



BUSSETON
FORESHORE TRIATHLON

ATHLETE INFORMATION GUIDE 2023



[BUSSETONFESTIVALOFTRIATHLON.COM.AU](https://bussetonfestivaloftriathlon.com.au)



TRIATHLON
WESTERN AUSTRALIA

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WELCOME TO WESTERN AUSTRALIA

HON ROGER COOK MLA, DEPUTY PREMIER; MINISTER FOR TOURISM, AND
HON DON PUNCH MLA, MINISTER FOR REGIONAL DEVELOPMENT

The McGowan Government is a proud sponsor of the Busselton Festival of Triathlon through its Regional Events Program.

The program was devised as a way for the Government to support medium to large events in regional Western Australia to boost tourism, increase community vibrancy and participation, and develop regional areas.

The Regional Events Program also plays an important role in positioning Western Australia as an exciting destination to visit and a great place to live by showcasing and promoting a region's unique and diverse attractions.

Tourism is a key part of the Government's plan to diversify the economy, create jobs and develop business opportunities particularly to help regional economies and communities in Western Australia.

Events play an important role in this plan, with the Government sponsoring a range of sporting, cultural, arts and culinary events across the State, through Tourism Western Australia, to attract visitors, encourage them to stay longer, disperse further and do more while they are here.

We hope everyone enjoys this event and takes the time to explore the South West region.

HON ROGER COOK MLA,
DEPUTY PREMIER; MINISTER
FOR TOURISM



HON DON PUNCH MLA,
MINISTER FOR REGIONAL
DEVELOPMENT





BUSSELTON FESTIVAL OF TRIATHLON

PRESIDENT'S WELCOME NOTE

It is my great pleasure to welcome you to the SunSmart Busselton Festival of Triathlon, hosted by Triathlon WA. This is the 22nd edition of the festival and we are thrilled to have you all here to compete.

This year's festival is extra special as not only do we have the SunSmart Busselton 100 event, but also the inclusion of the World Triathlon Oceania Cup and Para Series, bringing an elite level of racing exposure to Western Australia. We are also proud to continue the legacy of the State Long Course Championships, and to include the popular Busselton Foreshore Triathlon, SunSmart Kids Triathlon, and the Busselton Fun Run.

We are grateful to everyone who has chosen to be a part of this event, whether as a competitor, spectator, volunteer, sponsor or exhibitor. Together, we create an extraordinary experience that embraces the spirit of the triathlon community and the wider Southwest Community.

Our team has been working tirelessly to ensure that this festival is safe, well-organised, and enjoyable for everyone involved. We have put together an incredible course that will test your limits and showcase the beautiful surroundings of Busselton.

We look forward to celebrating your achievements over the weekend of fun-filled racing. Thank you for being part of the SunSmart Busselton Festival of Triathlon, and we wish you all the best of luck in your races.

BRENDEN KOH
PRESIDENT, TWA





BUSSELTON FORESHORE TRIATHLON

A MESSAGE FROM OUR TITLED SPONSOR



Healthway is proud to partner with Triathlon Western Australia's 2023 Busselton Festival of Triathlon through SunSmart. We partner with Triathlon WA to support the health and wellbeing of its competitors, volunteers and spectators who spend a lot of time outdoors, by creating healthy event and club environments and showing how easy it is to be sun smart.

At this popular regional sporting event you will notice shade and free sunscreen available, as well as healthy food and drinks on offer – some of the ingredients necessary for your body to perform at its best!

I'd like to congratulate Triathlon WA for delivering an event that encourages the whole community to be active, healthy, and socially connected.

Whether you are competing, volunteering, or spectating this weekend, remember to follow SunSmart's recommendations to Slip, Slop, Slap, Seek and Slide. You can find very helpful information by downloading the SunSmart app or visiting the Cancer Council WA website at www.myuv.com.au.

Good luck to everyone competing this weekend! And a big thank you to all the dedicated volunteers who provide invaluable support for this event.

JULIA KNAPTON
Healthway
Executive Director



WESTERN AUSTRALIA

WALKING ON A DREAM

MARGARET RIVER REGION

Australia's most premium wine region nestled among pristine beaches, ancient caves and tall-timber forests.

Choose your dream adventure

- Wander further along the Busselton Jetty, the longest tourist jetty in the Southern Hemisphere.
- Picnic or camp among the karri trees in Boranup Forest and stargaze at an endless canopy of constellations at Injidup Natural Spa.
- Experience the largest collection of public art in regional Western Australia at the Bunbury Regional Art Gallery, housed in a dreamlike pink convent.
- Immerse yourself in Wardandi Noongar culture on an Aboriginal tour and taste the flavours and learn the stories of this region.
- Walk a section of the 135km-long Cape to Cape Track (or all of it, if you're game!).
- Taste the region's finest drops on a winery, distillery or brewery tour.
- Go on an underground tour to explore the magical awe of the region's four ancient limestone caves – Jewel, Lake, Mammoth and Ngilgi.
- Hit the road less travelled and head out on one of the region's many mountain biking and cycling trails in Nannup and Pemberton, including the world-famous Munda Biddi.
- Catch world class waves with over 130 km of coastline and 75 breaks to choose from – there's a wave here for everyone.
- Cruise alongside migrating humpback, southern right and blue whales on a charter from Augusta, Busselton or Dunsborough.

Follow us at @WesternAustralia | #WAtheDreamState



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AUSTRALIA
WALKING ON A DREAM

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WELCOME TO BUSSELTON

On behalf of the City of Busselton, I welcome both competitors and spectators to the region. The City is once again proud to support and host the 2023 Sunsmart Busselton Festival of Triathlon, one of Busselton's major triathlon events.

We have had the pleasure of watching this popular event grow, taking place alongside and within some of the City's iconic landmarks, including the Busselton Jetty and Ludlow Tuart Forest.

For the first time in the festival's history, this year will see the introduction of the 2023 Oceania Triathlon Cup with elite international competitors competing in a Super Sprint Eliminator race and potentially qualifying for the 2024 Paris Olympics.

The region has a lot to offer with its picturesque scenery, stunning beaches, pristine forests, along with world-class wineries and breweries.

To our interstate and international visitors, don't forget to take advantage of direct flights between Melbourne and Busselton. Busselton Margaret River Airport is located 6.5km from the Busselton town centre.

Congratulations to event organisers on this long-standing, successful WA based event. I also extend my sincere appreciation to the sporting community for their continued support of this wonderful triathlon.

To the triathletes, I hope you enjoy the course; to the spectators, thank you for bringing your excitement and passion - all the ingredients for a great event!

I look forward to warmly welcoming you to our wonderful City and wish you a memorable visit.

Mayor Grant Henley
City of Busselton





City of Busselton

Events Capital WA

Welcome to SunSmart Busselton Festival of Triathlon for 2023!

The City plays host to a diverse calendar of events all year round – food, film and wine festivals, adventure races, arts and crafts and everything in between.

It's fantastic to see so many keen competitors here for another year of action packed adventure in one of the most beautiful and pristine parts of the world. It truly is where adventure meets nature.

Don't forget to take advantage of direct flights between Melbourne and Busselton. Busselton Margaret River Airport is located 6.5km from the Busselton town centre.

Whether you are participating or spectating, we look forward to welcoming you.

Enjoy!

www.busselton.wa.gov.au





BUSSELTON CONTACT DETAILS

POLICE

20 Stanley St
Busselton WA 6280
(08) 9754 9555

MEDICAL CENTRES

Busselton Medical Practice
20 Albert St Busselton WA
(08) 9752 1133

Duchess Medical Practice
69 Duchess St Busselton WA
(08) 9752 4122

BUSSELTON HEALTH CAMPUS

Mill Road
West Busselton WA 6280
(08) 9753 6000

TOURIST INFORMATION

Busselton Visitors Centre
Busselton Foreshore, 17 Foreshore Parade
Busselton WA 6280
(08) 9780 5911

Busselton Taxi Service
131 008

EVENT MANAGEMENT CONTINGENCY INFORMATION

Triathlon WA Inc. will ensure the provision of maximum duty of care to all participants, volunteers and spectators for the 2023 SunSmart Busselton Festival of Triathlon. A comprehensive Risk Management Plan will be in place for the full duration of the event. The safety of all who attend our event is our highest priority. The SunSmart Busselton Festival of Triathlon Race Contingency Committee shall be responsible for determining the plan of action should there be unexpected circumstances, weather conditions or racecourse situations that may pose a risk of harm or injury to participants, volunteers, staff and spectators. If changes to the event are required all competitors and volunteers will be notified in advance, where possible.

2023 CONTINGENCY COMMITTEE

Glenn Te Raki, Executive Director, Triathlon WA
Rebecca Bury, Commercial Operations Manager, TWA
Bill Hayes, Race Director, EventMatrix
Megan Grygorcewicz, Event Manager, EventMatrix
Peta Pulford, Events Coordinator, City of Busselton

Shaun Caruana, Busselton SLSC
Steve Norton, Technical Delegate, TA
Claire Hannan, Technical Delegate, WT

EVENT CONTACT

Triathlon WA
203 Underwood Ave
Floreat, WA 6014

Event Day Emergencies: 0456 405 399
Website: busseltonfestivaloftriathlon.com.au

Email: events@wa.triathlon.org.au
TWA Tel: 08 9443 9778

Triathlon WA will be on site in Busselton from Wednesday 26 April, contactable by phone only until Friday 29 April. From Friday 29 April please proceed to the Athlete Services Counter, located in The Pavilion, Barnard Park, Busselton to speak with Triathlon WA and Event Staff.



Our 2023 Charity Partner

The Ludlow Tuart Forest Restoration group was formed to help restore and protect the iconic Ludlow Tuart Forest, and the heritage listed Ludlow Forestry Settlement. The volunteer-based group is small but mighty. Their work to restore the forest includes growing and planting Tuart seedlings, arum lily and other weed eradication, creating habitats for wildlife like birds and possums, and getting local schools and volunteers involved in planting and conservation. Their newly restored District Office establishes a place for people to learn and meet, and the repaired and extended greenhouse provides a great place to cultivate seedlings. They are also working hard to reclaim items removed from the Settlement site over the years, and undo the damage from vandalism with the aim of creating a place the community can engage with. We are very proud to support the Ludlow Tuart Forest Restoration Group as part of our 2023 event.



**Ludlow Tuart Forest
Restoration Group**
www.ludlowtuartforest.org.au

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2023 EVENT MERCHANDISE



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EVENT SCHEDULE

*Please note times are
subject to change

THURSDAY 27 APRIL 2023

2pm – 5pm	Registration Open (all events)	Barnard Park Pavilion
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FRIDAY 28 APRIL 2023

10am - 7pm	Health & Lifestyle Expo	Barnard Park
10am - 7pm	Triathlon WA Merchandise Store	Barnard Park
10am	Oceania Triathlon Cup - Women's Race 1	Barnard Park
10.30am	Oceania Triathlon Cup - Men's Race 1	Barnard Park
11am	Oceania Triathlon Cup - Women's Race 2	Barnard Park
11.30am	Oceania Triathlon Cup - Men's Race 2	Barnard Park
12pm	Oceania Triathlon Cup - Women's FINAL	Barnard Park
12.30pm	Oceania Triathlon Cup - Men's FINAL	Barnard Park
12pm-7pm	Registration Open (All Events)	Barnard Park Pavillion
1pm-7pm	Transition Open for Bike Racking (SunSmart Busselton 100 only)	Transition, Barnard Park
1.30pm	Oceania Triathlon Cup Presentations	Barnard Park
2.30pm & 4.30pm	Transition Tour	Transition, Barnard Park
3.30pm-4.30pm	Chat with the Pros	Barnard Park
5.45pm	Busselton Fun Run Registrations Close	Barnard Park Pavillion
6pm	Keep on Running Busselton Fun Run	Barnard Park

SATURDAY 29 APRIL 2023

5.30am-7am	Transition open for all Individual and Team Athletes (Busselton 100 and AquaBike)	Transition, Barnard Park
7.30am-3.30pm	SunSmart Busselton 100 and AquaBike	Barnard Park
7.30am - 4pm	Health & Lifestyle Expo + Food Trucks	Barnard Park
12pm, 12.45pm, 1.15pm, 1.45pm, 2.15pm, 3pm	Awards Ceremony (full schedule on website)	Finish Line, Barnard Park

SUNDAY 30 APRIL 2023

6am-10.30am	Registration Open (all events)	Barnard Park Pavilion
6am-1.30pm	Health and Lifestyle Expo	Barnard Park
6.30am-8.45am	Transition Open for Kids Triathlon	Transition, Barnard Park
6.30am-9.30am	Transition Open for Foreshore Enticer	Transition, Barnard Park
6.30am-10.50am	Transition Open for Foreshore Sprint	Transition, Barnard Park
7.30am-9.30am	Oceania Triathlon Para Cup Busselton	Barnard Park
Approx. 9.15am-10am	SunSmart Kids Triathlon	Barnard Park
Approx. 10.10am- 11.45am	Busselton Foreshore Enticer	Barnard Park
10.30am	Oceania Triathlon Para Cup Presentations	Barnard Park
Approx. 11.20am- 1.30pm	Busselton Foreshore Sprint	Barnard Park
Approx. 11:45am	Busselton Foreshore Enticer Presentations	Barnard Park
Approx. 1:00 pm	Busselton Foreshore Sprint Presentations	Barnard Park

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INDEX
3

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RACE WEEK ACTIVITIES

SUNSMART BUSSELTON 100 ATHLETE REGISTRATION

Where: The Pavilion, Barnard Park, Busselton

When: 2pm – 5pm Thursday 27 April 2023

12pm – 7pm Friday 28 April 2023

Details: All participants complete check-in and pick up race packs.



SUNSMART BUSSELTON 100 BIKE CHECK IN

Where: Barnard Park, Busselton

When: 1pm – 7pm Friday 28 April 2023

Details: All participants must rack their bikes



HEALTH AND LIFESTYLE RETAIL EXPO, INCLUDING EVENT MERCHANDISE STORE

Where: Barnard Park, Busselton

When: 10am – 7pm Friday 28 April 2023

7.30am – 4pm Saturday 29 April 2023

6am – 1:30pm Sunday 30 April 2023

Details: Come along and enjoy all the new triathlon, running, cycling and swimming gear on offer this season, we also have local exhibitors as well as food stalls and coffee vans!. Be sure to visit the Official Event Merchandise marquee in the Expo Village to pick up your official Busselton 100 merch – don't delay as it all sells out fast!

TRANSITION TOURS

Where: Meeting point – Bike Entry Transition Area, Barnard Park, Busselton

When: 2:30pm & 4:30pm Friday 28 April 2023

Details: The tour will last approximately 30 minutes and take you through the flow of transition on race morning; racking your bike; what gear to leave in transition; where you can leave bags /pumps; basic rules of transition of triathlon; Teams; Questions / concerns etc. You'll also have the chance to ask our Officials any questions you have about the race rules.

OCEANIA TRIATHLON CUP BUSSELTON

Where: Barnard Park, Busselton

When: 10am-1.30pm Friday 28 April 2023

Details: Come and watch some of Oceania's most elite triathletes race in an exciting Super Sprint Eliminator format!

OCEANIA TRIATHLON PARA SERIES BUSSELTON

Where: Barnard Park, Busselton

When: 7:30am – 9:30am Sunday 30 April 2023

Details: Watch WA and the Oceania regions best Para-triathletes compete!



RACE WEEK ACTIVITIES

CHAT WITH THE PROS

Where: Barnard Park, Busselton

When: 3:30pm - 4:30pm Friday 28 April 2023

Details: Catch up with some of WA's best triathletes in a friendly Q & A session. All welcome.



KEEP ON RUNNING FUN RUN

Where: Barnard Park, Busselton

Register: [HERE](#)

When: 6pm Friday 28 April 2023

Details: A family fun race including a 500m dash, a Magic Mile and 5km fun run. \$1000 prize money for the Open field and prizes for best dressed! Costumes encouraged, prams allowed (500m and 1.6km).

SUNSMART BUSSELTON 100 TRIATHLON INCLUDING AQUABIKE

Where: Barnard Park, Busselton

When: 7:30am – 3.30pm Saturday 29 April 2023

Details: Starting at the foot of Busselton Jetty, athletes begin with a 2km swim. Transition is located in Barnard Park, east of Busselton Jetty where athletes change between swim, cycle and run legs of the course. The bike course entails an 80km ride throughout Tuart Forest followed by an 18km run along the beautiful Busselton Foreshore. The first swim wave takes off at 7:30am followed with various waves intermittently within the hour. Open Athletes anticipated to cross the finish line from 10:50am.

AWARDS CEREMONY

Where: Barnard Park, Busselton

When: Saturday 29 April 2023, Starting at 12pm, then rolling at 12:45pm, 1:45pm, 2:15pm, and 3pm*

Full schedule can be found on our website [here](#)

Details: Awards will be given at the first available Award Time (above) once all recipients of the awards have finished.



*Subject to change



RACE WEEK ACTIVITIES

SUNSMART BUSSELTON FESTIVAL EVENTS ATHLETE REGISTRATION

Where: The Pavilion, Barnard Park, Busselton

When: 2pm – 5pm Thursday 27 April 2023

12pm – 7pm Friday 28 April 2023

6am - 10:30am Sunday 30 April 2023

Details: All participants complete check-in and pick up race packs.



BUSSELTON FORESHORE TRIATHLON

Where: Barnard Park, Busselton

Race Time: Sprint - Approx. 11.20am – 1.30pm Sunday 30 April 2023

Enticer - Approx. 10.10am - 11.45am Sunday 30 April 2023

As part of the Triathlon WA Foreshore Series, participants will compete in the Enticer Distance, 200m Swim, 8km Bike, 2km Swim or Sprint Distance, 750m Swim, 16km Bike, 4km Run. This is perfect for those looking to dip their toes into the world of triathlon. There will be lots of fun. All participants taking part in the Busselton Foreshore must check in at the registration tables and put bikes in transition. Ages 12yrs+

SUNSMART KIDS TRIATHLON

Cost: Various, [Register Here](#)

Where: Barnard Park, Busselton

Race Time: Approx. 9:15am – 10am Sunday 30 April 2023

All participants taking part in the SunSmart Kids Triathlon must check in at the registration tables and put bikes in transition. This forms part of the triathlon calendar for many of the local and visiting children and it gives them the opportunity to compete on parts of the same course as the stars and/or mum and dad. Ages 7 – 15yrs



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PRE-RACE INFORMATION

ATHLETE REGISTRATION

All participants must register in person.

You can either do this at:

203 Underwood Ave, Floreat, 6014

- Thursday 20th April 2023 between 8am and 7pm

or The Pavilion, Barnard Park, Busselton:

- Thursday 27 April 2023 between 2pm and 5pm
- Friday 28 April 2023 between 12pm and 7pm
- Sunday 30 April 2023 between 6am and 10:30am

Please Note: You cannot register outside of these advertised times and you must do this in person. Other people cannot register for you.



REGISTRATION PROCESS:

1. *Present photo ID and e-ticket to Register:*

Upon presentation of your photo ID and e-ticket at the registration desk, you will be given your race pack which will contain all requirements for the race. It will include the following items:

- **RACE NUMBER.** It is mandatory for all participants, whether competing as an individual or in a team, to wear the race number on the front during the Run leg. Participants are advised to purchase a race number belt prior to the event. Safety pins will be supplied at Registration for those participants without a race belt.
- **BIKE NUMBER STICKER.** This must be placed on the frame of your bike prior to bike check in, to be visible to all race officials during the event. **Do not make any adjustments to your bike sticker.** If the bike sticker is not in the exact condition that it is provided at registration you will not be able to enter the transition area.
- **SWIM CAP.** You will be provided with a coloured swim cap that corresponds to your wave number. It is compulsory to wear the cap provided at the start and during the swim. If you need a replacement cap you can grab one at swim start.
- **ELECTRONIC TIMING CHIP.** Your timing chip is an important piece of equipment used to precisely measure your race results. Your timing chip is disposable, full instructions on how to use it can be found on the next page. On race day this is to be worn on your left ankle, facing out. You do not need to give back the straps once used, they can be disposed of.

Disposable Ankle Band Timing Chip

2022-23



You have been provided with a **one use only** disposable timing chip that fits around your LEFT ankle. It is important to fit it correctly to get your times.



FRONT



BACK

What the Disposable Strap looks like

Follow these instructions for optimal performance:

1. Ensure that you have been given the correct timing chip at registration
2. Practice putting the band around your **LEFT ankle** to get a feel for where you will apply the adhesive strip
3. The band needs to be 'comfortably loose' around your ankle so that the chip will have 'air' around it
4. Remove the adhesive backing from the back of the band in order to secure the strap onto itself
5. Run the strap around your finger when finally attaching the strap, then remove your finger. This is how you ensure the strap is not tight on your ankle
6. The Race Number should be facing outwards on your LEFT ankle as that is where the chip is located. The front of your ankle should show the logo
7. IT IS A SINGLE USE band. The Event may not have a replacement if you damage the band or chip. The chip SHOULD NOT be placed under the wetsuit or sock - it needs to always be seen to be read accurately





PRE-RACE INFORMATION

3. Bike Check In:

ENTICER - SUNDAY 30 APRIL BETWEEN 6:30AM AND 9:30AM ONLY.

SPRINT - SUNDAY 30 APRIL BETWEEN 6:30AM AND 10:50AM ONLY.

Once registered, you are required to check your bike into transition for the race. Competitors are responsible for ensuring their bikes and helmets are in safe working order before presenting to transition to avoid rejection.

Technical Officials will carry out a cursory visual inspection of your bike. It is important to note this is a cursory inspection only and not a guarantee of safety. No bike will be accepted unless it passes the inspection.

Officials will be checking for such things as:

- End plugs on handle bars and profile bars
- Tyres in reasonable condition
- Brakes in working order
- Compliance with Triathlon Australia Race Competition Rules



There will be a separate transition for Sprint and Enticer. All accessories and/or event requirements should be removed from the bike until race morning.

Triathlon WA takes no responsibility for lost or misplaced accessories. Any lost property can be handed in, and will be available for collection from Athlete Services on Friday & Sunday and Bag Compound on Saturday. Transition will be secure and monitored from the start of bike check-in. Helmet check will be on race morning. Please wear your helmet with your sticker on your way into Transition.

BIKE MECHANIC

A bike mechanic will be available for emergency repairs only in Transition at the following times only

- Friday 28 April- 10am - 7pm (Paid service)
- Saturday 29 April - Pre-race 5:30am - 7am for individuals & teams (Emergency only)
- Sunday 30 April - 6:30am - 1pm (Paid service)

This is a cash only service.



BUSSELTON FESTIVAL OF TRIATHLON

RACE DAY INFORMATION

TRANSITION

Transition will be open pre-race for all athletes:

ENTICER - SUNDAY 30 APRIL BETWEEN 6:30AM AND 9:30AM ONLY.

SPRINT - SUNDAY 30 APRIL BETWEEN 6:30AM AND 10:50AM ONLY.

Helmets will be checked on race morning by Triathlon Australia Technical Officials. Please make sure that you have your helmet on and securely fastened as you approach the entrance to Transition. Please ensure you remove any bags from Transition and place them in the secure compound provided.

BAG DROP

No bags are to be left in Transition. A complimentary bag drop will be located in the Athlete Recovery Area. Participants can drop bags off between 6:00am and 7:00am for Sprint and until 8am for Enticer.

MEDICAL

Medical assistance will be available on the Course. Please ask for medical help if you have even the slightest hint you may need it. Please note - if you are transported by ambulance you could be required to meet costs involved unless you are covered by an appropriate fund. Any aid given by race medical personnel is permissible and will not lead to disqualification. However, if you receive any outside assistance you will be disqualified.

You will not be penalised for receiving medical evaluation on the Course. You will be withdrawn from the race only if you require transportation, IV fluids, or if medical personnel consider your continued participation presents a danger to the health or the welfare of you or others. Our medical team will have access to information you provided upon entering regarding any specific medical conditions.



TRIATHLON

WESTERN AUSTRALIA



FIND YOUR **TRIBE** JOIN THE **COMMUNITY**

[Click here](#) to join one of the 22 clubs in WA, make new friends, improve your fitness, and discover the awesome, encouraging tri community. Multiple membership options are available to suit your triathlon journey.



COURSE MAPS

BUSSELTON FORESHORE TRIATHLON ENTICER DISTANCE



200M
SWIM



8KM
BIKE



2KM
RUN

BUSSELTON FORESHORE TRIATHLON SPRINT DISTANCE



750M
SWIM



16KM
BIKE



4KM
RUN

EVENT VILLAGE

THIS MAP IS NOT TO SCALE



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WAVE STARTS

There will be wave starts and a rolling start procedure in the swim to reduce congestion amongst swimmers and to minimise congestion on the bike course. All participants will be asked to know their start wave and time and make their way to the swim start compound on the beach.



ENTICER EVENT START TIMES

WAVE NUMBER	CATEGORY	START TIME	CAP COLOUR
1	FEMALES 12-19	10:10	PURPLE
2	FEMALES 20+	10:11	GREEN
3	ALL ENTICER TEAMS	10:12	WHITE
4	ALL MALES	10:15	BLUE

SPRINT EVENT START TIMES

WAVE NUMBER	CATEGORY	START TIME	CAP COLOUR
5	MALES 14 – 19 YEARS	11:20	PURPLE
6	MALES 20 – 39 YEARS	11:24	GREEN
7	MALES 40+	11:28	BLUE
8	ALL SPRINT TEAMS	11:32	WHITE
9	FEMALES 35+	11:30	PURPLE
10	FEMALES 14-19	11:34	GREEN
11	FEMALES 20-34	11:36	BLUE
12	ID CATEGORY	11:37	WHITE

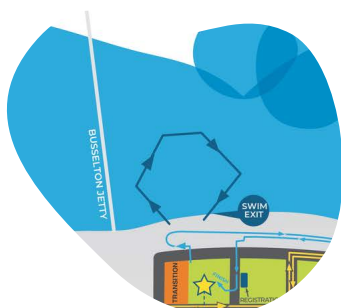
***TIMES ARE CURRENT AS AT 15 APRIL 2023 AND ARE SUBJECT TO CHANGE.**

SWIM COURSE DESCRIPTION



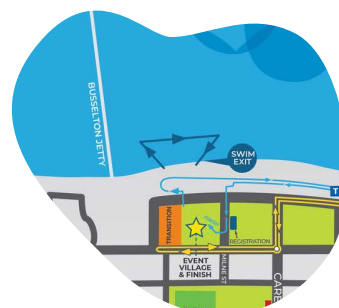
SPRINT - 750m

Athletes will complete 1 lap of the Sprint swim course



ENTICER - 200m

Athletes will complete 1 lap of the Enticer swim course



WETSUITS

The Triathlon Australia appointed Technical Delegate will take the water temperature 1 hour prior to race start. The expected water temp for May will be in the vicinity of 19 degrees Celsius, in which case wetsuits will be optional. Wetsuits must only be removed and left at your numbered bike rack.

- If the water temperature is **not** greater than 22°C, wetsuits are optional for **Age group ONLY**.
- Wetsuits are not permitted for Open Field if the water is above 20°C.
- If the combined air and water temperature are deemed dangerously low, the Race Director (in conjunction with water safety) can rule it a compulsory wetsuit swim. This has occurred in the past so it is advised that all athletes bring a wetsuit.

If a wetsuit is to be worn, then:

- The wetsuit must be tight to the body while swimming. If any part of the wetsuit can separate from the body in any phase of the stroke it is considered an artificial propulsion device and the wetsuit is banned.
- The wetsuit must not be thicker than 5mm and must comply with Triathlon Australia Rules. A standard variance will be allowed to account for seams and jersey material (non-buoyant). Speedo Tri Elite Full sleeved wetsuit is **banned**.
- A full wetsuit covering arms and legs is allowed. If a swimsuit or speed suit or trisuit is to be worn.
- The garment must be 100% textile material which generally refers to swimsuits made only from nylon or lycra that do not have any rubberised material such as polyurethane or neoprene.

SWIM COURSE RULES

- Athletes must wear the swim cap provided in their registration pack.
- No fins, aqua socks, gloves, paddles, snorkels or flotation devices of any kind are allowed.
- Swim goggles and facemasks may be worn.
- No individual paddlers or escorts allowed (exception Para athletes).
- Any assistance that results in forward progress being made may result in a disqualification.
- Athletes are permitted to hold on to water safety craft so long as no forward progress is made.
- Water safety and/or medical personnel reserve the right to remove an athlete from the course if deemed medically necessary.
- Athletes found not to have completed the entire swim course will be disqualified

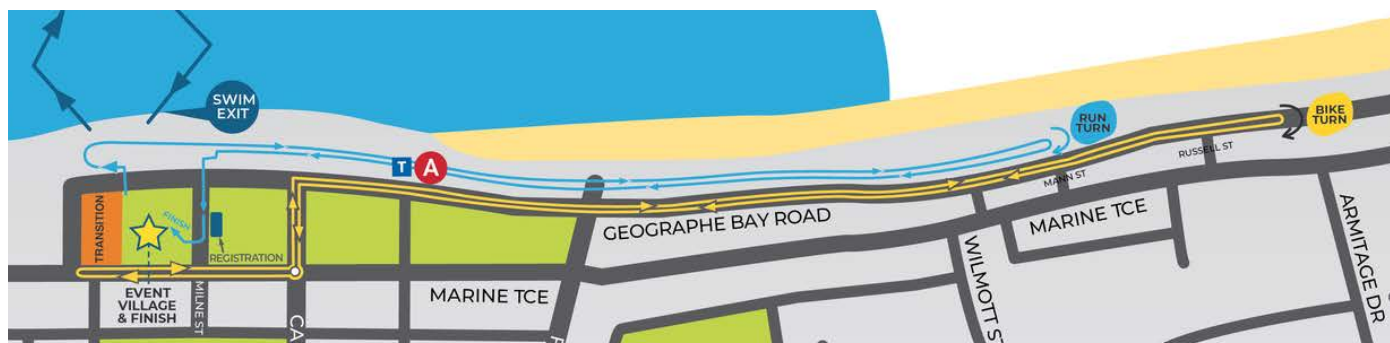


BIKE COURSE DESCRIPTION

SCODY
Perform at your best.

SPRINT - 16km

The ride is a three-lap bike course totalling 16km. The bike leg exits the transition area at the southern end, directly onto Marine Terrace before turning left onto Carey Street, followed by a right turn into Geographe Bay Road. Cyclists will then U-turn to head back down Geographe Bay Road with a left turn at Carey Street and then a right turn into Marine Terrace to the cycle U-turn at Brown Street roundabout to commence lap 2. At the end of lap 3 you will U-turn at the Brown Street roundabout then keep left and dismount before the dismount line.



ENTICER - 8km

The ride is a three-lap bike course totalling 8km. The bike leg exits the transition area at the southern end, directly onto Marine Terrace before turning left onto Carey Street, followed by a right turn into Geographe Bay Road. Cyclists will then U-turn to head back down Geographe Bay Road with a left turn at Carey Street and then a right turn into Marine Terrace to the cycle U-turn at Brown Street roundabout to commence lap 2. At the end of lap 3 you will U-turn at the Brown Street roundabout then keep left and dismount before the dismount line.





TRANSITION PROCEDURE BIKE- RUN (T2)

Ensure that you dismount before the dismount line and follow direction from the Officials and Volunteers.

- Return your bike to your allocated bike rack.
- Rack your bike before removing your helmet.
- Only discard your bike gear in your allocated area.
- You must not touch or otherwise interfere with another competitor's equipment in the transition area.
- No portable music players or communication devices to be taken on the run course.
- Your race number must also be worn on the run leg so please put this on prior to leaving transition.

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RUN COURSE DESCRIPTION



SPRINT - 4km

A one lap course. Exit from transition is via the northern side before turning left onto Geographe Bay Road and onto path. Head along the foreshore path for 2 km before making a U-turn back along Geographe Bay Road. Make a left turn onto Milne Street to head to the finish line.



ENTICER - 2km

A one lap course. Exit from transition is via the northern side before turning left onto Geographe Bay Road and onto path. Head along the foreshore path for 1 km before making a U-turn back along Geographe Bay Road. Make a left turn onto Milne Street to head to the finish line.





RUN COURSE RULES

If an athlete receives a penalty during the Run they may be required to serve a Stop-Start Penalty on the course with Technical Officials where the infringement occurred.

- No portable music devices, or electronic items of any kind, including phones.
- No form of locomotion other than running, walking is allowed.
- Crawling is not allowed
- Athletes must wear their race number bib on the front of their top or race belt and the number must be visible at all times.
- No individual support vehicles or non-participant runners are allowed. A non-participant escort runner includes supporters, coaches, athletes who have withdrawn or athletes who have finished the race.
- An athlete observed deliberately discarding equipment, bidons, cups or rubbish/trash on the course other than when entering or leaving an Aid Station will receive a red card.
- A shirt or racing top must be worn at all times.
- Shoes must be worn at all times.
- Athletes found not to have completed the entire course will be disqualified.

RUN AID STATIONS

- There will be one Aid Station on the east side of Marine Rescue at approx. 700m
- The Aid Station will be east of the Volunteer Sea Rescue building (heading west)

There will be water available at the Aid Station.



KEEP ON RUNNING

Keep on Running is a WA-owned specialist store operated by runners for runners. Keep on Running offers shoes, clothing, running accessories, nutrition products and expert advice. Visit us in-store, online, or at the Health & Lifestyle Expo across event weekend.

TWA Members receive 10% off clothing, footwear and compression!



OUR STORES

Shop 71A Floreat Forum - 0435673498

Shop 7/9 Riseley Street, Ardross - 0422078219

Shop 3 Entrada Shopping Centre, Paramatta - 0422285638

WWW.KEEPONRUNNING.COM.AU

INSTRUCTIONS FOR THE TEAM EVENT

These instructions are to ensure that all team changeovers are fair and safe. Please note, due to COVID safety there will be no separate team changeover area this year. Team member changeovers will all take place at the team's designated bike rack position:

- All team Swimmers must be wearing a timing band on their left ankle. They will start in waves as instructed in the race briefing. They will swim 1 lap of the swim course and exit the water.
- The team Cyclist will wait for the Swimmer at their bike in transition. The Cyclist may have his / her helmet on whilst waiting.
- The team Swimmer will meet the Cyclist at their bike. Here they will take off their timing band and hand it to the team cyclist who must put it on their left ankle. Only after the timing band is attached may the team Cyclist get their bike and exit the Transition. They must not mount their bike until they pass the Mount line as instructed by officials .
- The team Cyclist will then ride 3 laps of the cycle course observing all race and road rules as outlined in this booklet.
- Meanwhile the team Runner must estimate the expected time of return of their Cyclist. Warm up outside Transition. When they think their Cyclist will be nearing the end of the cycle leg the team Runner may enter Transition, taking care not to impede other team members.
- At the end of the cycle course the team Cyclist must dismount their bike before the dismount sign and run their bike back to the rack and rack their bike. Only after they have racked their bike can they pass the timing band to the team Runner.
- The team Runner must put the timing band on their left ankle and the race number on the front. They must not leave transition until this is done.
- No mobile phones, other communication or music devices are allowed to be on your person at any time during the event.
- The team Runner will then complete the run course and pass through the finish chute at the end. Other team members are able to run down to the finish with the team Runner. Please wait to join your Runner at the top end of Milne Street.

Team Swimmers and Cyclists will leave the transition as fairly promptly to reduce crowding.

POINTS TO REMEMBER FOR TEAM MEMBERS:

- Team Swimmer: Timing band must be worn on left ankle
- Team Cyclist: Do not un-rack your bike until the timing band is on your left ankle. No cycling in Transition.
- Team Runner: The timing band must be on your left ankle and race number must be worn on your front. Please don't panic if your team member is taking longer than anticipated. In the event that your team member does not make the time cut off you will be re-chipped and allowed to do your part of the event. You will record a DNF on the results and not be considered for awards.

Take care and have a fun race!

POST-RACE INFORMATION

RECOVERY AREA

As you cross the finish line, the athlete recovery area is a walk-through zone immediately after the finish line. Participants are required to collect (self-serve) finishers medal/merchandise and post event nutrition and continue to exit the athlete recovery area. Medical treatment will be available if required. If you do not require any medical treatment you will be able to proceed to the other finish compound facilities where recovery products will be served.

The following products will be available in the Recovery Area:

- Water
- KODA electrolyte
- Fruit

DNFs

If you have the misfortune of having to withdraw at any stage of the race you (or someone representing you, such as a relative or friend) must report to the drop out clerk that is located at the Bag Compound Area in the main tent and hand in the timing band. This ensures that the event officials are not searching for you.

BIKE COLLECTION

Athletes will be advised when bikes can be removed from Transition. This will occur once the last individual athlete is off the bike course for that particular event. No exceptions. This time is subject to change. You must be wearing your competitor band and your race bib number to remove any bike or equipment from Transition. Any person who removes their bike over the transition fence will face disqualification.

RESULTS

Results will be available on bluechipresults.com.au on race day and on the event website, busseltonfestivaloftriathlon.com.au by Monday morning.

PHOTOS

Official Photographer Finisher Pix will be at the finish line on race day. Try to remember in the finish chute the photographer will be there to capture your finish, so put on your best SMILE! Make sure your race number is properly displayed on your front. Photos will be available from finisherpix.com. Simply browse through the thumbnails and purchase any shots of yourself, friends and family.

LOST PROPERTY

You should identify all your personal gear and property. Mark it with your name and address if possible. If it is misplaced, it will most likely be handed in to race officials. Please note that the race organiser does not take responsibility for lost property. Any lost property handed in, will be available for collection from Bag Compound on Saturday, Athlete Services on Sunday or by calling 08 9443 9778 from Tuesday 2 May 2023. After 1 June 2023 any unclaimed lost property will be donated to charity or disposed of.

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ROAD CLOSURES

Wednesday 26 April to Tuesday 2 May 2023				
Road Closure (both directions)	Road Closure Time	Road Reopen Time	Closure From	Closure To
Geographe Bay Rd	8am	5pm	Foreshore Pde	Carey St
Milne St	8am	5pm	Marine Tce	Geographe Bay Rd

Friday 28 April 2023 - Oceania Triathlon Cup Busselton				
Road Closure (both directions)	Road Closure Time	Road Reopen Time	Closure From	Closure To
Marine Tce	9:15am	1:30pm	Stanley St	Ford Rd
Geographe Bay Rd	9:15am	1:30pm	Brown St	Ford Rd
Carey St	9:15am	1:30pm	Marine Tce	Geographe Bay Rd
Georgette St	9:15am	1:30pm	Marine Tce	Geographe Bay Rd

Resident access notes:
Residents on Marine Tce who require access during the above road closures are encouraged to move their vehicles to the free event parking on Churchill Park or to adjoining streets which are not impacted by the road closures. Property access will be limited whilst the Oceania Triathlon Cup races are on.

Friday 28 April 2023 - Busselton Fun Run				
Road Closure (both directions)	Road Closure Time	Road Reopen Time	Closure From	Closure To
Carey St	5pm	7:30pm	Marine Tce	Geographe Bay Rd
Georgette St	5pm	7:30pm	Marine Tce	Geographe Bay Rd
Geographe Bay Rd	5pm	7:30pm	Brown St	Ford Rd

Sunday 30 April 2023 - Oceania Triathlon Para Cup, Kids Triathlon, Foreshore Triathlon				
Road Closure (both directions)	Road Closure Time	Road Reopen Time	Closure From	Closure To
Foreshore Pde	6:30am	10am	Queen St	Brown St
Queen St	6:30am	10am	Adelaide St	Marine Tce
Marine Tce	6:30am	10am	West St	Stanley St
Marine Tce	6:30am	1:30pm	Stanley St	Georgette St
Geographe Bay Rd	6:30am	1:30pm	Brown St	Morgan St
Brown St	6:30am	1:30pm	Marine Tce	Geographe Bay Rd
Georgette St	6:30am	1:30pm	Marine Tce	Geographe Bay Rd
Carey St	6:30am	1:30pm	Adelaide St	Geographe Bay Rd
Marine Tce	6:30am	10am	Mann St	Russell St
Mann St	6:30am	10am	Marine Tce	Geographe Bay Rd
Russell St	6:30am	10am	Marine Tce	Geographe Bay Rd

Resident access notes:
Residents on Marine Tce, Geographe Bay Rd, Mann St, Russell St who require access during the above road closures are encouraged to move their vehicles to adjoining streets which are not impacted by the road closures or to the free event parking on Churchill Park. Property access will be limited whilst the above road closures are in place.

Detours and traffic management will be in place to guide motorists around the area during the events. Triathlon WA respectfully requests cooperation in the efficient management of patrons to and from their property on the day and apologies for any inconvenience caused.
Please note, if required emergency vehicles will be able to access your premises. There may be parking restrictions in place along the road closure routes
Noise notification: the SunSmart Busselton Festival of Triathlon will have a public address system operating at the event site. All noise will be kept to the acceptable levels.

ROAD CLOSURE MAPS



LEGEND

- Geographe Bay Rd Closed:
09:15 to 13:30 Fri 28 April 2023
17:00 to 19:30 Fri 28 April 2023
05:30 to 16:00 Sat 29 April 2023
06:30 to 13:30 Sun 30 April 2023
- Brown St, Peel Tce, Layman Rd, Tuart Dr Closed:
05:30 - 14:00 Sat 29 April 2023
- Traffic Crossing Point:
Operational Sat 29 April 05:30 - 14:00
- Geographe Bay Rd Closed:
08:00 Wed 26 April to 17:00 Tues 2 May 2023
- Marine Tce, Foreshore Pde, Queen St
Mann St, Marine Tce, Russell St Closed:
06:30 - 10:00 Sun 30 April 2023
- Geographe Bay Rd Closed:
05:30 to 16:00 Sat 29 April 2023*
06:30 to 13:30 Sun 30 April 2023
*Note: On Sat 29 April residents can access in/out of
their properties via westbound only
- Brown St, Carey St, Georgette St & Marine Tce Closed:
09:15 to 13:30 Fri 28 April 2023
05:30 to 14:00 Sat 29 April 2023
06:30 to 13:30 Sun 30 April 2023



EVENT PARKING ENTRANCE OFF ADELAIDE ST





RACE WEEKEND CAR PARKING

Car Park Opening Times:

- Friday 28 April, 8am - 7pm
- Saturday 29 April, 5am - 5pm
- Sunday 30 April, 5am - 3pm

Parking will be available at Churchill Park, with entry off Adelaide Street only for ALL DAYS

To park in this area a **gold coin donation** is required for the local volunteering group.

Please do not park on the verge around Marine Terrace. Parking inspectors will be out and about and you will get a ticket.

Busselton Foreshore & City Managed parking for Friday, Saturday and Sunday can be found on the next page. Please be mindful of road closures.



FRIDAY 28 APRIL – 8am – 7pm
SATURDAY 29 APRIL – 5am – 5pm
SUNDAY 30 APRIL – 5am – 3pm



Parking Limit

- All Day
- 3 Hours
- 2 Hours
- 1 Hour
- 1/2 Hour
- 1/4 Hour

- No Parking
- No Stopping
- Toilet
- Caravan Parking
- Bike Rack



0 100 200 300 400 500 m



Busselton Foreshore and City Centre Parking (City Managed)



BUSSELTON FESTIVAL OF TRIATHLON

SPECTATOR INFORMATION

SPECTATOR VANTAGE POINTS

- The best viewing for the swim will be from the main Busselton Jetty where athletes will swim alongside it.
- At the transition exit and turn around at Barnard Park/Brown
- Tuart Forest round about, access is from Bussell Highway.

The run course:

- Along Geographe Bay Road
- Along the finish chute

INFORMATION DESK

The information desk will be located in the Pavilion and open on Friday 28 April from 12pm-7pm.

DO NOT BIKE, DRIVE OR RUN BESIDE AN ATHLETE ON ANY PART OF THE COURSE. THIS IS OUTSIDE ASSISTANCE AND CAN LEAD TO DISQUALIFICATION OF THAT ATHLETE.
DO NOT RUN DOWN THE FINISH CHUTE WITH YOUR ATHLETE. THE ATHLETE WILL BE DISQUALIFIED IF ANY SPECTATOR, FRIENDS OR FAMILY ENTER THE CHUTE WITH THEM.





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