



BTC SquareOne Women's Health Triathlon Event Guide

Sunday, 17 March 2024



squareone
**WOMEN'S
HEALTH™**

ABOUT THIS GUIDE

This guide contains important information for participants in the BTC SquareOne Women's Health Triathlon. While we want everyone to have fun and enjoy the event, our first priority is to ensure the safety and well-being of all participants, marshals and spectators.

Please read this guide carefully before event day. It will help you understand what to expect, how to navigate your way around the course and how to keep yourself, and others, safe.

If you have any queries about the event, please email us at: info@balmoraltriclub.org.au or speak to the Event Director or one of the event marshals on event day.

We look forward to welcoming you to beautiful Middle Head and hope that you have a fun and enjoyable experience of triathlon and of our Club.

“Finish lines, not Finish Times”

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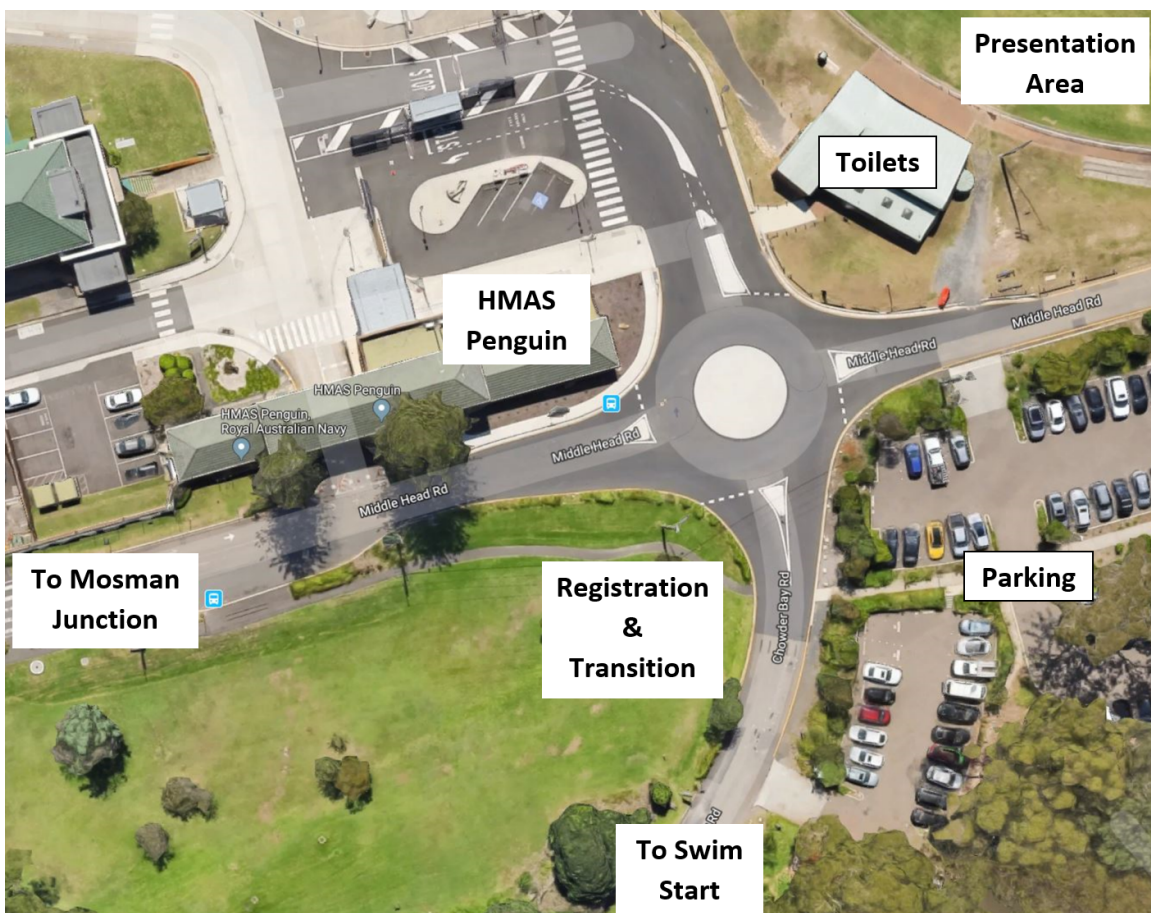
PARTICIPANT INFORMATION

Balmoral Triathlon Club (BTC) Women's Triathlon is open to all female participants aged 15 years or over.

Non-Triathlon Australia (TA) members and those new to triathlon or cycling, are strongly encouraged to attend the bike/transition clinic at 1pm on Saturday, 9 March 2023.

EVENT LOCATION

BTC events are held at Middle Head in Mosman, NSW, 2088. Registration and transition are located on the grassy area opposite HMAS Penguin, at the bottom of the hill on Middle Head Road.



PARKING

Parking is available close to transition in several pay-and-display car parks located along Middle Head Road after passing HMAS Penguin and continuing straight over the mini-roundabout at the bottom of the hill. Please do not park on or next to the bike course (on Chowder Bay Road) as this will delay the start of the event.

ROAD CLOSURES

Chowder Bay Road will be closed to through traffic between 6:15am and 8.00am. Police will be stationed at the start of the bike course to prevent vehicles entering from Middle Head Road. BTC cannot guarantee Chowder Bay Road will be free from traffic as local businesses and residents require access – participants and supporters should remain vigilant at all times when moving along or crossing this road.

EVENT SCHEDULE

OPENS	EVENT	LOCATION
5.30am	Registration & Transition Open	Transition Area
6.00am	Event official (Volunteers) Briefing.	Transition Area
6.15am	Registration & Transition Closes	Transition Area
6.15am	Please make your way down to Obelisk Beach for safety briefing and swim start	Swim Start, Obelisk Beach
6.20am	Safety briefing	Obelisk beach
6.30am	Event Start	Obelisk Beach
7.00am	Swim Course Closes	Obelisk Beach
7.30am	Last Lap Cut-Off For Bike Course No participant will be allowed to start another lap after this time	Chowder Bay Road
7.45am	Bike Course Closed & Road Opened To Traffic All participants must be off the bike course by this time	Chowder Bay Road
By 8.30am	Event Finish and Presentation	Middle Head Oval

WHAT TO BRING WITH YOU



To help you get prepared for the day here is a checklist of things you will need for the event:

- comfortable gear that you can wear for the swim, bike and run. This could be gym shorts and top, or a triathlon suit if you have one*;
- wetsuit (if you plan to use one);
- swim goggles (a swim cap will be provided);
- swim aids (if you plan to use them);
- bike, bike helmet & sunshades;
- cycling shoes (if you plan to use them);
- socks (if you prefer to wear them during the bike and run legs);
- running shoes;
- towel;
- water bottle(s), drinks for the event**.

*You can also wear a swimming costume for the swim and then bring some shorts and a top you can leave in transition next to your bike that you can pull on over the top of your swimmers.

**As there won't be any water or drinks provided on the course, we recommend that you bring water both for transition and the bike leg, and for when you have finished the event. (FYI there is a water bubbler in front of the pavilion on Middle Head Oval.)

COURSE INFORMATION & MAPS

Course maps and descriptions are set out in this guide. Participants should familiarise themselves with the course maps and descriptions prior to event day.

REGISTRATION

Registration will take place on event morning on the grassy area opposite HMAS Penguin from 5.30am to 6.15am. Participants arriving after this time will not be permitted to event.

At registration, participants will be cross checked against the on-line entrant list and will be issued with a pink swim cap and have their event number marked on their arm.

EVENT BRIEFING

Participants will be sent an email with additional event information in the week leading up to the event. Please read this information (as well as this guide) prior to event day. If you have any questions on event day please speak with the Event Director or one of the course marshals (who will be wearing orange hi-viz vests).

TIMING

BTC events use a manual timing system (no electronic chip required).

Your responsibilities as a participant are:

- ensure you know your event number, which will be marked on your arm at event registration;
- as you cross the finish line, call out your event number so that event officials can record your finish time as accurately as possible; and
- if you need to withdraw from the event at any time, please let event officials know. This is so we can ensure that all participants are accounted for.

MEDICAL FITNESS/SIGNED WAIVER

You are reminded of your acceptance of the entry conditions, waiver release and indemnification as part of the online event registration process. Please note this is a legal part of the entry 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 the attention of the Event Director (either in advance of event day by emailing info@balmoraltriclub.org.au or on the morning of the event).

The Event Director has the discretion to request a medical certificate to confirm you are well enough to take part, and/or may exclude you from the event if they believe you may not be well enough to participate,

MEDICAL

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

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

AID STATION

There will not be any aid stations on the course. Participants are encouraged to carry a drink bottle on their bike which they can use in transition and during the cycle leg. There is also a water fountain in front of the pavilion next to Middle Head Oval close to the finish of the run course.

TOILETS

Toilets are available in three locations on the course:

- inside the pavilion next to Middle Head Oval (close to transition and the event finish);
- at the bottom of Chowder Bay Road (at the bike turnaround point furthest away from transition); and
- at the rear of the first cottage on the right hand side past the boom gate on the run course.

EVENT RULES

Australia Triathlon rules are applicable during all BTC Events. A copy of the rules is available [HERE](#)

As many participants will be new to triathlon, here are some key rules of which you should be aware:

- footwear must be worn at all times during the bike and run legs;
- the torso of participants must be covered at all times (i.e., no shirtless running or riding);
- BTC events are NON-DRAFTING. This means while you are riding your bike in the event you must remain at least 10m behind the cyclist in front, except when you are overtaking another cyclist. You must complete your overtake within 20 seconds, starting from when you close to less than 10 metres from the cyclist in front of you. This is to be self-policed by participants;
- your helmet must be securely fastened on your head at all times when your bike is not racked (i.e. you must fasten your helmet (in transition from swim to bike) **BEFORE** removing your bike from the bike rack and not remove your helmet (in transition from bike to run) **UNTIL AFTER** you have replaced your bike on the bike rack);
- you must obey the instruction of any event official. Failure to do so may result in disqualification;

- you must not use a mobile phone or wear headphones, airpods or a headset of any kind whilst competing; and
- no outside assistance (except for medical treatment) is allowed during the event.

Any special rules applied to BTC events by the Event Director will be notified to participants in the event briefing.

CUT OFF TIMES

Whilst the focus of this event is participation and enjoyment, there are some (generous) cut off times for each leg of the event as we only have permission to use the roads and other facilities for a period of time. These cut off times are set out in the Event Schedule and are described below under the event course notes for each leg of the course. If you do not reach a designated point on the course by the specified time, we will have to ask you to leave the course and you will be recorded as a DNF (Did Not Finish) in the results.

ENVIRONMENTAL RESPECT

We are incredibly lucky to be able to event in Middle Head Reserve and want to ensure we do everything we can to preserve the area. Please do not discard any rubbish (including gel wrappers, packets or drink bottles) on any part of the course. Participants seen littering will receive an immediate disqualification from the event.

Upon completion of the event, please take all rubbish and personal belongings with you. If you notice rubbish or a drink bottle dropped or discarded accidentally during the event, please pick it up and discard it appropriately. If we leave Middle Head Reserve as we find it, we will have a great event venue for many years to come.

INFORMATION FOR FAMILY, FRIENDS AND SUPPORTERS

We encourage all participants to invite their family and friends along to support you and cheer you on – the more (and the louder) the merrier! To help ensure the safety of all participants and spectators, please make sure your supporters are aware that they must not bike, drive or run beside a participant on any part of the course. It is a safety hazard and could get the participant disqualified for outside assistance.

We hope that supporters have as much fun cheering you on as you have participating in the event. If they have any queries about the event, tell them to speak to one of the friendly event marshals. And if they need a caffeine hit while you nail your triathlon, they can visit Middle Head Café (on the left hand side of Middle Head Road as you walk past the oval from transition).

TRANSITION PROCEDURES

Transition is open between 5.30am and 6.15am. Enter the transition area only after you have registered at the registration desk.

Bike racks will be marked with tape at 0.75m intervals. Bikes should be racked where marked by tape **AND ON ALTERNATE SIDES OF THE RACK**. (This means bikes on the same side of the rack will be 1.5m apart.) Please do not rack your bike between the

tape markings and do not rack your bike on the same side of the rack as either of the bikes nearest to you.

Each rack will hold up to 5 bikes (3 on one side and 2 on the other alternating). Please ask a marshal if you are unsure where to rack your bike. Event officials have the discretion to move bikes if they are not racked correctly.

Please respect other participants when setting up your equipment in transition. Your equipment must be placed on the chain side of the bike/ on the right side of the bike. Be conservative with the layout of your gear to ensure everyone can be accommodated in the rack space provided.

Please ensure that your equipment does not pose a trip hazard to any participant running through transition. Any equipment posing a trip hazard will be moved.

Bags must not be left in the transition area. We suggest you put your bags back in your car or leave them with one of your supporters once you have completed your set up. Bags can also be left by the registration desk, but please note BTC accept no responsibility for any bags left.

Event officials will remove any bags that are left in the transition area. Plastic bags are also to be removed as they can be a trip hazard during the event.

It is your responsibility to ensure your equipment is in safe working order before entering transition and as such you should:

- check the general condition of your bike, paying attention to the brakes and tyres, and ensuring that your handlebars have end plugs; and
- ensure your helmet meets AS/NZ standards and fits securely on your head via a chin strap fastening.

COURSE DETAILS & LAYOUT

To maximise your enjoyment of this event, please familiarise yourself with the following course notes.

On event day there will also be a number of marshals (wearing orange hi-viz vests) who can answer any queries you have about the event before the start and will then be stationed at key points along the course to point you in the right direction. Please listen to and follow any instructions from our marshals – they are there to help ensure the safety (and enjoyment) of all participants and spectators.

SWIM LEG – 200M (1 LAP)

The swim leg consists of 1 lap.



The swim will start in the water and, depending on numbers, will be in a number of waves. If the event is started in waves, the order and size of waves will be decided on event day and you will be notified at the swim start.

Begin in the water at the southern end of the beach and swim directly out from the shore to the first buoy where you should turn left with the buoy on your left shoulder. Then swim parallel to the beach to the second buoy at which you turn left towards the shore, again with the buoy on your left shoulder. Having rounded the two buoys, you will then head directly towards shore, before exiting the water at the northern end of the beach.

During the event, there will be event officials in the water on boards providing water safety as well as “spotters” on the shore. If you require assistance at any time during the swim leg, raise your hand and a event official will be with you as soon as possible.

Swim course cut off time

The swim course will be closed 30 minutes after the official event start (i.e., at 7am). If a participant is unable to complete the swim course before this time, a event official will assist the participant to return directly to shore and the participant will be recorded as a DNF. If you do not finish the swim course, you will not be permitted to start the bike or run legs of the event.

Wetsuits

You will be permitted (but not required) to wear a wetsuit for this event (ie normal triathlon rules will not apply). Wetsuits must meet Triathlon Australia acceptable standards. Swim aids will also be permitted. Please be mindful of other participants if you are using swim aids.

TRANSITION 1 – SWIM TO BIKE

From the swim finish, proceed from Obelisk Beach up the stairway and head in a northerly direction along Chowder Bay Road back towards transition, keeping to the far right-hand side of the road.

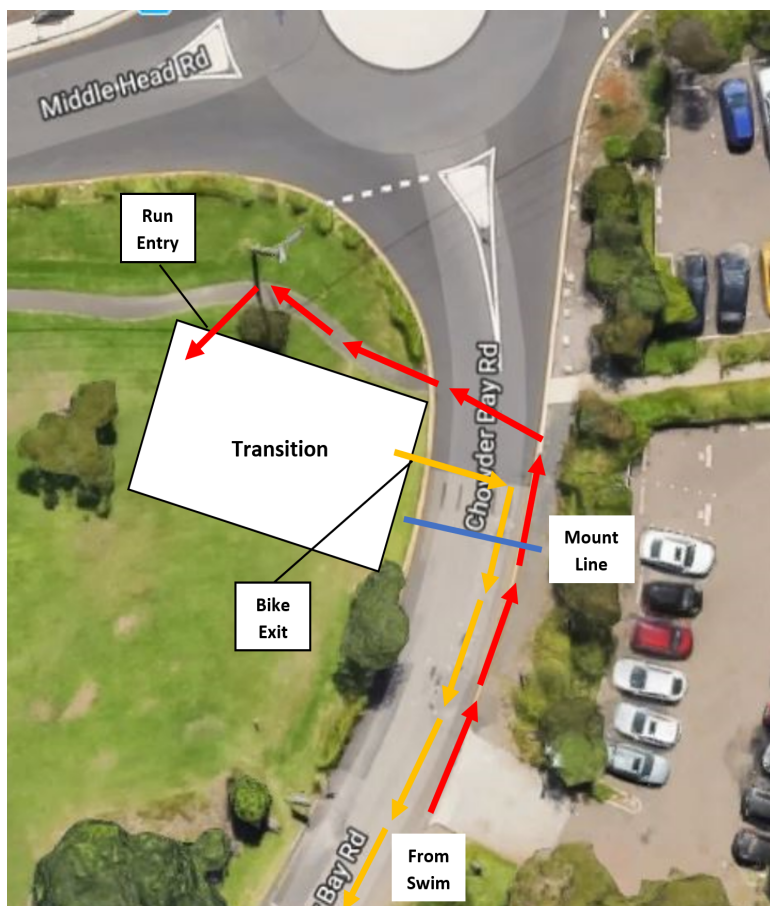
Please exercise extreme caution when moving up the stairway (steep and uneven surface) and along the road (shared with bike traffic).

Enter the transition area via the RUN ENTRY (Northern Entry Point).

You must ensure any discarded swim gear is placed out of the way of other participants and that your helmet is securely fastened on your head **before un-racking your bike**.

Exit the transition area via the CYCLE EXIT (Southern Exit Point)

Upon leaving transition, proceed ON FOOT to the MOUNT line (speed bump). **You must not mount your bike** until you have crossed the MOUNT line. You may go as far past the mount line to mount your bike as you wish.



BIKE LEG – 9 KM (3 LAPS)

The bike leg consists of three laps of Chowder Bay Road.

From the MOUNT LINE, proceed south 1.5km along Chowder Bay Road until reaching a permanent roundabout. At the roundabout, complete a U turn and head north back along Chowder Bay Road for 1.5km until reaching witch's hats, marking the completion of one lap (3km).

Complete a U turn around the witch's hats to commence the next lap. Please take care here and watch for other participants entering the bike course from transition.

Each participant is required to complete 3 laps of Chowder Bay Road (9km in total). It is the participant's responsibility to keep count of the number of laps they have completed.



Bike leg cut off time

Participants are required to have started their third lap of the bike course by 7.30am (one hour after event start) and the bike course will be closed at 7.45am, at which time all participants must be off the bike course. Event officials will direct participants off the course after this time and the participant will be recorded as a DNF, and will not be permitted to start the run leg of the event.

Rules for the bike leg

To ensure the safety of all participants, spectators and marshals, please be aware of the following rules for the bike leg. If you do not follow these rules you may be disqualified from the event.

- Do not “block” other participants (i.e. creating an obstruction to other cyclists) so please:
 - keep to the left hand side of the road unless overtaking;
 - do not ride more than 2 abreast at any time and only when one cyclist is overtaking another.
- Do not cross the middle of the road at any time as this could result in collisions with cyclists coming from the opposite direction.
- No drafting – i.e., maintain a distance of at least 10m from the bike in front of you unless overtaking. If you are overtaking, you must have passed the other cyclist and moved back to the left-hand side of the road within 20 seconds of the time when you first closed to within 10m of the bike you are passing.
- Overtake on the right only.
- Please be aware there are 6 speed humps along the course. The course can also be affected by potholes, sea breezes, bush turkeys and debris from overhanging trees. Participants should remain vigilant at all times and be careful when negotiating over or around any speed bumps or obstacles.
- The roundabout at the bottom of Chowder Bay Road is “off camber” whilst the turnaround point near transition is very tight. Slow down adequately to ensure safe negotiation of both turnaround points.
- Despite the road closure, BTC cannot guarantee Chowder Bay Road will be free from traffic as local businesses and residents require access. Please remain vigilant and follow NSW road rules at all times.

Infringements

Event officials will not be policing the bike course. Event participants are expected to behave in a sporting manner, do what's right and abide by the rules and guidance as set out in this guide.

Sag Wagon

There will not be a sag wagon for this event. If you retire from the event (and are not injured) walk your bike back to transition. Be aware that other participants have right of way. Please notify a event official of your withdrawal from the event.

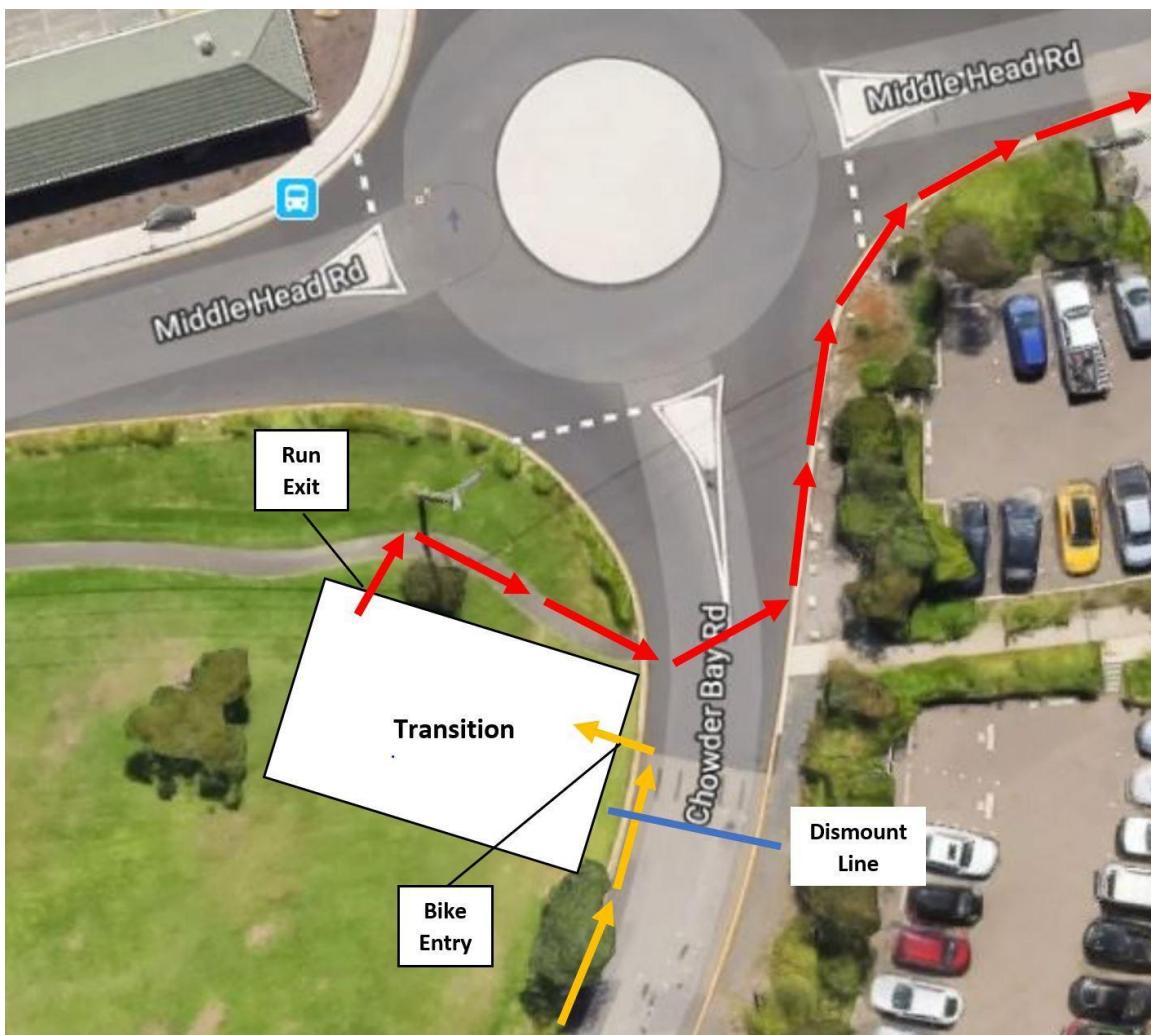
TRANSITION 2 – BIKE TO RUN

Once you have completed 3 laps of the course, dismount your bike before the DISMOUNT line (speed bump).

Enter the transition area via the CYCLE ENTRY (Southern Entry Point).

Keep your helmet done up and securely fastened to your head until you have re-racked your bike. Ensure any discarded cycling gear is placed out of the way of other participants before starting the run leg.

Exit the transition area via the RUN EXIT (Northern Exit Point). Please exercise caution when crossing any roads during the run leg.



RUN LEG – 2.0KM (1 lap of course)

From transition, cross the entrance to Chowder Bay Road and head east along Middle Head Road toward Middle Head Reserve. Always keep to the right-hand side of the road, please.

Upon passing through a boom gate, take the right-hand fork and follow the cones and signs down to the turret and go up and around the turret in a clockwise direction. When you have come around the turret cross back over your path and retrace your steps to the boom gate. Pass through the boom gate and run down the right-hand side of Middle Head Road, turning right into the second car park. Just prior to Middle Head Café you will be directed onto a footpath to your right. Continue down the path, down some stairs and turn right onto Middle Head Oval (please take care on this section). Run around the outside of the oval in an anti-clockwise direction. Complete ONE AND A HALF laps of the oval and run up the finish chute.



Exercise caution at all times on the run course:

- the trails are uneven and can be muddy. Rabbit holes have also been found in grassy areas of the course, including the oval; and
- surfaced roads can also be in varying states of repair and will be open to other users.

There are no distance markers on the run course.

Run leg cut off time

The run course will be closed at 8.30am. All participants must complete the run course by this time. Event officials will direct participants off the course after this time and the participant will be recorded as a DNF.

Finish and presentation

As you run up the finish chute, remember to smile and wave for the camera – you have just completed your triathlon! As you cross the line you will be presented with your finisher's medal.

Please join us on the oval after you have finished to cheer home other participants. We will have some refreshments available at the finish and you will also be able to purchase hot drinks and food from the nearby Middle Head Café. The team from SquareOne Women's Health will be providing free massages to participants and will have several of their team members on hand to talk about the services they provide. If you stop by to talk to them at their tent, you can also go in the draw to win one of three major prizes.

Once all participants have completed the course we will have a short presentation on the steps of the pavilion, including the awarding of lucky draw prizes. You must be present at the draw to win one of these prizes.

You will be able to return to transition to collect your belongings once all participants have started the run leg (approx. 8am). Please ensure you only take your own equipment and avoid disturbing other participants' belongings.

Results and photos

Results and event photos will be available on the BTC website and posted on our Facebook page within 24-48 hours of the event.

Lost property

Please mark your event equipment and personal belongings with some form of identification in case it is misplaced and handed in to event officials. If you have left any gear behind after the event, please email us (info@balmoraltriclub.org.au) to check if we have it. We will take any lost property back to our clubhouse on Balmoral Beach. If we can identify the owner of any equipment or gear left behind, we will contact you to arrange for you to collect it.

Please note that Balmoral Triathlon Club do not accept any responsibility for lost or stolen property.

CONTINGENCY PLAN

In the event of extreme conditions* and at the discretion of the Event Committee, the following contingency plans may come into effect:

1. Plan A: Official event start delayed, allowing time for the weather/situation to pass.
2. Plan B: Event proceeds as a duathlon (if safe to do so) with the first leg as per the modified run leg set out below.
3. Plan C: Event Cancelled

In the event of a medical emergency, the event may be cancelled at any time prior to or during the event.

*Extreme Conditions

Extreme conditions include and not limited to: poor water quality or unsafe conditions causing potential danger to participants and event officials.

Plan A - Delayed Event Start

The official event start cannot be delayed any later than 6.40am due to road closure requirements. In the event of a delayed start, the existing cut-off times for each event leg remain unchanged.

***** Decision to be made prior to event start by Event Director *****
If Plans B, or C are selected, NPWS, SHFT, Mosman Council, NSW Police & Triathlon NSW to be notified

Plan B – Duathlon

Run Leg 1: Modified run leg (see details and map below)

T1: Run to Bike

Cycle: 3 laps of bike course (9km) – see map on page 12 above

T2: Bike to Run

Run Leg 2: 1 lap of 2 km run course as per original triathlon (see map on page 15 above)

Duathlon run leg 1 map (1km):

Starting on Middle Head Oval, runners run around the oval in a clockwise direction and exit below Middle Head Café up the stairs and turn left and enter the car park. Runners will run through the car park (NB please take care as the car park and Middle Head Road are not closed to traffic) and then turn left onto Middle Head Road. Run along the left-hand side of Middle Head Road and do a U turn just before the boom gate. Then run back along Middle Head Road, staying on the left-hand side, towards transition. On reaching the roundabout cross Chowder Bay Road, keeping to the left of the roundabout and enter transition from the northern entry.



Plan C - Event Cancellation

Decisions regarding the cancellation of part of or the entire event can be made by the Event Committee at any time prior to or during the event.

AND FINALLY

Please enjoy yourselves and have a safe event. If you have any questions, please do not hesitate to approach any of the event officials before or after the event.

Good luck and have fun!

The BTC Event Committee

