



Welcome to
NORSEMAN
Gold mining town since 1894



Proudly presents the...

Norseman Triathlon

Athlete Information Guide

Saturday 18th Feb 2017
4pm

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Event Timetable

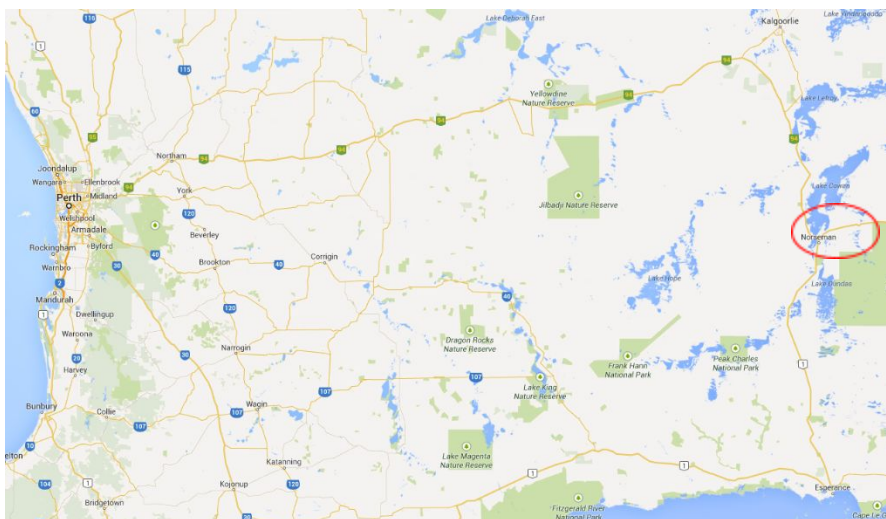
Saturday 18 Feb 2017

2:00pm – 3:00pm	Junior Event TBA
2:00pm	Registration Opens
2:20pm	Registration Closes & Race Briefing
2:30pm	Event Starts
3:00pm	Event Closes
3:00pm – 6:30pm	Senior Event
3:00pm	Registration Opens
3:30pm	Registration Closes
3:45pm	Race Briefing
4:00pm	Race Starts – Long Course
4:30pm	Race Starts – Short Course
6:30pm	Race Closes
7:30pm – 9:00pm	Senior Presentations
7:30pm	BBQ starts at Railway Motel and Guesthouse
8:00pm	Presentations

Norseman

Norseman is located 185km south of Kalgoorlie and 205km north of Esperance, 722km east of Perth and 1975km west of Adelaide.

Many participants stay the night in Norseman, so it is recommended that you arrive early and organise your accommodation prior to race day. Check the Forum (<http://www.kalgoorlietriclub.com.au/Forum/index.php>) or Kalgoorlie Triathlon Club Facebook page to see where other may be staying.



Pre Race Information

As most participants will be travelling to the event, it is important to make sure you bring everything you need with you.

Also, it is recommended that you print out and complete the event entry form prior to race day. Once completed, this can be emailed to the Kalgoorlie Tri Club secretary for registrations (secretary@kalgoorlietriclub.com.au)

Course distances

The short course distance is:

Swim	300m
Bike	10km
Run	3.75km

The long course distance is:

Swim	1000m
Bike	30km
Run	7.5km

Duathlon

Same as above without swim portion

Minimum Age Requirements

According to Triathlon Australia regulations, the minimum age requirements for this event are:

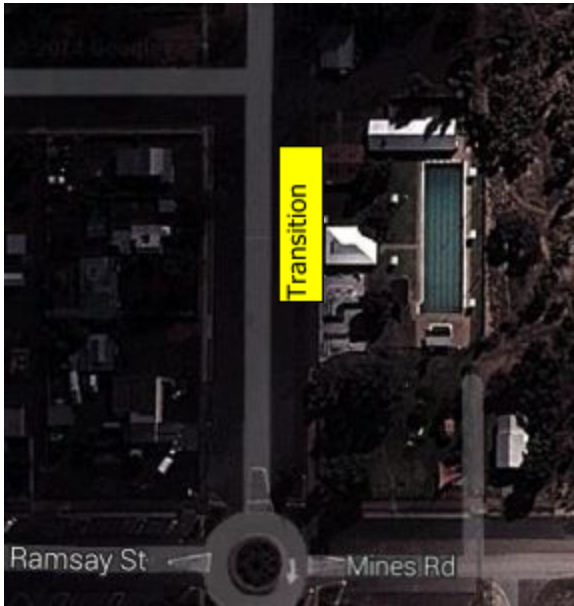
Short course:	Individual - 13 years	Teams – 12 years (one leg only)
Long course:	Individual - 15 years	Teams – 14 years (one leg only)

Timing

Please note that this event will be using manual timing, so if your race time is very important to you, we recommend organising your own timing method.

Transition

The Transition Area will be located on Roberts Street, in front of the Norseman Swimming Pool. Bike racks for competitors will be set out.



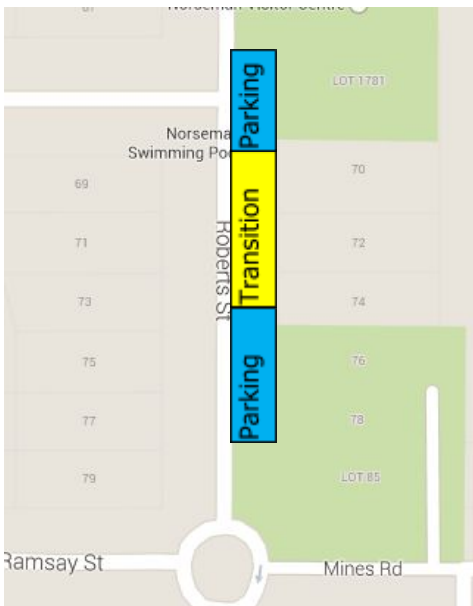
Please remember that competitors bags should not be in transition during the event.

Withdrawal

If you withdraw from the race prior to race day please send an email to secretary@kalgoorlietriclub.com.au . If you withdraw during the event, please make sure the event Marshalls are informed (otherwise we will be organising a search party for you).

Race Day Parking

On race day, parking is available on Roberts Street, on either side of Transition.



Swim Course

The swim will be completed in the Norseman Swimming Pool. This is a 50m pool with a constant depth of 1m.

Short course participants will complete 6 laps (300m) and long course participants will complete 20 laps (1000m).



Swim course rules

- No fins, aqua socks, gloves, paddles, snorkels or flotation devices of any kind are allowed.
- Swim goggles and facemasks may be worn.

Transition procedure – swim to bike

At the swim finish, you will run from the pool (walking while on pool deck) through the gates towards transition. You must place discarded swim gear carefully at your own transition area. When you ready your bike, your helmet must be securely fastened on your head prior to removing your bike from the bike rack.

Transition rules

- Discarded equipment must be placed at your own bike transition area
- You must fasten your helmet before removing your bike from the rack in transition.
- Your helmet must remain securely fastened at all times that you are in control of your bicycle. This includes while you are wheeling your bike from the rack to the mounting area.
- You must not mount your bicycle until reaching the designated mount line.
- You must not touch or otherwise interfere with another competitors equipment in the transition area.

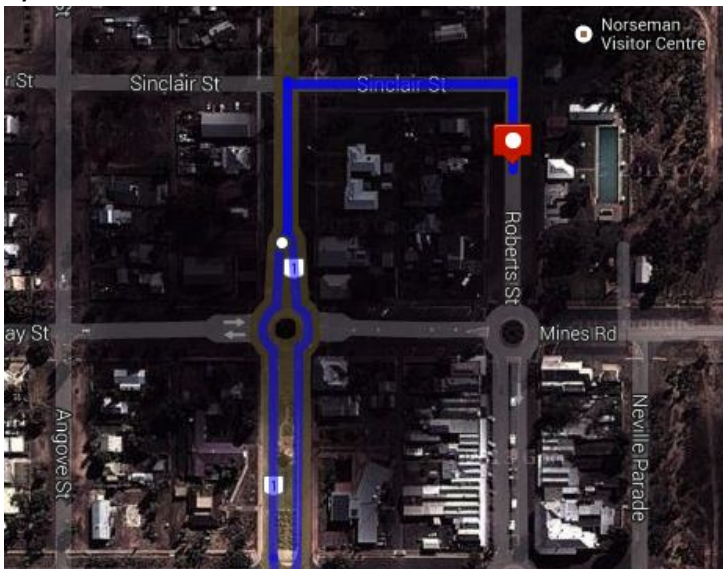
Bike Course

The bike course starts at Transition and cyclists ride up Roberts Street turning left onto Sinclair Street. They then turn left onto Goldfields Highway (heading to Esperance) and ride for either

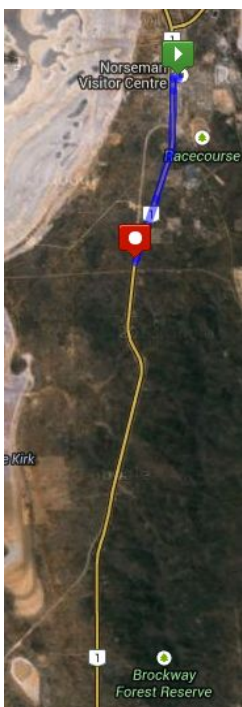
5km (short course) or 15km (long course). At the designated turnaround point, cyclists turn around and return to Transition following the same course. It is recommended that participants use cycle-computers or similar to confirm they have completed the required distance before turning around.

Please be aware, we do not have full road closures, so participants must obey standard road rules at all times. This means giving way to the right unless sign posted otherwise.

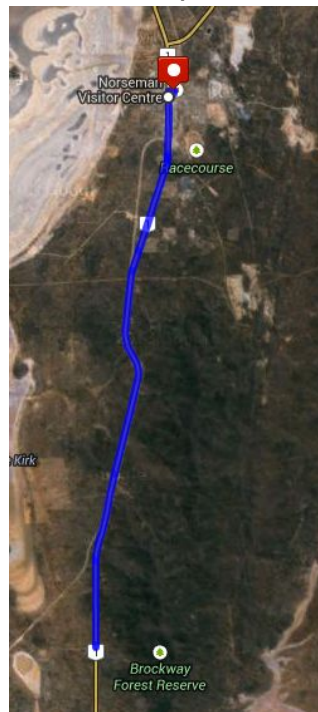
Cycle course - start



Turnaround point – 5km



Turnaround point – 15km



Bike course rules

- Athletes may walk their bikes if necessary but may not make progress on the bike course unaccompanied by their bicycle.

- Shoes and a top must be worn at all times while cycling.
- Absolutely no drafting of another bicycle or any other vehicle is allowed.
- A pass occurs when the leading edge of the overtaking athlete's front wheel passes the leading edge of the front wheel of the athlete being passed.
- Athletes have 25 seconds to complete a pass.
- Athletes must pass on the right hand side of the athlete being passed otherwise the athlete making the pass will receive an *illegal pass infringement*.
- The draft distance is 7 meters (3 bike lengths) between bikes measured from the back edge of the rear wheel of the leading bicycle to the leading edge of the front wheel of the following bicycle.
- Athletes must ride single file on the left hand side of the bike course at all times unless making a pass or for safety reasons.
- An athlete observed deliberately discarding equipment, bidons or rubbish/trash on the course will receive a littering infringement.
- Athletes found not to have completed the entire bike course will be disqualified.

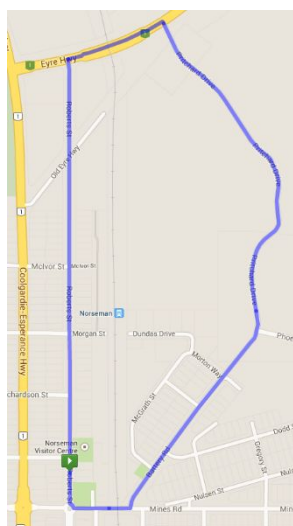
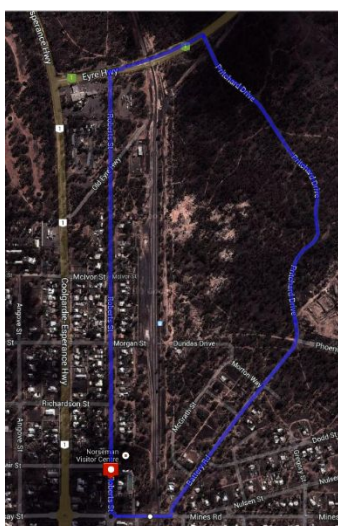
Transition procedure – bike to run

As you dismount your bike at the designated dismount line, you must wheel your bike (with your helmet fastened) to your transition area. Your helmet must remain fastened until your bike is racked.

Run Course

The run course starts at Transition and participants run up Roberts Street, then turn right on the Eyre Highway (heading to South Australia) running over the railway crossing. Turn right onto Pritchard Drive and run up the hill, then continue down the hill heading back towards town. As the road bends it change to Battery Rd, then turn right onto Mines Road before heading back to Transition by turning right onto Roberts Street.

Short course participants complete one lap of the 3.75km run course, and long course participants complete 2 laps.



Run course rules

- No form of locomotion other than running, walking or drawling is allowed.

- Crawling is only allowed in the finish chute and an athlete observed crawling may be withdrawn from the event.
- No individual support or non-participant runners are allowed.
- An athlete observed deliberately discarding equipment or rubbish on the course other than at an aid station will receive a littering infringement.
- A shirt or racing top must be worn at all times
- Athletes found not to have completed the entire course may be disqualified.

Post Race Information

The event presentations will be held at the Norseman Railway Hotel on Roberts Street at 7:30pm. Attendance is not compulsory.

Emergency Contact Information

Police	85 Princep Street	08 9039 1000
Hospital	Talbot Street	08 9039 9200