

2019

sparke
HELMORE
LAWYERS

NEWCASTLE

City

TRIATHLON

COMPETITORS
HANDBOOK

(H) events

Welcome Message from Newcastle City Council

On behalf of the City of Newcastle I am thrilled to welcome local and visiting athletes and their families to Newcastle to participate in the Newcastle City Triathlon.

It gives me great pleasure to support the Newcastle City Triathlon and for Newcastle to be recognised as the host city for the 2019 Newcastle Oceania Triathlon Union (OTU) Para-triathlon, a new event for the City, which brings an international level inclusive event to the existing Newcastle City Triathlon qualifying event towards international competition.

The event patron, Lauren Parker has faced and overcome numerous challenges. Amazingly, in the space of 12 months Lauren qualified for, then competed at the 2018 Gold Coast Commonwealth Games where she won the bronze medal in Paratriathlon.

The Newcastle City Triathlon aligns with our City's strategy to support events that promote active and healthy communities, and provide opportunities for social interaction.

It really is an exciting opportunity for our City, and one that will deliver significant benefit to our tourism economy through the visitors it attracts each year.

The City of Newcastle has an enviable position, resting on a peninsula bordered by the magnificent working harbour and spectacular surfing and swimming beaches, to all competitors, I wish you success in your events and to those visiting I hope you can find some time to enjoy the many attractions in our stunning city. I encourage those new to town to head to the www.visitnewcastle.com.au website to view a list of things to do, and places to see, during your stay.



Nuatali Nelmes
Lord Mayor of the City of Newcastle

Message from Event Director

Welcome to our 26TH Sparke Helmore Newcastle City Triathlon.

We are excited to once again provide the opportunity for local and visiting athletes to participate in a professionally staged Triathlon and also the new ITU Paratriathlon event. Our team of Hunter and Newcastle locals are passionate about providing a great racing environment, infrastructure and atmosphere. We are fortunate to have one of the most scenic triathlon courses in Australia. On top of that we have a classic location in the middle of the City and on the edge of a beautiful working Harbour. It is a rare sight to see dolphins and large coal ships in the one vista, which happens regularly at our event.

We wish every participant and spectator a fun and fulfilling day in The City of Newcastle.

Paul Humphreys,
Event Director



(02) 4934 8138
admin@hevents.com.au

Message from Race Director

I welcome you all to this year's event and look forward to seeing everyone cross the line with a smile on their face.

Whether it is your first, or one hundred and first triathlon, I am sure the course, volunteers and fellow competitors will make this race an experience that will bring you back for more.

My job is to ensure you all have a safe and fair race, whilst also managing the logistics of the day. You will notice the introduction of a new floating pontoon for ease of entry and exit from the swim, a new transition set up in newly completed lawns and a challenging cycle taking in some of the best views Newcastle has to offer. Finishing off the day with a beautiful run out to the break wall with what we hope to be cooling breeze. I am not sure there is a more visually appealing location for a Triathlon in Australia.

If you have any questions I will be conducting a Q&A session at Queens Wharf on Saturday at 2pm. Ask me anything you like about the race, I will be more than happy to answer.

I would like you all to take a second out of your race to thank all the volunteers on the course for their commitment to assisting you. Without their assistance there simply would not be an event.

Race hard, race safe and enjoy.

Ja Davis,
Race Director



(02) 4934 8138
admin@hevents.com.au

Message from Race Referee

Hi, I am Shayne Quinton your Race Referee for the event.

Please note all races have been sanctioned by Triathlon Australia.

The following is a summary of the drafting rule:

- Keep left
- Pass within the allowed time (20 sec)
- The draft zone is 10 meters
- Continue momentum after passing
- Drop out of the draft zone after being passed.
- Never pass on the inside

Other rules we will be enforcing include:

- Make sure your helmet is on your head and clipped up before taking your bike off the rack
- No bare torso
- On your return to transition do not unclip your helmet until you have racked your bike

Have a great and enjoyable race.

Regards,
Shayne Quinton,
Race Referee



Pre-race information

The Sparke Helmore Newcastle City Triathlon is now a triathlon extravaganza including 4 separate races that cater for novice to elite athletes. There is also a Sports Expo and exciting atmosphere, all staged on the Harbour in Newcastle, NSW, Australia.

Activities Sunday 26th Feb

Time	Activity	Description
5:00am	Race Office opens at Queens Wharf	Collection of Race Kits for Triathletes.
5:15am	Bike Compound opens for all competitors	Rack your bikes. This can be done up to 30 minutes before race start.
6:00am	Transition closes for Olympic distance	Make your way to race briefing
6:15am	Race Briefing	At swim start next to Queens Wharf Hotel
6:30am	Olympic Distance race waves start.	Don't be late – Deep water start
7:45am	Transition closes for Sprint Triathlon	Make your way to race briefing
8:00am	Sprint Race Briefing	At swim start next to Queens Wharf Hotel
8:15am	Sprint Starts in Waves	Don't be late – Deep water start
9:15am	Transition closes for Corporate/Enticer	Make your way to race briefing
9:30am	Corporate/Enticer Race Briefing	At swim start next to Queens Wharf Hotel
9:45am	Corporate/Enticer wave Start	Don't be late – Deep water start
12:30pm	Presentation	Place getter awards and random prize draws.
2:30pm	Live Music begins	Queens Wharf stage

Officials will be on hand at Registration to answer any specific questions you may have concerning the course, the rules and to assist you generally. Do not hesitate to raise any query no matter how trivial it may seem. Officials are on hand to help make your Triathlon experience as memorable as possible.

Wave starts

Event	Wave	Time	Type	Cap Colour
Olympic	1	6.30am	Male	Fluro Green
Olympic	2	6.32am	Females	Fluro Pink
Olympic	3	6.37am	Relays Team	White
Sprint	4	8.15am	Male	Yellow
Sprint	5	8.17am	Female	Powder Blue
Sprint	6	8.22am	Relay Teams	Purple
Corp/Enticer	7	9.45am	Relay Teams	Blue
Corp/Enticer	8	9.47am	Male	Fluro Green
Corp/Enticer	9	9.49am	Female	Fluro Orange

What is this stuff in the bag from rego?

Included in your bag you picked up from registration is a Timing Chip, Swim Cap, Bike and Helmet Sticker, Souvenir Race Shirt (if entered by Tuesday 12 Feb 2019).

Swim Cap

You **MUST** wear this cap for the swim start. The colour represents your wave and the cap makes it easier for our swim safety team to see you in the water. If you believe you have received the wrong colour cap, please see the registration desk.

Race bib number

This should be affixed to your **FRONT** for the **RUN ONLY** (you can choose to wear for cycle also but this is not mandatory). You can attach it to your shirt via safety pins supplied at registration, or use a race belt. This is also a great souvenir

Stickers

This will be on a sheet and each sticker is named for location. Helmet sticker should be attached to the front of your helmet, bike sticker should be attached to your seat post under your seat. The number must be visible from both sides. Bag sticker is to be attached to your check-in bag (if you choose to do so). Note you will need your race bib and matching bike sticker attached to bike to take bike out of transition

Timing chip

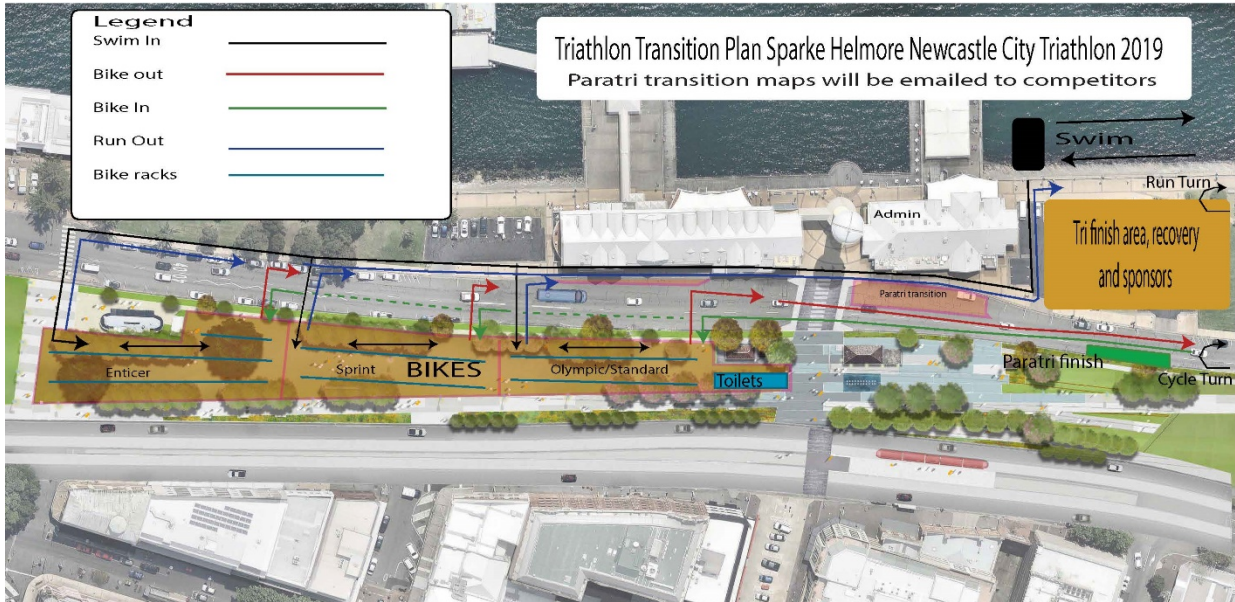
This is to be placed on your left ankle before swim start. The reason for left ankle is in the event it becomes loose, it will not get caught in your bike chain ring. If you wear it anywhere other than you ankle it may not register a time when crossing the timing mats (ie do not wear on wrist, or in pocket)

Event Shirt – you will only receive one of these if entered before 12th Feb



Race compound location

The race compound is located at Queen Wharf (off Wharf Road, Newcastle).



General information

Weather

The Newcastle area at this time of the year is usually very pleasant with air temperature varying from 15°C min. to 30°C maximum. It may be a little cool in the morning and warm clothing is advisable.

Bike mechanic on hand

A bike mechanic will be providing **EMERGENCY ONLY** mechanical repairs and spare parts on the day. Call at the Ted's Bike Shop and Merida Expo Stand in the expo for advice and for those last-minute tips or fine-tuning of your equipment. Spare parts must be purchased. We suggest you get your bike serviced before the event, NOT at the event.



Lost property

You should place some form of identification on all your personal gear/property for ease of identification if any is misplaced and handed in to officials. Please note that the race organisers take no responsibility for lost property. Property handed in to the officials will be available for collection in the afternoon at the registration tent.

Medical

Please ask for medical help if you have the slightest hint you may need it. There will be qualified Medics on stand-by at all times. Note also that if you are transported by ambulance you could be required to meet costs involved unless covered by an appropriate fund. Any aid given by race medical personnel on the course is permissible and will not lead to disqualification, excluding the swim section. If, however, you have any outside assistance you will be disqualified.

You will be withdrawn from the race only if you require transportation, IV fluids, or if medical personnel consider your continued participation presents a danger to the health or welfare of you or others.

Parking

Early Parking near Compound

If you and/or your supporters are travelling to the start by car, please note that Wharf Road and Shortland Esplanade will be a no parking zone and other parking around the eastern end of town will fill quickly. There are 2 under cover car parks less than 500 m from the compound. Bolton St Car Park and Argyle St Car Park. These are paid parking areas. We recommend that when arriving that you approach the race compound from the western end of Wharf Rd and follow the pedestrian directions along the Foreshore Park of Wharf Rd and Queens Wharf.

If otherwise parking in local streets, be aware of parking time limits and please be careful not to walk on road-ways and to respect the Sunday sleep in for local residents, by keeping noise to a minimum.

Please DO NOT park in driveways and 'No Parking Zones'.

Tow away zone

Note there will be a tow away zone in force along the entire bike course. If you park along the course you will be towed away and a release fee will apply to have your car returned to you.

Water / Aid stations

All events will have one drink station (every 2.5km) on each run lap and also at the finish area. There will be no CYCLE water/aid stations and we suggest the Olympic Distance competitors start the event with 2 full bottles. Medical personnel can be deployed onto the course at any time. On course aid station will contain water and Electrolyte, the finish compound will have water, Electrolyte and fruit

Portable toilets

Portable toilets will be located adjacent to the transition area. There are also public toilets and located at Queens Wharf pavilion just 100m from the race compound. Please ensure you use these facilities as required as anywhere else will lead to police action if caught, particularly in residential areas. There are public showers at Nobbys Beach for after the race.

Medical fitness/signed waiver

You are reminded of your acceptance of entry conditions, waiver release and indemnification. Please note this is a legal part of the form and affects your rights. You have attested your physical condition has been verified by a registered medical practitioner. If you have developed a medical condition since you registered to enter, this should be brought to attention and where appropriate a medical certificate produced.

Personal and lost property

Like most cities and towns in Australia, Newcastle has its criminal element. Please take extra care with your possessions. Lock cars and accommodation when unattended. Please place identification on all race equipment and apparel for easier I.D. with lost property.

Littering

Please **DO NOT** discard wrappers, etc. on the course. Please be USER FRIENDLY. Avoid discarding energy bar/gel wrappers and, where available, use garbage bins particularly on the run course. There is provision for disqualification of this practice.

Race specific information

Race rules

Triathlon Australia rules will be applied to the triathlon as well as other special Triathlon Australia and Newcastle City Triathlon rules as set out in this booklet at appropriate sections. Please refer to them if in any doubt on any aspect of the race. You will be able to discuss any questions/issues with Technical Officials check in on Saturday afternoon or Sunday morning.

Technical officials

There will be a Technical Delegate and Race Referee appointed by Triathlon Australia to administer ALL race rules for the entire race. It is expected that you be acquainted with these rules. Additional trained and accredited Technical Officials will cover the entire course from experienced competitors all the way through to the last competitors. An experienced Race Director is in charge on race safety and logistics. The race director is responsible for your safety during the race and has taken steps to make the race safe and enjoyable. Please assist by making the race safer, but showing courtesy to fellow competitors.

Race registration

(collection of race kits)

Location

This will take place from the event compound at Queens Wharf Hotel off Wharf Road, Newcastle:

- Saturday, 23 Feb 2019 - 10:00am to 4:00pm
- Sunday, 24 Feb 2019 - 5:00am to 9:00am

At Registration you will be required to produce some form of photo I.D. (drivers' license, T.A. license, etc.). Your e ticket is not sufficient. You must attend registration at least 45min before your race start.

Bikes are racked only on the day of event and each later race can access their bike compound/transition area while the previous race is underway. There will be 2 crossing points and we ask for patience.

Note: Bikes must be removed from transition no later than 12:30pm from the main compound. If your bike is not removed, H Event crew will move for you. We cannot guarantee all equipment will be placed with bikes. All events will start separately. The subsequent races starts will not begin until most bikes have returned to the bike course from the previous race. The estimated start times are as advertised but may vary due to conditions etc.

Waves have been allocated. If you need to change waves you must tell us. Please start in the correct wave or your time will not be correct and or we may DQ you if we feel it was intentional. See the wave start notice on site on race weekend, or in the booklet.

You will need to take additional care crossing any part of the course, in particular only cross at the designated crossing areas around Queens Wharf when instructed by marshals.

Only competitors will be permitted to enter the transition area race day.

Gear bags

There will be a designated secure bag area located behind registration. You will need to attach your bag sticker to your bag prior to check in.

You must show your bib to collect your bag. Teams will need access to your runner's bib to collect. If this causes any issues, please advise at registration.

Water temperature and use of wetsuits

Officials from Triathlon Australia will take a water temperature reading 1 hour prior to race start and this reading will be posted on the information board and announcements will be made. If the water temperature is below 14°C degrees, wetsuits are mandatory and if it is over 24°C degrees wetsuits are not permitted. Water temperature is usually in the vicinity of 19°C - 21°C degrees and wetsuit optional.

Timing band

The triathlon will be timed with the use of a Trident electronic chip attached to your ankle. Your responsibilities as a competitor include:

At race kit collection you will be issued with your Timing Band.

1. You must wear the Timing Band at all times while racing. The timing band with the chip must be attached to your left ankle before you check-in on Sunday morning for the swim. You must leave it on until you finish the entire racecourse (except for teams). It is a means of recording your finish times across the special timing mats located at the end of each leg of the race and turnaround check points. Teams will use the band as a baton and must pass it one at each check point.
2. At the completion of the race you will be required to remove the timing band and hand it to Officials prior to leaving the finish compound area. If you fail to start the swim on race morning, you are still responsible for returning the chip to race headquarters at the finish area.
3. As you have acknowledged on your entry contract, the timing chip and band is on loan and you are committed to returning the band intact with the chip to the triathlon organisation or pay a \$50.00 fee.

4. Do not lose or forget your chip on race day. Limited replacement chips will be available at swim registration but there is no guarantee that one will be supplied to you. You will thus remain responsible for the return of the original chip and any replacement chip or the cost of them. No chip = no result!
5. It is imperative that you return the timing band to the race dropout clerk at the finish line Race Headquarters should you withdraw from the race at any time. It is essential for us to know where you are on the course at all times for your safety and our ability to post accurate official results post-race.
6. Note the Race Clerk will monitor and collect timing bands from competitors who may be transported from the course direct to the Medical Recovery Area at the Finish Compound.
7. Note the timing system will reflect:
 - a. Swim time: will be time in water plus short run
 - b. T1 – is your transition from Swim to Cycle Leg
 - c. Bike Time: will be run to Transition 1 exit, and cycle time
 - d. T2 – is your time from Bike to Run Leg
 - e. Run Time: Transition 2 exit and run time to finish

Bike inspection

Officials will carry out a cursory inspection on your bike. You should ensure your bike, (as well as your helmet), is in safe working order before presenting it at check-in to avoid rejection. Bike inspectors may check for such things as:

- Front and rear brakes operable
- End plugs on handle bars
- At least one water bidden cage
- True wheels
- Tyres in reasonable condition
- Loose head sets
- Stripped cables
- Singles glued securely to rims

There will only be sufficient facilities for minor emergency repairs and/or purchasing of required minor parts, at the event expo. Trained personnel will only effect on-the-spot minor adjustments, if required. A mechanics fee may be charged for repairs.

Please note that the triathlon bike check-in is a safety precaution to monitor

basic soundness of your bike and is essentially a visual check on obvious defects. It is not a certification of roadworthiness by Triathlon N.S.W. Technical Officials or triathlon officials that your bike meets any specific minimum criteria or a guarantee it will not break down during the race. It is your sole responsibility to ensure the mechanical and safe operation of your bike prior to and during the race. Our 'sag' wagon has only limited access to the course and may not be able to pick up riders until after all races are completed.

Helmets

Immediately prior to bike check-in Triathlon Australia Technical Officials will carry out a visual inspection of your helmet. Your helmet, therefore, must be correctly fastened on your head at this time. This visual inspection, however, as with the bike inspection, is not a certification of roadworthiness or safety effectiveness.

Bike security

All bikes must have their bike number (supplied) placed on their bike prior to entry to transition. When collecting bike you must have your race bib with corresponding number in order to check bike out. No bib, no bike, no excuses.

If you are part of a team you must ensure you get your runners bib on completion of race. If the timing creates any issues, please inform Admin PRIOR to race start so appropriate plans can be made.

Race results

Subject to all competitors having been accounted for, and all timing bands returned, the final race results will be available shortly before the presentation. This should be within 1 hour of the final competitors crossing the line.

Results will be available on the H-Events website, visit:
www.HEvents.com.au/results/

PRE-RACE BRIEFING

Your pre-race briefing will take place on Race Morning before the start of your

race. All competitors (including all team members) will need to be in the race briefing area, which will be at the swim start for all events. . Please remember you may need to cross the race course to get to this area. Please only cross when instructed by marshals. Inherent in this briefing is an acknowledgment that you are familiar with Triathlon Australia Rules and the contents of this booklet. Any confusion or queries should be directed to the Race Director in the first instance before Race Day.

Knowledge of the course and rules is entirely your responsibility.

No pass zones

Due to narrow areas along Shortland Esplanade there may be a need to enforce no pass zones. We envisage that there will be 2 short sections, but this will be confirmed on race day (race briefing and maps).

The 2 areas may be:

- Nobbys Roundabout and approximately 100m either side
- Corner Watt St & Shortland Esplanade - Newcastle Police Station

There will be a Technical Official and a video at these locations to capture any non-compliance. Failure to abide by these rules will result in a DQ, no excuses.

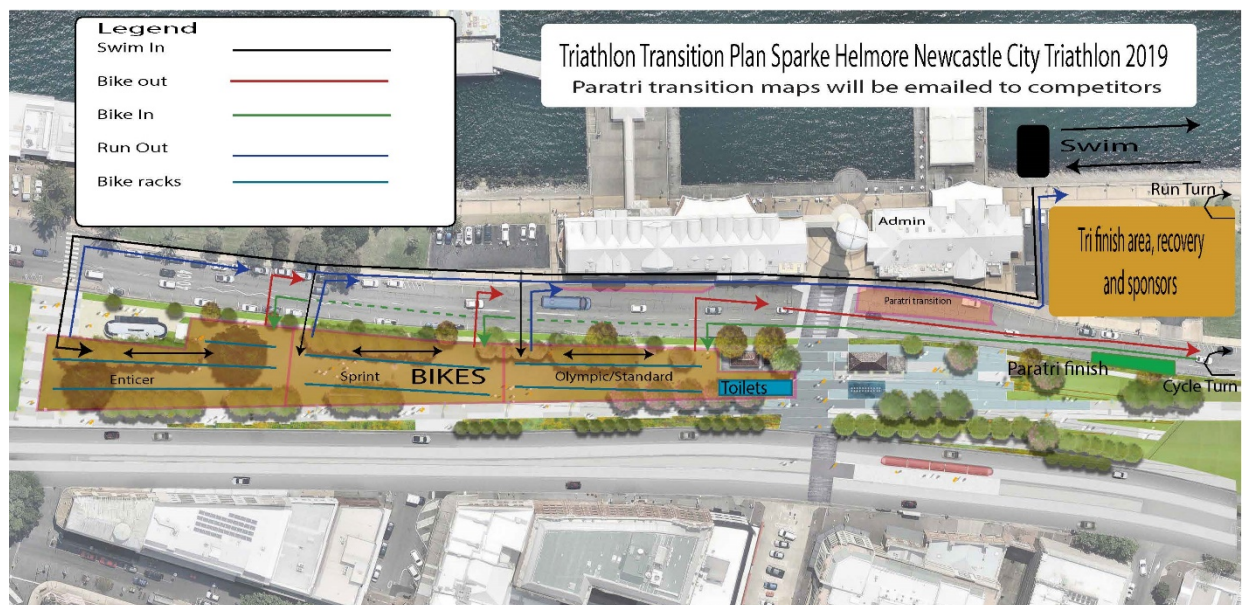
Course information

Teams

All teams will follow the same course for their respective events. The dedicated changeover area is at the bike for each competitor in the transition area. There you will be required to swap your timing chip over to the next member of your team. Please be respectful of other competitors by allowing sufficient room for all to change over freely.

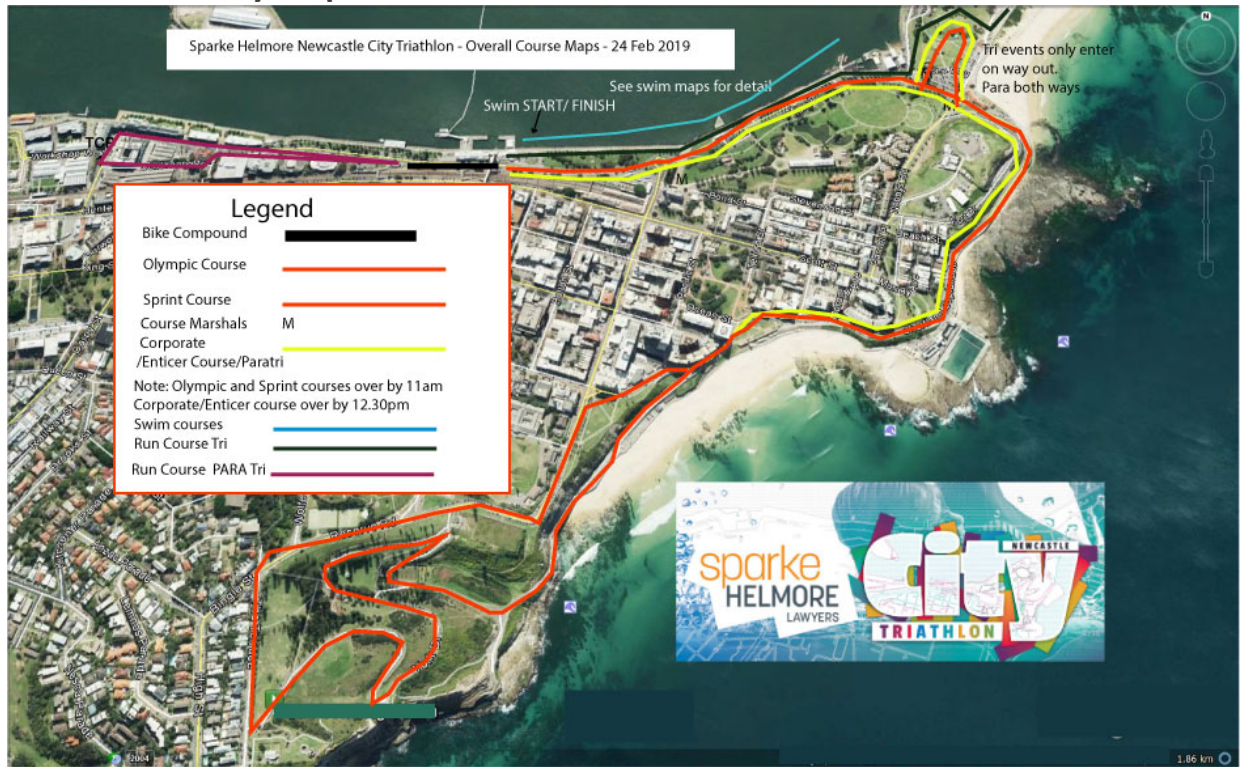
Remember the bike rider will need the runner's race bib to collect their bike after the race from transition. This is a security measure to ensure bikes are not stolen.

Transition



Olympic distance

Course summary map



Olympic distance – start 6:30am

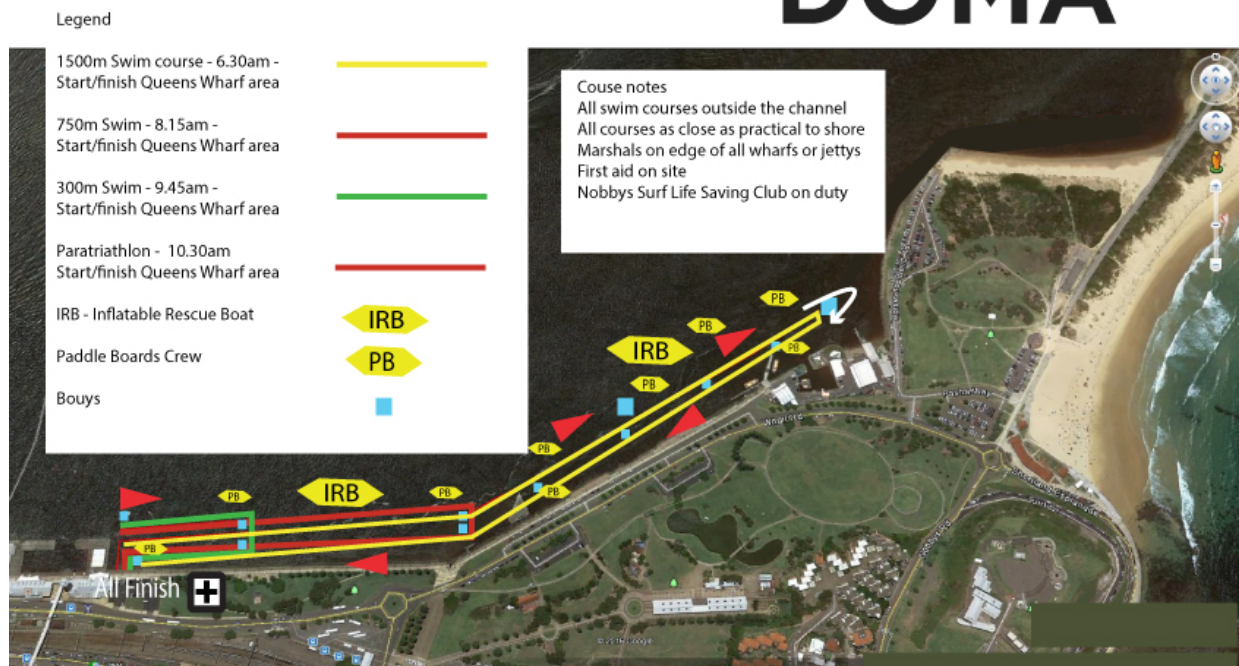
Doma Swim Leg - 1500m

The 1,500m Swim will be a deep water start, adjacent to the pontoon next to the Queens Wharf Brewery and swim along the foreshore, keeping left, to a turn point (near Pilot Station) and then swim back, again staying to the left of the harbour hugging the Foreshore towards Queens Wharf. You will exit onto the pontoon and run up a ramp. Start times may be slightly delayed due to ship movements. Note, the tide is low and there should be minimal flow either way.

On exiting the water, all swimmers must run approximately 150m to the transition area to collect their bike or tag their rider. Special consideration will be given to physically challenged participants.

Newcastle City Triathlon Swim Course Plan Newcastle Harbour

DOMA



GHD Cycle Leg - 37km (5 laps x 7.4km)

The course proceeds from the transition area, the course then rides towards Shortland Esplanade, then proceeds to Newcastle Beach, (note you must take care at the and traffic calming devices on Shortland Esplanade) following the road just past the Newcastle Surf Life Saving Club and up Shortland Esplanade turning left to go down towards South Newcastle Beach. Cyclists will then ride up and enter King Edward Park and return to Shortland Esplanade via The Terrace, Reserve Rd, Watt and Church St. (note you must take special care at the corner of Watt and Church St). The leg returns to Nobbys Beach roundabout, where you proceed west on Wharf Rd until just near Queens Wharf building and will do a U turn and return, where you complete the laps as required. Cyclists **MUST COMPLETE 5 LOOPS** in total for the Olympic Distance Event, and then return to the transition area. Bike exit and entry are separated for the entry and exit to the transition. The course is not easy but has some climbing per lap and is otherwise flat or downhill.



Mine Super Run Leg - 10km (4x 2.5km loops)

Olympic Distance Triathlon including Relay Teams complete 4 laps.

The run heads from transition and runs east the footpath of Wharf Rd and then around Camp Shortland towards the break-wall to a turn point. The run then returns to Nobbys and runs back towards Queens Wharf to a loop turn. After the 4 laps, runners run to the finish chute. This run course has plenty of room and will allow good flow of competitors.

See run course on Summary above.

Sprint distance – See Course summary above

Sprint Distance - Start 8:15am

Doma Swim Leg - 750m

The 750m Swim will be a deep water start, adjacent to the pontoon next to the Queens Wharf Brewery and swim along the foreshore, keeping left, to a turn point and then swim back, again staying to the left of the harbour hugging the Foreshore towards Queens Wharf. You will exit onto the pontoon and run up a ramp. Start times may be slightly delayed due to ship movements. Note the tide is coming in and will assist swimmers on the way back.

On exiting the water, all swimmers must run approximately 200m to the transition area to collect their bike or tag their rider. Special consideration will be given to physically challenged participants.

GHD CYCLE LEG – 22km (3 Laps x 7.4km)

The course proceeds from the transition area, the course then rides towards Shortland Esplanade, then proceeds to Newcastle Beach, (note you must take care at the and traffic calming devices on Shortland Esplanade) following the road just past the Newcastle Surf Life Saving Club and up Shortland Esplanade turning left to go down towards South Newcastle Beach. Cyclists will then ride up and enter King Edward Park and return to Shortland Esplanade via The Terrace, Reserve Rd, Watt and Church St. (note you must take special care at the corner of Watt and Church St). The leg returns to Nobbys Beach roundabout, where you proceed west on Wharf Rd until just near Queens Wharf building and will do a U turn and return. Cyclists **MUST COMPLETE 3 LOOPS** in total for the Sprint Distance Event, and then return to the transition area. Bike exit and entry are separated for the entry and exit to the transition. The course is not easy but has some climbing per lap and is otherwise flat or downhill.

MINE SUPER RUN LEG - 5km (2x 2.5km loops)

The run heads from transition and runs east the footpath of Wharf Rd and then around Camp Shortland towards the break-wall to a turn point. The run then returns to Nobbys and runs back towards Queens Wharf to a loop turn. After 2 laps, runners run to the finish chute. This run course has plenty of room and will allow good flow of competitors.

Corporate/Enticer See Course summary above

Triathlon - Start 9:45am

Doma Swim Leg - 300m

The 300m Swim will be a deep water start, adjacent to the pontoon next to the Queens Wharf Brewery and swim along the foreshore, keeping left, to a turn point, marked by ORANGE buoys, and then swim back, again staying to the left of the harbour hugging the Foreshore towards Queens Wharf. You will exit onto the pontoon and run up a ramp. Start times may be slightly delayed due to ship movements. Note the tide is coming in and will assist swimmers on the way back.

On exiting the water, all swimmers must run approximately 250m to the transition area to collect their bike or tag their rider. Special consideration will be given to physically challenged participants.

Ghd Cycle Leg - 13.8km (3 laps x 4.6km)

The cycle leg is a 3 loop course from Queens Wharf to Newcastle Beach including Wharf Rd. The course is very flat with only 1 small hill at Ocean baths. The course enters then the Super Cars hair pin and turns close to the south Newcastle access Rd.

Mine Super Run Leg - 2.5km (1 x 2.5km loop)

The run heads from transition and runs east the footpath of Wharf Rd and then around Camp Shortland towards the break-wall to a turn point. The run then returns to Nobbys and runs back towards Queens Wharf where the runners enter the finish chute. This run course has plenty of room and will allow good flow of competitors.

Official event charity

Since a shock bike accident in April 2017 from which she sustained serious injuries including spinal cord damage, Lauren Parker has faced and overcome numerous challenges. Amazingly, in the space of 12 months Lauren qualified for, then competed at the 2018 Gold Coast Commonwealth Games where she won the bronze medal in Paratriathlon.

Only to follow this up by winning a bronze medal at the 2018 ITU World Championships, also on the Gold Coast. Lauren is now focussed on becoming World Champion in 2019 and then qualifying for the 2020 Paralympics in Japan.

The 2019 racing season will kick off in Lauren's home town of Newcastle, at the Newcastle City Triathlon where the Oceania Paratriathlon Championships will be contested. Lauren had the honour of helping design the course and can't wait to compete in front of friends and family.

The 26th annual Sparke Helmore Newcastle City Triathlon, is held on Sunday 24 February 2019. The event will be staged from the Queens Wharf area on Newcastle Harbour, one of the most picturesque courses in Australia.

The event is supporting The Lauren Parker Foundation and is asking you to consider fundraising for the foundation to assist Lauren achieve her goals in Paratriathlon.

Any contributions will be greatly appreciated and will provide a big help to Lauren on her journey to become the best Paratriathlete in the world!



Spectator and supporter information

The Sparke Helmore Newcastle City Triathlon Festival offers great scenery for athletes and spectators alike. A few tips for spectators and supporters include:

- **DO NOT** assist your competitor in anyway, this may include assisting to change a flat tyre, offering drinks and or food (including gels etc), pacing or preventing other competitors to complete the course. This is considered “outside assistance”
- **DO NOT** cross any of the course at non designated crossing areas. There will be signposted and marshalled areas to cross
- **DO NOT** stand on the course. This includes roads and footpaths
- **DO NOT** park your car on course
- **ALWAYS** give positive support to your competitor and others racing
- **ENSURE** you are sun smart as it can be a long day supporting (slip, slop, slap and hydrate)
- **DO NOT** enter transition
- **DO NOT** cross or break any barriers – they are there for a reason
- There will be food and drinks available on the day
- **MOST IMPORTANTLY** enjoy your day and be inspired

Contingency Plan

This plan serves to outline the contingency to be effected in the event of matters outside the control of H Events, including:

- Severe weather conditions
- Emergency services request

A Contingency Committee will be established to consult, make decisions and manage the implementation of any contingency plan if required. The following individuals will sit on the committee:

- Race Director: Ja Davis
- Event Director: Paul Humphreys
- Technical Delegate: Dave Williams
- Race Referee: Shayne Quinton
- NSW Police: Sgt Michael Sheehan
- Traffic Management: Dan Power

The Contingency Committee will also consult with the coordinator of the Traffic Management Plan if required.

The Contingency Committee will meet 2 hours prior to race start to discuss any forecast, extreme weather patterns for Race Day and review plans in the event of cancelling or altering any component/s of the race if required. If the Committee's decision is to change the advertised event format this will be advised to competitors on the day this is taken i.e. Competitor Registration and race day announcements. Changes will also be posted on information boards within race compound. The Race Director is responsible for calling the meeting.

The Contingency Committee will ensure that they provide a duty of care to all athletes, staff, volunteers and spectators with the well-being of individuals being of the highest importance. Extreme weather may be defined as weather that threatens the immediate or long-term of individuals as a result of rain, lightning, wind or heat. The risk to individual well-being is determined in line with Sport Medicine Australia's Policy for Reducing Heat Injury in Sport and the forecasted conditions.

The Contingency Committee will make their decision should conditions such as, but not limited to, any of the following be either forecast or prevail:

- Extreme Temperature
- Extreme Weather Conditions

The Contingency Committee may consider implementing one or more of the following strategies if deemed necessary in the interests of competitor safety:

- Shorten the distance of one or more of the legs (Multi-sport event only)
- Start the event earlier or later
- Deletion of a leg to allow for a Duathlon or Aquathlon (Multi-sport event only)
- Cancel the event
- Modify the course to maintain the advertised distances
- Change the race start procedure to an alternate swim, bike or run. (Multi-sport event only)

The following information presents a number of scenarios that may be implemented should circumstances dictate.

Contingency swim course

The Contingency Committee may choose one of the following options:

- If the conditions are not considered life threatening, delay the scheduled event start for no more than 1 hour and reassess conditions at that time.
- If the conditions are not considered life threatening, the swim will be reduced as required.
- If the conditions are considered life threatening, cancel the swim and replace it with a run, thus turning the event into a Duathlon (Multi-sport event only)
- Where the decision is taken to either delay the event start or reduce the swim distance the Contingency Committee may elect to announce a revised cut-off time for any segment of the event.

Where the decision is taken to conduct a Duathlon the process will be:

- Allow all athletes access to transition to gather run gear
- Set up new run start
- Announce new wave start times (if required)
- Set first run course at a distance equal in time to expected swim times

Contingency bike course

If the bike course is deemed unsafe, the following measure may be put in place;

- Bike course may be shortened or altered
- Race start may be delayed

- Bike leg may be cancelled and event become and Aquathon (Multi-sport event only)
- Event may be cancelled (Multi-sport event only)

Contingency run course

If the run leg is deemed unsafe the following measures may be put in place;

- Run course may be shortened or altered
- Race start may be delayed
- Event may be cancelled (Multi-sport event only)

Timing

All races are electronically timed as and a result, are

subject to many potential issues including,

- Power failure
- Adverse weather conditions
- Equipment failure

In the event the electronic system fails to register chips, the following process will be implemented:

- Barriers (CCB, Cones, Flag tape etc) will be erected to reduce the width of the finish area immediately behind the finish line.
- All finishing competitors will be corralled into a finish compound behind the finish line.
- A camera will be set up behind the finish line to record all finishers event staff will be scribing numbers to cross reference with video capture.

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