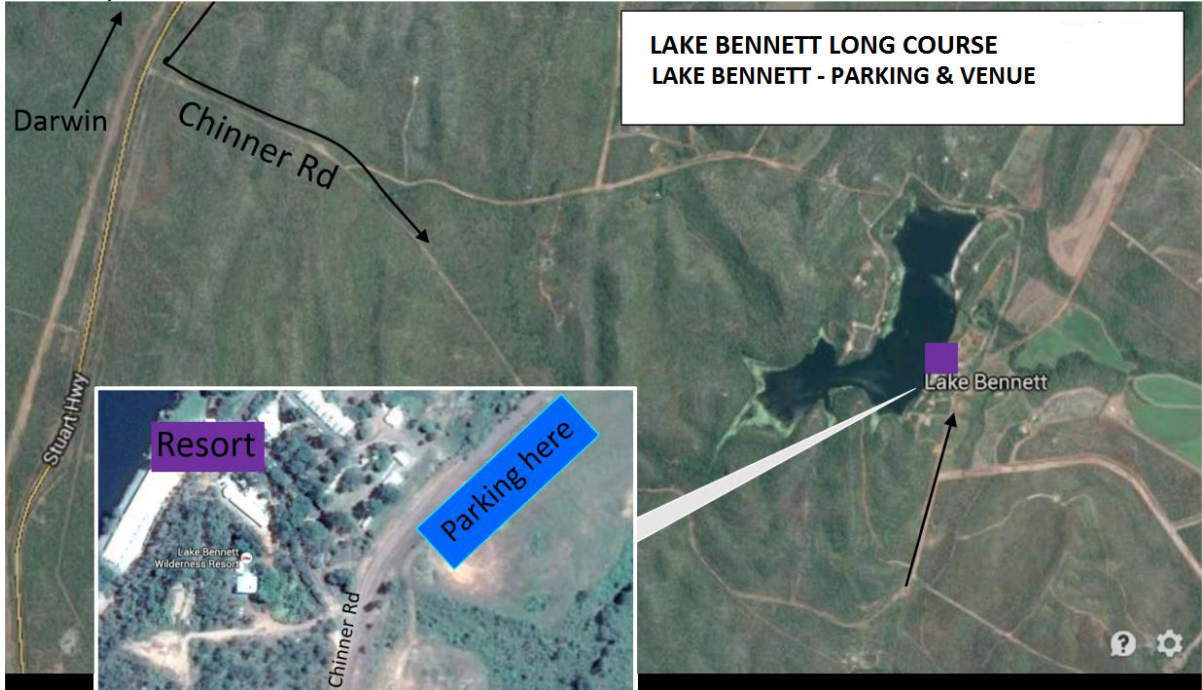


# 2016 LONG COURSE TRIATHLON

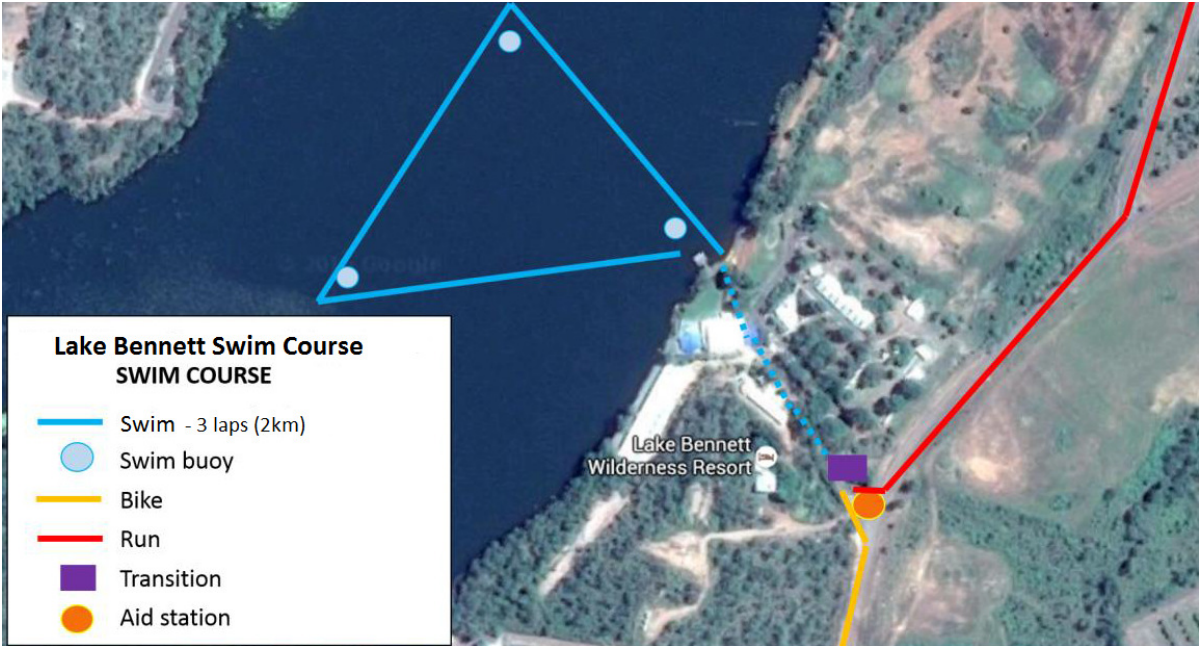

## EVENT INFORMATION

Event Date	Sunday 10 July 2016
Start time	<b>7.00am</b> (Registration opens from <b>5.30am</b> and closes <b>6.30am</b> sharp)
Location	Lake Bennett Resort, Chinner Rd, Lake Bennett. Event venue is approximately a one hour drive from Darwin CBD or the airport.
Climate	Daily temperatures range from 10C min to 34C maximum with high UV Index. The location is inland from Darwin and does not benefit from seas breezes and the run has limited shade. Please factor the effects of this climate into your race day preparations. Check <a href="http://www.bom.gov.au">www.bom.gov.au</a> for forecasts.
Venue Map & Parking	<p>Parking is available at the venue. It is important you follow the direction of volunteers upon arrival to ensure your vehicle does not obstruct the ride or run courses. If you stay at the resort the night before the accommodation comes with parking provided. <b>Do not leave your vehicles on the lower resort car park</b> as this is used for transition on race day.</p> 
Registration	Sunday 10 <sup>th</sup> July 2016. All participants must register at the check-in area prior to entering transition. Registration opens at <b>5:30am</b>
Timing Chips	Darwin Triathlon Club members are to use their allocated club timing chip. All other competitors will be assigned a timing chip which must be returned at completion of the event. Non returned chips will be charged at \$20.
Body Marking	Race numbers will be written on both upper arms. Please ensure this area is free of sunscreen/insect repellent until body marking has taken place.
Bike Mechanic	There may not be a mechanic on site so please ensure you are fully prepared as there will be limited spares on site at the event.


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<p>Transition</p>	<p>The Transition area is within the Lake Bennett Resort Carpark.</p> <p><b>TRANSITION &amp; PARKING</b></p> <ul style="list-style-type: none"> <li><span style="color: blue;">⋯</span> Run from swim to T1</li> <li><span style="color: yellow;">—</span> Bike</li> <li><span style="color: yellow;">⋯</span> Bike turnaround</li> <li><span style="color: red;">—</span> Run</li> <li><span style="color: purple;">▭</span> Transition</li> <li><span style="color: orange;">●</span> Aid station</li> <li><span style="color: green;">▭</span> Finish Line</li> <li><span style="color: blue;">▭</span> Parking</li> </ul>
<p>Bike Check In</p>	<p>Open from <b>5:40am</b>          Access to transition is restricted to competitors and race officials only – no family, friends or supporters will be permitted entry.          Prior to entering transition please ensure you have</p> <ol style="list-style-type: none"> <li>1. Checked in</li> <li>2. Your race number on both arms</li> <li>3. Your helmet on and done up for checking</li> <li>4. Your timing chip on your left ankle</li> </ol>
<p>Race Brief</p>	<p>Will take place on the lawn near the swim start at <b>6:45am</b> and is compulsory for all participants. It is athlete's responsibility to be familiar with and comply with the rules of triathlon. Basic rules will be explained during the briefing. If you have any questions please see a Technical Official or ask at the briefing.</p>
<p>Race Rules</p>	<p><a href="#">Triathlon Australia Race Competition Rules</a> &amp; Triathlon Australia <a href="#">Participant Policy Document</a></p>
<p>Team Information</p>	<p>Each team will be issued one timing chip. This chip must be passed on from the swimmer to cyclist and then from cyclist to runner.          Swim to bike handover – Cyclist must be standing by their bike which must be racked. Helmet must be OFF. The swimmer enters transition and then hands the timing chip over to the cyclist. Cyclist puts timing chip on left ankle and can then put helmet ON and exit transition.          Bike to run handover – Runner to be waiting at bike rack. Cyclist to securely rack bike before passing on timing chip to the runner. Runner to put timing chip on left ankle before leaving transition.</p>

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<p>Swim Course</p>	<p><b>START:</b> The event will be started in a single wave deep water start from just off the pontoon. Be ready to race from <b>6:55am</b>.</p> <p><b>WETSUITS:</b> It is likely that the water temperature will not be below 24.5 degrees which means wetsuits will not be an option. Temperature will be measured Saturday afternoon and again on the morning. Final Ruling by 5:30am.</p> <p><b>COURSE:</b> The Swim will comprise of 3 laps of the 666m course. Exit from the swim is via the pontoon or by the shore next to the pontoon.</p>  <p><b>Lake Bennett Swim Course SWIM COURSE</b></p> <ul style="list-style-type: none"> <li><span style="color: blue;">—</span> Swim - 3 laps (2km)</li> <li><span style="color: lightblue;">●</span> Swim buoy</li> <li><span style="color: yellow;">—</span> Bike</li> <li><span style="color: red;">—</span> Run</li> <li><span style="color: purple;">■</span> Transition</li> <li><span style="color: orange;">●</span> Aid station</li> </ul>
<p>Bike Course</p>	<p>The bike course takes place on an undulating rural road. It comprises 4 laps of a 15km course. The road will be open to traffic, which is expected to be minimal and all road rules apply, TA race rules apply, Drafting is illegal and Technical Officials will be patrolling the course on motorbikes.</p>  <p><b>LAKE BENNETT LONG COURSE BIKE COURSE —</b></p> <ul style="list-style-type: none"> <li><span style="color: yellow;">—</span> Bike – 4 x 15km laps</li> <li><span style="color: purple;">■</span> Transition</li> <li><span style="color: orange;">●</span> Aid station</li> </ul>

# 2016 LONG COURSE TRIATHLON

Run Course	<p>The run course takes place on an undulating rural road. It comprises of 4 laps of the 4.0km course. Two aid stations are provided on course at either turnaround. Water, isotonic drinks and ice sponges will be available.</p> 
Post Race	<p>Please ensure you rehydrate and recover before attempting the drive home. Fruit and sweets are being provided by free for all competitors. Water, ice and soft drink will also be available post-race.</p> <p>Triathlon Northern Territory and Lake Bennett Resort will provide fresh sandwiches at presentation.</p>
Presentations	<p>Category winner medals will be presented post-race once results have been confirmed.</p>
Further Information	<p><a href="mailto:eo@nt.triathlon.org.au">eo@nt.triathlon.org.au</a></p>

