

**The Adelaide Triathlon Club
In conjunction with Nippy's
*Proudly presents the 2015***



**Silver Sands Multisport Festival
Aldinga Bay, South Australia
11th & 12th April 2015**

www.silversandstriathlon.com.au

ATC would like to thank our sponsors:



Focused on you

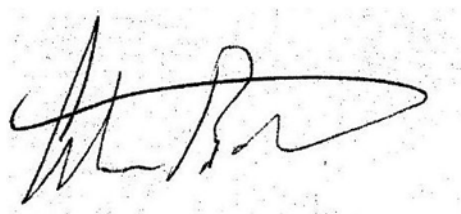




Welcome to the 2015 Nippy's Silver Sands Multisport Festival!

Please read the Competitor Information Booklet very carefully, it contains all the information you need to ensure that you have a safe and well-prepared race come the weekend of 11-12 April 2015.

We wish you safe racing over the 2014-2015 season and look forward to welcoming you to the final race and club championships in April.



Andrew Bartlett (ATC Pres. and Event Director)

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GENERAL INFORMATION

1 Event Schedule

Saturday 11th April 2015

When:	Where:	What:
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8.00am – 11.00am	Aldinga Bay SLSC	Festival Registrations
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Espy Fun Run 5km and 10km

8.00am	Aldinga Bay SLSC	Registration
8.45am	Finish Arch	Race briefing
9.00am		Race start (10km)
9.10am		Race Start (5km)
10.30am	Finish Arch	Presentations

Free Aquathlon (kids only <14)

11:00 – 11.30am	Aldinga Bay SLSC	Registration
11.45am	Finish Arch	Race Briefing
12:00noon	Swim Start Flags	Race Start
1:00pm	Finish Arch	Presentations (finishers medal for all)

Snorkel Safari Open Water Swim 1km and 2km

1.00pm – 2.00pm	Aldinga Bay SLSC	Registration
2.15pm	Finish Arch	Race Briefing
2.30pm	Swim Exit Flags	Race Start (waves TBA)
3.30pm	Finish Arch	Presentations
6.30pm – 9.00pm	Aldinga Bay SLSC	Carb Loading Dinner

Sunday 12th April 2015

6.30am - 8.30am	Aldinga Bay SLSC	Registration
8.30am	Finish Arch	Race briefing (Sprint Distance)
8.40am	Swim Exit Flags	Race start (Sprint Distance)
8.40am	Finish Arch	Race Briefing (Olympic Distance)
8.50am	Swim Exit Flags	Race Start, Wave #1 (Olympic Distance) – All Women & Men 50 plus
8.55am	Swim Exit Flags	Race Start, Wave #2 (Olympic Distance) – Men under 50
12.30pm	Aldinga Bay SLSC	Presentations

2 Location



Aldinga Bay Surf Life Saving Club, Norman Road, Aldinga Beach, SA.

<http://goo.gl/maps/QbciH>

3 Parking

Car park options include:

- Beach South of Norman Rd
 - Access via Norman Road before 7.30am
 - Access via Sellicks Hill after 7.30am Cars must be lined on the far East edge of the beach (run course on the West edge)
- Beach North of ABSLSC (bollards)
 - Access via Aldinga Beach ramp before 8.00am Cars must be lined on the far East edge of the beach (run course on the West edge)
- Norman Rd verge (East of Acacia Tce)
- South of Norman Rd, side streets (please be considerate of residents' driveways)

Strictly no parking on the Esplanade or Norman Rd West of Acacia Tce (bike course) or Acacia Tce (protected verge)



4 Course Description

(Also refer to course maps on the website: www.silversandstriathlon.com.au)

Nippy's Olympic Distance Triathlon

Consists of a 1.5km Swim | 40km Bike | 10km Run

- **ORCA Wetsuits Swim Leg:**
2 laps of 750m swim course - triangular in shape. Wave start times will be posted at registration. There is a short 60m run along the sand in front of the transition area between laps, meaning competitors will leave the water at the end of the first lap, run along the beach and back into the water to start the second lap.
- **Bike Leg:**
3 laps of bike course -13.4km out and back along the Esplanade between Silver Sands and Port Willunga.
- **Run Leg:**
2 laps of run course – 5km loops on hard sand.

Laubman & Pank Sprint Distance Triathlon

Consists of a 750m Swim | 26.8km Bike | 5km Run

- **ORCA Wetsuits Swim Leg:**
1 lap of 750m swim course - triangular in shape. Wave start times will be posted at registration. The start will be along the shoreline to the right (North) of the Swim Exit Flags. Exit will be through the two large yellow buoys (the “gate”) onto the beach through the red swim exit flags.
- **Bike Leg:**
2 laps of bike course -13.4km out and back along the Esplanade between Silver Sands and Port Willunga.
- **Run Leg**
1 lap of run course – 5km loop on hard sand.

5 Events on Saturday 11th April

Espy Fun Run 10k

- Saturday 11th April
- 9.00am start

Espy Fun Run 5km

- Saturday 11th April
- 9.10am start

City of Onkaparinga Free Kids Only Aquathlon

- <14, distance is age dependent
- Saturday 11th April. 50m swim / 500m run up to 200m swim / 2km run
- 12:00noon start

The Dive Shack Open Water Swims

- 1km and 2km
- Saturday 11th April
- Wave Starts 2.30pm onwards

Carb Night

Saturday night at the Aldinga Bay SLSC <http://goo.gl/maps/9c70N>

“Wind Down” Sunday afternoon

Sunday afternoon following presentations a local band will be performing at the Aldinga Bay SLSC.

6 Race Entry and Fees

Festival Distances & fees:

■ Triathlon
 ■ Swim
 ■ Run

Event	Individual/ Team	Price*	20% late fee**
Nippy's Olympic Distance Triathlon TA Member (1500m swim 40km bike 10km run)	Individual	\$95.00	\$114.00
Nippy's Olympic Distance Triathlon Non-TA Member (1500m swim 40km bike 10km run)	Individual	\$115.00	\$138.00
Nippy's Olympic Distance Triathlon All TA members (1500m swim 40km bike 10km run)	Team	\$120.00	\$144.00
Nippy's Olympic Distance Triathlon non-TA member(s) (1500m swim 40km bike 10km run)	Team	\$140.00	\$168.00
Laubman & Pank Sprint Distance Triathlon TA Member (750m swim 20km bike 5km run)	Individual	\$60.00	\$72.00
Laubman & Pank Sprint Distance Triathlon Non-TA Member (750m swim 20km bike 5km run)	Individual	\$70.00	\$84.00
Laubman & Pank Sprint Distance Triathlon All TA members (750m swim 20km bike 5km run)	Team	\$75.00	\$90.00
Laubman & Pank Sprint Distance Triathlon non-TA member(s) (750m swim 20km bike 5km run)	Team	\$85.00	\$102.00
The Dive Shack 1km Open Water Swim		\$18.00	\$21.60
Snorkel Safari 2km Open Water Swim		\$22.00	\$26.40
ASA Espy 5km fun run		\$22.00	\$26.40
ASA Espy 10km fun run		\$28.00	\$33.60
Nippy's Long Course Festival - TA member	Individual	\$125.00	\$150.00
Nippy's Long Course Festival - non-TA member	Individual	\$145.00	\$174.00
Nippy's Long Course Festival - TA member	Team	\$145.00	\$174.00
Nippy's Long Course Festival - non- TA member(s)	Team	\$165.00	\$198.00
Laubman & Pank Glenelg Short Course Festival - TA member	Individual	\$90.00	\$108.00
Laubman & Pank Glenelg Short Course Festival - non-TA member	Individual	\$100.00	\$120.00
Laubman & Pank Glenelg Short Course Festival - TA member	Team	\$105.00	\$126.00
Laubman & Pank Glenelg Short Course Festival - non- TA member(s)	Team	\$115.00	\$138.00
* inclusive of GST ** late fee applies from 5.00pm Wednesday 8 th April 2015	Weekend registrations (11-12 April) will incur an additional 20% surcharge on the late fee		

- A waiting list of 35 places will be set up if the 500 places fill. Payment will not be required until an offer is made (if withdrawals occur).
- The Late Fee will apply from 5.00pm Wednesday 8th April 2015.
- Registration will close 5.00pm Friday 10th April 2015.
- Registrations over the weekend will incur an additional charge and names not identified on race day results (ie. a transponder number will be allocated)

7 Registration Categories

Open / Elite Competitors

All of the six main races will have Open, Age Group and Teams Categories. There is no prize money on offer other than for the individual Festival Champions. Medals/Trophies will be presented to 1st-3rd place Open male and female winners.

Olympic	Sprint
1 st	1 st
2 nd	2 nd
3 rd	3 rd

Prize Money (Long Course Festival Only)*

Category	Gender	Prize Money
1 st Festival Champion	Male	\$1000
	Female	\$1000
2 nd Festival Champion	Male	TBC
	Female	TBC
1 st <20 year old	Male	\$250
	Female	\$250

**Prize money will be at the discretion of the Adelaide Triathlon Club.*

Triathlon Age Group & Team Categories

Categories for the Triathlons are as follows.

Olympic	Sprint
N/A	13-14 Male/Female
15-16 Male/Female	15-16 Male/Female
17 – 19 Male/Female	17 – 19 Male/Female
20 – 24 Male/Female	20 – 24 Male/Female
25 – 29 Male/Female	25 – 29 Male/Female
30 – 34 Male/Female	30 – 34 Male/Female
35 – 39 Male/Female	35 – 39 Male/Female
40 – 44 Male/Female	40 – 44 Male/Female

45 – 49 Male/Female	45 – 49 Male/Female
50 – 54 Male/Female	50 – 54 Male/Female
55 – 59 Male/Female	55 – 59 Male/Female
60 – 64 Male/Female	60 – 64 Male/Female
65 - 69 Male/Female	65 - 69 Male/Female
70 plus Male/Female	70 plus Male/Female
Teams (M/F/Mix)	Teams (M/F/Mix)

- All age group (male and female) category winners (1st place) will receive a Silver Sands Multisport Medal/Trophy (including non-TA members).

Festival Champion Scoring System

The format of the festival encourages individuals and teams to register across the long course festival to vie for the title of **'Festival Champion'** in the following categories:

- **Corporate Teams** (must be employed, contracted to the same company/entity)
 - Long Course Champion
- **Social Teams**
 - Long Course Champion
- **Individual**
 - Long Course Champion

Individuals and teams will accumulate times for each of the three events in the festival (ie: run/swim/triathlon) and those times will determine overall festival placing's with the individual or team having the lowest accumulated timing awarded Festival Champion of their category. Failure to finish any of the events will disqualify the individual/team.

Prize money and/or trophies will be allocated to festival champion winners in the following categories:

Corporate Team: Festival Long Course- Trophy

Social Team: Festival Long Course- Trophy

Individual: Festival Long Course- 1st Place (male)

Individual: Festival Long Course- 1st Place (female)

Individual: Festival Long Course- 1st Place Male Junior (under 20)

Individual: Festival Long Course- 1st Place Female Junior (under 20)

Competitors have the flexibility to register for a single race over the festival as an individual or team and teams can chose to have one to three people compete in the triathlon, within a festival team registration.

There is truly something here for everyone, from an international elite athlete to a novice undertaking their first competitive event.

Age Limits

- ALL age groups are calculated as of 31/12/2015.
- Minimum age for the Olympic Distance Triathlon is 15 years of age; Sprint Distance Triathlon 13 years.

Race Numbers – Bibs and Stickers

- Coloured swim caps will identify categories in each race;
- Race bibs will be required during the run legs only;
- **Race number stickers** will be required on the bike seat post only.
- Race numbers must not be altered in any way, and must be displayed either on race belts or may be pinned to front of runner if competing in a team event. The race belt must be worn so that it displays the number to the front during the run leg. Numbers must not be worn on the hip or occluded by clothing.
- If your swim cap/race number is not visible you may be given a yellow or red card.
- Ensure that your race number is firmly secured so that it does not become detached from race belt toggles.

8 Medical

- Medical assistance will be available to you by mobile medical personnel patrolling the Course. Please ask them for help if you are in need.
- Transport via ambulance may incur costs if you are not covered through your own personal insurance.
- Aid given by medical personnel is not considered “outside assistance”, and therefore does not result in disqualification.

Medical / Fitness Waiver

- As a registered competitor, you have accepted the ‘Conditions of Entry’, and the ‘Event Waiver’. This is a legal form, and affects your rights, so it is important that you read and understand ALL sections.
- As part of your entry you agree that your physical condition is capable of the distance and intensity of the event without risk to your health, and will be verified if necessary by a registered medical practitioner.
- If you have developed a medical condition since registering for the event, please notify the race organizers.

9 Rules for Families, Friends, and Supporters

- **DO NOT** cycle, drive, or run beside a competitor on any part of the course. If you do they may be disqualified.
- **DO NOT** pass a competitor anything during the event, including food and drink.
- **DO NOT** assist a competitor during the event. There are mobile medics and marshals that will be on and patrolling the course. Calling for help will ensure that the competitor can continue the race if they are able.
- **DO** encourage and cheer on all competitors – not everyone is lucky enough to have family and friends around, and it can give athletes a real boost and will be enormously appreciated.
- **DO** make sure you keep yourselves hydrated and well-nourished – supporting can be exhausting!

10 Outside Assistance

- Outside assistance of any kind is seen as a breach of the rules, and may result in disqualification from the race.
- Officials at aid stations, course marshals, and police have the authority to report outside assistance to the Race Referee.
- There are sufficient viewing areas on the swim, bike, and run legs for your family, friends, coach, and supporters to see you during the race. It is totally unacceptable for anyone to be running, walking, or driving beside you.
- **It may result in disqualification.**

11 Timing and Race Results

Timing Bands (Transponders)

The Silver Sands Triathlons will be timed by an electronic chip system. This involves the use of an electronic chip encased in a neoprene ankle band. As a competitor, your responsibilities include:

- You will be issued with your timing band at registration along with your swim cap and bike seat post sticker;
- You must wear your Timing chip at all times while racing. The band must be attached to your left ankle on race morning before the swim. It must be left on for the entire race, as it is a means of recording your splits/finish times across the timing mats located at the end of each leg of the race.
- At the completion of the race you will be required to remove the timing band and hand it to officials prior to leaving the finish area. **If you do not finish the race, you are responsible for returning the timing band to the officials at the finish area.** It is important for us to know where you are on the course for your safety, and to accurately post results.

Festival Entrants – please see conditions below regarding the handling of your timing chip.

- The timing chip and band is to be returned intact to the Race Officials at the completion of the race, or a \$50 fee will be incurred.
- **Do not lose or forget your timing band on race day.** There will be a limited number of replacement bands available which will incur a \$50 bond to be paid. The bond will be repaid once the original and replacement band have been returned. Failure to return a band or provide payment for a replacement will lead to prevention in future participation in ATC events.
- If you lose your timing band through the course of the race, please alert an Official at the end of that particular leg of the race. The Official will endeavor to arrange a replacement band if possible.
- **Festival entrants:**
 - If you are competing in the Festival category, you will be provided one bib and one timing chip at registration.
 - You will re-use both your bib and timing chip for all three events.
 - Do not return your timing chip at the conclusion of the run or swim event.
 - Only once the Triathlon is completed should you return your timing chip.
 - It is your responsibility to ensure that you have your timing chip on your left ankle at the start of each Festival event.

Race Results

- Live tracking and provisional results will be available throughout the weekend at www.silversandstriathlon.com.au
- All placing's at event presentations are provisional
- Finalized results will be available as of 5pm Wednesday 15th April
- If you have any questions regarding your results please contact admin@adelaidetriathlonclub.com.au

12 Official Photos

ATC has engaged a photographer to capture competitors giving it 'their all'. Please be aware that photographers will be all over the course, and images will then be available for competitors to obtain free of charge. Details to follow.

13 Merchandise and Souvenirs

These items will be available in the Aldinga SLSC during registration.

Running Visors:	\$10.00
Beach Towels:	\$30.00
T-shirts:	\$45.00

14 Cut Off Times

Cut off times will apply for competitors on the swim, bike, and run course. Bike course will close at midday.

Common sense will prevail – we will not refuse finishing if a competitor is close and feeling strong!

15 Lost Property

- Please label all property to be left in the bag drop area in recovery with your name and race number. It is wise to use a zippered bag to put your gear in, so that items do not fall out.
- Every attempt is made to return property when it is lost, but this cannot be ensured – so please try not to lose it in the first place.
- For lost property issues, contact Andrew at president@adelaidetriathlonclub.com.au

16 Registration

- Registration will be open prior to each race over the weekend,
- Registration and bike racking for the triathlons will be **Sunday 6.30-8.30am**
- You must register before you check your bike into transition,
- All registrations will take place at the registration desk inside the ABSLSC,
- You must have your timing band located on your left ankle to gain entry to the transition and recovery area on race day.
- **Teams:**
 - The swimmer requires the timing chip to gain entry, the cyclist requires a race number on the bike and/or a wrist band, and the runner requires a race number to be worn at the front.
 - The team member must transfer the timing chip to the next relay competitor before they begin their next leg.
 - Swapping of timing chips shall be carried out in transition.
- **Festival entrants:**
 - If you are competing in the Festival category, you will be provided one bib and one timing chip at registration.
 - You will re-use both your bib and timing chip for all three events.
 - Do not return your timing chip at the conclusion of each event.
 - Only once the Triathlon is completed should you return your timing chip.
 - It is your responsibility to ensure that you have your timing chip on your left ankle at the start of each Festival event.

17 Awards, Presentations and Random Prizes

- Awards and presentations: refer to Event Schedule on Page 5. Following presentations there will be a random prize draw. You must be present in order to claim a prize.

RACE DAY

18 Race Check-In & Set-Up

Bike Check-In following registration Sunday 12 April 2015.

- **Bike check-in to the transition compound will be between 6.30am and 8.30am on Sunday 12 April**
- Competitors only will be allowed into the secured area. Your timing chip, wrist band or bib is your entry to this area.
- You should arrive at transition with your bike in safe working order.
- There are NO designated positions on the bike rack so please rack in an orderly manner and show consideration to your fellow competitors. Each rack can comfortably hold seven bikes (consider alternating sides).
- Once you have racked your bike, it cannot be removed until the start of the race.
- The OPEN category will have a designated section on the first rack nearest 'bike exit'.
- TEAMS will have a designated section on a rack. Team members – please stay at your rack so as not to impede other athletes.
- Bicycles placed in the transition area prior to opening will be removed by the Technical Officials.

Body Marking

- No body marking required.

Bike and Helmet Checks

- Triathlon Australia Technical Officials will be carrying out visual inspections of bikes and helmets as you enter transition on Sunday morning.
- It is a visual inspection of obvious defects, and does not guarantee roadworthiness or guarantee against breakdown during the race.
- It is your sole responsibility to ensure the mechanical and safe operation of your bike prior to, and during, the race.

19 Race Rules

Race organizers will follow Triathlon Australia rules as stated in this booklet and on the TA website (updated June 2013):

<http://www.triathlon.org.au/Assets/Triathlon+Australia+Digital+Assets/Resources/Technical/TA+Race+Competition+Rules.pdf>

If you have any queries regarding any aspects of competing or any of the rules, please discuss with Technical Officials in the transition area prior to the race.

Technical Officials

- A Race Referee, Technical Delegate and Technical Officials appointed by Triathlon Australia will be present on race day to administer all race rules.
- Technical Officials are trained and accredited, and will cover the entire course and be present on the bike course as pillion passengers on the back of motorcycles (draft officials).
- **All competitors are expected to be familiar with Triathlon Australia rules.**

Water Temperature

- The expected water temperature for race day will be posted on Saturday 11th April and will be updated one hour prior to the race on Sunday.
- Wetsuits are acceptable to be worn by competitors if the water temperature is under 24°C for age group athletes, and under 23°C for Open competitors. 'Speedsuits' (100% nylon or lycra) can be worn regardless of water temperature.

Swim Safety

- The swim leg will be patrolled the ABSLSC on kayaks and boats to ensure the safety of competitors.
- If you require assistance during the swim leg, please raise your hand to alert water safety officers to come to your aid.
- The swim cap provided must be worn.

Team Procedures

- All change-overs must occur at the designated position on the team bike rack.
- When the swimmer returns to the bike rack, they must remove the timing chip from their ankle, and the cyclist must secure it to their left ankle before the bike is removed from the rack.
- The change-over from cyclist to runner must occur after the bike has been racked. The runner must secure the timing chip to their left ankle before leaving the transition area.
- At the conclusion of each change team members can move to the athlete recovery area for refreshments.

Race Numbers

You will be given race numbers at registration. These need to be worn during the race:

- Large sticker – around the seat post of your bike.
- Race bib – (secured using either race belt or safety pins) at the front for the run leg.
- **Failure to do so may result in disqualification.**

Transition Rules

- You must not take your bike from the rack until you have your helmet securely fastened. You may then walk/run your bike to the 'Mount' line at the beginning of the bike course.
- When you reach the bike finish chute, you must dismount at the line to proceed with your bike to your rack. Your helmet must remain securely fastened until you have racked your bike.

Bike Course Rules

- All competitors must follow the SA Traffic rules. Keep to the left at all times.
- All intersections will be marshaled, and traffic will be at a minimum. However, there may still be instances where motorists are sharing the road with you.
- Drafting, blocking, and over-taking on the inside are not allowed.
- Drafting: the bicycle draft zone is a rectangle seven meter's long and 3 meter's wide that surrounds every competitor. Competitors have 15 seconds to pass through this zone.
- Draft zones may only overlap when a competitor is passing another competitor; for safety reasons; at an aid station; at entrances and exits from the course; and in making an acute turn.
- A competitor is deemed passed when the front wheel of the passing bike is ahead of the bike being over-taken. The competitor being over-taken must then drop back out of the drafting zone before attempting to re-pass.
- Failure to observe rules will result in a penalty.

TA Rule Infringement

- Technical Officials will be carried on motorcycles on the bike course to ensure that all race rules are observed.
- At all times you must follow the directions of the Technical Officer.
- The Technical Official will advise the competitor of the reason for any infringement issued if required.
- It is the competitor's responsibility to check what the infringement is, as well as the nature of the penalty.
- If you receive either a Yellow or Red card for any infringement, you must follow the directions of the Technical Officer. You may still complete the event and await the verdict of the Race Referee at the end of the event.
- You will be required to proceed to the Penalty Box located near transition to serve out your time penalty if this is deemed necessary.
- Two yellow card [minor] infringements may result in disqualification. The competitor may complete the event, and the Race Referee will decide at the conclusion of the event whether disqualification is warranted.
- Rule violations will incur a Red card. The competitor may still complete the event, and the Race Referee will rule on the infringement at the conclusion of the event to decide whether it warrants disqualification.
- Behavior that is a rule violation and may incur a red card includes: discarding of rubbish/equipment; not completing the entire course; using a mobile phone or MP3 player; failure to follow a TO's instructions; offensive behavior such as nudity or public toileting; external assistance; and abusive or violent behavior.

Penalty Box

- The Penalty Box will be sign-posted, and located at the finish of the bike course near the transition area.
- Any athlete that is shown a yellow card on the bike course will be required to serve a five minute penalty in the Penalty Box.
- The Penalty Box is part of the bike course, so you must remain in your full cycle clothing including your helmet 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, but cannot accept it from a third party.
- If you have incurred a stop/start penalty for a minor infringement, this will be served out wherever the Technical Official chooses, and will be a safe area on the course.

20 Pre-Race Athlete and Team Briefing

There will be two athlete briefings, the first at 7.00pm on Saturday evening at the Carb Loading Night and again prior to the race on Sunday at around 8:45am next to the finish arch. This will involve a brief explanation of the course, any issues to be aware of, and rules for the event.

21 Aid Stations

- There will be no bidon-exchange station for the bike leg so consider taking two bottles out on the course, particularly if the forecast is about 25 degrees Celsius.
- There will be a total of 2 aid stations during the run leg, 500m into the first lap and the second station 1.5km further along providing water only. Please be courteous to the volunteers working at these stations – some are young or inexperienced and are doing their best. Ultimately, it is your responsibility to ensure that you pick up what you want.

Run Aid Stations

- The station will be equipped with water in paper cups.
- There will also be some provisions of soft drinks, watermelon and ice but plan to bring your own nutrition if it's required.

22 Environmental Issues

- Please use garbage bins where available. Do not leave your empty wrappers and bidons on the course.
- In the Recovery area and around the central hub, there will be bins available for the recycling of empty cans and bottles that denote the 10c refund logo. Money made from recycling will go to the Aldinga Bay SLSC.

23 Toilets

Toilets and showers are available for use in the Aldinga Bay SLSC. Additional public toilets are available on the Esplanade along the bike course. Port-a-loos will also be provided on the run course and in transition.

24 Manual Timing

- All competitors will have a timing chip to record times for different legs of the race.
- At the finish line, this will be backed up by a manual finish time in case of malfunction of equipment.
- It is important that you have your race bib facing to the front when you cross the finish line, or your manual finish time may not be recorded.

25 Recovery Area

- Once across the finish line, you will arrive in the Recovery area.
- Your timing chip will be removed.
- The Recovery area is equipped with medical aid should you need it, food, drink, seating, shade, and massage tables for calf rubs.
- Competitors can stay in this area as long as they require, but it is not open to the general public.

26 Collection of Bike and Bags

- You will need your race bib to be intact to collect your bike from the transition area after the race. Officials will check that your number corresponds to the number on your bike. Bikes and gear can be collected from transition shortly after the end of the bike cut-off time.
- Bags can be collected from the bag store by showing your race bib.

OTHER INFORMATION

27 Course Maps

Course maps are available on the Silver Sands website, and at the Aldinga Bay SLSC.

28 Contingency Plans

- Contingency planning will be put into operation at the discretion of the Race Committee in consultation with the Technical Delegate.
- We have an adverse weather policy to cover high temperatures, flood, and gale force conditions.
- High in our priorities is race safety, and while every effort would be made to continue with the race in some format, if it is not possible due to weather conditions the race would be cancelled and competitors would receive a percentage of entry fee returned (at the discretion of the club).
- We will be checking forecasts from the Bureau of Meteorology up to a week ahead of the race, and any expected adverse weather conditions and subsequent contingency planning will be available on the Silver Sands website for competitors to check.

29 Cancellation Policy

- On presentation of a medical report stating you are unable to compete on medical grounds 80% refund will be provided.
- All other grounds for cancellation will provide a 50% refund up until Wednesday

30 Further Information

If you require any further information please contact the Race Director:
Andrew Bartlett: president@adelaidetriathlonclub.com.au