

Sunday 8 March 2020 VICTOR HARBOR TRIATHLONS, FUN RUNS & WALKS

Incorporating the "SOUTH AUSTRALIAN STANDARD DISTANCE TRIATHLON CHAMPIONSHIP"
Incorporating a "Triathlon Australia - Standard Distance World Championship Qualifying Race"

Parking is available close to the race site. A cafe is close by for food and refreshments. There are plenty of vantage points to watch the races.

All the swimming is conducted in the beautiful sea water of Encounter Lakes & patrolled by Surf Life Saving personnel.

ALL roads used for cycling are closed to vehicle traffic and major street corners are manned by traffic controllers.

Saturday March 7th Registration & Late Entry – avoid the queues on race day!

2pm till 5:00pm, ANCHORAGE SEAFRONT HOTEL cnr of Coral St & Flinders Parade, Victor Harbor.

Race numbers, ankle timing band & swim caps will be distributed. Souvenir garments can be collected if ordered and paid for. **LATE ENTRIES** will be accepted payable with the appropriate late fee if the field limit is not reached.

Sunday March 8th Emergency Registration & Late Entry - Race day

Encounter Lakes Public Beach, Bartel Boulevard, Victor Harbor

7:00am: Transition area/bike compound opens

8:00am: Compulsory Short Course briefing. Olympic & Sprint Distance arm & leg marking commences in transition area.

8:30am: **SHARP: RACE START - Short Course: 150m Swim - 8km Cycle - 1.5km Run**

8:50am: Compulsory 5K Fun Run briefing at the race start, Matthew Flinders Drive near the Boulevard Cafe.

9:00am: Compulsory Standard & Sprint Distance briefing in transition area.

9:00am: **SHARP: RACE START - Fun Run – Walk: 5km**

9:30am: **SHARP: RACE START - Standard Distance: 1.5km Swim - 40km Cycle - 10km Run**

10:15am: **SHARP: RACE START - Sprint Distance: 750m Swim - 20km Cycle - 5km Run**

10:20am: Compulsory 10K Fun Run briefing at the race start, Matthew Flinders Drive near the Boulevard Cafe.

10:30am **SHARP: RACE START – Fun Run – Walk: 10km**

1:00pm: Compulsory Mini Distance briefing in transition area.

1:30pm: **SHARP: RACE START – Adults & children Mini Distance: 50m Swim/Wade - 2km Cycle - 400m Run**

2:00pm: Presentation of all awards at the Encounter Lakes Public Beach, weather permitting.

AWARDS

SHORT COURSE AGE CATEGORY: The first place Male & Female from each category will each receive a trophy.

Under 14 14/15 16/17 18/19 20/29 30/39 40/49 50/59 60/69 70/79 80+

SHORT COURSE TEAM: All first placed team members receive a trophy

5KM FUN RUN or WALK CATEGORY: The first place Male & Female from each category will each receive a trophy.

Under 16 16/19 20/29 30/39 40/49 50+

10KM FUN RUN or WALK CATEGORY: The first place Male & Female from each category will each receive a trophy.

Under 16 16/19 20/29 30/39 40/49 50+

SPRINT DISTANCE The first place Male & Female from each category will each receive a trophy.

Under 16 16/17 18/19 20/29 30/39 40/49 50/59 60/69 70/79 80+

SPRINT DISTANCE TEAM: All first placed team members receive a trophy

STANDARD DISTANCE OPEN CATEGORY: The first 5 placed Open Male & Open Female from each category receive a trophy/prize \$.

1st \$1000 / 2nd \$600 / 3rd \$300 / 4th \$150 / 5th \$100

STANDARD DISTANCE AGE CATEGORY: The first place Male & Female from each category will each receive a trophy.

Under 20 20/24 25/29 30/34 35/39 40/44 45/49 50/54 55/59 60/64 65/69 70/74 75/79 80+

STANDARD DISTANCE TEAMS CATEGORY: All team members from the winning team in each of the 3 categories receive a trophy: Male, Female, Mixed teams

KIDS & ADULTS DISTANCE TRIATHLON: This event is fun only, NO times will be recorded & NO awards will be given

RULES & REGULATIONS

Triathlon Australia Race Rules apply. Detailed course maps are on the event website & will be displayed at registration. **Competitors must swim in their allotted wave start determined by the race & category that they have entered, and wear the swim caps provided. Approved helmets must be worn during the entire cycle leg. Cycles must be walked in all transition areas. Drafting is not allowed & penalties will apply. Race numbers provided must be worn on the front & rotated to the rear during the cycle if possible. Torso must be covered at all times during the cycle & run.**

GENERAL INFORMATION

Age groups are calculated using ages as of 31-12-2019. Full splits will be recorded for finishers in the Standard, Sprint & Short Course triathlons & finish times for the 5km & 10km fun run – walk. Refreshments will be provided to all competitors. Random draw prizes can only be claimed at the time of the draw. **TROPHIES not taken on race day** can be collected after 2 weeks from Sportitude 391 Fullarton Rd, Fullarton or they can be posted out for a small fee. No entry fee refunds will be given under any circumstances.

LATE ENTRY FORM

2020 ASICS VICTOR HARBOR TRIATHLONS & FUN RUN – WALK

Incorporating the "SOUTH AUSTRALIAN STANDARD DISTANCE TRIATHLON CHAMPIONSHIP"
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INDIVIDUAL ENTRANTS TO PLEASE FILL IN THE INFORMATION IN THIS TOP SECTION

Last Name:		First Name:			Sex: M - F	
Address:			Suburb:		State:	PC:
Phone No:	Mobile No:		Date of Birth: / /		Age on: 31/12/19	
Email:		TA Member #?		Club if applicable:		
Emergency contact name & phone number:						

TEAM MEMBERS - PLEASE FILL IN THE INFORMATION BELOW

Team Coordinator:				
Address:		Suburb:	State:	PC:
Phone No:	Mobile No:		Email:	
Relay Team Name:				
Swimmer:		TA Member #		Club if applicable
Cyclist:		TA Member #		Club if applicable
Runner:		TA Member #		Club if applicable

Please circle your entry fee amount, discount if applicable, & then write the total to pay, THEN circle your category:

	UNDER 13 YRS	13-15 YRS	16-17 YRS	18 YRS OVER	RELAY TEAMS	OPEN	TA MEMBER DISCOUNT	TOTAL TOPAY	CATEGORIES					
Kids & Adult Mini Distance	\$15	\$15	\$15	\$25	\$15	X	-\$5			Age Cat				
Short Course	\$45	\$45	\$45	\$60	\$75	X	-\$5			Age Cat	Relay Team			
Standard Distance	X	X	\$105	\$120	\$140	\$135	-\$20			Open Cat	Age Cat	Male Relay Team	Female Relay Team	Mixed Relay Team
Sprint Distance	X	\$70	\$70	\$85	\$105	X	-\$10			Age Cat	Age Cat	Relay Team		
5km Fun Run	\$20	\$20	\$20	\$25	N/A	X	X			Age Cat				
10km Fun Run	\$25	\$25	\$25	\$30	N/A	X	X			Age Cat				

PLEASE tick your preferred running shoe	ADIDAS	ASICS	BROOKS	NEW BALANCE	NIKE	REEBOK	OTHER
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DECLARATION

I, the undersigned in consideration of and as a condition of my acceptance of my entry in the ASICS Victor Harbor Triathlons & Fun Run-Walk for myself, my heirs, executors and administrators, here by waive all and any claim, right or cause of action which I or they might otherwise have for or arising out of loss of my life or injury, damage or loss of any description whatsoever which I may suffer or sustain in the course of or consequent upon my entry or participation in this event. This waiver, release and discharge shall be and operate separately in favour of all persons, corporations and bodies involved or other wise engaged promoting or staging the event and the servants, agents and representatives of any of them and includes but is not limited to Event Strategies Pty Ltd, Surf Lifesaving Association of SA personnel, City of Victor Harbor, Elite Athletes Promotions, volunteers and sponsors. I am familiar with and will abide by the competition rules. A medical practitioner has not disapproved my entry. I accept to a degree the dangers inherent in participating in this event. I consent to receiving medical treatment & ambulance transportation if deemed necessary by the event director. I understand that no refunds will be given under any circumstances. I consent to have my photo & name used in media promotions.

I agree to take responsibility for the timing transponder loaned to me for this event & will pay \$44 if I do not return it.

All Individual triathletes & runners, AND all 3 relay team members must sign this declaration below.

Name	Signature	Date
Name	Signature	Date
Name	Signature	Date

If you are 17 years old or under on race day your parent or guardian must sign this declaration

I certify that I am the parent / guardian of _____ who will be _____ years of age on the day of the race and that he or she has trained for and has my consent to compete in this event. Name _____ Signature _____

Cheques and Postal Orders should be made payable to Victor Harbor Triathlons.