

# Rockingham Triathlon Club

## Kids Triathlon Series

### A Message from Rockingham Triathlon Club

Are your children interested in a new challenge? How about doing a triathlon?

The swim takes place in the crystal-clear, shallow, and flat waters of Rockingham beach, where the kids can stand at any point throughout the swim if they need to. The single to multi-lap bike courses have the kids biking up and down the flat and wide open Rockingham Beach Road which is closed to traffic (no cars). The multi-laps allowing the kids supporters to give them a big cheer every time they go past! The run is also a single to multi-lap course which has them running along the foreshore footpath. In all a perfect location for a young athlete to enjoy their first triathlon!

The Rockingham Triathlon Club does a series of 4 kid's triathlons throughout the triathlon season.

#### **15<sup>th</sup> December 2024**

RTC SuperSprint Triathlon & SunSmart Trystars Kids Triathlon

#### **5th January 2025**

RTC Supermix Triathlon & Kids Triathlon

#### **23rd February 2025**

RTC Enduro Triathlon & Kids Triathlon

#### **13th April 2025**

RTC Sprint Triathlon & Kids Triathlon

Rockingham Triathlon Club is an all-inclusive, family friendly club, who open our races up to anyone who would like to participate. You don't have to be a member to join in the fun of one of our kids' triathlons! We do however encourage those who wish to continue in their pursuit of triathlon to become a member and receive the added benefits.

## Event Details

### Event Location

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

### Registration

Registration for all events is online only, please use the links below to EntryBoss to register for the the kids triathlons.

#### 15<sup>th</sup> December 2024

RTC SuperSprint Triathlon & SunSmart Trystars Kids Triathlon

<https://entryboss.cc/races/21799>

#### 5th January 2025

RTC Supermix Triathlon & Kids Triathlon

<https://entryboss.cc/races/21800>

#### 23rd February 2025

RTC Enduro Triathlon & Kids Triathlon

<https://entryboss.cc/races/21801>

#### 13th April 2025

RTC Sprint Triathlon & Kids Triathlon

<https://entryboss.cc/races/21804>

## Event Distances & Age Requirements

| Course                                      | Start Time | Swim (laps) | Bike (laps) | Run (laps) |
|---|------------|-------------|-------------|------------|
| Participation Event<br>(5&6 year olds)      | 7:30am     | 25m (1)     | 500m (1)    | 500m (1)   |
| Junior Short Course<br>(7, 8 & 9 year olds) | 7:32am     | 50m (1)     | 1km (1)     | 500m (1)   |
| Junior Medium Course<br>(10 & 11 year olds) | 7:33am     | 100m (1)    | 3km (2)     | 1km (2)    |
| Junior Long Course<br>(12 - 15 year olds)   | 7:34am     | 150m (1)    | 6km (4)     | 1.5km (3)  |

## Event Fees

| Category | RTC Members | Other clubs & Non-members |
|----------|-------------|---------------------------|
| Juniors  | Free        | \$15                      |

## 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           | Triathlon Event 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  |
| 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. Please notify Race chip collection volunteers if the children don not wish to be timed in their race (they will not receive a timing chip but still need to be checked of as a race number) Chip collection site will be located under the main shelter marked on the event area map. Only the kids long course results will be ranked, all other race distances kids times will be reported alphabetically. Participation event is not timed.

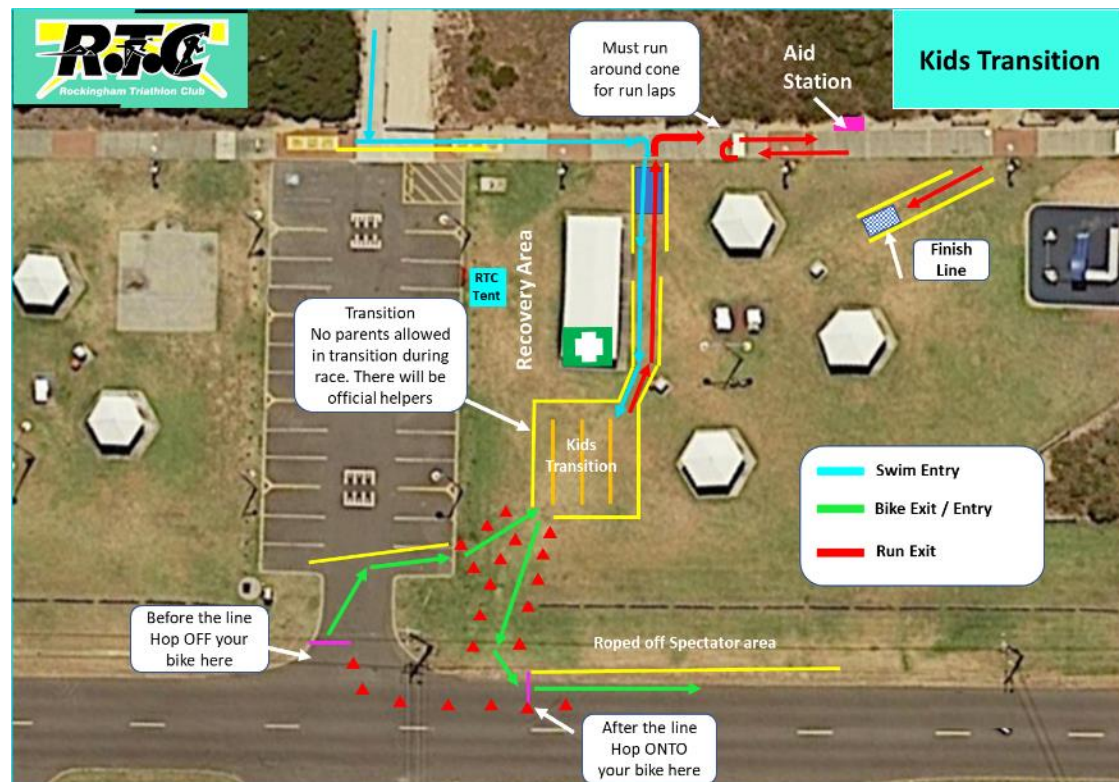
- Timing chip to be worn on left ankle.

### 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

Kids Transition will be open from 6 :30am – 7am. Kids will flow through the transition as per the diagram. Parents are NOT allowed in the transition area during the race. There will be designated volunteers there to help the children in transition. Bikes cannot be collected from transition until the last competitor has come off the bike course.



## 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

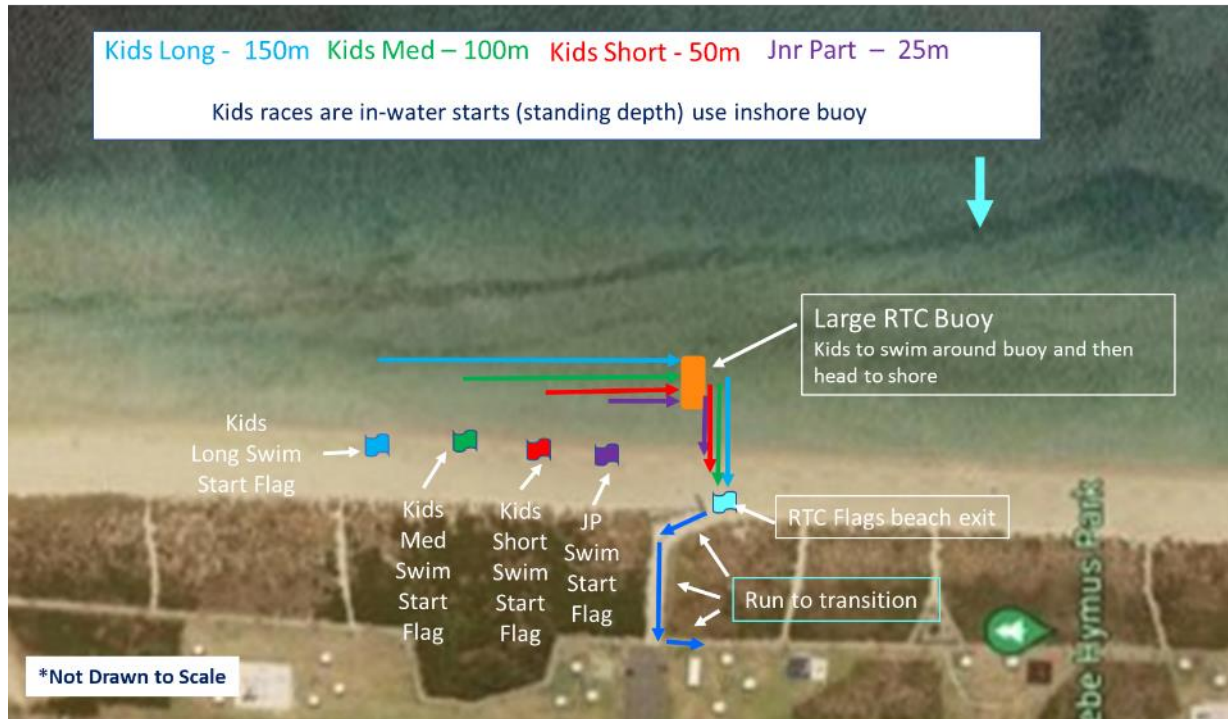
The race briefing will be held at 7:15am for the kids triathlon. Race briefing will be located in between transition and the main shelter.

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

## Swim Course

Competitors will walk up the beach to their start point (there will be a flag indicating each start point) The swim consists of an 'in water' start however competitors will be able to stand in the waist to chest deep water swim down to the near-shore large orange buoy, swim around the outside of the buoy and then head to the beach exit.

## Kids Triathlon Swim Course

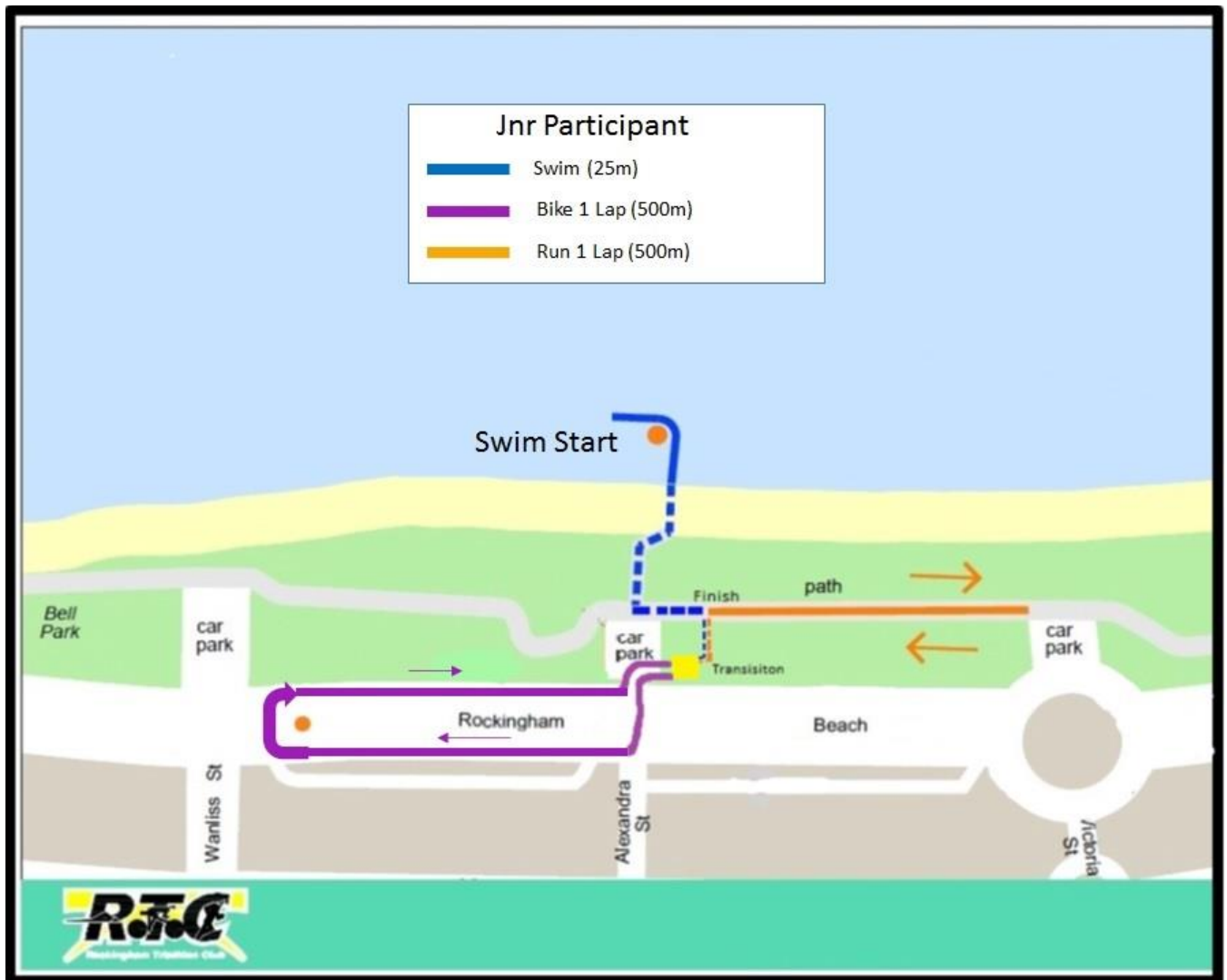
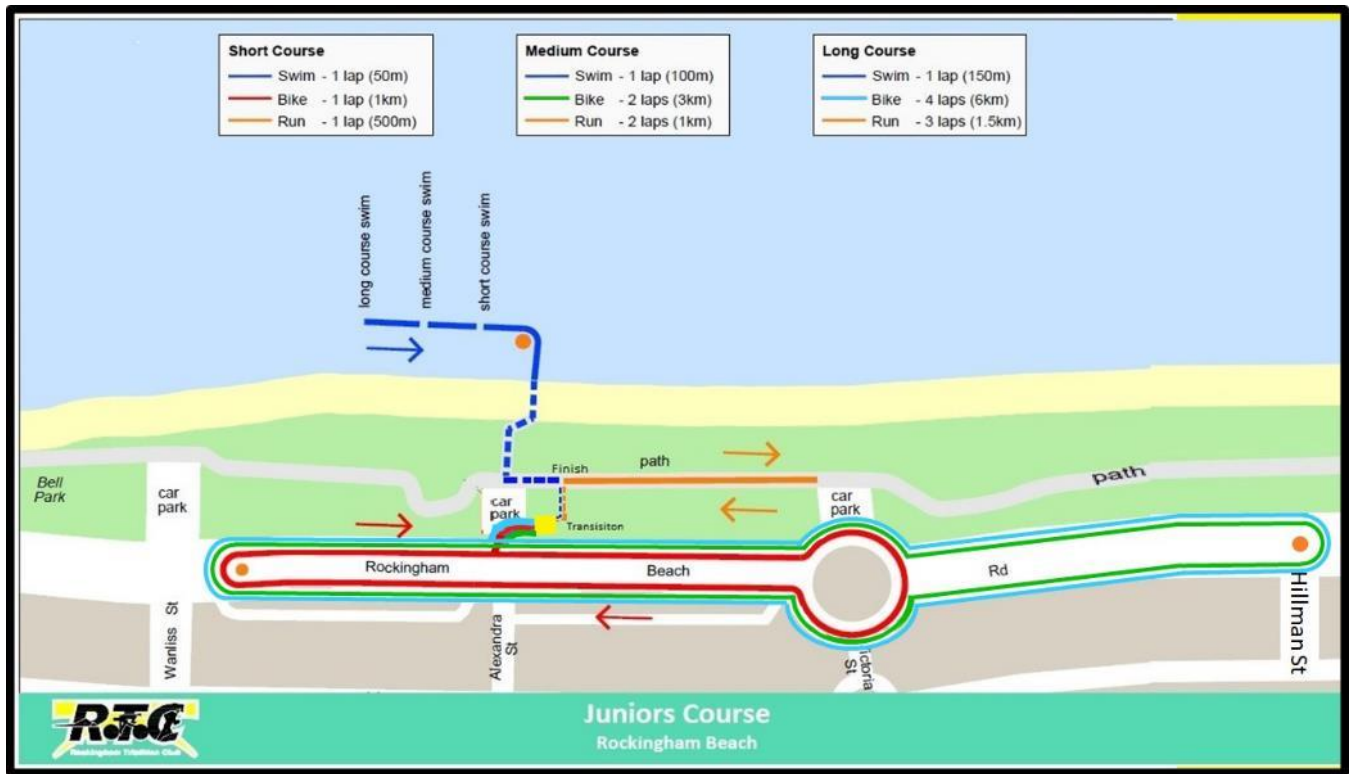


Swim rules will follow Triathlon Australia race rules, in addition:

- 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 single to multi-lap course riding up and down a section of the Rockingham beach road with hair pin turns at either end. Kids Short distance competitors will complete 1 lap turning around at the large roundabout, competitors doing the Medium (2 laps) and Long (4 laps) course will ride further down to a turnaround at Hillman street.



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.
- Torso (upper body) must be covered
- The instructions of traffic marshals must be followed at all times

## **Run Course**

The run is an out and back course 500m long, with Short course competitors completing 1 lap(500m) Medium course competitors completing 2 laps (1km) and Long course competitors completing 3 laps (1.5km). Lap turn arounds will be marked with traffic cones, the one near transition is shown on the transition area map.

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 who 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 kids 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 they 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.