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## **A Message from Rockingham Triathlon Club**

Rockingham Triathlon Club are looking forward to welcoming all competitors and spectators to the 2023 RTC Sprint Triathlon presented by WA Calibrations.

The RTC Sprint Triathlon is a sprint distance triathlon put on by the Rockingham Triathlon club at a low cost to competitors. We at RTC wanted a budget friendly sprint distance triathlon in our calendar that we could open to everyone! The race also includes the shorter Enticer distance, as well as a kid's triathlon which has 3 distances to choose from.

The RTC Sprint 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 Sprint Triathlon at its basis is still a club event. 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.

Rockingham Triathlon Club would like to acknowledge and say thank you for the continuing support of our race naming sponsor WA Calibrations. WA Calibrations are a family run business specialising in instrumentation repairs and calibrations throughout Western Australia.

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 19<sup>th</sup> March 2023

### Registration

Registration for all events is online only, please use the link below to EntryBoss to register for the triathlon. Entries close Friday 13<sup>th</sup> January

<https://entryboss.cc/races/12519>

### 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)	1.7km (1)
Sprint Distance (min age: 14)	8:32am	750m (1)	20km (6)	5km (3)

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
Juniors	Free	\$15
Enticer	\$15	\$35
Sprint Distance	\$25	\$55
Duathlon	\$20	\$40

## Event Road Closures & Parking

Road closures for the RTC Sprint Distance Triathlon will be from 7am to 10:30am incorporating, Rockingham Beach Road from Wanliss Street to Governor Road.

The event parking is available along Rockingham Beach Road. 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 Street.

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 Sprint 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* apart	Kids Triathlon start – multiple wave/distances, starts several minutes
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 Sprint 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.

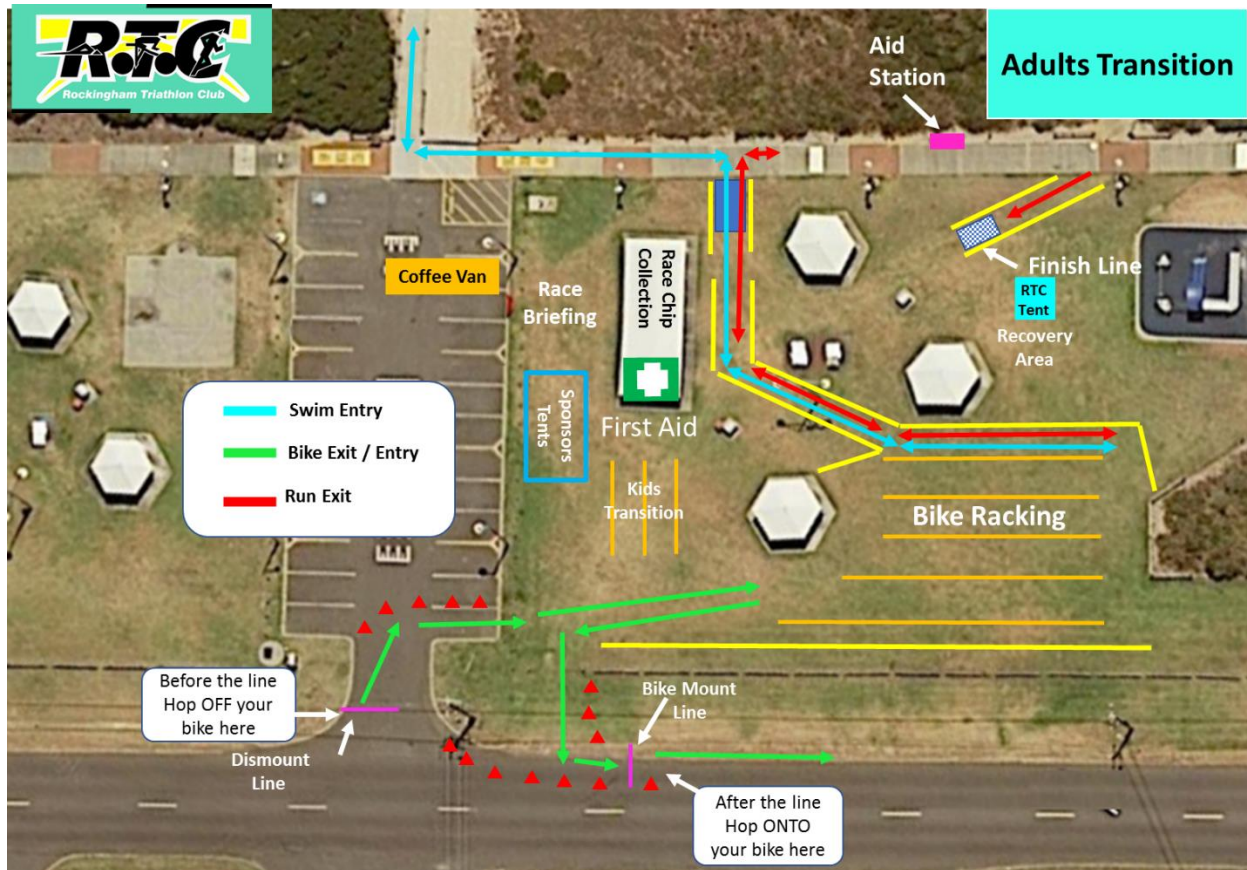
- Timing chip to be worn on your left ankle.

### 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 by emailing the club on [rockytri.enquiries@gmail.com](mailto: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. **Transition will open for bike collection (to leave) after the last competitor has finished their last bike leg. Competitors are not allowed to collect their bikes prior to this due to safety reasons.**



## 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 kid's triathlon and 8:15am for adults (Sprint, Enticer and Duathlon). Race briefing will be located in between transition and the main shelter.

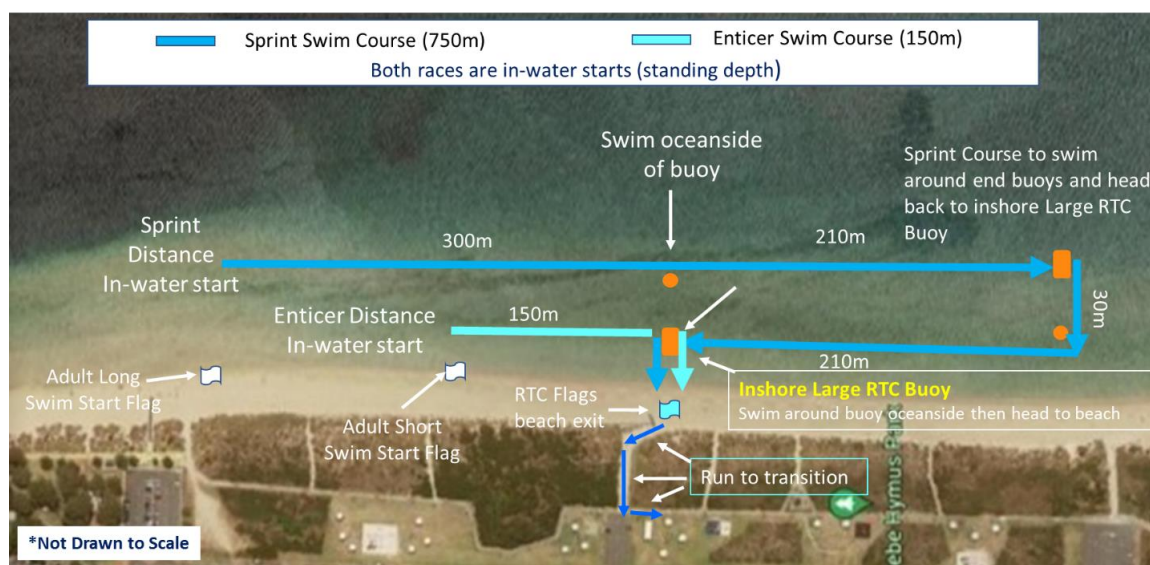
The RTC Sprint Triathlon is a Triathlon Australia sanctioned race, as such Triathlon Australia race rules apply.

## 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.

Sprint Distance competitors will start 300m up the beach and swim a total of 510m down to a large orange buoy, keeping to the outside of the buoys turn towards the beach and swim 30m to a small buoy. Turn at this small buoy then swim back up the beach 210m to the near-shore large orange buoy. Keeping this buoy on your left side swim around the large buoy and then head to the beach exit

Sprint 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 6 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 1.7km long, with Enticer competitors completing 1 lap(1.7kms) and Sprint competitors completing 3 laps.

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**

The finish line is when you have crossed over the blue timing mat at the completion of your last run lap. When you have finished promptly exit left off the footpath into the recovery area. 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 find the Race Director and let him know (will be based around recovery area) and return your timing chip.

## **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.