



**ROUND FOUR**

**PENRITH**

**SUN 28th JAN**



**PTC**

**PANTHERS TRI CLUB**



# Acknowledge To Country

In the spirit of reconciliation, Triathlon NSW and Triathlon ACT 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 peoples today.

## Welcome from Panthers Triathlon Club

Welcome To TriNSW/TriACT Billigence Pathways Championship Series. Panthers Triathlon Club is honoured to be able to host race 4 of the Billigence series 2023/24. We hope every competitor has a safe and enjoyable day. I also would like to thank Robyn Low-Hart for organising these events, and Billigence for their continued support and all the volunteers who help out on the day, without your help Triathlon clubs wouldn't be able to hold these events. PTC hopes to see everyone back next year for an even bigger event.

Kind Regards  
Mark Thomas President – Panthers Tri Club

## Schedule of Events

### Sunday 28th January 2024

7:15 am Race briefing  
7:30 am Sprint Junior & U23 Female's start.  
8:15 am Sprint Junior & U23 Male's start  
9:00 am Super Sprint – Youth Females  
9:30 am Super Sprint – Youth Males  
10:00 am Super Sprint Non-Drafting  
11:15 am Presentation

## Race Formats

Super Sprint Non-Drafting (male and female) –  
all non-draft athletes male and female. Swim 200m, Bike 5kms (1 lap), Run 2kms.

Super Sprint Draft Legal (youth males & female) –  
Swim 250m, Bike 10kms (2 laps), Run 2kms.

Sprint Draft Legal (Junior & U23 female) –  
Swim 750m, Bike 20kms (4 laps), Run 5kms (2 laps).

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.

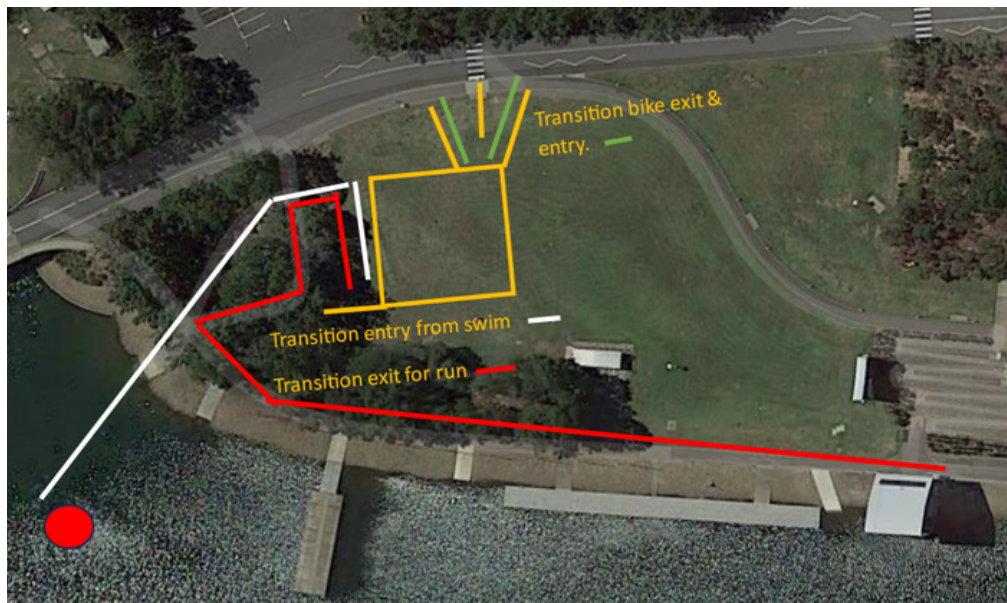
# Swim

The swim is a straight swim along the bank of the lake. There will be a large red buoy at the end of the lake to turn right at and swim towards the bank to exit the water. Volunteers will be there to help you out of the water and direct you into transition to start the bike leg.



# Transition

Enter transition from swim leg from western end near the tree line. Bikes will exit at the eastern (top) corner of transition. Keep to the left as you exit, don't get on your bike until you reach the mount line.





# Bike

The bike course is a full lap of the Sydney International Regatta Centre. On the northern side of the bike course you will make a right hand turn on the right hand side of the road way, and head up a slight rise before doing a left hand 'U' turn at the top and head back on the right hand side and back on to the regatta path. Go through the 'S' bends and then turn left up the hill. If you are doing more than one lap move to your right (Super Sprint Draft Legal & Sprint) to continue. When you have completed your required laps move to the left-hand side to head into transition. Dismount from your bike before the dismount line to enter transition. Super Sprint Non Drafting will keep left and dismount before the Dismount line.

## Billigence Race 28/1/24 (Draft)

Cycling Route

★ Saved Edit

Details

📍 5.27 km ⚡ 8 m

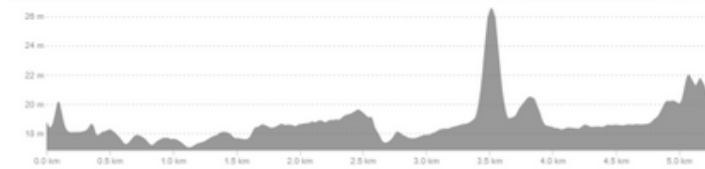
🕒 10:45

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Mark Thomas  
15 November 2023 · Public



Route and Elevation



# Run

After you have racked your bike head towards the bottom of transition (where you entered from the swim) to head to the path to commence your run along the bank of the lake. There will be a bollard in place for your turnaround points. At the turnaround head back towards the grandstand where the finish line is for youth competitors. Sprint competitors will run past the finish line and back towards the swim exit where they will turn around and commence the second lap. After turning for the second time at the bollard, sprint competitors will head straight to the finish line at the grandstand.

## PTC Pathways Run

Running Route

★ Saved Edit

■ Easy

📍 2.39 km ⚡ 0 m

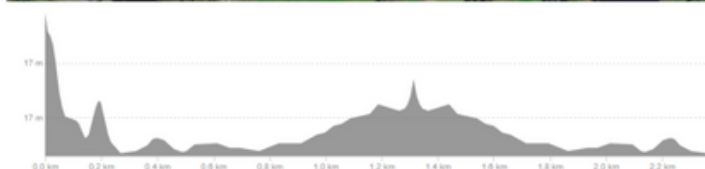
🕒 18:19

CREATED BY

Mark Thomas  
7 July 2021 · Public



Route and Elevation



## **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**

There will be ample parking available on the Island at the Regatta Centre. As you arrive in Gate A, continue on the road a short drive until you reach the bridge. Drive over the bridge and park in the carpark on the left. Once racing has commenced and there are cyclists on the course, there will be limited opportunity to drive over the bridge to exit the Regatta Centre until all bike legs has concluded. If you think you would like to leave before this time, consider parking in the car park on the right as you enter Gate A.

## **Drinking Water**

There are bubblers at The Regatta Centre and the cafe will be open.

## **Weather Forecast**

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

## **Aid Stations**

Water aid stations will be located on the run course near the First Aid hut.

## **Food / Drinks**

The Cafe will be open and offering a variety of foods and drinks.

## **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.

## **First Aid**

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

## **Race Results**

Race results can be found at the following web address:

<https://events.onetime.sport>

## **Parents / Spectators**

Parents and spectators are encouraged to spectate along the course. Be mindful of riders and runners if crossing roads or paths and only cross when clear and safe to do so.

## **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.

## **Transition Box**

Transition boxes will be in use at the Panthers Race 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.

## **Heat Allocation and Awards**

All events are a single race straight final. Billigence Series Points will be awarded according to the finishing position across the line for NSW/ACT athletes. If athletes from other states come 1st, 2nd or 3rd in a category they are eligible for medals, however only NSW/ACT athletes are eligible for Billigence Series Points and will be calculated based on NSW/ACT finishing positions.

Categories are: Youth (Male & Female) Junior B (Male & Female) Junior (Male & Female & may include Junior B athletes) U23/Elite (Male & Female) Para Triathlon PTS4 Para Triathlon PTS3

## **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 Panthers Triathlon Club and volunteers and Billigence for the ongoing support, which offers the TNSW/ACT Pathway Athletes development opportunities.



***ONETIME***

**Scan for Results**



[www.onetime.sport/results](http://www.onetime.sport/results)