



THE EVENT

Welcome to the 2006 Meningie Half Ironman Triathlon. The 2006 event is the third of its kind to be held in Meningie and once again the town and the Southern Vales Triathlon Club would like to welcome you. This year the Meningie Half Ironman Triathlon is race four of the Snap Printing Australian Half Ironman Triathlon Series. The race consists of a 1.9km swim, 90.1km cycle and a 21.1km run and there are 50 qualifying positions to the 2007 Panthers Australian Ironman Triathlon in Port Macquarie, NSW.

The Meningie Half Ironman Triathlon is held on the shores of Lake Albert and the surrounding area. The swim is a lapped course within the lake next to the transition area which is located in the Lions Park, on the main street of Meningie. The cycle is a two lap out and back course and is open and mostly flat. The run is three laps on an out and back course along the shore of Lake Albert and consists of an undulating surface.

The event is held on the weekend of Saturday October 21st & Sunday October 22nd. Saturday consists of registration and the pre-race dinner and a community event. Sunday consists of the 2006 Meningie Half Ironman Triathlon.

WHO CAN ENTER

Half Ironman: Individuals 18 years and older, and relay teams

Relay teams may consist of two or three members who all must be 18 years old and older.

HOW TO ENTER

This year entry to the event will be online. Please visit www.valestriathlonclub.org.au and follow the link to the Meningie Half Ironman Triathlon website. When filling in the form remember that the Open Category is for athletes competing for prize money, not age group prizes.

REGISTRATION

You must register on either Saturday afternoon or Sunday morning, at the registration tent between the designated times. **No registrations** will be permitted outside of these times. **No late entries** will be accepted under any circumstances. You will also **not be permitted** to switch from age group to open or vice versa under any circumstance.

Individuals

In your race pack you will receive the following:

- Security wrist band. This **must be worn** from that time on in order to access the pre-race dinner and transition (**no wrist band no access**). It is not to be removed until you have received your Ironman spot (if applicable) and your belongings, including bike are clear from transition at conclusion of event.
- Timing Chip. This must be attached to your left ankle to gain access to transition on Sunday morning. It is not to be removed until the conclusion of event, as detailed below.
- Race number. This will include a number for your helmet and bike. The helmet # must be placed on the right hand side of your helmet and the bike # on the head steam or tri bar.
- Your race pack will also include 1 towel, 1 pair of socks and 1 pre-race dinner ticket

Teams

In your race pack you will receive the following:

- Security wrist bands. They **must be worn** from that time on in order to access the pre-race dinner and transition (**no wrist band no access**). It is not to be removed until your belongings, including bike are clear from transition at conclusion of event
- Timing Chip. This must be attached to the left ankle of the swimmer and changed over to the cyclists left ankle in transition beside their cycle. When the cycle leg has been completed the timing chip is changed over to the runners left ankle when the cyclist has racked his/her bike.
- Race number. This will include a number for your helmet and bike. The helmet # must be placed on the right hand side of your helmet and the bike # on the head steam or tri bar.
- Your team race pack will also include 1 towel & 2 pairs of socks. Each team member will receive a pre-race dinner ticket.

- Teams will have their own bicycle rack and must stay close to that rack at all times whilst waiting for their team members to complete their leg of the race. Please keep well clear of all other athletes and officials.

RACE NUMBERS

Race Numbers: Must be visible at all times during the event. Numbers must not be altered in any way and **MUST** be displayed on **UPPER CLOTHING**. If pinning to the clothing, it must be pinned to the front.

Race Belts: If you decide to use a race belt, it is essential to note that the rule is the number must be displayed at the back (bike) and front (run), ie the race belt must not be moved so as to cause the race number to be displayed on the hip. This practice may lead to disqualification. It is common for race numbers to become detached from race belt toggles. You should ensure therefore that the number is firmly secured. Pinned numbers may also be a problem in this regard especially if worn during the swim.

Helmet Numbers: All competitors will be required to place a race number on the right hand side of their helmet. These numbers will be included in the competitor race pack. Numbers must also be on the head stem or tri bars of the bike at all times during the event.

AWARDS / PRIZES

Open Category:

A trophy will be awarded to the first three (3) Open Males and Open Females and prize money will be awarded to the first five (5) Open Males and Open Females. Prize money will be \$1000, \$500, \$400, \$300 and \$200 respectively inclusive of monies from Triathlon SA). The 10% finishing time rule will apply for all prize monies.

Age Groupers:

The first male and female finisher in each five year age group will receive a Medallion

Teams:

Medallions will be awarded to the first team in each category.

Fastest Splits:

Fastest male and female individual split times in each of the legs will receive prizes.

SA Long Course Championship:

The State Long Course Championship is a separate award to the overall award and is open only to Triathlon SA members who are residents of SA, or

non-residents who are members of SA affiliated clubs.

EVENT TIMETABLE

Saturday October 21st

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|--------|---|
| 3.30pm | Registration, Lions Park |
| 6.00pm | Registration closes |
| 7.00pm | Pre-race dinner (Cheese Factory Restaurant) |

Sunday October 22nd

| | |
|-------------|---------------------------|
| 5.30am | Transition opens |
| 5:30-6:30am | Registration, Lions Park. |
| 6:45am | Race Briefing |
| 7:15am | Half Ironman Start |
| 2.15pm | Half Ironman Closed |
| 3.00pm | Presentations |
| 3.30pm | Ironman spots awarded |

GENERAL INFORMATION

Age:

Age for the Meningie Half Ironman Triathlon is taken as of midnight on the 30th of December 2006.

Weather:

We can expect a mild day with temperatures around 20-24 degrees. Water Temp will be 18-22 degrees.

Bike Mechanic:

A bike mechanic will be available Sunday during the race.

Ironman Qualification:

50 qualifying positions will be awarded for the 2007 Panthers Australian Ironman Triathlon in Port Macquarie. These will be divided between males and females in proportion to entries in the event, and will be calculated according to the number of entrants in each age group. Each age group is awarded a minimum of 1 qualifying spot. The youngest category for Ironman qualification is 18-24 and age groups go up by 5 year increments from 25 up.

Transition:

Transition is situated in the Lions Park in the Main Street of Meningie.

Swim Leg (2 laps):

Is held in Lake Albert. It consists of 2 laps and the water is between 1.2mtrs to 2mtrs deep.

All competitors start at the same time at 7.15am. Water will be waist deep at the race start line.

The expected water temperature for race day will be posted on the Saturday afternoon before the race in the registration tent and an updated temperature will be posted one hour before the race.

Cycle Leg (2 laps):

You will travel along the Princess Hwy for about 0.5 kms and make a right hand turn into Narrung Road. You stay on Narrung Rd for 22kms before doing a “U” turn and returning to Meningie. You then complete another lap before returning to Transition. **Princess Hwy is partially closed. All other roads are open to normal traffic.**

Run Leg (3 laps):

On leaving transition you turn right and run along the side of Lake Albert for 3.5kms before doing a “U” turn and running back to Meningie. You complete this 3 times before running down the finish chute

Aid Stations:

Cycle Leg: Aid stations will be at the 22.5km, 45km & 67.5km mark. A bidden will be supplied. You should supply at least 1 bidden of your own in addition. **No** Special needs aid station will be provided.

Run Leg: Aid stations will be approx 1.5kms apart. They are all 2 way. You are required to keep to the left in both directions to avoid collisions.

Toilets:

Portable toilets will be available close to transition and at the turn around point on the run leg.

After race:

Post race refreshments will be available to all Half Ironman competitors.

Presentation:

All competitors present at the presentations will be eligible for the numerous random draw prizes.

Ironman positions presentation:

This will take place at conclusion of the presentation ceremony. You must be present to receive you position. A roll down will be undertaken during this presentation if applicable.

Masseurs:

Will be in attendance on Saturday at Registration and from 11.00am on Sunday morning.

Personal property:

Please place some form of identification on all your personal gear/property for

ease of identifying lost property. Please note that the race organizers, officials, volunteers, IMG, TriSA, TA and the Southern Vales Triathlon Club take no responsibility for lost, stolen or damaged property.

Medical:

An Intensive Care Paramedic (with appropriate vehicle and equipment) will be on site, as well as St John volunteer first aid personal. Meningie also has a well equipped hospital and volunteer emergency ambulance service.

Please ask for medical help if you have even the slightest hint you may need it. Please note that if you are transported by ambulance, you may be required to meet the costs involved which will be billed from that particular provider.

Any aid given by race medical personnel is permissible and will not lead to disqualification.

During the swim there will be an inflatable rescue boat (IRB) as well as surf life savers on rescue boards. There will also be a lead out board paddler.

If a competitor requires assistance, please raise your hand/arm to alert the water cover personnel who will come to your aid.

Medical / fitness waiver:

As a competitor, you have accepted the “Conditions of Entry” and “Event Waiver”. Please note this is a legal part of the form and affects your rights and it is important that you are aware and understand all sections. As part of your entry, you have attested that your physical condition has been verified by a registered medical practitioner. If you have developed a medical condition since you registered to enter the event, please notify the race organizers.

Outside assistance:

A competitor will be disqualified if they accept any form of outside assistance from spectators whilst competing in the event. Please warn your coach, family and friends that any form of contact, including following you along any part of the Course, passing you drinks/ food etc will result in immediate disqualification from the Race. There are sufficient viewing areas on the swim, bike and run legs for your family, friends, coaches and supporters to see you during the race. **Do not allow them to automatically disqualify you by being on the Course with you.**

Illegal items:

You cannot accept items from anyone other than volunteers at aid stations or

medical officials. Triathlon Australia rules dictate that you cannot use a mobile phone or wear a headset (portable radio or CD player, etc) whilst competing.

TIMING

Timing bands:

The Meningie Half Ironman Triathlon will be timed by an electronic timing system and involves the use of an electronic chip encased in a neoprene ankle band. Your responsibilities as a competitor include:

- When you register you will be issued with your timing band.
- You must wear the timing band at all times while racing.
- The timing band must be attached to your **left ankle** on race morning for the swim.
- You must leave it on until you finish the entire race course.
- It is a means of recording your finish times across the special timing mats located at the end of each leg of the race.
- 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 do not finish the race you are responsible for returning the timing band to the timing officials at the finish area.
- The timing chip and band is to be returned intact to the timing officials at the completion of the race or a penalty of AUD\$50.00 may apply.
- **Do not lose or forget your timing band on race day.** There will be a limited number of replacement bands, which will only be given to the competitor after a \$50.00 bond is paid.
- You will remain responsible for the return of the original band and any replacement band or the cost of them. The bond will be returned once the race officials have received the original band and the replacement band. Notwithstanding the payment of any replacement, failure to return the band/s will lead to prevention of future participation in Southern Vales Triathlon Club events.
- **It is imperative that you return the timing band to the officials at the finish line 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.
- Should you lose your timing band during any leg of the race, you should alert a timing official at the finish of that

particular leg. The timing official will endeavour to arrange a replacement band.

Manual timing:

The events will be manually timed as a backup (finish times only). Please ensure race numbers are on the front at the finish line. If the manual timer can't see the race number because it isn't displayed on the front, the competitor will NOT receive a backup time.

Race Results:

Race results will be made available on the Meningie website: www.valestriathlonclub.org.au within a few days. There are occasions where the results are posted on the Sunday evening; however we are unable to guarantee this.

RACE DAY

Transition area:

The transition area is a restricted compound and entry is only permitted through the designated entry/exit point/gate. Entry is only allowed to competitors and appropriate officials and the wrist band must be worn to gain entry. Under no circumstances are spectators or non competitors or officials without appropriate authorisation allowed in the transition area. Therefore in order to gain entry you must have registered and be wearing your wrist band.

Competitors must meet these requirements to gain entry:

- Must be registered
- Have your Body markings (Race numbers on your right arm and leg)
- Have your coloured wrist band on
- Have your timing chip attached to your left ankle
- Have your bike # on your bike
- Have your helmet # on the right hand side of your helmet

You should arrive at transition with your bike in safe working order and your helmet secured on your head.

Once you have racked your bike in transition it cannot be removed until the race has started. There is no exception to this rule.

Therefore all warm up/preparation (for the bike) must be undertaken prior to gaining entry to transition

If you require the mechanic, please do this prior to gaining access or ask for their assistance in the transition area.

Visual bike check:

Triathlon Australia Technical Officials will carry out a visual inspection of your bike when you check into transition on race morning. It is essentially a visual check on obvious defects. It is not a certification of roadworthiness by Triathlon Australia Technical Officials or race 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.

Helmets:

Triathlon Australia Technical Officials will carry out a visual inspection of your helmet when you check your bike into transition. Your helmet must be correctly fastened on your head at the time of inspection. This visual inspection, however, as with the bike inspection, is not a certification of roadworthiness.

Body markings:

Competitors need to ensure they have a race volunteer mark their race number on the right arm and right leg. A category letter will be marked on the right calf. This letter will be written on the front of the competitor race pack.

Transitions procedures - swim to bike & bike to run:

- You must not take your bike from the rack until you have your helmet securely fastened to your head.
- You must then walk/run your bike to the mount line.
- When you reach the Bike Finish chute, you will dismount at the line and proceed with your bike to the bike compound for racking.
- Your helmet must remain securely fastened to your head until you have racked your bike.

Team member change over & information:

- All change overs must occur at the place the team bike is racked.
- Once the swimmer has returned to transition, they must move to where the cyclist has racked the bike.
- At this point the swimmer must remove the timing chip & the cyclist must secure it to their **left ankle** before the bike is moved from the rack.
- The change over from cyclist to runner must occur after the bike has been racked.
- The runner must secure it to their **left ankle** before leaving the transition area.

- Race Numbers – The cyclist needs to wear the helmet number on the right hand side of their helmet & the runner needs to wear the race number on the front of their clothing.

Failure to follow these instructions could result in disqualification.

RACE RULES**TA Race Rules**

- Triathlon Australia race rules will apply, copies of which will be on display at registration and on race day.
- Swimmers must wear the swim caps provided
- Approved helmets must be worn during the cycle leg
- A following cyclist must be at least 7 metres from any cycles in front, or be in the process of passing
- Competitors must walk their cycles in the transition area
- Race numbers must be clearly visible during the cycle and run.
- Non compliance with police instructions or road rules will not be tolerated. Draft officials will be on the course.

Technical officials:

There will be a Race Referee and Technical Officials appointed by Triathlon Australia to administer **ALL** race rules for the entire race. All competitors are expected to be familiar with Triathlon Australia rules. Trained and accredited Technical Officials will cover the entire course and be present on the bike course as pillion passengers on the back of motorcycles (draft officials).

Triathlon Australia rule infringements:

Technical Officials will be conveyed on motorcycles on the bike course to ensure all race rules are observed. The Technical Official will advise the competitor of the reason for any infringement issued. It is the competitor's responsibility to ensure what the infringement is for and what the nature of the penalty is. Infringements are not limited to the cycle leg. Infringements also include, but are not limited to, cutting any part of the course short, false start, inappropriate behaviour and unsportsmanlike conduct.

Penalty Cards:

If you receive a penalty card (yellow or red) for any infringement, you must follow the directions of the Technical Official as you will be required to proceed to the

penalty box located near the transition area to serve a **five (5) minute** time penalty.

Two infringements for either drafting and/or blocking is automatic disqualification with no right of appeal.

Infringements - other than blocking or drafting:

For these infringements (involving either a yellow or red card), you may be required to carry out a stop/start penalty with the Technical Official on the course as near as possible to the point of the infringement. At all times you must follow the directions of the Technical Official as he/she, in conjunction with their motorcycle rider, will select a safe position off the course for you to carry out the stop/start penalty.

If you receive a red card you can continue to finish the race but, must report to the Race Referee after the race.

Penalty Box:

The penalty box will be sign posted. It will be located near the finish of the bike course near the transition area. The penalty box is part of the bike course so you must remain in your full cycle clothing including helmet on head and securely fastened, while serving the time penalty. You must remain standing and hold your bike upright at all times. You can consume food and drink carried on your bike. Accepting food or drink from a third party is outside assistance and will result in disqualification. You can go to the toilet whilst in the Penalty box but on your return your 5 minute time penalty will re-start.

FURTHER RACE INFORMATION

Further Information:

Further information is available on the Meningie website: www.valestriathlonclub.org.au of which is updated regularly. Alternatively contact the race director, David Wilkinson
Phone: 08 8387 1145 or 0400 105 069
Email: wilkofamily@aapt.net.au



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