



Welcome to the 2017 Penrith Anglican College Enticer Triathlons and Aquathon. The PAC Nepean Enticer races commence at 4pm Saturday 28 October 2017 at the Sydney International Regatta Centre, Old Castlereagh Road Penrith.

Registration:

Registration for the races will be held in the large white marquee on the right hand side just after you come over the bridge and will be open between 2pm and 3:50pm – you will receive:

- an envelope with your name, category etc.
- a chest number that is compulsory to be worn during the cycle and run legs, optional in the swim.
- a computer timing chip to be worn on your left ankle for the entire race.
- a bike number to place on your bike.
- A helmet sticker.
- your event shirt (Only if you entered prior to Oct 7).
- a printed swim cap with your race start determined by the swim cap colour as shown below

Please note that registration will close at 3:50pm for all Enticer entrants.

Please check that your race number is identical to the number on your address label and that you have the correct colour swim cap for your wave start. Please inform registration of any discrepancies immediately.

Once you receive your registration envelope, take your envelope to the arm marking officials also in the registration area who will mark your race number on your right arm.

When preparing to enter the bike compound, please have your helmet on and fastened, your computer chip on your left ankle, your bike number on your bike for inspection by the Technical Officials.

Events and Waves:

Start times are subject to change on the day. The below times are best approximations.

Enticer 1: 4:00pm

- 1) Male – Mint
- 2) Female – Pink

Enticer 2: 4:15pm

- 1) Male – Yellow

2) Female – Grey

Enticer 3: 4:30pm

1) Male – Light Blue

2) Female 29&Under – Dark Green

3) Female 30&Over – White

Aquathon 4:45pm

1) Male – Fluro Pink

2) Female – Fluro Pink

Nb. Due to a printing error last year, some caps may have 2016 printed on them. We are a not-for-profit event and to keep costs as low as possible, we have decided to use these caps this year.

The transition compound will be divided into three sections with a separate section in the racks for each Enticer race and a small section for the aquathon race. Bike rack rows are clearly marked and you should be aware of the row and position your bike is in to avoid confusion when you come out of the swim and off the bike. Competitors are to keep their same position in the bike racks throughout the race. You will not be able to remove your bike/belongings from the bike compound until all Enticer/Aquathon races are completed – this is to ensure competitors that are still racing are not impeded by competitors attempting to remove their bike.

Your safety:

Please note any medical information that a medical officer should be aware of in an emergency should be written on the back of the Chest Plate in the space provided.

There are medical officers in place. If you have been ill or have developed a medical issue leading up to the race, it is strongly advised that you do not participate. You have entered having regard for risks of competing and you are reminded of your acceptance of entry conditions, waiver release and indemnification of all officials, marshals and first aid officials in place at the event. Please note this acceptance is a legal part of the form and affects your rights.

The water temperature limit for the use of wetsuits is 22 degrees and a final water temperature reading will be taken by the Triathlon Australia Technical team 1 hour prior to race start

Course Maps:

Please see [course maps](#)

Enticer 1:

For Enticer 1, one adult will have a chest number provided in the Registration Pack that will allow access into the Enticer 1 bike compound to assist Enticer 1 entrants. One adult may also assist their Enticer 1 competitor in the water at the swim start. The race briefing will be held at the swim start line which is 50 metres from the boat ramp and the swim start will be a whistle blast. There are swim safety personal in place and the swim course for Enticer 1 competitors is along the shoreline. Should you require assistance, move to the shore or raise your arm. The bike course is an out and back course divided by witches hats and competitors are to keep to the left side of the road. The run heads from the bike compound down to the track along the lake and comes back to finish in front of

the grandstand. Competitors are to move from the finish to the recovery area where there is fruit, Endura and water for competitors. Enticer 1 finishers will be handed their finisher medallion as they finish.

Note: parents/friends **will not** be allowed to accompany their child on the cycle and run courses.

Enticer 2:

The race briefing will be held at the swim start and the swim start will be a whistle blast. There are swim safety personal in place for the swim course. Should you require assistance move to the shore or raise your arm. Competitors are to swim around the large orange buoy (keep it on your right) and finish at the boat ramp. The bike course is one lap around the Olympic rowing course in an anti-clockwise direction and competitors are to keep to the left side of the road unless overtaking. The run heads from the bike compound down to the track along the lake and comes back to finish in front of the grandstand. Competitors are to move from the finish to the recovery area where there is fruit, Endura and water for competitors. Enticer 2 finishers will be handed their finisher medallion as they finish.

Note: parents/friends will not be allowed to accompany their child on the swim, cycle and run courses.

Enticer 3:

The race briefing will be held at the swim start and the swim start will be a whistle blast. The swim course commences at the Olympic podium in front of the grandstand and there are swim safety personal in place for the swim course. Should you require assistance move to the shore or raise your arm. Competitors are to swim around the large orange buoy (keep it on your right) and finish at the boat ramp. The bike course is two laps around the Olympic rowing course in an anti-clockwise direction and competitors are to keep to the left side of the road unless overtaking. The run heads from the bike compound down to the track along the lake and comes back to finish in front of the grand stand. Competitors are to move from the finish to the recovery area. There will be a drink stop on the run course and fruit, Endura and water stations in the recovery area. Enticer 3 finishers will be handed their finisher medallion as they finish.

Endura Sports Nutrition – Supporting you at the Atmosphere Nepean Triathlon.

Lemon Lime flavour Endura Rehydration Energy Fuel will be supplied at this year's event for the rapid replacement of the fluid and electrolytes that sweat takes out. Endura Rehydration Energy Fuel also contains Meta Mag[®] magnesium to help relieve muscular aches and pains. TRAIN HARDER, RACE FASTER, RECOVER QUICKER with Endura Sports Nutrition

Nepean Enticer Triathlon Swim Evacuation Plan

In an emergency it may be necessary to evacuate the swim course after the event has commenced. Prior to the commencement of the event, all competitors and event staff shall be advised that the continuous blowing of whistles or horns is the signal that an emergency evacuation is in progress, this will be explained at the race briefing and mentioned via the event commentator. The announcement/ briefing will alert all competitors must immediately leave the course and proceed to the nearest safe shore.

If an emergency evacuation is necessary, the following protocols shall be observed:

In a slowly developing emergency situation, such as the approach of an electrical storm, or deteriorating water conditions, the Swim Director shall, prior to conditions becoming dangerous to competitors and event staff, direct water safety personnel to continuously blow whistles or sound horns, which is the signal for all swimmers to leave the course immediately

and proceed to the nearest safe shore.

In a rapidly developing emergency situation, such as the unauthorised approach of a vessel water safety personnel are empowered to immediately and continuously blow whistles or sound horns, which is the signal for all swimmers to leave the course immediately and proceed to the nearest safe shore. There is no requirement to seek approval from the Swim Director for this.

IRB personnel shall respond to the emergency in accordance with their training, which may involve continuously patrolling the course.

At the completion of the emergency, the Race Director shall consult with the Swim Director and the Triathlon Australia Technical Delegate to determine if the event shall be postponed or cancelled.

Timing:

Computer Chip timing will be used for timing your event. In registration, you will be issued with a computer timing band in your registration envelope which is to be placed on your left ankle. The timing chip is disposable and does not need to be returned after the race. Results will be up on the event website www.nepeantriathlon.com shortly after the race finishes.

Bike Sticker:

Please have your bike number on your bike before you enter the bike compound. To get your bike out of the compound after race you must have your race chest number so officials can check that it matches your bike number.

Presentation:

The race presentation for all races will be held shortly after Race 3 finishes and there will be lucky draw prizes.

Shopping:

PANTHER CYCLES, Blue Mountains Running Co. EPIC PERFORMANCE WEAR etc will have sale outlets on the day with some huge Christmas specials.

Parking:

Ample parking on the day will be provided within the Regatta Centre. Parking will be free of charge and parking officials will be in attendance. Hot food, coffee and refreshments will be available at the Regatta cafe.

Security:

Security will control bike compounds. Do not attempt to enter compounds without race number as you will be refused admittance.

Officials and drafting rules:

Triathlon NSW Technical Officials will be present on the day – Triathlon Australia Race Rules will apply and Drafting on the cycle is not permitted and this rule will be enforced.

Bike Mechanics:

Mechanics and spare parts will be provided on race day in the Panthers Cycles tent.