



Stepahead Podiatry SuperSprint Triathlon & SunSmart Trystars Kids Triathlon

A Message from Rockingham Triathlon Club

Rockingham Triathlon Club are looking forward to welcoming all competitors and spectators to the 2022/23 Rockingham Triathlon Clubs Summer series of Triathlons

The Stepahead Podiatry Triathlon and Sunsmart Trystars Kids Triathlon takes place on the beautiful Rockingham foreshore and boasts one of the safest swims you will find in triathlon! The swim takes place in the crystal-clear, shallow, and flat waters of Rockingham beach, where you can stand at any point throughout the swim if you need to. The multi-lap bike courses have you biking up and down the flat and fast Rockingham Beach Road with the multi-laps allowing your supporters to give you a big cheer every time you go past! The run is also a multi-lap course which has you running along the foreshore footpath with ocean views and natural bush surrounds.

Rockingham Triathlon Club is pleased to be able to invite the wider triathlon community to come along and join our members for a chance to race. The RTC Triathlons are still at their basis club events. Our races are organised and run completely by volunteers, for this reason we please ask for your kindness and patience, and please don't forget to thank our wonderful volunteers throughout the course.

Rockingham Triathlon Club is an all-inclusive, family friendly club, so please also show consideration to your fellow competitors, especially on the bike course as not all of us have the same level of bike handling skills.

Once again, we can't wait to see you all down at the Rockingham Foreshore for what will be a fantastic, fun filled day!

Event Details

Event Location

The event area and transition will be located at the Alexander Street car park on Rockingham Beach road, Rockingham foreshore.

Date

Sunday 11th December 2022

Registration

Registration for all events is online only, please use the link below to EntryBoss to register for the triathlon. Entries close Friday 9th December.

<https://entryboss.cc/races/12082>

Kids Triathlon

The specific information for the Kids Triathlon is located on another tab of this website, please navigate to this for all required information for the kids' triathlons

Event Distances

Course	Start Time	Swim (laps)	Bike (laps)	Run (laps)
Enticer (min age: 12)	8:30am	150m (1)	10km (3)	1.5km (1)
Sprint Distance (min age: 14)	8:32am	300m (1)	15km (5)	3km (2)

We also have a **Duathlon option** available for those not keen on the swim

Course	Start Time	Run (laps)	Bike (laps)	Run (laps)
Duathlon (min age: 14)	8:30am	1.7km (1)	20km (6)	5km (3)

Event Fees

Category	RTC Members	Other clubs & Non-members
Enticer	\$15	\$35
SuperSprint Distance	\$15	\$35
Duathlon	\$15	\$35

Event Road Closures & Parking

Road closures for the RTC SuperSprint Distance Triathlon will be from 7am to 10:30am incorporating, Rockingham Beach Road from Wanliss St to Governor Rd

The event parking is available along Rockingham Beach Rd. Please note these parking spots will be subjected to the road closures between 7am-10:30am. An alternative is to park on the verge along the Rockingham beach road offshoot which is accessed via Alexander St. Please DO NOT park on private residence verges.

If you choose to park down one of the side streets please be considerate of the local residents, do not block any driveways, access ways, obstruct street traffic and/or park on someone's lawn. As the event has an early start please keep the noise to a minimum (at least until you get to the event site).

Key Event Times

6am	RTC Spring Triathlon Set-up - event area & course
6:45- & 7:15am	Race chip collection for Kids Triathlon
7am	Volunteer Briefing (for volunteers, volunteering during the race)
7am – 10:30am	Road closures
7:15am	Kids Triathlon briefing
7:30am*	Kids Triathlon start – multiple wave/distances, starts several minutes apart
7:15-8:00am	Adults race chip collection (Sprint, Enticer & Duathlon)
8:15am	Adults race briefing
8:30am*	Adults race start, in waves
10:00am	Bike course cut Off Time
~11am	Event Pack Away - event area & course

*Start times may change

Event Area



RTC SuperSprint Triathlon event area map including locations and transition area

Race Chip collection

Race chip collection will be from 6:45am – 7:15am for the kids race and 7:15am – 8am for Adults race. Race chip collection site will be located under the main shelter marked on the event area map.

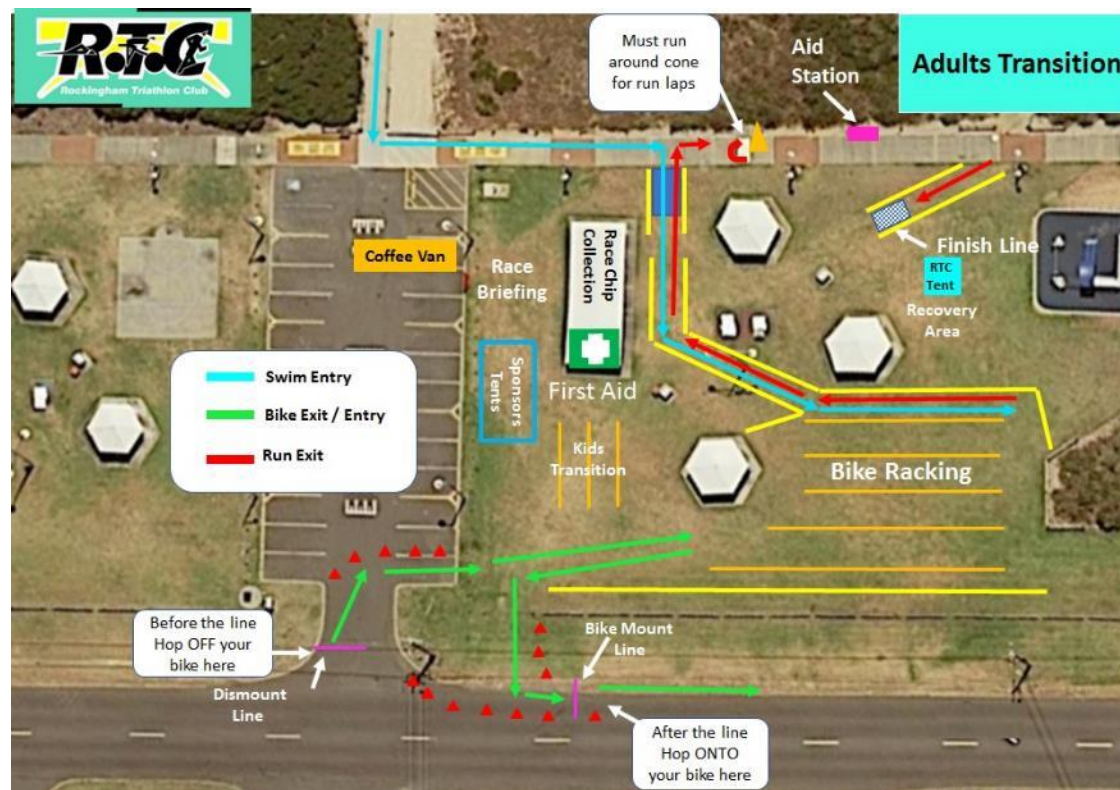
- Timing chip to be worn on your left ankle.

Volunteers

These races are completely organised and coordinated by volunteers, without volunteers we will not be able to have such fun races. If you are available to help out please let the Rockingham Triathlon club know be emailing the club on rockytri.enquiries@gmail.com or answer the call out for race helpers on Facebook prior to race day.

Transition Flow & Bike Racking

Adults Transition Area will be open from 7am – 8:15am. Competitors will flow through the transition as per the marked diagram below.



Bag Drop Area

Bag drop area is located near the First Aid area under the main shelter.

Hydration Stations

There will be one aid station on the run, located near transition. This aid station will supply water.

There will be no aid stations on the bike course.

Race Briefing

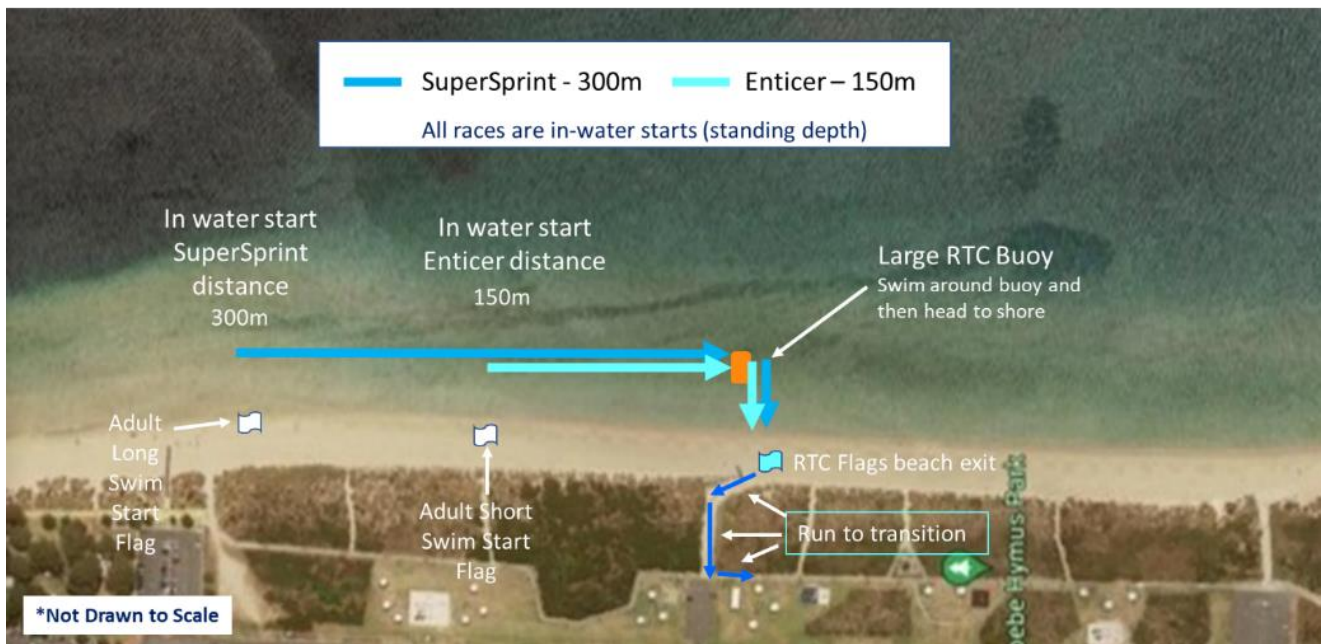
The race briefing will be held at 7:15am for the kids triathlon and 8:15am for adults (SuperSprint, Enticer and Duathlon). Race briefing will be located in between transition and the main shelter.

The RTC SuperSprint Triathlon is a Triathlon Australia sanctioned race, as such Triathlon Australia race rules apply.

Swim Course

The swim consists of an 'in water' start however competitors will be able to stand in the waist to chest deep water. Enticer distance competitors will start 150m up the beach and swim down to the near-shore large orange buoy, swim around the outside of the buoy and then head to the beach exit. SuperSprint distance competitors will start 300m up the beach and swim down to the near-shore large orange buoy, swim around the outside of the buoy and then head to the beach exit

SuperSprint Triathlon Swim Course



Swim rules will follow Triathlon Australia race rules, in addition:

- Swim caps are optional
- If the megaphone siren goes off, swim to the shore immediately.
- If in discomfort, stop, stand in the water and if needed, signal for assistance by raising your arm with a closed fist

Bike Course

The bike is a multi-lap course riding up and down a section of the Rockingham beach road with hair pin turns at either end. Enticer will be 3 laps and the Sprint distance 5 laps



Bike rules will follow Triathlon Australia race rules, in addition:

- Helmets must be fitted correctly and clipped on before removing your bike off the rack and on conclusion of the ride leg bikes must be placed back on the rack before unclipping and removing your helmet
- Please cross over the mount line before mounting your bike. Likewise, to dismount before crossing over the dismount line to conclude the bike leg.
- Stay left unless overtaking
- While road closures are in place, local residents may still use the road so please be mindful that cars can still appear on the course.
- **No drafting - 7 metre draft zone.**
- Headphones are not allowed.
- The instructions of traffic marshals must be followed at all times

Run Course

The run is an out and back course 1.5km long, with Enticer competitors completing 1 lap(1.5kms) and Sprint competitors completing 2 laps (3kms).

Run course rules will follow Triathlon Australia race rules, in addition:

- Please be mindful that the path on which the run leg will be held will remain open to the public during the duration of the triathlon

Finish & Recovery Area

At the completion of your run you will have to run down the finishing chute to the finish line (marked on event area map). Once you have run across the blue timing mat at the end of the finish chute you have completed your race!!

When you have finished please ensure you remove your timing chip and place it in the bucket provided.

The recovery area will have water and bananas. Please use this area to recover, if you are feeling unwell, please get the attention of one of the volunteers who will escort you to the First Aid station.

Race Dropouts

If for whatever reason you are unable to complete the race, please go to the finishing line and return your timing chip and let the Finish line attendant know that you have drop out of the race.

First Aid

A First Aid post will be set up under the main shelter of the event area as marked on the event area map.