



**SUNSMART**<sup>®</sup>

**kids triathlon**

# ATHLETE INFORMATION GUIDE 2024



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# 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



## PACK COLLECTION PROCESS

Volunteers will look you up by either name or your race number.

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

**Please Note: You cannot register outside of these advertised times, and you must do this in person.** Parents may collect race packs for their children.

Present 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.

### 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.

### THIS EVENT IS NOT TIMED:

Kids Triathlon Participants will not be issued with a timing chip, as the event is untimed.

## BIKE RACKING PROCESS

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

DATE	TIME
Saturday, 4 <sup>th</sup> May 2024	6am – 7.15am

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.

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 the Kids Triathlon. Please wear your helmet on your way into Transition.



Please ensure you remove any bags from Transition. TWA takes no responsibility for lost or misplaced personal affects, equipment, or accessories.

#### **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.

## **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)
- 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: Small personal medical kit
- Optional: Rashie for the swim to go over your bathers

## **WHAT TO WEAR**

If you have no idea where to start, it's a good idea to have a look at the images of the event from past years on Instagram or Facebook page and see what other athletes wore. Below is some general advice:

#### **PRE-RACE:**

It can be cold at the start of the morning so make sure you bring a jumper to keep you warm. Apply sunscreen (yes, even on a cloudy day – be aware of UV). Make sure you have collected your race pack and racked your bike in transition. Make sure to bring two pairs of shoes; the ones you'll race in must be left in transition, and you probably don't want to be barefoot all morning. Some kids prefer to bring thongs/slides as their second pair of shoes.

NOTE: Please put your helmet on and clip it up prior to heading to transition.

#### **SWIM:**

Most athletes will wear either a tri-suit or swimwear they feel comfortable in, plus goggles and of course the swim cap from your race pack. You can wear a rashie over your bathers. Fins and other flotation aids are not allowed. Don't forget a towel!

NOTE: You do not wear the paper race number in the swim. Some athletes like to use a smaller towel to lay out as the base of their transition pile so that they can wipe their feet after the swim. If you are a person who hates sand in their socks/shoes, this is a great hack!

#### **BIKE:**

If you won't swim in a tri-suit or don't want to cycle in your swim wear, you'll need to bring some other clothes to put over the top of your bathers for the bike and run. Activewear or just leggings/shorts and a t-shirt are fine. We find it's easiest to pre-pin your race number onto a T shirt or a race belt which you can just slip-on during transition.

Don't forget to bring a helmet that clips under your chin, as this is mandatory. Make sure your helmet is on and securely fastened BEFORE you touch your bike.

## **RUN:**

You can keep wearing your running shoes and activewear or tri-suit for this leg. Keep wearing your race number, but make sure it's on the FRONT. Swap your helmet for a run cap, and don't forget your smile for that finish line moment!

## **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 different options to rack your bike on the next page

**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.

**Running shoes:** Have the shoes open, ready for your feet to slide on in!

**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.

**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 a few ways to set your bike up in transition, down to personal preference, bike size, and bike set up. Here are the two that work best for the Kids Triathlon.

**OPTION 1:** Some kids bikes will be too small to rack by hanging, so instead lean the bike against the rack or use the bike's kickstand.

**OPTION 2:** Hang your bike up by the seat as shown in the image below.



## WAVE STARTS

Please make sure you are on the beach by the start area by 7.25am for the Kids Race Briefing.

WAVE NUMBER	CAP COLOUR	CATEGORY	TIME
1	YELLOW	ALL Long Distance Includes Teams	7.30am
2	YELLOW	ALL Short Distance Includes Teams and Parents Wave	7.35am

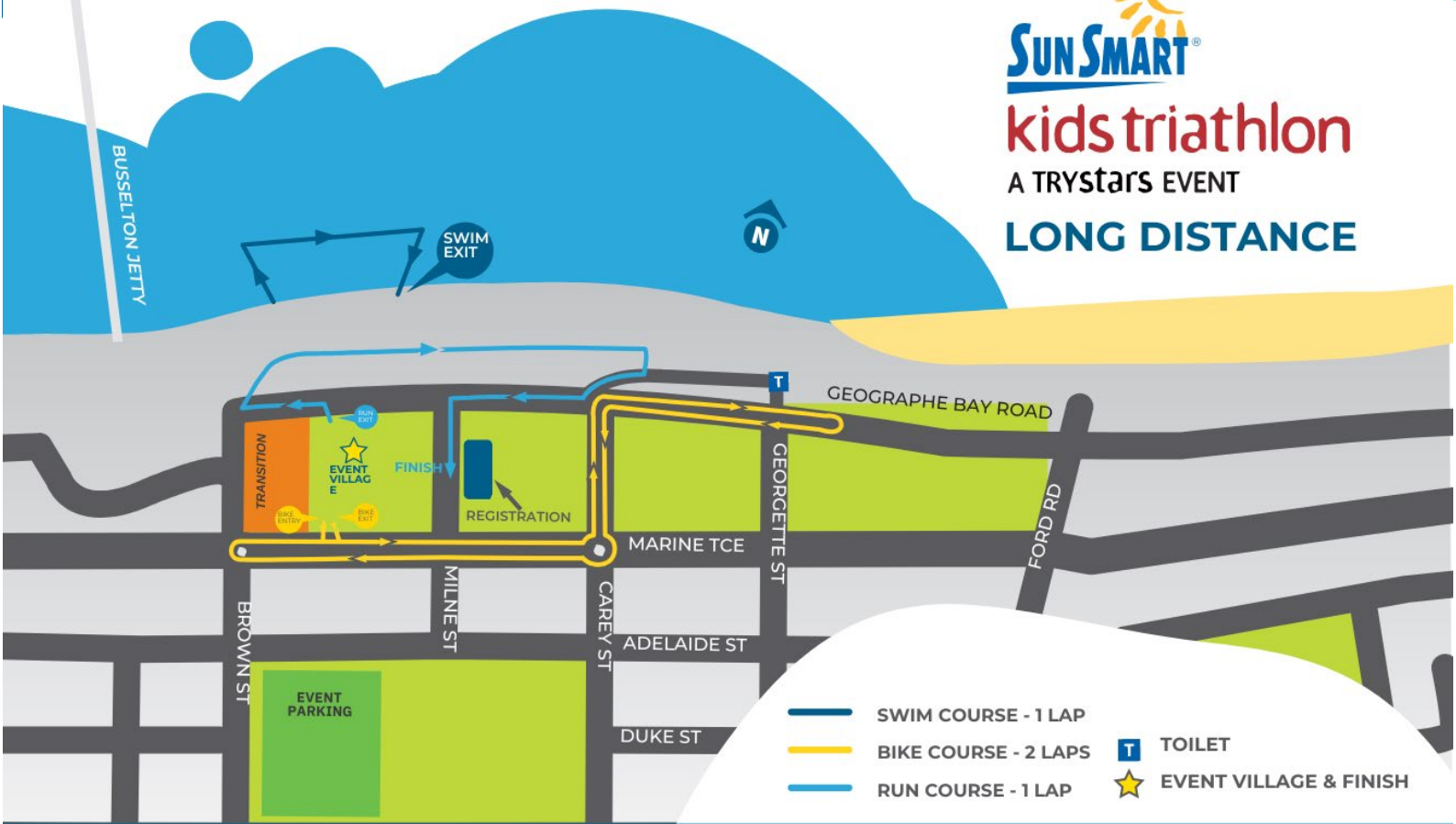
*Please note times subject to change on race day*



# kids triathlon

A TRYSTARS EVENT

## LONG DISTANCE



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

WESTERN AUSTRALIA



WA TRIATHLON



# kids triathlon

A TRYSTARS EVENT

## SHORT DISTANCE



- SWIM COURSE - 1 LAP
- BIKE COURSE - 1 LAP
- RUN COURSE - 1 LAP
- T TOILET
- ★ EVENT VILLAGE

WESTERN AUSTRALIA



WA TRIATHLON





## FAMILY/PARENTS WAVE

Our Short distance Kids Triathlon includes a wave for kids aged 7-11 years who are not confident competing alone. The Family Wave allows parents/guardians\* of participants to swim and run alongside their child and assist with transition.

Chaperones can swim with the child, then must wait by transition during the cycle leg, and then can join the child for the run leg and finish line moment. Chaperones must be wearing a YELLOW swim cap during the swim – please ensure you grab one of these at pack collection or swim start.

\*Limit to one adult per registered child.

## INSTRUCTIONS FOR TEAMS

These instructions are to ensure that all team changeovers are FAIR AND SAFE.

All team participants must be wearing a timing band on their left ankle. Because the event is not timed, and so no timing band need be swapped, kids will instead “tag-in” their team mate 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 and race bib 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 Medal 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 parent) must report to the drop out clerk that is located at the finish line. This ensures that the event officials are not searching for you.

## BIKE COLLECTION

Athletes will be advised when bikes can be removed from Transition. This will occur once the last individual athlete is off the bike course. 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.

## 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.



## THINGS TO DO IN BUSSELTON

One of the first things you'll notice about Busselton is its iconic Jetty. Extending 1.8 kilometres out to sea, and with an underwater observatory and train tours to explore – it's a must do! After exploring the Jetty, head into the main town area and do some shopping on Queen Street. Busselton even has it's own museum! If you're up for some fun, stop past Forest Adventures in the Tuart Forest. Then pop next door to visit our Charity Partners, Ludlow Tuart Forest Restoration Group, and see the old settlement they are lovingly restoring.

Finally, don't forget to explore the bustling food scene. We'd recommend The Good Egg or Hummingbird for brekkie, Origins Market for picking up some local produce, The Goose for a lunch by the seaside, and the Esplanade Hotel or Shelter Brewing Co for dinner. Yum!

Explore more options on the Margaret River Region Website here: [www.margaretriver.com](http://www.margaretriver.com)

## 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.

# 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!

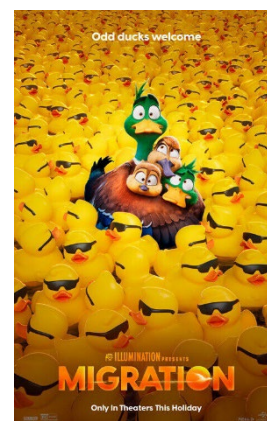
We'll be showing a movie suitable for the whole family plus some highlights from Saturday's racing. Athletes, supporters, volunteers, and general public are all encouraged to attend. It may be cold, so don't forget to wear something warm and cosy.

### 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 Kids Triathlon or Busselton Foreshore 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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