



BUSSELTON 100

2KM
SWIM

80KM
BIKE

18KM
RUN

ATHLETE INFORMATION GUIDE 2024



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WELCOME TO WESTERN AUSTRALIA

HON RITA SAFFIOTI MLA, DEPUTY PREMIER; MINISTER FOR TOURISM AND
HON DON PUNCH MLA, MINISTER FOR REGIONAL DEVELOPMENT

The Western Australian Government is a proud sponsor of the Busselton Festival of Triathlon through Tourism WA's Regional Events Program.

The program enables the Government to support medium to large events in regional Western Australia to boost tourism and local jobs, increase community vibrancy and participation (including outside of the typical tourist season), and further develop regional areas.

It 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 points of difference and diverse attractions, particularly through media coverage of events.

Tourism is a key part of the State Government's plan to diversify the economy, create jobs and develop business opportunities, through helping regional economies and communities to grow and thrive.

Events are a vital part of 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 and 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 dreamlike South West region.



HON RITA SAFFIOTI MLA
DEPUTY PREMIER MINISTER
FOR TOURISM



HON DON PUNCH MLA
MINISTER FOR REGIONAL
DEVELOPMENT





PRESENTED BY



GLOBAL
ADVANCED METALS

PRESIDENT'S WELCOME

It is my great pleasure to welcome you to the Busselton Festival of Triathlon presented by Global Advanced Metals.

This is the 23rd edition of the Festival and Triathlon Western Australia are thrilled to have you all join us for an event that is not just a race, but a celebration of endurance, community, and the beautiful city of Busselton.

We are proud to be hosting the Busselton 100 once again, and to continue the legacy of the State Long Course Championships.

Our Festival this year also includes the Busselton Foreshore Triathlon, SunSmart Kids Triathlon, Busselton Aquabike and the new WQE Aquabike distance which serves as an AusTriathlon Age Group Team Qualifying Race for Wollongong 2025.

This year is particularly special for us. After being named the inaugural Sport West Community Sporting Event of the Year for our 2023 edition of the BFOT, we're reminded of the incredible spirit and dedication of everyone involved. A heartfelt thank you to all who've joined us for this event, whether as competitors, spectators, volunteers, sponsors, or exhibitors.

Together, we craft an exceptional experience that embodies the spirit of the triathlon community and the broader South West Community.

Our team has worked tirelessly to ensure this festival is safe, well-organised, and enjoyable for all involved. We've designed an incredible course to push your limits and showcase Busselton's stunning surroundings.

We can't wait to celebrate your achievements during this weekend of exciting swim bike run action.

Thank you for being a part of the 2024 Busselton Festival of Triathlon, and we wish you the best of luck in your race!

BRENDEN KOH

President, Triathlon WA



WA
TRIATHLON

WELCOME TO BUSSELTON

CITY OF BUSSELTON MAYOR'S MESSAGE

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 2024 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 most iconic landmarks, including the Busselton Jetty and Ludlow Tuart Forest.

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

Don't forget to take full advantage of direct passenger flights between the Busselton Margaret River, Melbourne Tullamarine, and Sydney Airports. The Jetstar passenger flights already proving popular, making interstate and international travel easier and more convenient than ever before.

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. This event has all the ingredients for what will be a fantastic event!

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



Mayor Phill Cronin

City of Busselton





City of Busselton

Events Capital WA

Welcome to the 2024 Busselton Festival of Triathlon

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 Jetstar's direct flights between Busselton, Melbourne and Sydney. 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!

Photos by: Clip Media

www.busselton.wa.gov.au



MESSAGE FROM THE RACE REFEREE

On behalf of Triathlon Western Australia, I would like to welcome all athletes taking part in the Busselton 100, which in 2024 is also the WA State Long Course Championships. I also wish our Busselton Aquabike athletes the best of luck, especially those competing in the WQE distance for Age Group Team qualifying points.

The team of technical officials appointed to the event are here to ensure that you have a safe, fun, fair and memorable event. The Athlete Information Guide contains the answers for most questions you should have regarding the event. Please take the time to read and understand the contents of the guide. Should you have any remaining queries, I will be happy to chat with you over the event weekend.



I encourage all athletes to familiarize themselves with the AusTriathlon Race Competition rules. As triathlon is an individual race against the clock, it is your responsibility to fully understand the rules and avoid infringements.

COMMON BLUE CARD PENALTY- 5 MINUTES TO BE SERVED AT THE NEXT PENALTY BOX INCLUDE:

- Drafting – Failing to maintain a 12m gap between you and the cyclist in front. Remember you have 25 seconds to pass through the draft zone when overtaking.
- Illegal Pass – Passing on the left.

COMMON YELLOW CARD PENALTIES- A STOP-START PENALTY INCLUDE:

- Blocking- Failure to keep left, blocking the course. To be served in the nearest penalty box
- Helmet – Failure to keep your helmet fastened when moving with your bike. To be served on the spot with a Technical Official.
- Note- That any 3 infringements across the course during the event may result in a DSQ.

COMMON RED CARD PENALTIES INCLUDE:

- Littering – Deliberately discarding items outside of the discard zones.
- Electronic Equipment- The use of any equipment including telephones, earphones, and other devices.

Always remember to treat other athletes, volunteers, officials and spectators with courtesy and consideration as failure to do so is considered unsportsmanlike conduct and may result in a DSQ. We are especially fortunate to have the support of the City of Busselton and the scenic and picturesque surrounds of Geographe Bay and Tuart Forest in which to conduct the event. Littering in these environs creates a long-lasting visual impact and potential hazards for the local flora and fauna.

Please remember, the finish chute and finish line area are for athletes only. This is for the safety of you, your fellow athletes and your family and friends. Any athlete being accompanied down the finish chute by non-competitors will be disqualified.

I hope you have a great race and achieve your goals at the Busselton 100, and I look forward to seeing you all reach the finish.

Peter Aldridge
Head Referee

ESSENTIAL CONTACTS

BUSSELTON POLICE STATION

20 Stanley St
Busselton WA 6280
(08) 9754 9555

BUSSELTON HEALTH CAMPUS

Mill Road
West Busselton WA 6280
(08) 9753 6000

BUSSELTON MEDICAL PRACTICE

20 Albert St Busselton WA
(08) 9752 1133

BUSSELTON VISITORS CENTRE

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

DUCHESS MEDICAL PRACTICE

69 Duchess St Busselton WA
(08) 9752 4122

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 2024 Busselton Festival of Triathlon presented by Global Advanced Metals. 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 Busselton Festival of Triathlon Race Contingency Committee shall be responsible for determining the plan of action should there be unexpected circumstances, weather conditions or race course 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.

EVENT CONTACT

TRIATHLON WA

203 Underwood Ave, Floreat, WA 6010 **Phone:** (08) 9443 9778
Email: admin@wa.triathlon.org.au **Website:** busseltonfestivaloftriathlon.com.au

Race Weekend Emergencies: 0456 405 399 (Event Matrix)

Triathlon WA will be on site in Busselton from Wed 1st May 2024, contactable by phone only until Friday 3rd May.

From Friday 3rd May, please proceed to the Athlete Services Counter, located in The Pavilion, Barnard Park, Busselton to speak with Triathlon WA and Event Staff.

EVENT SCHEDULE

Key information for Busselton 100 & Aquabike athletes is highlighted in yellow.

*Times are subject to change. Please continually check the website for updated information.

FRIDAY 3 MAY 2024		
TIME	EVENT	LOCATION
3pm – 7pm	Pack Pickup Open (All Events)	Barnard Park Pavilion
3pm – 7pm	KC Australia Merchandise Store Open	Expo Area
SATURDAY 4 MAY 2024		
TIME	EVENT	LOCATION
6am – 9am	Pack Pickup Open (Kids and Foreshore only)	Barnard Park Pavilion
6am – 7.15am	Transition Open for KIDS Bike Racking	Transition
6.30am – 8.15am	Transition Open for ENTICER Bike Racking	
6.30am – 9.30am	Transition Open for SPRINT Bike Racking	
7am – 4pm	Health and Lifestyle Expo, Merch & Food Trucks	Expo Area
7.30 am – 8.45 am approx.	SunSmart Kids Triathlon	Beach start area & Finish Zone
8.30 am – 9.50 am approx.	Busselton Foreshore Triathlon ENTICER	Beach start area & Finish Zone
9.45am – 12.15pm approx.	Busselton Foreshore Triathlon SPRINT	Beach start area & Finish Zone
10am approx.	Busselton Foreshore Enticer Presentations	
12pm approx.	Busselton Foreshore Sprint Presentations	
12:30pm	Transition Closes for Bike Collection (Foreshore Triathlon & Kids Triathlon)	
1pm – 4:45pm	Pack Pickup Open Busselton 100 and Aquabike athletes	Barnard Park Pavilion
1:30pm – 5:00pm	Transition Open for Bike Racking Busselton 100 and Aquabike (no bike racking available on race day)	Transition
2:30pm or 4.30pm	Transition Tour (optional)	Transition
5:30pm – 8:30pm	FREE Community Festival & Movie Night	Expo Area
SUNDAY 5 MAY 2024		
TIME	EVENT	LOCATION
5:30am – 7am	Transition open for all Individual, Aquabike and Team Athletes	Transition
6am approx.	Merchandise Store and selected Food Trucks open in Expo area	Expo Area
7:30am – 3:30pm Approx.	Busselton 100, and Busselton Aquabike	Beach start area & Finish Zone
7:30am – 4pm	Health and Lifestyle Expo, Merchandise, Food Trucks, and off-course entertainment	Expo Area
1:30pm – 4pm Approx.	Transition Open for Bike Collection	Transition
5.30pm – 7pm	Busselton 100 & Aquabike Awards Ceremony Special Awards, Open Awards, and WA State Series Medals also presented. All welcome.	Esplanade Hotel Busselton



Our 2024 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 again support the Ludlow Tuart Forest Restoration Group as part of our 2024 event.



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



ONSITE CHECK IN AND PACK COLLECTION PROCESS:

Volunteers will look you up by either name or your race number. Please bring photo ID.

DATE	TIME	LOCATION
Friday, 3 rd May 2024	3pm – 7pm	Barnard Park Pavilion
Saturday, 4 th May 2024	1pm – 4:45pm	

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

CHECK IN PROCESS:

Present photo ID and e-ticket to volunteers to check in. 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 seat pillar of your bike prior to bike check in, with the numbers stuck back-to-back and extending behind the seat pillar so 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.

HELMET NUMBER STICKER:

These must be placed on the front and right-hand side of your helmet.

TIMING CHIP:

Your timing chip is an important piece of equipment used to precisely measure your race results. You must activate this chip and ensure the correct name is displayed before leaving registration. On race day this is to be worn on your left ankle, facing out. Do not lose or forget your timing band on race day - you will not be allowed into transition without these. Limited replacement chips and bands will be available; however, any lost timing bands will incur a fee of \$100 for the chip and \$5 for the strap.

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

ATHLETE WRISTBAND:

Competitors will have to put their own wristband on their wrist during registration. This band will display your race number. It is your responsibility, at bike check in and on race day, to wear the wristband. Entrance to the transition area will be subject to participants having the wrist ID securely fastened to the wrist and will be required for removal of your bike after the event. The penalty for competing under someone else's name will result in a ban for both athletes from this and future events.

BAG & BIKE PUMP TAG:

These are to be used on the bag provided to you at athlete check in. No other bags will be allowed into the Bag Compound Area. Bike pumps will be stored separately to bags and are not to be placed in bags. Please plan

ahead, using the stickers and bag provided, to ensure that you can store your bag in the secure area on race day.

RACE BAG:

Your race bag is to be used to store your gear on race day if you are storing your gear in the Bag Compound Area. These bags are the only bags that will be accepted in Bag Compound and must have the sticker provided attached.

Forgetting or losing your race pack will result in a \$150 replacement fee (\$100 returned if you return the original pack).

Before you leave the Pack Pickup area it is essential that you check your timing chip with BlueChip Timing by placing your chip over the timing pad located on the timing desk and checking your details, which will be displayed on a screen provided. If there is any issue with the chip or your details, there will be timing personnel there to assist you.

If you do not start the race or pull out of the race for any reason you must return the Timing Chip to the Drop Out Clerk located at Bag Compound. Please make sure if you do hand in your chip, a staff member/volunteer records your name and race number.

BIKE RACKING PROCESS:

PLEASE NOTE: You cannot rack your bike outside of these times.

DATE	TIME
Saturday, 4 th May 2024	1:30pm – 5:00pm

Once you have checked in and collected your race pack, you are required to check your bike into transition. The bike number supplied in your race pack, must be attached to your seat pillar with the numbers showing behind the pillar prior to bike check in. Competitors are responsible for ensuring their bikes and helmets are in safe working order before presenting to transition to avoid rejection. Please remember that only athletes racking their bike are allowed in transition. No non-competing adults, animals, or children are permitted to enter transition.

Technical Officials will also carry out a cursory visual inspection of your bike. No bike will be accepted unless it passes the inspection. This is an extra service for the competitors and is NOT a guarantee of safety.

OFFICIALS WILL BE CHECKING FOR SUCH THINGS AS:

- End plugs on handlebars.
- Tyres in reasonable condition.
- Brakes in working order.
- Compliance with AusTriathlon Race Competition Rules 2023

All athletes will be allocated a numbered bike position. There will be different sections for Individuals, Aquabike and Teams. Positions are allocated in category order so you will be in a similar area to all other participants in your category.

Open and Long Course Legends will have separate racks. Participants must only rack in the designated space for your race number. All accessories and/or event requirements should be removed from the bike until race morning.

Helmets are NOT to be left in Transition overnight. 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. Transition will be secure and monitored from the start of bike check-in, Saturday 4th May 2024 until the end of racing on Sunday 5th May. You will be able to go to your bike on race morning to pump up your tyres, place your drink bidons and any other race gear you require. You will not be allowed to take your bike out of transition on race morning. Helmet check will be on race morning. Please wear your helmet with your sticker on your way into Transition.

TWA takes no responsibility for lost or misplaced personal affects, equipment, or accessories.

TRANSITION:

Transition will be open pre-race for all athletes from 5:30am – 7:00am on race morning, Sunday 5th May 2024. 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. You cannot remove your bike on race day morning for a warmup.

BAG DROP:

No bags are to be left in Transition. A complimentary bag drop will be in the Athlete Recovery Area. Please note, Triathlon WA accepts no responsibility for any loss or damage.

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.



“With every race, I honour my donor and their family who gave me this second chance at life.”

Troy - liver transplant recipient

Give hope to the 1,880 Australians waiting for a life-saving transplant. Register as an organ and tissue donor today.

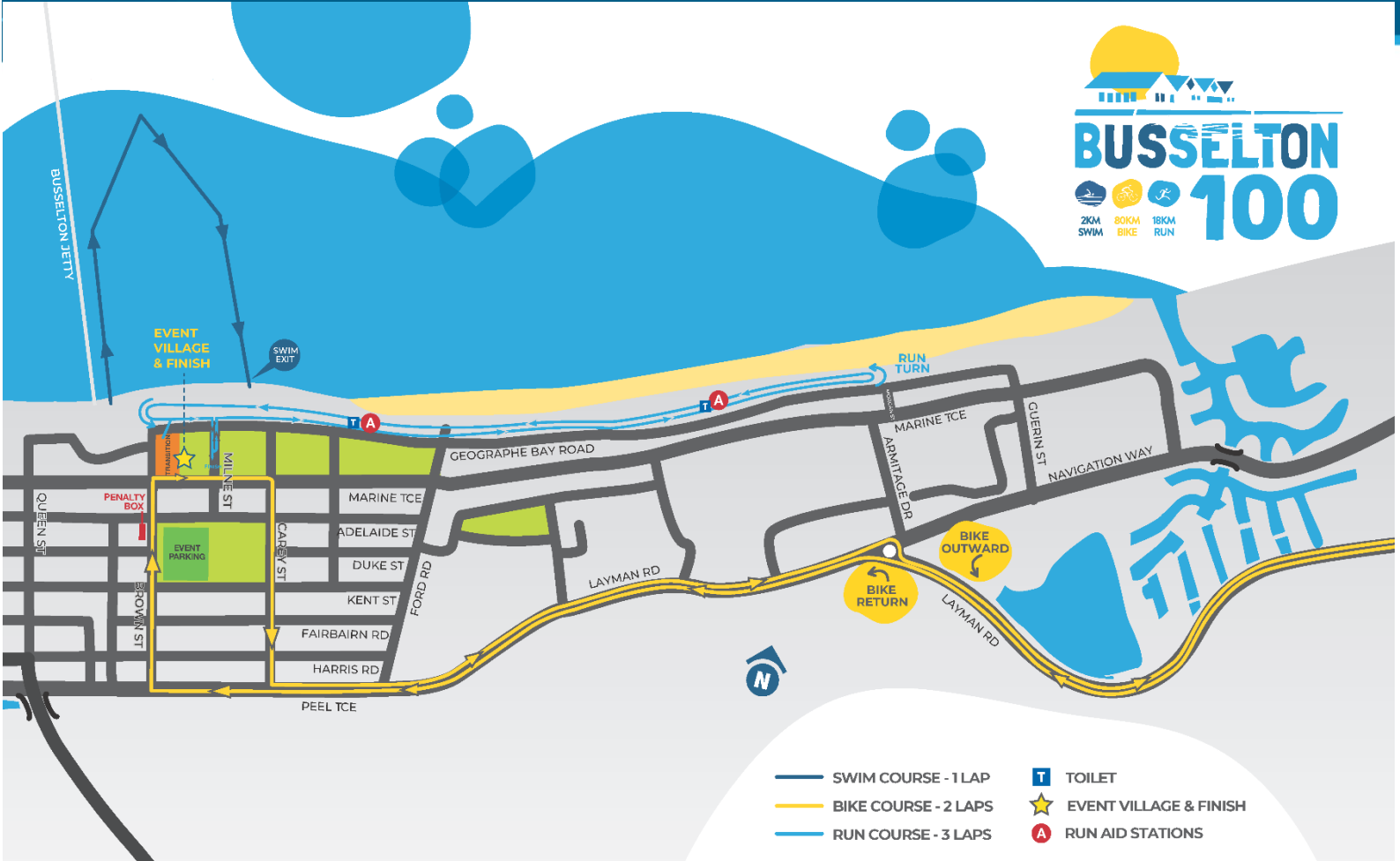
www.donatelife.gov.au

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BUSSELTON 100 & AQUABIKE WAVE STARTS

SUNDAY 5 MAY 2024			
WAVE	CAP COLOUR	AGE GROUP	START TIME
1	White	Para Athletes	7.30am
2	Blue	Male Elite/Open	7.35am
3	Pink	Female Elite/Open	7.40am
4	Yellow	M25-29	7.47am
5	Red	M40-44	7.52am
6	Pink	F50-54 F55-59 F60-64 F65-69 F70-74	7.55am
7	Silver	M30-34	8.00am
8	Purple	F18-24 F25-29 F30-34	8.03am
9	Blue	M55-59 M60-64 M65-69 M70-74 M75-79	8.08am
10	Pink	F35-39 F40-44 F45-49	8.13am
11	Yellow	M50-54	8.18am
12	White	M18-24	8.21am
13	Red	M45-49	8.24am
14	Green	M35-39	8.27am
15	Yellow	Aquabike WQE Aquabike	8.37am
16	Purple	Female Teams	8.42am
17	Red	Male Teams	8.47am
18	Silver	Mixed Teams	8.52am

Please note times are subject to change on the day.



COURSE CUT-OFF TIMES

COURSE	INDIVIDUALS	TEAMS
	Leg Cut Off (from your start time)	Leg Cut Off (from your start time)
SWIM	1 hour 15 minutes	1 hour
BIKE	4 hours 45 minutes (total swim and bike time)	4 hours 30 minutes (total swim and bike time)
RUN	7 hours 15 minutes (total race time)	6 hours 45 minutes (total race time)

Run Course cut off times for commencing Lap 3 of the run will apply. Athletes will be removed from the course by the Race Director if they have not commenced their third run lap adjacent to the transition exit/run point by 2:30pm.

SWIM COURSE INFORMATION

It is a one-lap, hut shaped course just like the famous jetty.

SWIM COURSE DESCRIPTION

Once again, the iconic Busselton Jetty becomes a key reference for the 2km swim. The entire course is on the East side of the Jetty.

A beach start awaits before swimming parallel to the jetty in a northerly direction for 750m giving spectators a great vantage point while enjoying a morning stroll on the jetty. Swimmers will then head in a North Easterly direction for 250m to the halfway mark before a right-hand turn and another 250m segment in a south easterly direction to avoid the rising sunlight. Then it's time to turn toward the beach, another 750m back to dry land and the swim exit in front of Barnard Park.

Note: Those wanting to warm up for the swim are requested to do so on the west (left hand side) of the main jetty. Each wave will be invited into the start area before their wave start. Competitors should only enter the start area via the back of the fenced area and ensure they cross the timing mats – this is to ensure all swimmers are accounted for and so we ensure everyone has started in the correct wave.

WETSUITS

All Busselton 100 and Aquabike athletes **MUST** bring a wetsuit with them to the race, so they are prepared in case the swim is declared wetsuit mandatory on race morning.

The Aus Triathlon appointed Technical Delegate will take the water temperature 24 hours before race start, and the reading will be displayed at race registration/pack-pickup on 3 May 2024. The water temperature will be taken again on Race Morning and the wearing of wetsuits will be conditional upon the water temperature. Wetsuits must only be removed and left at your numbered bike rack.

If the combined air and water temperature are deemed dangerously low, the race referee (in conjunction with water safety) can rule it a compulsory wetsuit swim. This has occurred in the past, so ALL ATHLETES MUST BRING A WETSUIT just in case.

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 AusTriathlon Race Competition Rules. Tri Elite Full sleeved wetsuit is banned.

- A full wetsuit covering arms and legs is allowed.
- Swimwear that covers the hands or feet except socks maybe used only if wetsuits are mandatory.

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.

TRANSITION PROCEDURE SWIM-BIKE (T1)

At the swim finish you will pass over a timing mat then into transition. Move to your bike to remove your swim gear (wetsuit, swim cap and goggles). Only discard your swim gear at your bike.

- Ensure your helmet is on and fastened before you move your bike from the bike rack.
- If you lose your timing band during the swim a replacement can be collected at transition exit.
- Wearing your paper Race Number is optional for the bike leg as you have stickers on your bike and helmet.
- You must not mount your bicycle until passing the designated mount line.
- You must not touch or otherwise interfere with another competitor's equipment in the transition area.
- No portable music or communication devices to be taken on the bike course.
- If you do not intend on starting the bike course, please report to the drop out clerk in the Bag Compound, to hand in your timing chip.
- If you feel unwell after the swim, please approach transition staff and they will assist with getting medical help.

BIKE COURSE INFORMATION

BIKE COURSE DESCRIPTION:

The ride is a two-lap bike course totalling 80km. The bike leg exits the transition area at the southern end, directly onto Marine Terrace before turning right onto Carey Street. After a left-hand turn onto Layman Road, the course continues along Layman Road through the Wonnepup town site then a left turn onto Tuart Drive and the first Aid Station.

The course continues along Tuart Drive for approximately 8km where they will complete a U-turn and retrace their route back to the Layman Road roundabout, turning right and the 2nd Aid Station. The ride continues back to Busselton along Layman Road and straight onto Peel Terrace. A right turn at Brown Street, then a right turn into Marine Terrace to the start lap 2. At the end of lap 2 you will complete your lap at the Brown Street roundabout then keep left and dismount before the dismount line.

Please note: Public toileting is a race violation and will likely result in a disqualification. There will be portable toilets inside the transition area for athletes use. The following toilets will be available on the bike course:

- At both Aid Stations on the bike course near the roundabout on Tuart Drive and Layman Road
- At the bike course U-turn on Tuart Drive
- At the Penalty Box on Brown Street.

BIKE COURSE RULES:

No drafting off another bicycle or any other vehicle is allowed. This event uses the 12m gap drafting ruling. There must be 12m from your front wheel to the back wheel of the cyclist in front. Athletes must ride single file on the far-left side of the bike course at all times unless making a pass or for safety reasons. Athletes who fail to keep left may receive a blocking infringement. Drafting is a blue card, and the penalty time will be five (5) minutes.

An athlete's draft distance may overlap the draft distance of another athlete in the following circumstances:

- In passing the forward athlete and at all times while passing through, for a period of no more than 25-seconds
- For safety reasons or making an acute turn
- For an Aid Station
- For leaving and entering the transition area

Other rules to be aware of:

- Athletes may walk their bike if necessary but may not make progress on the bike course unaccompanied by their bicycle.
- Shoes and a top must be worn at all times while cycling.
- Athletes must have their race number visible on the helmet and affixed to the bike frame. These numbers must be visible at all times on the course.
- An athlete observed deliberately discarding equipment, bidons or rubbish/trash on the course other than when entering or leaving an Aid Station will receive a red card
- Athletes found not to have completed the entire bike course will be disqualified.
- If you receive a red card at any time during the event you will need to report to the Race Referee at the finish line after you have completed the race.

VEHICLE ESCORTS:

Police and event Moto personal maybe be required to escort essential vehicle travel during the cycle leg. Riders must keep left at all times unless overtaking. If passed by a motorcycle be aware that a vehicle maybe following them to a nearby exit point.

OUTSIDE ASSISTANCE:

Assistance provided by event officials, including volunteers, is permitted but such assistance is limited to the authorised provision of drinks, nutrition and medical needs. Assistance provided by other competitors is permitted, but is limited to the provision of, drinks, nutrition, pumps, tyres, inner tubes, puncture repair kits and the repair of equipment for safety only. Any other assistance from anyone else is deemed to be Outside Assistance. This includes provision of any items from another competitor, which will render the donor competitor incapable of completing the race, will result in both competitors being subject to disqualification.

PENALTY BOX:

There will be one penalty box on each lap of the bike course located on Brown Street. You must stop at the next penalty box to serve your time penalty. Failure to stop at the Penalty Box on the lap in which the penalty occurred, could result in automatic disqualification.

CYCLE AID STATIONS

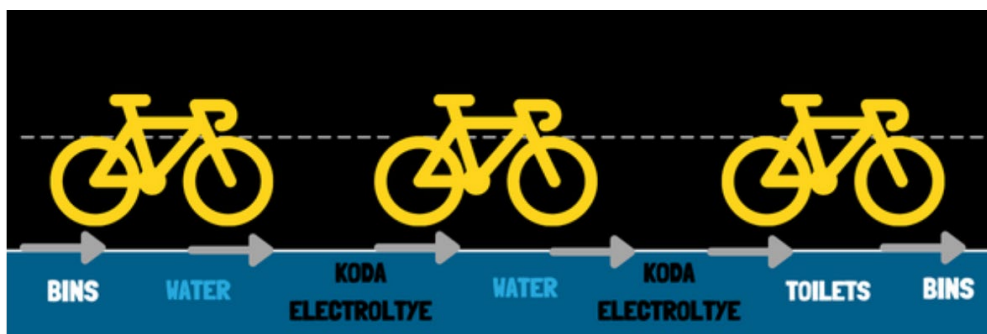
There will be two cycle Aid stations on each lap of the bike course. The first is on the outward journey on Tuart Drive, approximately 200 metres after the left hand turn from Layman Road. The second will be on the return journey on Layman Road just after the right hand turn from Tuart Drive. An area to discard your empty bidons (bike bottles) and waste will be set up prior to and after each Aid Station, on the left-hand side of the road. The pick-up will also be located on your left-hand side. The Aid Stations are located at the following approx. km points on the cycle course: 13km, 27.5km, 53km, 67.5km.

There will be water and KODA electrolyte available at the aid station. The following bidons will be available on course:

- A BLACK bottle will be filled with KODA electrolyte.
- A BLUE bottle will be filled with water.

Please take extreme care of volunteers and fellow competitors at the Bidon Exchange. If you are discarding and/or receiving a bidon, please slow down on approach and move to the left-hand side of the road to allow other participants a clear course to pass on the right. Participants are reminded to slow down to ensure you secure the items you require. Participants are also reminded the Bidon Exchange, and all Aid Stations are manned by local volunteers who are generously donating their time. During the Bike Course, please only discard empty bidons and waste at the disposal area before you reach the Bidon Exchange to receive a full bidon. Competitors found discarding anything on the course other than at the disposal area will receive a red card.

Please note there is no provision for the return of any personal bidons. As you approach an aid station, ensure you slow down and call out what you want loudly and clearly to the volunteers. Drinks will be dispersed in the following order:



Note for bike course – there will be two mobile mechanics available on the bike course. Participants can find a volunteer or event official for assistance; however, you will still need to bring spare inner tubes, a pump, and tools to fix any punctures or chain issues that you may have.

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 the front prior to leaving transition.

RUN COURSE INFORMATION

RUN COURSE DESCRIPTION

Exit from transition is via the northern side before turning right onto Geographe Bay Road. A short 100m section and a right turn onto Milne Street running south beside the event village. Then the first of 3 Left Hand

U-Turns here before returning to Geographe Bay Road and turning right to the accolades of those enjoying the event from Club Alley. The run continues east on Geographe Bay Road past the first Aid Station at approx. 700m and another at 2.5km. At 3.2km a left turn into the carpark opposite Morgan Street and another left onto the Bike Path has runners heading west on the path with the Jetty in view for some motivation. Another 2 Aid Stations at totals of 3.5km and approx. 4.8km to ensure regular opportunities to reload.

Remaining on the bike path runners will pass the large Marine Rescue building and run adjacent to the newly completed Foreshore precinct that allows excellent viewing for spectators. A right turn off the path and continue west bound on Geographe Bay Rd before a left-hand U-turn and continue where this will bring runners past the earlier transition exit point. It is the Athletes responsibility to keep track of how many laps they have done. After completing 3 full laps, make the right-hand turn onto Milne Street again. Pass the U-turn point which would take you back towards Geographe Bay Road and continue straight into the finish chute. Be ready for that finish feels and photo!

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, and medical may remove you from the course for your safety.
- 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 and shoes must be worn at all times.
- Please do not accept any outside assistance, other than from event officials, medical, and event volunteers.
- Athletes found not to have completed the entire course will be disqualified.

RUN AID STATIONS

There will be four (4) Aid Stations per lap situated on the run course.

- The first Aid Station will be east side of Marine Rescue at approx. 700m
- The second Aid Station will be on Geographe Bay Road near Russell Street
- The third Aid Station will be at the same point near Russell St with access for those running west on the path
- The fourth Aid Station will be east of the Volunteer Sea Rescue building (heading west)
- There will be water, KODA electrolyte, Cola, and KODA Energy Gels available at the Aid Station.

**PLEASE NOTE: AID STATIONS WILL BE SELF-SERVE.
PLEASE TAKE CARE WHILE PASSING THROUGH.**



DO NOT UNDER ANY CIRCUMSTANCES:

Run down the finish chute with your non-competing spectators. This includes kids and babies running with their parent. You will be disqualified if any spectator, friends, or family enter the chute with you who are not

registered athletes / part of your team. We know it's a buzzkill, but it is for safety reasons (your spectators are not insured if they hurt themselves) and to prevent any other athlete's finish moment being impacted.

INSTRUCTIONS FOR TEAMS

These instructions are to ensure that all team changeovers are FAIR AND SAFE. All team Swimmers must be wearing a timing band on their left ankle. The team Cyclist will wait for the swimmer at their bike in transition. The Cyclist may have their helmet on whilst waiting.

The team Swimmer will meet the cyclist at transition. 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 move to their bike and exit the transition. They must not mount their bike until they reach the MOUNT sign.

Meanwhile the team Runner must estimate the expected time of return of their Cyclist. The team Runner may enter the transition area and wait at the transition rack, taking care not to impede others.

At the end of the cycle course the team Cyclist must dismount their bike at 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 mp3, iPods, mobile phones or 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 can run down the finish chute with the team runner. Please wait at the Team Meeting Point and then join your runner on their final lap.

Note: Team Swimmers and Cyclists must leave the transition area promptly after swapping over to reduce crowding. It is optional for team Cyclist to wear their team number on course, but it is compulsory to have their team number with them to remove their bike from Transition after the race.

INSTRUCTIONS FOR THE AQUABIKE EVENT

The info for Aquabike participants is like the Individual athletes as you are taking part in the same course - minus the 18km run.

Your bike will be racked in the transition area that is set aside for Aquabike. Please look for the signs in transition so that you rack in the correct place. You will complete the swim and bike as per the individual participants and once you have completed the 2 laps of the bike course (or 1 lap for our WQE Aquabike athletes) dismount at the line as directed by officials. You will rack your bike in the correct location, remove your helmet and place it at your designated spot.

Your paper race number does not need to be worn on the bike as you have bike stickers plus helmet stickers. Your time will end as you cross the dismount line heading back off the bike. Ensure you walk across the dismount line with your timing chip on.

Then, rack your bike, swap into normal shoes and walk over to the finish line and down the finish chute to grab your finisher medal, towel and access the recovery area.

Due to the distance that you need to go to get to the finish line, shoes must be worn as a safety requirement. Paper Race Bibs should be worn for the 350m walk to the finish so we can verify you at the finish line, especially if you have purchased a FinisherPix pack.

IMPORTANT NOTE FOR WQE AQUABIKE ATHLETES:

After finishing their lap of the bike course, WQE Aquabike Athletes will need to dismount prior to the dismount line and then completely cross the line with their bike and person. At this point their timing chip activation will be used to determine their finish time. They then rack their bike and proceed to the finish line to have that finish moment and grab their medal/towel/recovery food.

AUS TRIATHLON RACE COMPETITION RULES

Race Competition Rules are essential to maintaining a safe, fair and quality level of competition for participants of the sport. Each year the AusTriathlon Race Competition Rules are reviewed and updated to ensure the rules reflect the ever-evolving conditions of our sport. The AusTriathlon competition rules also comply with the international governing body rules of World Triathlon.

Find a copy of the rules here: <https://www.triathlon.org.au/rules/>

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
- Cola
- Fruit
- Snacks

WHAT HAPPENS IF YOU DNF

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 at approximately 1:30pm, once the last individual athlete is off the bike course. 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.

FINAL TIMING / RESULTS

Results will be available on the BlueChip Timing website www.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 the week after the race. Athletes who have purchased Finisher Pix packs during registration will be emailed by the company directly with a link to download your images.

KODANTM

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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 event staff. Please note that the race organiser does not take responsibility for lost property.

ON RACE WEEKEND

Any lost property handed in on race day will be available for collection from the Drop Out Clerk desk located near Bag Drop.

AFTER RACE WEEKEND

Sometimes, items that are lost on the course (especially out in the forest) are only found when our staff pack up the event. In this case, lost property will be taken to the Triathlon WA office in Floreat, WA. To see if your lost property has been located, please send an email to admin@wa.triathlon.org.au with a description of what you have lost (item type, brand, colour, size, any distinguishing marks).

After 1 June 2024, any unclaimed lost property will be donated to charity or disposed of.

CAR PARKING

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

- Saturday 4 May 2024: 5am – 9pm
- Sunday 5 May 2024: 5am – 5pm

Please utilise Churchill Park for free event parking and do not park on verges around Marine Terrace or on Adelaide Street. Parking inspectors will be out and about, and you will get a ticket.

There are also plenty of council-managed carparks around the Foreshore area. Please be mindful of road closures.

EVENT PARKING 2024





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)

SPECTATOR INFORMATION

BEST SPECTATOR VANTAGE POINTS

- Busselton Jetty where athletes will swim alongside it.
- At the transition exit and turn around at Barnard Park/Brown Street.
- Tuart Forest round about, access is from Bussell Highway.
- Along Geographe Bay Road
- Along the finish chute

CROSSING POINT ETIQUETTE:

Do not try to cross the course at random spots, block the swim exit, or cut in front of runners/cyclists – even if you think it's safe to do so. Please do not trample the dunes or hop fences. Instead use the crossing points provided. These are marked on the event map.

Please be patient with and kind to our volunteers managing the crossing points. It is a hard job, and a long day. They are simply keeping our spectators and athletes safe and doing their best to help you get where you need to go. Please thank them as you cross.

DO NOT UNDER ANY CIRCUMSTANCES:

- 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.
- Run down the finish chute with your athlete, this includes (non-competing) kids running with their parent. The athlete will be disqualified if any spectator, friends, or family enter the chute with them.
- Allow your children or pets to play on the course or interfere with athletes, bikes, or any event infrastructure.

KIDS AND BABIES:

- Children and babies must be supervised by a parent or guardian at all times while attending the event.
- DO NOT allow children or babies to wander on to the course at any time, other than when using crossing points with a parent/guardian.
- Kids (who are not racing at the time) and babies must not be in athlete recovery, the finish chute, or transition at any time.
- Please ensure kids have adequate sun protection (slip, slop, slap, seek and slide) and a filled water bottle. It can be a long day for little ones.
- If your child gets lost during the event, please find a team member wearing a radio so we can help you locate the child ASAP. The emergency phone number for our event team is in the key contacts section of this document.

PETS:

- Dogs must stay leashed (fixed length leash) with a harness and must be supervised at ALL TIMES. Please leave reactive, nervous, or aggressive dogs and other animals at home. Ours is a busy event with thousands of people, and lots of young children. Owners must provide their own poop bags, and immediately pickup and safely dispose of any pet poo or mess made.
- Please bring water and food for your pet as it is a long day and can be very hot.
- No other animals are permitted.
- DO NOT let your dog on the course at any time, other than when using crossing points. Animals must not be in athlete recovery or transition at any time.

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2024 EVENT MERCHANDISE



Purchase your official merchandise online or visit us over the event weekend!

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BUSSELTON FESTIVAL OF TRIATHLON

BUSSELTON 100

BUSSELTON FORESHORE TRIATHLON

SUN SMART kids triathlon

RACE WEEK ACTIVITIES

Please Note: There is no pack pickup or bike racking available on race morning (Sunday). If you are unable to collect your pack and rack your bike on Saturday 4th May 2024 at the advertised times below, you will not be allowed to race.

BUSSELTON 100 AND AQUABIKE CHECK-IN / PACK PICKUP

Volunteers will look you up by either name or your race number. Please bring photo ID.

DATE	TIME	LOCATION
Friday, 3 rd May 2024	3pm – 7pm	Barnard Park Pavilion
Saturday, 4 th May 2024	1pm – 4:45pm	

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

BUSSELTON 100 AN AQUABIKE BIKE CHECK-IN/RACKING

Once you have checked in and collected your race pack, you are required to check your bike into transition.

DATE	TIME
Saturday, 4 th May 2024	1:30pm – 5:00pm

The bike number supplied in your race pack, must be attached to your seat pillar with the numbers showing behind the pillar prior to bike check in. Competitors are responsible for ensuring their bikes and helmets are in safe working order before presenting to transition to avoid rejection. Please remember that only athletes racking their bike are allowed in transition. No non-competing adults, animals, or children are permitted to enter transition.

HEALTH AND LIFESTYLE EXPO

- **Where:** Barnard Park, Busselton
- **When:** Friday 3rd May 2024 3pm-7pm, Saturday 4th May 2024 7am-4pm, Sunday 5th May 2024 7.30am – 4pm.

The Expo is the heart of our off-course entertainment zone, and includes food trucks, the Official KC Australia Merchandise store, local artisans, triathlon gear stores, pop-up activations from our charity partners, family-friendly activities and more.

TRANSITION TOURS

- **Where:** Meeting point – Bike Entry Transition Area, Barnard Park, Busselton
- **When:** 2:30pm or 4:30pm, Saturday 4th May 2024.

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.

FREE COMMUNITY FESTIVAL EVENING

After all the racing action and once bike racking closes for our Busso 100 athletes, we'll have a community festival evening.

Bring down your beanbags, picnic blankets, or low chairs and settle in for a movie night on the big screen at Barnard Park. There will be some food trucks on site, but we encourage you to BYO popcorn and picnic!

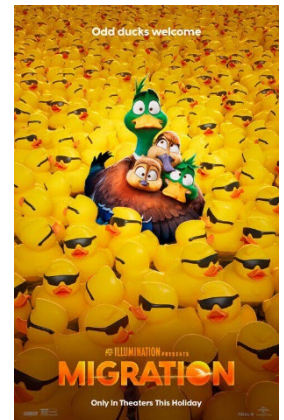
We'll be showing a movie suitable for the whole family plus some highlights from Saturday's racing. Athletes, supporters, volunteers, and general public are all encouraged to attend. It may be cold, so don't forget to wear something warm and cosy.

Film being shown:

[Migration \(2023, PG rated\)](#)

From the creators of Despicable Me, Sing, and the Secret Life of Pets; Migration is an action-packed animated comedy which tells the story of the Mallard family (ducks). While dad Mack is content to keep his family safe paddling around their pond forever, mom Pam is eager to shake things up. After a migrating duck family alights on their pond with thrilling tales of far-flung places, Pam persuades Mack to embark on a family trip, via New York City, to tropical Jamaica.

As the Mallards make their way South for the winter, their well-laid plans quickly go awry. The experience will inspire them to expand their horizons, open themselves up to new friends and accomplish more than they ever thought possible, while teaching them more about each other—and themselves—than they ever imagined.



BUSSELTON 100 & AQUABIKE AWARDS

We are transitioning back to a formal award ceremony for our 2024 Busselton 100 and Busselton Aquabike athletes to present State Long Course Championship Medals and Age Category Awards.

The award ceremony will be held on Sunday evening at the Esplanade Hotel Busselton, so please plan to stick around after your race and help us celebrate! Supporters and family of athletes very welcome.

- **Date:** Sunday, 5th May 2024
- **Time:** Doors open 5pm, Awards begin 5.30pm
- **Venue:** Naturaliste Room at the Esplanade Hotel Busselton, 30-38 Marine Terrace – Busselton WA 6280.

No catering will be provided during the awards, but a cash bar will be available. You'll also be able to grab a table in the main restaurant area for dinner before or after the ceremony.

If you plan to attend, please help us out by registering your interest and [booking your free ticket now](#).

LIVESTREAMING AND ATHLETE TRACKING

Livestreaming of the event will be FREE to access and watch via our official Facebook Page, or on the Triathlon WA YouTube channel.

Athlete tracking will be available via the BlueChip Timing tracker link for FREE. This link will be emailed directly to registered athletes before race day and posted on our official Facebook page.

Busselton Festival of Triathlon Facebook Page:

<https://www.facebook.com/SunSmartBusseltonFestivalOfTriathlon>

Triathlon WA YouTube Channel:

<https://www.youtube.com/channel/UCLaIO7n2nZfKmmQ44SYeFUA>

SPAM WARNING: During Sport events like ours, spammers and bots post hundreds of scam links in the comments of our posts and duplicate our posts/page/events to trick you. Their aim is to get your personal information or credit card details. This is called phishing.

We will NEVER ask for your credit card details or info to watch the livestream or access the live tracker link. They are both free and public. Please do not click on any links not shared directly by us.

Be scrutinous, pay attention to who has posted the link, don't give scammers your payment info, and stay safe online.

ROAD CLOSURES

To view detailed road closure information and an interactive map, please visit

<https://www.busseltonfestivaloftriathlon.com.au/roadclosures/>.

Wednesday 1 May to Tuesday 7 May 2024

Road Closure (both directions)	Road Closure Time	Road Reopen Time	Closure From	Closure To
Geographe Bay Rd	8:00am	5:00pm	Foreshore Pde	Carey St
Milne St	8:00am	5:00pm	Marine Tce	Geographe Bay Rd

Saturday 4 May 2024 Kids Triathlon, Foreshore Triathlon

Road Closure (both directions)	Road Closure Time	Road Reopen Time	Closure From	Closure To
Foreshore Pde	6:30am	12:30pm	Goose Carpark	Brown St
Marine Tce	6:30am	12:30pm	Stanley St	Carey St
Geographe Bay Rd	6:30am	12:30pm	Brown St	Guerin St
Guerin St	6:30am	12:30pm	Marine Tce	Geographe Bay Rd
Brown St	6:30am	12:30pm	Adelaide St	Geographe Bay Rd
Milne St	6:30am	12:30pm	Adelaide St	Marine Tce
Carey St	6:30am	12:30pm	Adelaide St	Geographe Bay Rd

Resident access notes:

Residents on Marine Tce and Geographe Bay Rd 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.

Sunday 5 May 2024 - Busselton 100

Road Closure (both directions)	Road Closure Time	Road Reopen Time	Closure From	Closure To
Geographe Bay Road*	5:30am	4:00pm	Brown St	Guerin St
Foreshore Pde	5:30am	1:30pm	Goose Carpark	Brown St
Marine Tce	5:30am	1:30pm	Stanley St	Georgette St
Carey St	5:30am	1:30pm	Peel Tce	Marine Tce
Brown St	5:30am	1:30pm	Peel Tce	Marine Tce
Peel Tce	5:30am	1:30pm	Cammilleri St	Ford St
Layman Rd	5:30am	1:30pm	Ford Rd	Tuart Dr
Tuart Dr	5:30am	1:30pm	Layman Rd	Bussell Hwy

Crossing points – The following vehicle crossing points will be operational from 5:30am to 1:30pm:

- Adelaide St and Carey St
- Adelaide St and Brown St
- Kent St and Carey St
- Kent St at Brown St

Resident access notes:

- *Residents on Geographe Bay Rd can access their properties by traveling westbound only. They must only turn left into Geographe Bay Rd and must exit their property and turn left and will then be directed to turn left at the next available street.
- Residents on Ford Rd, Atkinson St, Wakeford St, Herring St, Mann St, Russell St and Morgan St will have access during the road closure times. Access will only be via Marine Tce.
- Residents on Marine Tce, Brown St and Carey St who require access during the above road closures are encouraged to move their vehicles to utilise 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 Busselton 100 bike course is operational.
- Residents in Port Geographe Marina will receive an additional notice direct to their letterbox with detailed instructions on access restrictions and requirements
- Access into Busselton Tennis Club will remain open from Marine Tce in a westbound direction under the control of traffic controllers.



TRIATHLON WA!

READY, SET, GO, RECOVER!



READY...



3-4 hours start to build you energy stores (e.g. muesli, porridge, eggs on toast.)



Be SunSmart when the UV is 3 or above. Check the UV at www.myuv.com.au



Apply SPF30 (or higher) sunscreen at least 20 minutes before heading outside. Aim for 1 teaspoon per limb.

SET...



1-2 hours top up energy stores with a snack or small meal (e.g. crumpets with honey, tetra pack milk, small smoothie.)



Pack a hat, sunscreen, healthy snack and water ready for when you cross the finish line.



Make sure you are warmed up to be your best.

GO...



Enjoy a quick healthy snack and hydrate with water while you transition.



Remember to re-apply sunscreen every 2 hours and hydrate with water regularly.

RECOVER!



Recovery is key! To get the best response aim to cool down safely, refuel your nutrition, rehydrate with water and celebrate with others.

CONGRATULATIONS

Busselton Festival of Triathlon for 23 Years of Excellence!

The Global Advanced Metals team is proud to join Triathlon WA in supporting the physical, social, and mental health benefits of triathlon training and competition.



Global Advanced Metals is an industry leader in the supply and development of tantalum products. We provide innovative, responsibly sourced, tantalum for use in fitness trackers and watches, earbuds and exercise tags, and other fitness devices.

Global Advanced Metals' core values of Integrity, Respect, Innovation and Responsibility are the pillars of our commitment to sustainable business operations that support quality of life for current and future generations.



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