



*SunSmart*

*Beverley Triathlon 2019*

*Competitor  
Notes*

## SunSmart Beverley Triathlon 2019

### A BEVERLEY CRC EVENT

#### WELCOME MESSAGE FROM THE COMMITTEE

SAM FRICKER, GEMMA RIDGWAY, KELLY MANN, BRAD MILLER, JEN MURRAY & TREEN PRICE

Welcome to the 5<sup>th</sup> SunSmart Beverley Triathlon 2019 in Western Australia's Avon Valley region. Beverley is a vibrant rural community with a population of 1700, less than 140km east of Perth. The Shire is home of a highly productive broad acre farming industry with a smaller diversified agricultural base, such as perennial horticulture also finding a home here.

There's a wide range of attractions to see in Beverley. You can find out about the history of aviation in Western Australia at the Gliding Club, or explore the working farm and historic homestead at Avondale Discovery Farm. Step into the old Railway Station Gallery to see the art collection and learn about the early days of settlement at the Dead Finish Museum.

Picnic on the banks of the Avon River, or trace the headwaters of the river at the nearby salt lakes of Yenyenning, admire the antique and vintage machinery at Ferguson's Machinery Shed and take a walk along Vincent Street to delight in the fascinating architecture of this classic country town.

For more information on what to see and do and where to stay and eat check out the Beverley Visitor Centre website: [beverleywa.com](http://beverleywa.com) or 'Visit Beverley WA' Facebook page.

The SunSmart Beverley Triathlon 2019 is proudly supported by SunSmart, Shire of Beverley, Contract Aquatic Services, Beverley Community Resource Centre, Bendigo Bank and Sportspower Northam. Like all events the Beverley Triathlon could not be a success without the support of wonderful volunteers. A very big thank you to more than 40 volunteers assisting throughout the triathlon.

Thank you to the Beverley St John Ambulance for being available to assist during the event. Thank you to the Beverley Photography Group for taking photos throughout the day.

Thank you to the Beverley District High School, Football, Golf, Junior Sports, Station Arts, Agricultural Society and Tennis Clubs for your assistance with sharing some of your equipment.

Thank you to the Beverley Swimming Club for making sure all competitors and spectators are well sustained during the day by putting on a sausage sizzle.



## EVENT SCHEDULE

Exact start times for each category cannot be determined as registrations can still be completed on event day. **Nipper** and **Junior** event registrations close at 7:30am and **Short** and **Long** registrations at 8:00am. Competitors need to make sure they are available and ready after their event Competitor debrief.

6:30 am	Volunteer Check-in
<b>6:30 am</b>	<b>Competitor Check-in Open</b>
6:30 am	Competitor Number Marking Open
7:00 am	Volunteer Debrief
<b>7:30 am</b>	<b>Nipper &amp; Junior Check-in Closes</b>
7:30 am	<b>Nipper &amp; Junior</b> Number Marking Closes
<b>7:30 am</b>	<b>Nipper Debrief</b>
<b>7:45 am</b>	<b>Junior Debrief</b>
<b>8:00 am</b>	<b>Short &amp; Long Course Check-in Closes</b>
8:00 am	<b>Short &amp; Long</b> Course Number Marking Closes
<b>8:00 am</b>	<b>Nipper Swim Begins</b> Followed by Junior Swim Followed by Long Swim Followed by Short Swim
<b>8:15 am</b>	<b>Long &amp; Short Course Debrief</b>

### **Presentations After Final Race**

Contract Aquatic Services **Pool Party** begins!

**Slip**



**Slop**



**Slap**



**Seek**



**Slide**



## PRE RACE INFORMATION

### **Nippers (9 years & U)**

Swim: 50m  
Bike: 1.4km  
Run: 700m

### **Juniors (13 years & U)**

Swim: 100m  
Bike: 2.8km  
Run: 1.2km

### **Short (14 years & Over)**

Swim: 200m  
Bike: 7km  
Run: 3km

### **Long (14 years & Over)**

Swim: 400m  
Bike: 14km  
Run: 6km

- 1) Event day registrations open at 6:30am. Nipper and Junior event registrations close at 7:30am and Short and Long registrations at 8:00am on Saturday 02 March.
- 2) Located in the Registration Marquee inside the Beverley Swimming Pool located on John Street, Beverley.
- 3) Pool entry is free.
- 4) For pre-registered teams only one member of the team needs to check-in and pick up the timing bands but all team members must get their team number written on them.
- 5) If a team has not registered prior to event day, all members need to complete your online registration at the registration marquee.
- 6) Timing bands must be worn on the left ankle on race day.
- 7) Lost timing bands will be charged to the athlete or team at a cost of \$50 + GST each.
- 8) You will not be able to rack your bike until you have registered and received your race number, timing band, which acts as your entry into the transition area.
- 9) Poor sportsmanship, bad language, abusive behavior to fellow competitors or volunteers will not be tolerated and will result in that competitor or team being removed from the event immediately.

## WITHDRAWALS

- 1) If an athlete withdraws from the race after completing registration, it is the athlete's responsibility to return the timing band to the registration desk located inside the Beverley Swimming Pool.
- 2) Withdrawals after registration will be recorded on the results as a 'did not start' (DNS) or did not finish (DNF).
- 3) Failure to return the timing band will be charged to the athlete or team at a cost of \$50 + GST each.

## PARKING

- 1) Race day parking is available at the Beverley Swimming Pool located on John Street and the Beverley Oval, 79 Forrest Street.
- 2) The pool parking area will be **closed** until the bike leg of the triathlon has been completed.
- 3) Competitors and spectators are asked to respect Beverley residents in the area when parking their vehicle for the duration of the race. Please park in the designated areas and take direction from the parking marshals.

## RACE DAY INFORMATION

- 1) All competitors are required to be body marked on the right arm and right leg.
- 2) Body marking will be at the race registration marquee from 6:30am until 8:00am.
- 3) The transition area will close to all competitors from 8:00am until the last Nipper or Junior competitor has completed the bike leg.
- 4) Race briefings will commence from 7:30am at the registration marquee. Check the event schedule for your event briefing time.
- 5) The race briefing is compulsory for all athletes and team members to attend.

- 6) The timing bands will provide split leg times. The final time provided is for completion of the whole course – swim, bike & run combined.
- 7) Dehydration is the biggest risk to competitors. Make sure you keep hydrated before and during the event.

### **TRANSITION AREA**

- 1) Only competitors are allowed into the transition area and only whilst displaying their timing band and race number.
- 2) Marshalls will be available in the area to assist competitors with racking their bikes and to answer any questions they may have. Particular friendly help will be made for the Nipper & Junior competitors. We ask if parents/guardians can stay outside the transition area at all times to reduce congestion and gain the attention of one of the Marshalls if you have questions or if your child needs assistance.
- 3) The Transition area closes at 7:30am for the race briefing.

### **TEAMS**

- 1) There are two transitions areas, 1) Swim to Bike 2) Bike to Run. Follow the signage and advice from marshals when entering the transition areas.
- 2) All team members must wear the timing band.
- 3) Each competitor in the team must physically tag their team mate within the allocated transition areas.

### **SWIM**

- 1) The Beverley Swimming Pool is 50 metres long with 6 lanes.
- 2) Two competitors may share a lane and will remain swimming on the same side of that lane throughout the swim.
- 3) All swimmers start in the water. No diving is permitted.
- 4) There will be Lap Counters in each lane to check the number of laps completed.
- 5) Nippers may use the assistance of a kickboard.
- 6) No flippers are allowed to be worn.
- 7) No wetsuits are permitted.
- 8) One lifeguard will be on duty during the swim leg.
- 9) No running is permitted from the pool to the transition area.
- 10) After completing the Swim leg, competitors must walk down the grass marked chute then on the carpet down to the transition area.

### **BIKE**

- 1) During the race, competitors can not touch their bike to start until they have their helmet on.
- 2) The bike course is not closed to traffic and it is the competitor's responsibility to follow WA road traffic regulations and rules.
- 3) Key intersections are manned by traffic controllers that will stop traffic to allow bikes through (partial closure). If a traffic controller needs to stop competitors it is done for everyone's safety.
- 4) There will be mobile volunteers throughout the course. If you need assistance please seek the attention of a volunteer.
- 5) Dehydration is the highest risk to competitors and it is highly advisable that competitors have a water bottle on their bike.

### **RUN**

- 1) Changeover from the bike to the run will commence in the transition area at the team bike.
- 2) The run leg is on a cross country course, so the ground can be uneven.
- 3) The water station is located at the start of the run leg.
- 4) We love to keep our town beautiful, please try to contain your rubbish around the drink station.

- 5) There will be lap counters for the Short & Long Course. When running past the back of the pool after the water station on each lap competitors will need to run past the volunteer to get a band slipped on your wrist to record how many laps have been completed. The number of bands will be checked after the runner has gone over the finishing line.
- 6) Gatorade, water and muffins are available at the finish line for competitors.

### **GENERAL**

1. The Pool will be open to everyone after the last swim competitors have finished. Make sure you stay around for a day of fun at the pool including a bouncy castle, inflatable pool games, prizes and more.
2. Free sunscreen is available at the swimming pool for both competitors and spectators.
3. The Beverley St John Ambulance are present during the event. We kindly thank them for their valuable service to our community.
4. Race Officials & Volunteers in fluoro vests are available throughout the course. If you need their assistance please let them know or ask another competitor to seek their attention if you are not able.
5. Athletes must follow the instructions of all race officials and public authorities at all times.
6. Presentations will be held on the grass at the Beverley Pool straight after the last competitor has finished. Merit prizes as well as spot prizes will be awarded at this presentation.
7. A notice board will be located in front of the Registration area that will display the race map, rules and general information. Competitors are encouraged to check the notice board regularly for any event updates.
8. Water, Gatorade and fruit and muffins are available at the finish line for competitors.
9. The event cut off time is 12pm.
10. Food & drinks are available for purchase from the swimming pool kiosk along with a sausage sizzle from the Beverley Swimming Club. Perk Me Up coffee van will be onsite for those needing a quick caffeine fix.

**LOCK IN NEXT YEAR'S EVENT – MARCH 2020** LIKE US ON FACEBOOK: “Beverley Triathlon” to keep up to date on event results, photos from the day and next year’s event.



**Slip** on sun-protective clothing



**Slop** on SPF 30 sunscreen or higher



**Slap** on a broad-brimmed or bucket hat



**Seek** shade



**Slide** on some wrap-around sunglasses

## **TERMS & CONDITIONS OF ENTRY**

Please read this acknowledgement, waiver and release from liability carefully before continuing with your entry. In registering for the SunSmart Beverley Triathlon 2019 I agree to the following terms and conditions:

1. I/we the undersigned in consideration of, and as a condition of acceptance of my entry in the SunSmart Beverley Triathlon 2019 (the event) for myself, I/we hereby waive all and any claim, right or cause of action which I/we might otherwise have arising out of my death or injury, damage or loss of any description whatsoever I may suffer or sustain the course of, or consequent upon my entry or participation in the Event.
2. I am in good physical health and am participating in the SunSmart Beverley Triathlon 2019 at my own risk.
3. Neither the Beverley Community Resource Centre Inc, nor its committee members, employees, agents, contractors, sponsors, volunteers shall be liable for any loss or damage whatsoever caused to me arising out of or contributed to by my participation in the event, including any loss or damage that may arise out of negligence of any of the parties as mentioned above.
4. If entrant is under 18, I certify that I am the parent/legal guardian of and he/she has my consent to participate in SunSmart Beverley Triathlon 2019.
5. This waiver, release and discharge shall be (and operate separately) in favour of all persons, corporations and bodies involved, or otherwise engaged in promotion or staging the event and each of their servants, agents, representatives and officers.
6. Under no circumstances will a refund be provided.
7. All medical information must be declared. The medical questions have been answered truthfully and I/we acknowledge that I/we should seek medical advice prior to participating in the event if I/we have suffered or I/ we am/are suffering from a medical condition or injury.
8. Consent to medical treatment: I/we consent to receiving any medical treatment that the event organisers or their authorised representatives consider necessary or desirable during or after the event.
9. I/we give permission for the free use of my name, voice or picture in any broadcast, telecast, advertising, promotion or other account of this event, including advertising and promotions for future Beverley Community Resource Centre Inc events.
10. I/we agree to read the event rules and regulations and conform to them.
11. Privacy Statement: The Beverley Community Resource Centre Inc respects and values the privacy of all information we collect about event participants. As the event organiser, we collect information about participants for the administration and conduct of the event. Information collected will be securely stored on our database. It will be disclosed to medical staff for delivering medical services and participant names to the newspaper for publishing participant's times. Participant's information may also be given to our public relations consultant for generation of media stories with prior consent. By entering this event, you consent to your personal information being provided to the SunSmart Beverley Triathlon 2019 event organizer for administration and conduct of the event.

