



**Welcome** to the 2017 Atmosphere Health and Fitness Club Nepean Triathlon. The triathlon commences at **6.45am**, Sunday 29 October 2017 at the Sydney International Regatta Centre, Old Castlereagh Road, Penrith.

**Venue access:**

Please note that the normal road entry into the race course, Old Castlereagh Road, will be closed by police to all traffic from 6:45am until 9:30am. For access after 6.45, spectators will be able to gain access via McCarthys lane (Penrith Whitewater Stadium Entrance)

**Registration: Registration is in the large white marquee on your right just after you have crossed the bridge into the bike transition area.**

Race packs can be picked up from 4:30 – 5:30pm on the Saturday afternoon and from 5:30am Sunday morning until 6:40am. In your race pack 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.
- A bike number to be affixed to the seat post on your bike – compulsory during bike leg and also to retrieve your bike from compound at end of race.
- A helmet sticker.
- Race swim cap with your race start determined by the cap colour.

As you receive your registration envelope you will also receive your event shirt (Only for competitors that registered prior to October 7), race towel and sponsor's pack. 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.

**Waves:**

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.

6:45am	Female Professional	fluro pink
6:53:42am	Male Professional	fluro yellow
7:00am	Mates Wave and sponsors	neon green
7:05am	Male 29 and Under	grey
7:10am	Female 34 & Under	pink
7:13am	Female 35-44	dark blue
7:16am	Female 45 and over	dark green
7:25am	Male 50-54	mint
7:30am	Male 55 and Over	white
7:35am	Male 30-34	fluro yellow

7:40am	Male 35-39	red
7:45am	Male 40-44	light blue
7:50am	Male 45-49	purple
7:55am	Teams	fluro pink

**Chest number:** The chest race number must be displayed during the cycle and run legs and this will be enforced by the Technical team. Race belts with the race number attached are acceptable- These will be available for purchase from the event expo at the EPIC Marquee.

**Your safety:**

**Should you have any medical condition or allergy that medical officials should be aware of, please write this information in the space provided on the back of your race number.** Should 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.

**Competitor obligation:**

All competitors in the race have an obligation to have trained sufficiently to complete the race in a safe and competent manner and all competitors must complete the swim and cycle leg by 9:30am as all roads subject to road closures will be opened to normal traffic at this time. Due to the length of the cycle, mountain bikes are not suitable for the Nepean Triathlon.

**Bike Racks:**

When preparing to enter the bike compound before the race, please have you helmet on and fastened, your computer chip on your left ankle, your bike number on your bike, your helmet sticker on your helmet for inspection by the Technical Officials. Competitors are to keep their same position in the bike racks throughout the race. Please note your bike can not be removed from the bike compound until Triathlon NSW officials open the bike racks following the last competitor finishing the cycle leg – No Exceptions.

**Swim Start and Compulsory Briefing:**

Please note that the swim start is in front of the rowing finish tower near the triathlon finish. Competitors in each wave will be directed into a designated swim compound where the **compulsory race briefing** by the Race Referee will be held prior to entry into the water.

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

**Wave starts:**

The two professional waves commence at 6:45am and all age group competitors are to be at the swim start by 6:50am. The bike compound will be closed and cleared at 6.45am. It is the responsibility of all competitors to be at the swim start in time for their race start.

**Course Maps:**

Please see course maps on race website <http://www.nepeantriathlon.com> Please ensure that you are fully aware of the race course especially the revised swim and cycle courses.

**Teams:**

A written briefing of the process of tagging team members/transferring the timing chip will be provided at registration. Team members will be allocated an area in transition to await the transfer of the timing chip, with competitor safety the number one priority.

**Swim leg:**

All swimmers must be behind the start line or the start will be delayed and a shrill whistle blast will start each leg. Should you get into difficulty during the swim move to the shore or raise your arm for assistance.

**Nepean 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.

**Bike leg:**

On the bike, normal road rules apply and you must keep to the left unless overtaking. The course is closed to traffic, however, a vehicle could inadvertently enter the bike course at any time. As such, all normal road rules apply at all times. You must have your bike number sticker on your bike during the cycle leg – this rule will be officiated by the Technical officials.

**Penalty Box:**

Triathlon NSW Technical Officials will be present on the day – Drafting on the cycle is not permitted and the draft distance is the standard **10 metres** and this rule will be enforced. A Penalty Box will be situated just before you re-enter the Regatta Centre on the bike leg (29.5km into the course) where you must go if you receive a blue or yellow card from a Technical Official on the cycle course.

**Run leg:**

The run course is two laps of the main Olympic lake with the finish in front of the grandstand. On the second lap of the run just before the merge with competitors commencing the run you will be handed a wrist band which you must have on to finish the run. You will also run over a timing mat on each lap that has been placed on the run course. There will be a three drink stops on each lap of the run course (making six stops in total) including Endura on stations 1 and 4 and water stations and Endura in the recovery area.

**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

**Race Rules:**

The Nepean Triathlon is run under the Triathlon Australia Race Rules which can be found at [http://www.triathlon.org.au/Technical/Race\\_Competition\\_Rules.htm](http://www.triathlon.org.au/Technical/Race_Competition_Rules.htm)

**Presentation ceremony:**

The presentation ceremony in the main grandstand will be held shortly after the last competitor finishes and there will be many lucky draws.

**Timing:**

Chip timing bands will be used for timing. On race morning you will be issued with a computer timing band in your registration envelope which is to be placed on your left ankle.

**Bike security:**

Please have your bike number attached to your bike seat post before you enter bike compound. To get your bike out of the compound after race you must have your race number so officials can check that it matches your bike sticker number.

**Shopping:**

PANTHER CYCLES, Blue Mountains Running Co., EPIC PERFORMANCE WEAR, SPORTING ACCESSORIES and other sponsors will have sale outlets on the day with some huge Christmas specials.

**Parking and Refreshments:**

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 refreshment will be available.

**Security:**

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

**Mechanical Service:**

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