







## Triathlon Information

This information must be read in conjunction with "Sport Entry Forms", "Sport Information" and "Games Information" available from the website. Details are subject to change please contact the Games Office for the most recent information.

## Triathlon 250m Swim / 12k Cycle / 3k Run

Distances are approximate

### Schedule

<b>Venue</b>	<b>Oatley Park OATLEY</b>	
<b>Date</b>	<b>Sunday March 16</b>	
<b>Sport Venue Control</b>	<b>The 'Castle' adjacent to the amenities block near the swimming area</b>	
<b>Venue Check In from</b>	<b>6:30–7:15am</b>	
<b>Race Briefing</b>	<b>7:30am</b>	
<b>Start Time</b>	<b>7:45am</b>	

### Course Details

#### Check-In at Sport Venue Control

You are required to show your validated Games ID Card at Check-in. No card No competition.

You will receive a chest number which must be worn during the run leg on the front and be visible through out race.

Race belts are permitted

Triad Teams must check-in together – i.e. all 3 at once!

**Security** Entrants are responsible for the security of their equipment. The Games takes no liability if equipment is lost or stolen.

**Triad Team** Teams must tag their member at their bike rack. Each team member completes only leg (swim, cycle or run) of the Triathlon.

#### Swim 250m

Swim is approximately 1.5m deep with mud bottom.

Start from north end of pool with bank on your right to marker and turn right to shore

Wave (Staggered) starts will be announced on Race Day. Do not proceed to start until called.

Swim caps are mandatory. Entrants may wear a triathlon wetsuit for the swim leg, however this is not compulsory.

Lifeguards will patrol the entire swim course – should you encounter any difficulties, stay calm and raise your arm.

After you finish the swim leg at the boat ramp, proceed left, run past the transition area entering it from the far end.

**NOTE: Water pollution** - due to environmental conditions (eg heavy rain prior to the event) EPA guidelines may recommend no swimming.

The decision to hold the swim leg will be made on the morning of the event. If the swim leg is cancelled it will be replaced by a run.

#### Cycle – 12km \*(3 laps around park – closed to traffic)

After exiting the transition area walk bike to top of hil. **Do not mount bike until after barrier.**

Left turn into Christensen Dr. Follow one-way section around south end of park. Keep left and follow two-way section down hill.

U turn at the bottom of Christensen Dr. Follow Christensen Dr uphill to first intersection.

Left turn into Mallard Dr. Follow one-way around north end of park returning to the mounting barrier. You have completed one lap.

Follow course for 3 laps. Dismount bike at barrier at top of hill and proceed to transition area.

Keep to your left on the bike course on two way section.

An Australian Standards approved hard shell cycle helmet must be worn and fastened prior to unranking the cycle and must remain fastened until the cycle is racked. Your upper torso must be covered for the bike and run legs. Check your bike prior to the event.

Course is hilly. It is recommended that you carry at least 1 water bottle on your bike.

If you require assistance with your bike, inform a marshal who will radio for assistance.

#### Run – 3km Run (2 lap)

Exit transition area run up the hill.

Turn right into Douglas Haig St following road to Park Entrance.

U turn at Park Entrance. Follow Douglas Haig St back to Mallard Dr intersection. You have completed One lap. Repeat lap.

At end of lap 2 turn left off Douglas Haig St 30metres BEFORE stairs down the service road to the finish.

Please keep to your left

There will be 2 Aid stations with water

Water and fruit will be available at the finish.

#### Finish

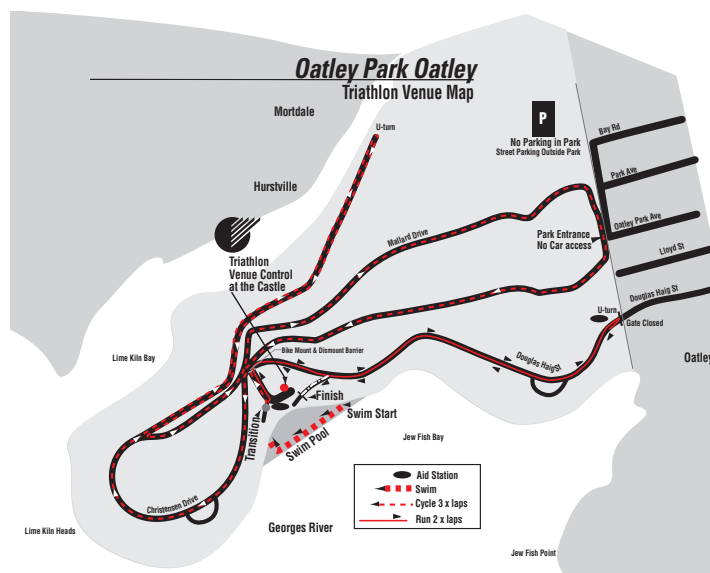
On crossing the finish line stay in order and enter the finish chute where your time and number will be noted.

Note: If this is not done you will not be included in results.

1st, 2nd & 3rd placegetters in each category will receive a Games Finish Card as they cross the finish line which must be returned upon receipt of their medal. You must be present to receive your medal. Medal presentation will follow the finish of the event.

Timing – only finish times will be recorded.

Complete results will be available at [www.corporategames.net.au](http://www.corporategames.net.au) only after the Games Awards Dinner.





# Entry & Payment Information

## DEADLINES

**Guaranteed Entry Deadline February 1 • Final Entry Deadline February 20.** Incomplete Entries will not be guaranteed or processed. Entries received after the Guaranteed Entry Deadline are taken on a "first come" basis.

## ENTRY CONFIRMATION

Confirmation will be sent to each entrant on this Form, only after Entry has been received by the Games with full payment.

## REGISTRATION at a SUPERCENTRE

**Registering in person before competing is compulsory.** To register each entrant is required to bring their **Entry Confirmation**, with photo attached, to a Games SuperCentre to be **validated**, sign a Waiver of Liability, collect their Games Souvenir, Sport Start Time and Games Programme containing Sport Competition Details. Games SuperCentres for registration will be open from March 10-16. Exact times will be sent with Entry Confirmation.

## INSURANCE

Entry fee does not include Personal Accident Insurance.

**To purchase Personal Accident Insurance contact us on 1300 727 194.**

The Diabetes Australia-NSW holds third party public liability insurance. If an entrant breaks, damages or loses equipment at a Games Venue they will be required to pay for its repair or replacement.

## REPLACEMENTS and CHANGES

Replacements or changes may only be in the **Identical Event**. Replacements must be lodged at the *NSW Corporate Games* Office on an Official Form **before March 1**. Replacements or changes after this date will be at the discretion of the and subject to a \$25 fee per change.

## WITHDRAWALS and REFUNDS

Withdrawals must be in writing. Before March 1 refunds are minus \$25 per person. After March 1 no refund. Fees paid are spent in advance on the cost of organising the Games and therefore are only refundable as above.

## GAMES CELEBRATIONS

Details on **Games Celebrations** will be available at [www.corporategames.net.au](http://www.corporategames.net.au) soon.

**Games Awards Dinner** will be on Monday March 17 from 7:00pm. Special guests will present the Corporate Awards. Contact the *NSW Corporate Games* on [nswcorporategames@diabetesnsw.com.au](mailto:nswcorporategames@diabetesnsw.com.au) for information.

## FEES INCLUDING GST

**\$55** per participant. **\$30** per participant for Triad Team Relay.

Entry must be with full payment and at the *NSW Corporate Games* Office by deadline.



**TRIATHLON Fee Total from previous page =**

## METHOD OF PAYMENT

Fees payable to **Diabetes Australia-NSW** ABN 84 001 363 766 by

**Cheque**

**Credit Cards – All (except Diners)**

Please call 1300 727 194 for more information.

**Money Order**

**Direct Debit**

Bank CBA 062 231 905068. Evidence of transfer **MUST** accompany this Entry Form

## CERTIFICATION

I/we agree to abide by all *NSW Corporate Games* rules and regulations. I also agree that Diabetes Australia NSW may store my personal information and results in a database and use that information to conduct Corporate Games, and for marketing and research purposes. If you wish to access your personal information, or read our privacy policy, contact us at [nswcorporategames@diabetesnsw.com.au](mailto:nswcorporategames@diabetesnsw.com.au)

Name \_\_\_\_\_

Captain

Signature \_\_\_\_\_ Date \_\_\_\_\_

The Games is not responsible for misdirected, lost, or delayed mail. Should the Games or any Sport or associated Event be cancelled as a result of circumstances beyond the control of the Organisers no refunds will be made. Entrants under 18 years must provide a letter of parental or guardian's consent. The Games has no affiliation to or specific sanction from its sports' governing bodies. The Games reserves the right to make any change in conditions of entry and to decline any application at its discretion.

## POST ENTRY FORM TO



### *NSW Corporate Games*

#### **New Mailing Address**

GPO Box 9824

Sydney

NSW 2001

[www.diabetesnsw.com.au](http://www.diabetesnsw.com.au)

### **Entries may NOT be faxed or emailed**

#### **New Contact Details**

[nswcorporategames@diabetesnsw.com.au](mailto:nswcorporategames@diabetesnsw.com.au)

Tel 1300 727 194

Fax 02 9660 3633

[www.corporategames.net.au](http://www.corporategames.net.au)

