



**BUSSELTON**  
FORESHORE TRIATHLON

# ATHLETE INFORMATION GUIDE 2024



[BUSSELTONFESTIVALOFTRIATHLON.COM.AU](https://www.busseltonfestivaloftriathlon.com.au)



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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 Foreshore Triathlon once again, and we thank you for being part of it.

Our Festival this year also includes the Busselton 100, 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](http://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 Foreshore Triathlon in 2024.

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 familiarise 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- 3 MINUTES TO BE SERVED AT THE NEXT PENALTY BOX INCLUDE:**

- Drafting – Failing to maintain a 10m 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 Foreshore Triathlon, and I look forward to seeing you all reach the finish.

**Jeff Dick**  
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 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](mailto:admin@wa.triathlon.org.au) **Website:** [busseltonfestivaloftriathlon.com.au](http://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 Foreshore 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	Stage
12pm approx.	Busselton Foreshore Sprint Presentations	Stage
12:30pm	Transition Closes for Bike Collection (Foreshore Triathlon & Kids Triathlon)	Transition
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](http://www.ludlowtuartforest.org.au)

SCAN ME



## ONSITE CHECK IN AND PACK COLLECTION PROCESS:

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

DATE	TIME	LOCATION
Friday, 3 <sup>rd</sup> May 2024	3pm – 7pm	Barnard Park Pavilion
Saturday, 4 <sup>th</sup> May 2024	6am – 9am	

**Please Note:** You cannot register outside of these advertised times, and you must do this in person. Adults aged 18+ must collect their own race packs. Parents of participants aged under 18 years may collect race packs for their children. For teams, one team member may collect the race packs for the whole team.

## CHECK IN PROCESS:

Present photo ID (if you have it) and your e-ticket to volunteers to check in. If you are not able to locate your e-ticket – don't panic. We can look you up by name and find your race number for you. Upon presentation 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. Safety pins will be supplied at Registration for those participants who do not own a race belt. If you would like to purchase a race belt, they will be available for sale in the Expo area.

### 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.

### TIMING CHIP:

Busselton Foreshore Triathlon athletes will be issued disposable timing chips. This means after the race is complete you do not need to return the disposable chips to us. They can be disposed of in a normal bin. Your timing chip is an important piece of equipment used to precisely measure your race results. On race day this is to be worn on your left ankle, facing out. Instructions for wearing your timing chip are included on the next page. Do not lose or forget your timing band on race day - you will not be allowed into transition without these. Replacement chips and bands may not be available, but if they are then a replacement fee may be charged.

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 report to the Drop Out Clerk located at Bag Drop / Finish area. Please make sure a staff member/volunteer records your name and race number.

# Disposable Ankle Band Timing Chip



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



## BIKE RACKING PROCESS:

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

DATE	TIME
Saturday, 4 <sup>th</sup> May 2024	<b>ENTICER:</b> 6.30am – 8.15am <b>SPRINT:</b> 6.30am – 9.30am

You are required to check your bike into transition on race morning. Ensure you have collected your race pack prior to heading to transition. 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.

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. Your bike must pass the inspection.

### 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

There will be separate transition rack spaces allocated for Sprint and Enticer. Triathlon WA takes no responsibility for lost or misplaced accessories. 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.

Please ensure you remove any bags from Transition and place them in the secure compound provided. TWA takes no responsibility for lost or misplaced personal affects, equipment, or accessories.

### 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.

## WHAT TO BRING

- Race pack provided on the day (swim cap, race number, timing chip, stickers etc)
- Goggles
- Swimwear or tri suit
- Cycling / Running clothes (if not wearing a tri suit the whole race)
- Bike in good working order (e-bikes and fixies not permitted)
- Bike helmet that fits well and clips under your chin
- Running shoes and socks
- Hat, sunscreen, and sunglasses
- Flip flops or other shoes to wear when your running shoes are in transition.
- Any medicines you need (e.g. EpiPen, Puffer)
- Personal bike repair kit
- Towel
- Filled water bottle or two
- Change of clothes for after the race
- Optional: Race Belt – our expo retailers will be selling these if you'd like to buy one
- Optional: Cycling shoes and socks
- Optional: Small personal medical kit
- Optional: Race nutrition items / snacks
- Optional: Money to grab some merch or food from the expo

## BEGINNERS GUIDE TO TRANSITION

Transition is the 'storage place' for all the equipment required to complete the event, but it can only have the necessities. Your transition area will need to be set up prior to the race start. When you enter transition, technical officials will be checking your bike and helmet, so ensure you enter transition with your helmet ON and done up for checking.

The space allocated to you in transition is enough for your bike to be racked, and then a small area below (either on the left or right side of your bike – personal preference) for any equipment you may need. Please be courteous of how much space you are taking up.

### EQUIPMENT REQUIRED TO SET UP IN TRANSITION:

- **Bike:** see below different options to rack your bike
- **Helmet:** Set up with clasps undone, sitting facing upwards for ease of application. Remember you CANNOT touch your bike without having your helmet fastened and secured on your head.
- **T-shirt or shorts:** If you do not have a tri suit you can slip these items of clothing on over your bathers in transition for the ride and run.
- **Cycling shoes:** These can be any shoes you will be wearing for the bike course, runners or cycling shoes are fine. Have the shoes open, ready for your feet to slide on in!
- **Running shoes:** If you do have cycling shoes, you will need your different shoes that you will be completing the run in. However, using your running shoes in the bike leg is perfectly fine.
- **Race number:** You will receive a race number in your race pack that you will either need to attach to a singlet/t-shirt with pins or use a race belt. You will need to slip this on in T1 (swim to bike) prior to going out onto the bike course.
- **Water bottle:** If you have a water bottle holder on your bike, keep your water bottle on the bike so you can drink on course. Otherwise, just leave a water bottle in transition and utilise the free water cups at aid stations on the run.

### SUGGESTED ITEMS FOR TRANSITION (BUT NOT ESSENTIAL):

- **Hat:** We always want to protect our skin from the Australian sun, having a hat in transition means you

can grab that to head out onto the run for added protection.

- **Socks:** This is a personal preference, some people prefer to pop some socks on for the ride or run, as socks can assist with reducing the risk of blisters and are that added level of comfort. This is something to practice in training.
- **Sunglasses:** Eye protection is extremely important, having a comfortable, secure fitting pair of sunnies will not go astray. Practice wearing on a run prior to race to make sure they won't slip around and annoy you on the day.
- **Towel:** Having a towel to wipe your face, hands or feet from water, sweat or dirt is always handy.

In the example below, the participant has a towel at the bottom, with their hat, race number, helmet, shoes, socks and water bottle all laid out on top next to their bike. Remember to be courteous and kind to your transition neighbours and keep equipment within your area.



*Please note: this image is from Every Woman Triathlon, so it has a tutu. That is not a normal transition item!*

## HOW TO RACK A BIKE

There are two ways to set your bike up in transition, down to personal preference and bike set up.

**OPTION 1:** Hanging your bike up by the seat. This is the less stable choice out of the two options because it only has one point of contact on the rack but is a very common and easy method.

**OPTION 2:** Hang by the handlebars (brake hoods). This is more secure; however, it is dependent on your bike set up and if you have the style of handlebars required.



## BUSSELTON FORESHORE WAVE STARTS

WAVE	CAP COLOUR	AGE GROUP	RACE DISTANCE	START TIME
1	Red	F12-13 F14-15 F16-19	ENTICER	8.30am
2	Yellow	F20-29	ENTICER	8.31am
3	Orange	F30-39	ENTICER	8.32am
4	Red	F40-49 F50-59 F60-69 F70+	ENTICER	8.33am
5	White	Female Team Male Team Mixed Team	ENTICER	8.37am
6	Yellow	M12-13 M14-15 M16-19 M20-29 M30-39 M40-49 M50-59 M70+	ENTICER	8.40am
7	Red	M14-15 M16-19	SPRINT	9.45am
8	Yellow	M20-24 M25-29 M30-34 M35-39	SPRINT	9.49am
9	Orange	M40-44 M45-49 M50-54 M55-59 M60-64 M65-69	SPRINT	9.53am
10	White	Female Team Mixed Team	SPRINT	9.55am
11	Red	F35-39 F40-44 F45-49 F50-54 F55-59 F65-69	SPRINT	10.00am
12	Orange	F14-15 F16-19	SPRINT	10.02am
13	Yellow	F20-24 F25-29 F30-34	SPRINT	10.04am

*Please note times are subject to change on the day.*

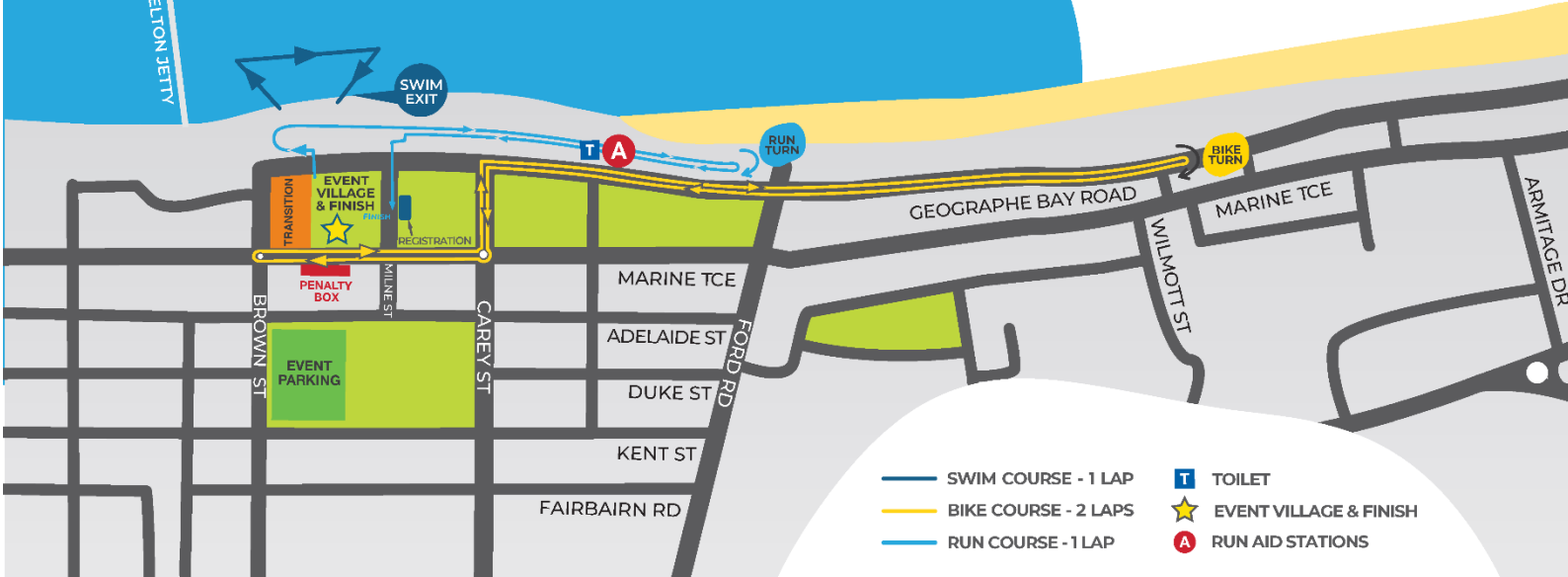




# BUSSELTON

## FORESHORE TRIATHLON

### ENTICER DISTANCE



- SWIM COURSE - 1 LAP
- BIKE COURSE - 2 LAPS
- RUN COURSE - 1 LAP
- T** TOILET
- ★** EVENT VILLAGE & FINISH
- A** RUN AID STATIONS















# BUSSELTON

## FORESHORE TRIATHLON

### SPRINT DISTANCE



- SWIM COURSE - 1 LAP
- BIKE COURSE - 3 LAPS
- RUN COURSE - 1 LAP
- T** TOILET
- ★** EVENT VILLAGE & FINISH
- A** RUN AID STATIONS













# SWIM COURSE INFORMATION

ENTICER – 200m: Athletes will complete 1 lap

SPRINT - 750m: Athletes will complete 1 lap

## WETSUITS

It is very likely that the Busselton Foreshore Triathlon will have a wetsuit optional ruling, as it has in past years. This would mean that athletes can wear a wetsuit if they want to. We encourage athletes who own a wetsuit and want to wear it to bring it along to the race just in case.

Wetsuits are unlikely to be mandatory, however it is a possibility if the air and water temp is very cold.

The Aus Triathlon appointed Technical Delegate will take the water temperature 1 hour before race start, and the wearing of wetsuits will be conditional upon the water temperature. Athletes will be notified of the wetsuit ruling on race morning. A notice will be posted at registration and called over the MC.

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.
- 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.
- Wetsuits must only be removed and left at your numbered bike rack in Transition 1.

## 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. Only discard your swim gear at your bike and be mindful of your neighbours and stay in your allocated space.

- 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.
- You must not mount your bicycle until passing the designated mount line.
- You must not touch or otherwise interfere with another competitor's equipment.
- No portable music, headphones, or communication devices are 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 Drop area / Finish area.
- If you feel unwell after the swim, please approach transition staff and they will assist with getting medical help.

# BIKE COURSE INFORMATION

## **SPRINT BIKE COURSE UPDATED 09/04/24:**

After feedback from 2023 and on advice from the Technical and Operations teams, the Foreshore Triathlon Sprint bike course has been extended to give competitors a little more space on course. The additional 750m along Geographe Bay Road equates to 4.5km over the 3 laps, increasing the advertised distance (16km) to a typical sprint distance (20.5km). There has been no change to the swim or run legs. There are no changes to Enticer. We apologise for the late notice. If you have any questions or concerns, [please email us](#), or give us a call on 08 9443 9778.

**SPRINT – 20.5km:** The ride is a three-lap bike course totalling 20.5km. 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 (Guerin St) 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 two-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 (Herring St) 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 2 you will U-turn at the Brown Street roundabout then keep left and dismount before the dismount line.

## **BIKE COURSE RULES:**

No drafting off another bicycle or any other vehicle is allowed. This event uses the 10m gap drafting ruling. There must be 10m 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. Only make a pass/overtake on the right. Athletes who fail to keep left may receive a blocking infringement.

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 near the mount/dismount line. 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.

## **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**

**SPRINT - 4km:** A one lap course. Exit from transition is via the northern side before turning left onto Geographe Bay Road footpath. Head along the foreshore path for 2 km before making a U-turn back along Geographe Bay Road footpath. 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 footpath. Head along the foreshore path for 1 km before making a U-turn back along Geographe Bay Road footpath. 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 and headphones.
- Walking is allowed, but 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, 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 one Aid Station on the east side of the Volunteer Sea Rescue building (heading west)
- There will be water available at the Aid Station.

#### **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. No mp3, iPods, mobile phones or other communication or music devices are allowed to be on your person at any time during the event.

All team participants must be wearing a timing band on their left ankle. Because we are using disposable timing chips, each team member will have their own timing band. Instead of passing the timing chip to their team-mate, they will "tag-in" the team member with a hi-five when they change over in transition.

1. The team Cyclist will wait for the swimmer at their bike in transition. The Cyclist may have their helmet on whilst waiting.
2. The team Swimmer will finish the swim and meet the cyclist at transition. Here they will "tag in" the team cyclist. Only after the Swimmer has reached them may the team cyclist move to their bike and exit the transition. They must not mount their bike until they reach the MOUNT sign.
3. 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.
4. 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 "tag in" the team Runner.
5. The team Runner must put have their race number clearly on the front. THEY MUST NOT LEAVE TRANSITION UNTIL THIS IS DONE.
6. 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.

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.

# 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 able to collect (self-serve) their finishers token 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.

### 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 12pm, or once the last individual athlete is off the bike course. No exceptions. This time is subject to change. You must be wearing 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](http://www.bluechipresults.com.au) on race day, and on the event website, [busseltonfestivaloftriathlon.com.au](http://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](http://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.

## 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](mailto: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

Spectators are very welcome, and we encourage you to bring along pom-poms, signs, and noise makers to help cheer our athletes on. We would appreciate your help in cheering for ALL athletes, not just your friend or family member. This helps bring a fun, friendly atmosphere and makes the experience more memorable for our participants. Thank you!

## **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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# RACE WEEK ACTIVITIES

## HEALTH AND LIFESTYLE EXPO

- **Where:** Barnard Park, Busselton
- **When:** Friday 3<sup>rd</sup> May 2024 3pm-7pm, Saturday 4<sup>th</sup> May 2024 7am-4pm, Sunday 5<sup>th</sup> 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.

## 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. The event will run 5.30pm – 8.30pm.

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!

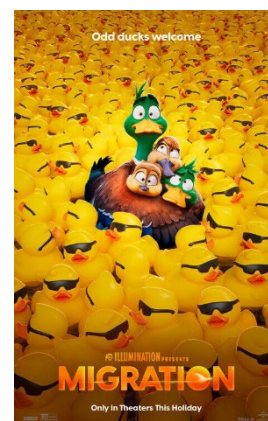
We'll be showing a movie suitable for the whole family plus some highlights from Saturday's racing. Athletes, supporters, volunteers, and general public are all encouraged to attend. It may be cold, so don't forget to wear something warm and cosy.

### 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.



## LIVESTREAMING AND ATHLETE TRACKING

We will only be livestreaming the Busselton 100 and Aquabike events. We are NOT able to livestream the Busselton Foreshore Triathlon or Kids Triathlon. We apologise for any disappointment.

The Livestreaming of the Busselton 100 and Aquabike event will be FREE to access and watch via our official Facebook Page, or on the Triathlon WA YouTube channel.

### 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!

Fuel to  
Go & Play®

### 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](http://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.

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