



# woodbridge & endeavour physiotherapy

## **Woodbridge & Endeavour Physiotherapy SuperMix Triathlon & 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 Woodbridge & Endeavour Physiotherapy SuperMix Triathlon is one of a deference!! In the fantastic SuperMix format you begin with a run leg, followed by a bike leg, then a swim leg, then another bike leg and then finish with a final run leg (run/bike/swim/bike/run).

The triathlon takes place on the beautiful Rockingham foreshore and boosts 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 runs 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 15<sup>th</sup> January 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/12520>

### 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

The SuperMix is a different format from the standard triathlon. Competitors begin with a run leg, followed by a bike leg, then a swim leg, then another bike leg and then finish with a final run leg.

Course	Start Time	Run (laps)	Bike (laps)	Swim (laps)	Bike (laps)	Run (laps)
Short Supermix (min age: 12)	8:30am	750m (1)	5km (2)	150m (1)	5km (2)	750m (1)
Long Supermix (min age: 13)	8:32am	1.5km (1)	7.5km (3)	300m (1)	7.5km (3)	1.5km (1)

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: 13)	8:30am	1.5km (1)	15km (5)	1.5km (1)

### Event Fees

Category	RTC Members	Other clubs & Non-members
Short SuperMix	\$15	\$35
Long SuperMix	\$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.

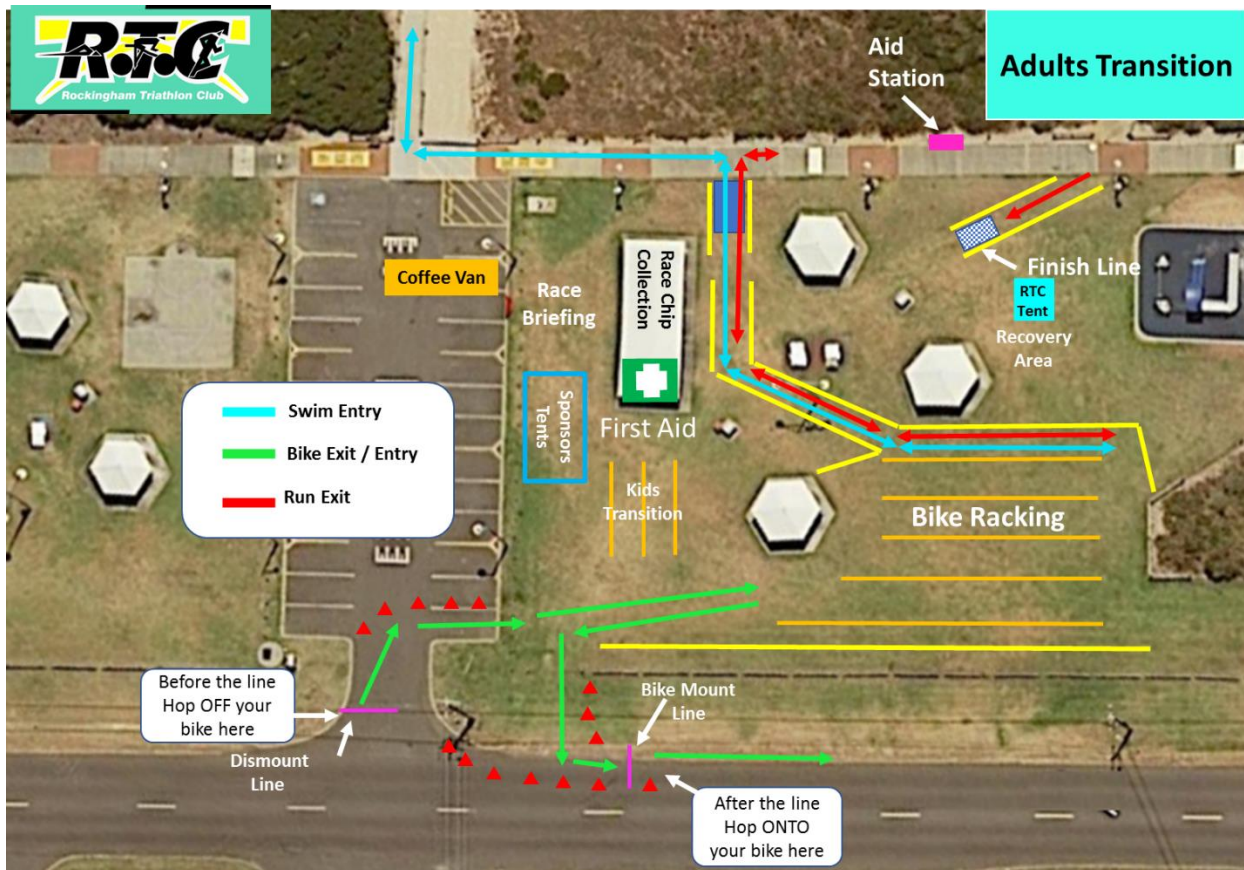
- Timing chip to be worn on your left ankle.

### 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](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 around 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.

## Run Course

The run is an out and back course along the Rockingham Foreshore footpath, 750m for the Short course and 1.5km long for the Long Course. The SuperMix starts with the run at the Event area on the footpath. Competitors complete 1 lap of their respected distance then enter transition for their bike

leg. Once competitors complete their other bike/swim/bike legs they will again complete the run out and back then finishing through the finishing chute at the event area.

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

## 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. Short Course will be 2 laps and the Long course 3 laps for each of the bike legs



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

## Swim Course

Coming off your first bike leg you will enter the swim. Entering to the left of the flags on the beach you will swim directly out to the large buoy, then swim around this buoy (buoy on your right) and swim down the beach. The course will then split.

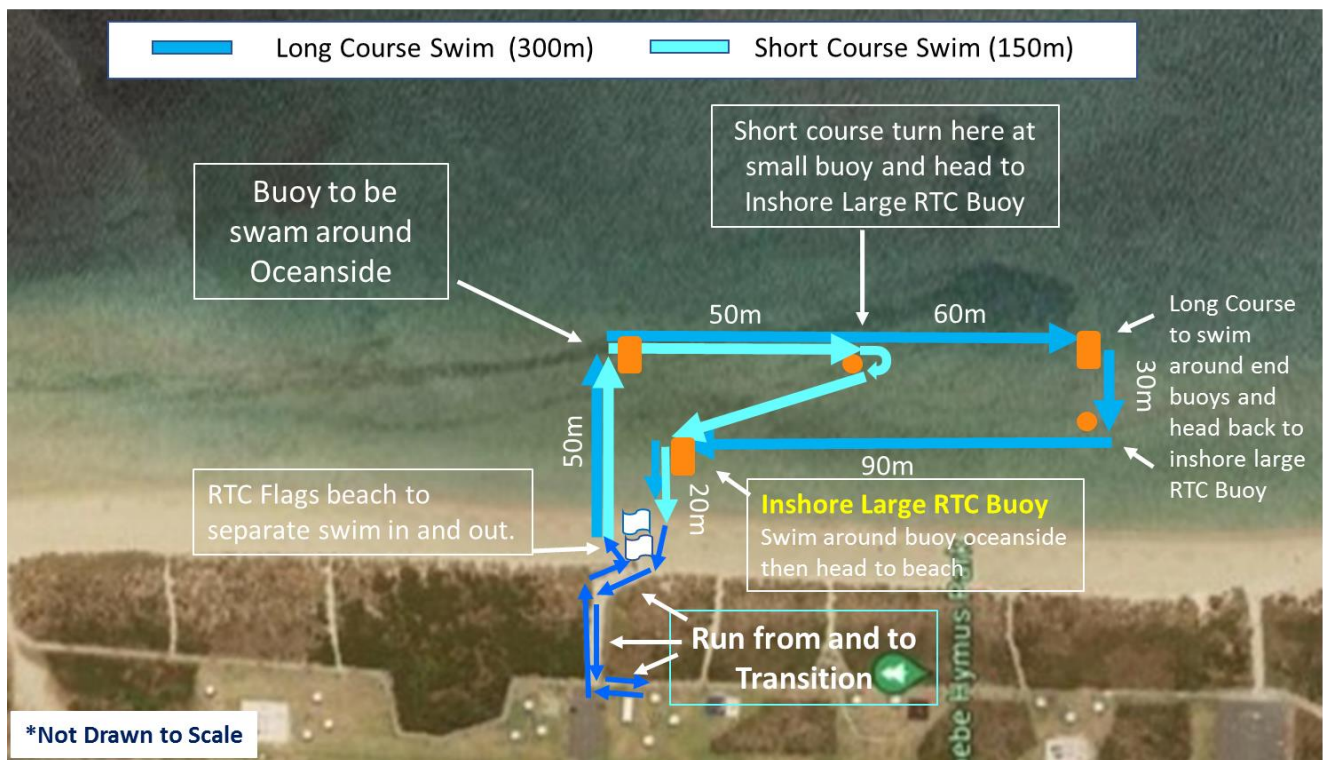
### Short course

Short course athletes will turn at the small buoy and head back on a diagonal to the inshore large buoy, swim around the buoy on the ocean side (buoy on your left). You will then swim directly to the beach, exit the water and head back to transition.

### Long course

Long course athletes will swim down to the large buoy at the end of the swim course, turn around the outside of this buoy (buoy on your right) and head towards the small buoy place 30m towards the beach. Swim around this small turning buoy (buoy on your right) and then swim back along the beach towards the large inshore buoy. Swim around the buoy on the ocean side (buoy to your left). You will then swim directly to the beach, exit the water and head back to transition.

SuperMix 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

## **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.

## **Results**

Results will be posted up on the RTC Facebook page, on our website and emailed to participants once they have been finalised