet. Your helmet, therefore, must be correctly fastened on your head at this time. This visual inspection, however, as with the bike inspection, is not a certification of roadworthiness or safety effectiveness.

COMPULSORY PRE RACE BRIEFING

This will be conducted on **Sunday 16th October 0630 in TRANSITION**. Inherent in this briefing is an acknowledgement that you are familiar with Triathlon Australia rules and the contents of this booklet. Any confusion or queries should be directed to the Race Director in the first instance before race day. Knowledge of the course and rules is entirely your responsibility.

RACE DAY/ RACE COURSE DETAILS AND LAYOUT

CHECK-IN

Race morning, you can go directly to the bike compound (Transition) and prepare your bike and race day equipment. We ask you place your Race Day Equipment (if required) on the CHAINRING SIDE of your bike. **You will NOT be required to have your number drawn onto your body.** Please ensure that you bring your timing band on race morning check in and this should be secured at this time to your LEFT ankle. **Check-in is from 5:00 am to 6:30 am.**

There will be strict security for entry to the bike compound. **Your ID bracelet/wrist band must be still secured to gain entry.** You must use the swim cap issued to you at Saturday Registration.

Your **Street Gear** must be placed in the special Secure Area within the bike compound on race morning. You will be provided with a numbered tag, which must be secured, to your street gear bag for later collection after the race. We would prefer if you pass this Bag to a loved one prior to race start to transfer to the finish line.

SWIM – 2KM

The swim course closes 1 hour after your official wave start time. Failure to meet this time will result in a DNF (Did Not Finish) classification.

The course will consist of a 2km saltwater (keys) swim commencing and finishing at Forster Keys. It will be a two lap rectangular shaped swim. The actual course layout may be changed on the day to suit the prevailing conditions.

The depth of the water varies throughout and there may be some shallow spots on the course. It is advised not to stand up as the bottom may have sharp or dangerous objects. At the swim finish, swim as close as possible to the shore prior to standing. There will be trained personnel along the swim course (boats and surfboards) to assist you in case of any medical emergency while you are in the water. If you experience difficulties during the swim and require assistance, raise your arm. You may use a float or stationary craft to support yourself to regain

composure before continuing and not incur a penalty. If you obtain other assistance, rules provide that you will be disqualified from taking further part in the race.

WET SUITS

The Triathlon Australia appointed Technical Delegate will take the water temperature 24 hours before race start and the reading will be displayed at Registration on Saturday afternoon. The water temperature will be taken again on race morning and the wearing of wet suits will be conditional upon water temperature. The temperature of the water should be in the vicinity of 22°C. If, however, the temperature is well below this due to freak conditions it is possible the swim could be shortened. Wet suits and an additional cap/s are advisable in such conditions. Wet suits may be checked for acceptable thickness and illegal flotation inserts. Wet suits, which do not meet Triathlon Australia acceptable standards in this regard, may result in disqualification after the swim.

SWIM START

There will be approx 4 to 6 wave starts commencing at 7:00 am and separated by approx five (5) minute intervals. Swim caps will be colour coded according to each wave. Details of your wave start grouping will be issued at Saturday Registration and available again on race morning. It will be a deep water start and you will be called to the start line from the shore in your waves. You should ensure you assemble according to your swim cap colour and move to the start line without undue delay. You must not move beyond the start line. You will have sufficient time for a warm up before being called back to the line.

N.B. Technical Officials will monitor competitor behaviour during the swim. **Breaches of rules will result in a three minute time penalty prior to entering the bike compound area.**

Competitors are required to complete the entire swim course and any competitor found not to have completed the course will be disqualified

CYCLE - 120KM

The cycle course closes for each competitor 6 hours after the start of his or her individual wave start time.

Transition from swim to bike and Bike course Layout

After exiting the water, athletes will run up the bank and onto the grassed area and continue to the bike compound. **Change marquees** may be located in the compound for those athletes wanting to fully change into cycle attire. Athletes must use the change marquees or toilets and not make a full change of clothing in the open compound. Athletes will commence the bike course at the southern end of Forster Keys, at the official start line marked on King George Parade. They must walk their bike within the compound and only mount at this line.

The bike course closes for each competitor six (6) hours after the start of his or her individual swim wave start time.

The course will consist of two (2) 57 km laps out and back along The Lakes Way followed by the 5 km ride into Forster Town Park (T2). The course is best described as mostly flat to undulating with only a couple of small hills.

After exiting the water, athletes will run up the shute to the bike compound (T1). Change marquees will be located in the compound for those athletes wanting to fully change into cycle attire. Athletes must use the change marquees and not make a full change of clothing in the open compound. Athletes will exit T1 at the southern end and cross the official start line, marked on King George Pde, and commence the bike leg. They must walk their bike within the compound and only mount after crossing this line.

Athletes will cycle down King George Pde and turn right at the roundabout onto The Lakes Way and head south for approximately 28 km (4km south of Tarbuck Bay) to the first turnaround point. After completing a U-Turn athletes head back to the Forster Keys roundabout where, just prior to the roundabout, will be the second turnaround point for completion of the first lap. On completion of their second lap, athletes will continue through the roundabout and ride into Forster and T2. See course maps for details.

NB the one cycle aid station will be located approximately half way between turnaround points at Pacific Palms.

You must follow the N.S.W. traffic rules and keep on the left of the roadway at all times. The NSW Police Department has directed that you be immediately disqualified for any infraction in this regard. The NSW Police Department also directs that no more than 2 cyclists may ride abreast unless the 2nd/3rd cyclists are overtaking.

Competitors must also be aware of the drafting and blocking rule where cycling of 2 abreast may infringe Triathlon Australia rules.

TRIATHLON AUSTRALIA RULE INFRINGEMENTS

Technical Officials will be conveyed on motorcycles on the bike course to ensure all race rules are observed. The Technical Official will advise the competitor of the reason for any infringement issued.

Yellow/Red Cards: If you receive either a Yellow or Red card for any infringement, you must follow the directions of the Technical Official as you will be required to either carry out a stop/start penalty with the Technical Official or proceed to the Penalty Box located at the end of the bike course and just before the entrance to the bike compound, to serve a **5 minute** time penalty.

IMPORTANT: The new drafting rules for long course racing are that you must not enter a zone or another athlete (on the bike) within 12m x 3 m. If you are passing, you have 25 sec to do so and / or must drop out of this box if the 12m x 3m is NOT achieved.

How a Penalty is notified: Competitors will be notified that they have received an infringement by the usual means, i.e. the sounding of a whistle or horn, the calling of the competitor's number and the showing of a Yellow or Red card.

Infringements- other than blocking or drafting: For these infringements (involving either a Yellow or Red card), you will be required to carry out a stop/start penalty with the Technical Official on the course as near as possible to the point of the infringement. At all times you must follow the directions of the Technical Official as he/she, in conjunction with their motorcycle rider, will select a safe position off the course for you to carry out the stop/start penalty.

Infringements- DRAFTING or BLOCKING: For these infringements (a Yellow card), you will NOT be required to carry out a stop/start penalty with the Technical Official on the course at the point of the infringement. Rather, you will continue racing until the end of the bike course, where you will serve a 5-minute time penalty. You must then follow the directions of the static Technical Official at the Penalty Box.

PENALTY AREA

The overall cycle course will be regarded as one "Zone" for the purposes of penalties.

At the end of the "Zone" an area known as a Penalty Box, will be located where a 5 minute time penalty for drafting or blocking will be served. The Penalty Box will be sign posted including signs erected on the approach. The Penalty Box will be located at the end of the bike course near the Transition Area just before the bike finish arch.

A 5 minute time penalty MUST be served at the Penalty Box for any drafting or blocking infringement received. Failure to stop at the Penalty Box will result in automatic disqualification.

The Penalty area is part of the cycle course so you must remain in your full cycle clothing including helmet on head and securely fastened, while serving the time penalty. You must remain standing and hold your bike upright at all times. You can consume food and drink carried on your bike. Accepting food or drink from a third party is outside assistance and will result in disqualification.

Competitors are required to complete the entire bike course and any competitor found not to have completed the course will be disqualified

RUN – 20KM

The run course closes for each competitor eight (8) hours and forty five (45) minutes after the start of his or her individual swim wave start time.

The course is a two (2) lap, flat to undulating and very scenic course. With a large crowd of supporters expected along the course, especially around the Forster Main Beach area where the traditional finish chute and arch are located, athletes will be inspired to perform to the best of their capabilities.

Runners will exit from T2 at Forster Town Park and run towards and then across the iconic Forster – Tuncurry Bridge on their way to the Tuncurry Break Wall turnaround point after which athletes will head back to Forster Main Beach along the same route. From here they continue south along closed roads, scenic walking tracks and footpaths to the second turnaround point just passed the Forster Golf Club. On return back to Forster Main Beach for the completion of the first lap, many an athlete will be tempted to veer right and run the 70m up the finish chute but, with one lap to go, the elation of that moment will be worth the effort of completing one more lap and the first ever Ultimate Triathlon.

Do not cut corners on any part of the run course and on narrow sections of the course i.e. the bridge footpath, only overtake if it is safe to do so - This is for your safety and any breach will mean disqualification. The course will be clearly marked and marshals will be positioned throughout the course to provide guidance and assistance as required. Distance markers will be on the course at kilometre intervals showing the **completed** distance.

Competitors are required to complete the entire run course and any competitor found not to have completed the course will be disqualified.

FINISH

In the finish chute remember to keep your head up and ensure any headgear does not obscure your face. Also ensure your race number is correctly positioned and displayed **at the front** on upper clothing. As you cross the line, trained catchers will be there to "escort" you to the secured finish compound. These catchers will endeavour to briefly assess you as you proceed and may need to take you directly to the medical tent for treatment.

MEDICAL TREATMENT - FINISH LINE:

For those who unfortunately find themselves requiring medical treatment at the Finish/Recovery area, you will possibly require I.V. Fluid replacement. Assessment of this need will be made by our medical staff and not by the competitor. Note also the possibility of transfer to hospital by Ambulance and the cost involved should you not be covered.

MASSAGE AREA

Volunteer massage therapists will be on hand to provide a brief massage service for you. Delays may occur and you are free to return later. Use the common recovery area outside to discuss the race with your fellow competitor/s. Do not congregate in areas where you block finishing competitors being assisted to Recovery.

POST RACE

RACE RESULTS

Subject to all competitors having been accounted for, and all timing bands returned immediately after the race (e.g. crossing finish line, DNF's, withdrawals during the race, etc.), results will be posted at the race finish area. Any disqualifications will be posted in the finish area by the Race Referee on a Penalties Notice Board. N.B. Competitors who have received one or more rule violations during the race will be allowed to complete the course but should check the penalties notice board for possible disqualification.

Cut Off Times: Those competitors who have failed to complete any leg of the course within the official cut off times for each leg will be identified from timing results and will be classified as "did not finish" (DNF) in the Official Results.

COLLECTION of BIKES and Race Gear Bags

Bikes and kit bags can be collected from the secured compound from approx 2:30 pm. Only competitors can claim bikes and bags and ID is required. All equipment must be claimed by 5.30 p.m.

LOST PROPERTY

Any lost property can be claimed at the Race Headquarters.

AWARDS PRESENTATION

The Awards Presentations will be held at the Finish Line approximately 15 minutes after the completion of the last official competitor at approx 4.00 pm.