



Written Race Briefing Wednesday 12 September 2018

TIMETABLE

Check-In	11.00am – 12.30pm	Mitchell Park, Broadwater Parklands
Transition Open	11am – 12:45pm	Mitchell Park, Broadwater Parklands
Race Start	1.00pm	Mitchell Park, Broadwater Parklands
Presentations	3.30pm	Mitchell Park, Broadwater Parklands

- After check in, proceed to the body numbering volunteers opposite the check in tent.
- Results will be available at goldcoast.triathlon.org

COURSE:

- Swim – 1 lap 750m
- Run – 2 lap 5km

Women's Committee Novice Aquathlon

- Swim – 1 lap 300m
- Run – 1 lap 2.5km

RACE RULES/ GENERAL SAFETY

- If you need assistance during the swim, put your hand up and life savers will help you.
- Watch for tripping hazards, especially when exiting the water.
- Drop goggles & swim cap at your designated transition position only. Do not discard outside of this area.
- Discard only at the littering zone, around the aid station on the run.
- This is an individual sport, so no outside assistance.
- Remember to enjoy and have fun.
- Wetsuit Ruling will be made on race morning. Rules based on https://www.triathlon.org/uploads/docs/itusport_competition-rules_2018.pdf