

EMBASSY.

CYCLING

Time Trial

Athlete Information Guide



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Schedule of events

Time	Event
5:45am	Registration opens
6:15am	Race start - first competitor
7:10am	Registration closes
7:15am	Race start - last competitor
8:00am	Race finishes
8:15am	Prize giving
	Results following the race

A message from our race director

Welcome to the Embassy Cycling Time Trial hosted by Balmoral Triathlon Club.

Our team is committed to providing a high quality, safe, fun and fair race and ask that you remain respectful of volunteers, fellow competitors and spectators throughout the race.

Please make sure you read the athlete's information guide and know the course.

There is no briefing prior to the start of the time trial but our friendly team is available if you are unsure of anything.

Thanks and enjoy your race.

David Fell
Balmoral Triathlon Club
Race Director

Register for the event

Enter using the link:

[REGISTER HERE](#)

The entry fee for a members of AusTriathlon is \$50.

Non-members of AusTriathlon are welcome but will need to opt for the one-day license ticket of \$60. This gives participants AusTriathlon accident and public liability insurance.

Prior to the race

Registration will close on the evening of Friday Nov 17th . Competitors will be emailed an approximate start time on Saturday Nov 18th.

Ensure you are familiar with the course and understand the rules. We ask that you aim to arrive at the registration desk 15 minutes prior to your allocated start time.

Arriving at the event

You enter the Sydney Motorsport Park circuit at Gate 1, at the end of Brabham Drive.



This is marked 1 on the site map. You gain immediate access to the free car park. Please report to the registration desk, marked 2, after you have parked your car. Toilets and running water are available at the edge of the car park, marked 3.

The registration team will check your details and provide you with a numbered timing chip. This timing chip will be a velcro strap that you attach to your left ankle. On completion of your time trial you MUST return this timing chip..

To warm up we recommend that you bring a stationary trainer and warm up underneath the grandstand. Balmoral Triathlon Club will provide a limited number of trainers for this purpose. Competitors will not be able to access the track for warm up prior to the time trial.

Aid stations are not provided during the race and competitors are required to be self sufficient. It is recommended that all competitors carry at least one bidon with them on the course.

Medical

You are reminded of your acceptance of entry conditions, waiver release and indemnification. Please note this is a legal part of the form and affects your rights. You have attested your physical condition to participate in this event. If you have developed a medical condition since you registered to enter, this should be brought to attention and where deemed appropriate, by the Race Director, a medical certificate produced.

If you have any specific medical conditions or are taking any specific medication, please notify race officials during registration.

During the race, ask a race official for medical help if you have the slightest hint that it may be required. Any first aid given by race personnel on the course is permissible and will not lead to disqualification. If, however, you have any other outside assistance, you will be disqualified.

Race rules

The time trial is run in accordance with Aus Triathlon rules. A full copy of the rules can be obtained here: https://archive.triathlon.org.au/Technical/Race_Competition_Rules.htm

Some important rules to be aware of are:

- NON-DRAFTING. You must remain the legal distance of 10m behind the cyclist in front, except in the 20 seconds allowed for overtaking. This is to be self-policed by competitors.

- Your helmet must be securely fastened on your head at all times when on your bike.
- You must obey the instruction of any race official. Failure to do so may result in disqualification.
- You must not use a mobile phone or wear headphones or a headset etc. whilst competing.
- No outside assistance (except for medical treatment) is allowed during the race.

Starting your time trial

As your start time approaches, make your way down the access road, next to the grandstand, to the track.

The race starter will call your competitor number and you should quickly make your way to the start line.

Your time will start as soon as you pass the timing sensor.

Once a competitor has started the time trial, the next competitor will be called to the start line. As competitors will be despatched every 30 seconds it is important to only come forward when your name or number is called so other competitors are not impacted in any way.

Event organisers may ask competitors to start earlier if a time slot is vacant on race morning.

The Course

The time trial is 25km. It consists of nine laps of the Druitt Circuit. Competitors need to keep count of their own laps. Failure to complete nine laps will constitute a DNF.

The start of the time trial is at the end of the main straight on the outside of the track on the opposite side to the main pit lane (marked 1 on the course map). Competitors will proceed down a coned off lane to separate them from riders who are already on course.

Competitors should stay on the outside of turn 1 (T1) until it is safe to move to the inside of the track.

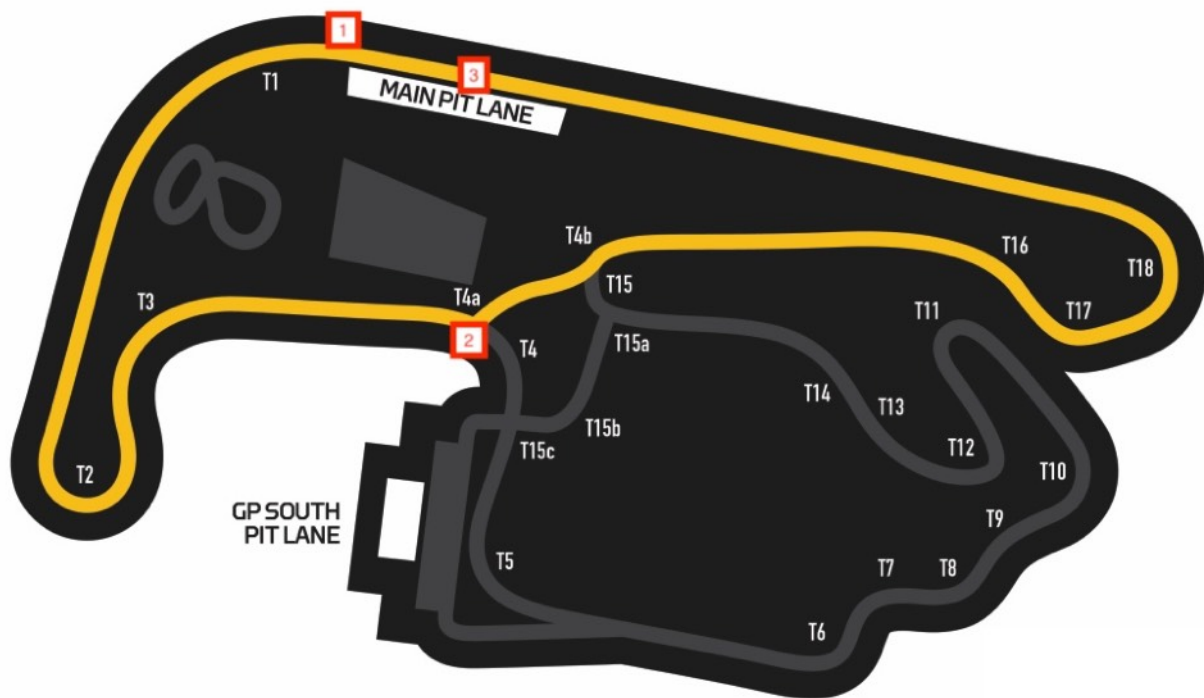
Competitors ride in an anti-clockwise direction staying on the inside line, unless overtaking.

The track splits at turn 4A, (marked 2 on the course map). A marshall will be at this point and the cones will be in place. At this split point, keep left.

The finish is at the start/finish line on the main straight, marked 3 on the course map. Once riders have crossed this timing point nine times then their time trial is complete.

Riders should then leave the circuit safely at the track access point where the time trial starts.

After finishing we ask that you clear the area as quickly as possible to avoid unnecessary congestion, giving right of way to competitors who may still be on the course.



Results and Prize giving

Live timing and results will be available online here:

[TIMING AND RESULTS](#)

Live lap splits will also be available.

Prize giving will take place at 8.15am or after the last finisher (whichever is earliest) at the grandstand.

The top 3 female and male finishers will be receive cash prizes as follows:

First	\$100
Second	\$75
Third	\$50

A lucky prize draw based on race numbers will take place immediately after the podium presentation. In addition to the prize money, Embassy Cycling have provided a number of nutritional packs as lucky draw prizes.

Race results will be published online within 48 hours of the race, and on the Balmoral Triathlon Club website during the week following the race.

Collection of personal belongings and lost property

Bikes and other personal gear can be collected as soon as competitors have completed their time trial. Please take only your own equipment and avoid disturbing other competitor's belongings.

Ensure that all your race equipment and personal belongings carry some form of identification in case it is misplaced and handed in to race officials. The race organisers accept no responsibility for lost or stolen property.

Contingency

Time trials continue in most types of weather. If, however, it is deemed to be unsafe to hold the event, a note will be posted by Balmoral Triathlon Club via our social media pages.

Finally

Please enjoy yourselves, have a safe ride and hopefully meet some of the people that make Balmoral Triathlon Club such a great club. If you have any further questions, please do not hesitate to approach any of the officials before or after the time trial.

Good luck!