



**ROUND FIVE**

**MACARTHUR**

**SUN 11th FEB**



## Acknowledge To Country

In the spirit of reconciliation, NSW Triathlon and ACT Triathlon acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander people today.

# Welcome from Macarthur Triathlon Club

Welcome to the home of Macarthur Triathlon Club! We're thrilled to welcome, for the first time, all levels of our NSW and ACT development pathways to our challenging Macquarie Fields course and we hope you enjoy the unique challenges of the day's racing.

The wonderful volunteers you see today are also responsible for the Macarthur Triathlon Series and Macarthur Duathlon Series, our frequent club racing events. You are very welcome to come and participate and find out why junior triathlon and #teamMacTri is so strong here in South-West Sydney! We have a race next weekend and three in March for you to choose from. Check our website or social media for race dates.

On behalf of Macarthur Triathlon Club president Glenn Schwarzel and our committee, enjoy your race day and I'll see you out there!

Thomas Warren  
Secretary  
Macarthur Triathlon Club

## Schedule of Events

### Sunday 11th February 2024

7:00 am Rego and transition open

7:35 am Rego and transition closes

7:40 am Race briefing

### Aquathlon

8:00 am Heat 1 Aquathlon - rolling starts approximately 6 minutes apart ( 8 heats)

Including Non Draft Aquathlon

### Le Mans Crit

9:00 am Heat 1 Le Mans Crit

9:15 am Heat 2 Le Mans Crit

9:30 am Heat 3 Le Mans Crit

9:45 am Heat 4 Le Mans Crit

10:00 am Non Draft Duathlon ( 1 heat )

### Duathlon Finals

10:30 Final D

10:50 Final C

11:10 Final B

11:30 Final A

12:30 pm Presentation BPS Race 5

1:00 pm Presentation and Awards Billigence Pathway Series Category Champions and Overall Winners

## Race Formats

### Aquathlon

Swim 300m - run 1200m

### Le Mans Crit

run 175m, bike 5.5km, run 50m

### Duathlon Finals

Run 600m, bike 4.5 km, run 540m

Please note whilst every effort will be made to have the day run according to this schedule, it is subject to change at any given time.

# Aquathlon

Aquathlon  
300 swim 1200 run



The swim is in the 50m swimming pool - there will be 2 athletes per lane. It will be a deep water start with one arm on the pool deck. Athletes will swim 6 laps and exit the pool through the gates and into transition. the run will be 1200 meters following the crit track, hot dog turn through the centre, back out again and continue around back to transition.



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# Le Mans Crit

## Le Man Crit Heats

175m run, 5.5km bike, 50m run



The run start is on the cycle track, approximately 175 m following the yellow arrows on the above map. Enter transition unrack your bike and head towards the transition exit where you will take a left hand and continue around the cycle track. There is 5.5 laps around the whole cycle track. Dismount at M2, rack bike, running shoes on and run through to M3 finish mat. Cycling shoes must be used for the bike portion of the Le Mans Crit. Running shoes must be used for both runs. Two pairs of running shoes can be used.

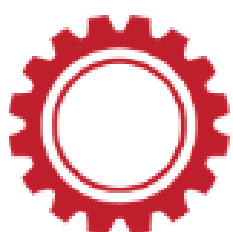


# Duathlon Final

## Aquathlon 300 swim 1200 run



The first run is on the bottom half of the cycle track, following the yellow arrows on the above map. Enter transition, unrack your bike and head towards the transition exit where you will take a left hand turn and continue around the cycle track. There is 5.5 laps around the whole cycle track. Dismount at M2, enter transition, rack bike, and run towards the transition exit. The second run is on the top half of the cycle track, continue through transition to the exit where you will make a right hand hot dog turn around a cone, cross the timing mat M1 and then back through transition and left hand turn on to the cycle track following the orange arrows on the map. The finish is at the M3 mat. Cycling shoes must be used for the bike portion of the duathlon. Running shoes must be used for both runs. Two pairs of running shoes can be used.



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## Adverse weather policy

Ensuring the safety of our athletes, volunteers and spectators are our first priority. In the event of adverse weather such as thunderstorms, extreme heat or cold, strong winds and heavy rain the race may need to be altered in format, structure or cancelled entirely. The final call will be made by the Race Director on-the-day of the race ONLY if it is deemed necessary.

## Parking

Parking is available in the carpark area for the Macquarie Fields Leisure Centre (entry off either Fields Road or Macquarie Road). Please park down toward the tennis courts (western end) to try and not impede traffic for the Leisure Centre. Refer to parking map below for parking options.



## Drinking Water

Potable drinking water will not be available for this race – please be self-sufficient and pack enough water for the day. The pool has refreshments for sale.

## Weather Forecast

Check the weather forecast leading into the event and pack accordingly.

## Aid Stations

There is a self serve aid station set up with cups of water located just after M1.

## Food / Drinks

There is no food or drink facilities on site. We recommend that you bring your own food and drinks for the race. There are some fast-food options located a short drive from the venue. Recovery food is provided for all competing athletes.

## Race Rules

Draft legal races will be governed by the World Triathlon 2023 Competition Rules.

[https://www.triathlon.org/uploads/docs/World-Triathlon\\_Compensation-Rules\\_2023\\_20230208.pdf](https://www.triathlon.org/uploads/docs/World-Triathlon_Compensation-Rules_2023_20230208.pdf)

The Non-Drafting race will be governed by Triathlon Australia Race Competition Rules July 2021.

<https://www.triathlon.org.au/Assets/Triathlon+Australia+Digital+Assets/TA+Race+Competition+Rules+2022.pdf>

We recommend that you follow the links and familiarise yourself with the rules.

## Race Results

Race results can be found at the following web address:

<https://events.onetime.sport> or using the One Time App - QR code attached at the bottom of this document

## Parents / Spectators

Parents and spectators are encouraged to spectate from the inner paddock. Tents and camping chairs can be set up on the inside paddock. Be mindful of riders and runners if crossing the track and only cross in between events at the designated point.

## Swimming Caps

Swimming caps will not be provided for this event. Please bring your own swimming cap/s to the event.

## Penalty Box

Please listen to the technical briefing on the day of the race for where the penalty box will be located and when infringements need to be served.

## **First Aid**

First aid will be available and present to offer assistance if needed

## **Transition Box**

Transition boxes will be in use at the MacarthurRace for all Draft Legal races. Please ensure you have yours with you. There will be limited boxes available on the day for purchase for \$6.20. Please note transition boxes must be empty at the start of the race and all used equipment goes in during the race as it is used and ALL equipment whether used or not used must be in the box before you leave the last transition of the race. Please note there are to be no markings on the outside of the box other than the Billigence sticker and your race number. If you want to put your name on the box, this has to go underneath.

## **Spirit Of The Sport**

Athletes are expected to compete in the spirit of good sportsmanship, and exercise high standards of race etiquette. Behave at all times with respect and familiarise yourself with the course.

Please be aware of your safety, the safety of other athletes, and the safety of the general public. Headphones or other listening devices are not permitted to be used at any time whilst racing.

Do not accept outside assistance from anyone other than a Race Official.

## **Cycling Shoes and Runners**

Athletes must wear cycling shoes during the Le Mans Crit and Duathlon cycle legs. Athletes must start the Le Mans Crit with joggers, and finish the Le Mans Crit with joggers. Athletes must wear joggers during the aquathlon and duathlon runs.

## **Heat Allocation and Awards**

Aquathlon and Le Man Crit heats will be allocated on the Friday prior to the race. Accumulated heat times from the Aquathlon and Le Mans Crit will determine the Duathlon finals. The fastest times will make the A final. The amount of athletes in each final will depend on how many athletes are racing and will be determined on race day.

The overall winners will be decided in order of finals finishing places with priority given to A Final finishers then B final etc. (e.g if 2 x Junior females are in the A final, then they will be Gold & Silver medalists in this category (provided they finish) and then the fastest junior female in the B final will claim Bronze, irrespective of their finishing times in the final).

Categories are:

Youth (Male & Female)

Junior B (Male & Female)

Junior (Male & Female & may include Junior B athletes)

U23/Elite (Male & Female)

Para Triathlon PTS3

Para Triathlon PTS4

Refer to the Billigence Pathway Series Guide for points allocation.

## **Presentation**

The presentation for Billigence Race 5 Macarthur will take place at the conclusion of the finals. The overall series Category Champions and Overall Series winners presentation will take place after the round presentation. Please stay around and celebrate the fine achievements over the season.



### **Child Safe Commitment:**

NSW Triathlon has a zero-tolerance policy to child abuse and neglect in any form. Aus Triathlon and NSW Triathlon are committed to safeguarding and promoting the welfare of children in triathlon by providing a safe and inclusive environment and by ensuring that everyone involved in triathlon is educated and informed of their responsibilities to protect and look after children. All children have the right to feel safe and protected from all forms of abuse, harm, and neglect. Children have the right to take part in sport in a safe, positive, and enjoyable environment. NSW Triathlon aims to create and maintain an inclusive, child-safe environment that is understood, endorsed, implemented, and adhered to by everyone involved in Triathlon.

Robyn Low-Hart and James Sweeney are the designated Child Safe Representatives for Billigence Pathway Series Race 4 at Penrith. If there are any concerns for anyone attending the camp, please see Robyn or James either by speaking to them or using the phone numbers provided.

### **CHILD SAFE REPRESENTATIVES**



**ROBYN LOW-HART**  
**0408 651 877**



**JAMES SWEENEY**  
**0437 225 613**



A huge thank you to the Macarthur Triathlon Club and volunteers and Billigence for the ongoing support, which offers the TNSW/ACT Pathway Athletes development opportunities.

