



# MURRAY MAN<sup>®</sup>

**APRIL 9TH & 10TH**  
**BARMERA, SA**



Adelaide Triathlon Club

# ATHLETE GUIDE

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# COMPETITOR INFORMATION BOOKLET

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# GENERAL INFORMATION

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## 1 Event Schedule (ACST)

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### **SATURDAY 9TH APRIL**

**11:00AM - COME & TRI REGO OPENS**

**11:45AM - COME & TRI REGO CLOSSES**

**11:50AM - COME & TRI EVENT BRIEFING**

**12:00PM - COME & TRI EVENT BEGINS**

**2:00PM - REGISTRATION AND BIKE RACKING OPENS FOR ALL OTHER EVENTS**

**5:00PM - REGISTRATION AND BIKE RACKING CLOSSES**

### **SUNDAY 10TH APRIL**

**6:00AM - TRANSITION OPENS**

**6:50AM - TRANSITION CLOSSES**

**6:55AM - EVENT ATHLETE BRIEFING**

**7:10AM - STANDARD DISTANCE RACE START**

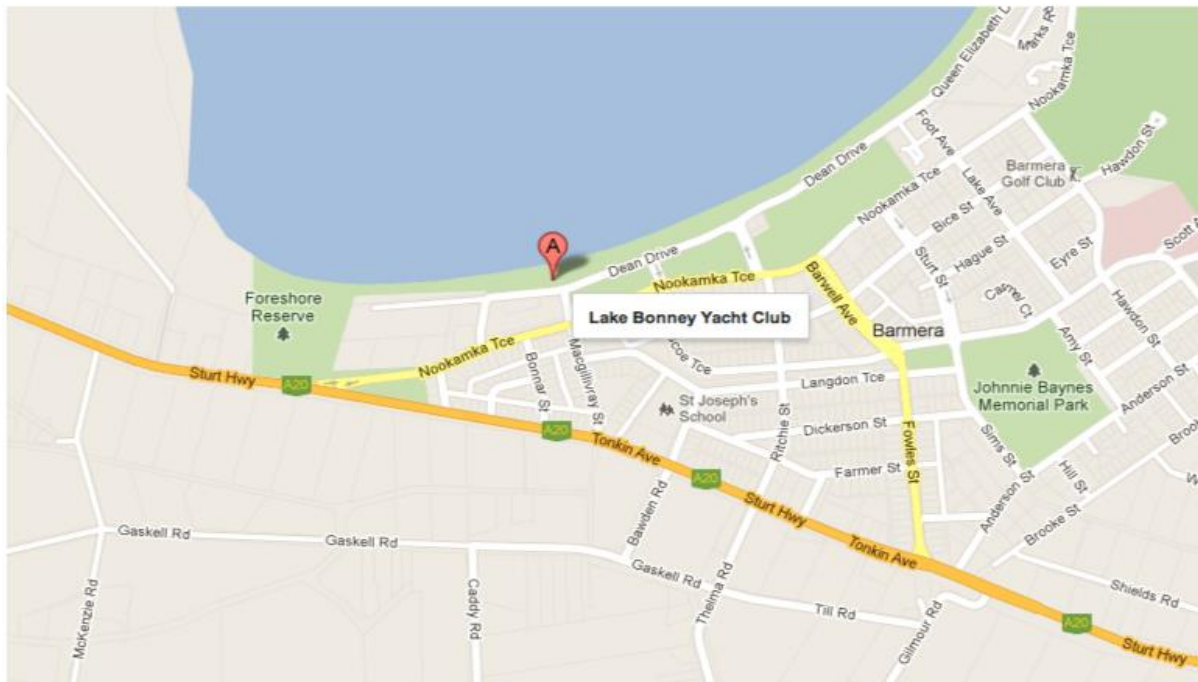
**7:12AM - SPRINT DISTANCE RACE START**

**7:30AM - LONG COURSE AND AQUABIKE RACE START - WAVE STARTS TBC**



## 2 Location

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'A' = Lake Bonney Yacht Club – Dean Drive, Barmera SA, 5345

\*See Lake Bonney cam for real-time views from the Yacht Club across Lake Bonney:

[http://www.riverlandviews.com/rivviews/Barmera\\_Cam.html](http://www.riverlandviews.com/rivviews/Barmera_Cam.html)

## 3 Parking

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- There will be parking available on the grass reserve on the southern side of Dean Drive which competitors and spectators are encouraged to use.
- Restricted parking is also available on the streets on the foreshore of Lake Bonney.
- Due to road closures, it is inadvisable to park on the course.

## 4 Open Competitors

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**The Open category is for athletes competing for prize money and only available to Triathlon Australia members entered in the Full Murray Man.**

OPEN category competitors must be a current TA member to be eligible for prize money. (Prize money will be paid via EFT on Tuesday following the race. Please have your bank details with you)

## Prize Money (open category as per above)\*

	Male	Female
1 <sup>st</sup>	\$1,500	\$1,500
2 <sup>nd</sup>	\$1,000	\$1,000
3 <sup>rd</sup>	\$750	\$750

## Race Numbers – Bibs and Stickers

- Race numbers must not be altered in any way, and must be displayed either on race belts or may be pinned to the front if competing in a team event.
- The race belt must be worn so that it displays the number to the front during the run leg. Numbers must not be worn on the hip or covered by clothing.
- Ensure that your race number is firmly secured so that it does not become detached from race belt toggles.
- **Race number stickers:**  
Your race numbers will be required on the following locations
  - Bike seat post
  - Wristband (to remain on over the whole weekend)
- **Stickers for Teams:**  
Swim - not required / cyclist - seat post / runner - bib only

## 5 Medical

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- Medical assistance will be available to you by mobile medical personnel patrolling the Course. Please ask them for help if you are in need.
- Transport via ambulance may incur costs if you are not covered through your own personal insurance.
- Aid given by medical personnel is not considered “outside assistance”, and therefore does not result in disqualification.

## Medical / Fitness Waiver

- As a registered competitor, you have accepted the ‘Conditions of Entry’, and the ‘Event Waiver’. This is a legal form, and affects your rights, so it is important that you read and understand ALL sections.
- As part of your entry you agree that your physical condition is capable of the distance and intensity of the event without risk to your health, and will be verified if necessary by a registered medical practitioner.
- If you have developed a medical condition since registering for the event, please notify the race organizers.

## 6 Families, Friends, and Supporters

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- **DO NOT** cycle, drive, or run beside a competitor on any part of the course. If you do, they may be disqualified.
- **DO NOT** pass a competitor anything during the event, including food and drink.
- **DO NOT** assist a competitor during the event. There are mobile medicos and marshals that will be on and patrolling the course. Calling for help will ensure that the competitor can continue the race if they are able.
- **DO** encourage and cheer on all competitors – not everyone is lucky enough to have family and friends around, and it can give athletes a real boost and will be enormously appreciated.
- **DO** make sure you keep yourselves hydrated and well-nourished – supporting can be exhausting!

## 7 Timing and Race Results

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### Timing Bands (Chips)

The Murray Man Triathlon will be timed by an electronic chip system. This involves the use of an electronic chip encased in a neoprene ankle band. As a competitor, your responsibilities include:

- You will be issued with your timing band with your competitor race pack.
- You must wear your timing chip at all times while racing. The band must be attached to your left ankle on race morning before the swim. It must be left on for the entire race, as it is a means of recording your splits/finish times across the timing mats located at the end of each leg of the race.
- At the completion of the race you will be required to remove the timing band and hand it to officials prior to leaving the finish area. **If you do not finish the race, you are responsible for returning the timing band to the officials at the finish area.** It is important for us to know where you are on the course for your safety, and to accurately post results.
- The timing chip and band is to be returned intact to the Race Officials at the completion of the race, or a \$50 fee will be incurred.
- If you lose your timing band through the course of the race, please alert an Official at the end of that particular leg of the race. The Official will endeavor to arrange a replacement band if possible.

## 8 Cut Off Times

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Cut off times will apply for competitors on the swim, bike, and run course.

Swim: course closes at 8:30am

Bike: course closes at 12:00pm

Run: course closes at 2.30pm

**Common sense will prevail – we will not refuse finishing if a competitor is close and feeling strong!**

## 9 Lost Property

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- Please label all property to be left in the bag drop area with your name and race number. It is wise to use a zippered bag to put your gear in, so that items do not fall out.
- Every attempt is made to return property when it is lost, but this cannot be ensured – so please try not to lose it in the first place.
- For lost property issues, contact Tony at [president@adelaidetriathlonclub.com.au](mailto:president@adelaidetriathlonclub.com.au)

## 10 Registration

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- Compulsory Registration and bike racking  
**Saturday afternoon 2.00-5.00pm** at the Lake Bonney Yacht Club
- You must wear your wristband at all times in the race compound.
- You must register before you check your bike into transition.
- You must have your timing band located on your left ankle to gain entry to the transition area on race day.
- **Teams:** The swimmer requires the timing chip to gain entry, the cyclist requires a race number on the bike, and the runner requires a race bib number to be worn at the front.

## 11 Awards Presentation and Random Prizes

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- Presentations for Open and Age Group will be made progressively in the recovery area as results are made available.

# RACE DAY

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## 12 Race Check-In & Set-Up

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### Bike Check-In- following registration Saturday 10<sup>th</sup> April.

- Bike check-in to the transition compound will be between **2.00pm and 5:00pm** on **Saturday 10<sup>th</sup> April**.
- Competitors only will be allowed into the secured area. Your timing chip and wristband is your entry to this area.
- You should arrive at transition with your bike in safe working order.
- You will be directed to rack your bike on alternate sides of the bike rack.
- Once you have racked your bike, it cannot be removed until the start of the race.
- The OPEN category will have a designated section on the first rack nearest 'bike exit'.
- TEAMS will have a designated section for transponder transfer at the South end of transition.
- Any bicycles placed in the transition area prior to opening will be removed by the Technical Officials.

### Bike and Helmet Checks

- Triathlon Australia Technical Officials will be carrying out visual inspections of bikes and helmets as you enter transition on Saturday afternoon.
- It is a visual inspection of obvious defects, and does not guarantee roadworthiness or guarantee against breakdown during the race.
- It is your sole responsibility to ensure the mechanical and safe operation of your bike prior to, and during the race.

## 13 Race Rules

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Race organizers will follow Triathlon Australia rules as stated in this booklet and on the TA website (effective July 2020):

<https://www.triathlon.org.au/Assets/Triathlon+Australia+Digital+Assets/Triathlon+Australia+RCR+2020-21+V2.pdf>

If you have any queries regarding any aspects of competing or any of the rules, please discuss with Technical Officials in the transition area prior to the race.

### Technical Officials

- A Race Referee, Technical Delegate and Technical Officials appointed by Triathlon Australia will be present on race day to administer all race rules.
- Technical Officials are trained and accredited, and will cover the entire course and be present on the bike course as pillion passengers on the back of motorcycles (draft officials).



## Water Temperature

- The expected water temperature for race day will be posted on Saturday 10th prior to registration, and will be updated one hour prior to the race on Sunday.
- Wetsuits are acceptable to be worn by competitors if the water temperature is under 24°C for age group athletes, and under 23°C for Open competitors. 'Speedsuits' (100% nylon or lycra) can be worn regardless of water temperature.

## Swim Safety

- The swim leg will be patrolled by kayaks and boats to ensure the safety of competitors.
- If you require assistance during the swim leg, please raise your hand to alert water safety officers to come to your aid.
- All competitors must wear a swim cap during the swim
- Our sport is proudly moving towards one that generates less waste per event. To this end, **all competitors must provide their own swim cap**. In the event that you arrive at race venue without a cap, we will have a limited supply of caps, however this supply is limited

## Team Procedures

- All change-overs must occur at the designated position at the South end of transition.
- When the swimmer enters the transponder transfer area, they must remove the timing chip from their ankle, and the cyclist must secure it to their left ankle before running to their bike rack position and the bike is removed from the rack.
- The change-over from cyclist to runner must occur after the bike has been racked and the rider enters the transponder transfer area. The runner must secure the timing chip to their left ankle before leaving the transition area.
- At the conclusion of each change team members can move to the athlete recovery area for refreshments.

## Race Numbers

You will be given race numbers with your competitor race pack at registration. These need to be worn during the race:

- Wrist Band - to be worn over the whole weekend and is your ID for transition entry and bike removal at the conclusion of the race.
- Large sticker – around the seat post of your bike.
- Race bib – (secured using either race belt or safety pins) at the front for the run leg. The bib is not required during the bike leg as all bikes are identified by the seat post sticker.



## 14 Aid Stations

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- There will be one bidon-exchange station for the bike leg 150m North of transition, allowing for competitors to exchange their empty bidons for water or electrolyte. Please slow down during this area, and dispose of empty bidons in the designated place prior to the exchange station.
- There will be a total of 2 aid stations during the run leg, situated every 1.25 kms providing water, electrolyte, and Coke. Please be courteous to the volunteers working at these stations – some are young or inexperienced and are doing their best. Ultimately, it is your responsibility to ensure that you pick up what you want.

## 15 Environmental Issues

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- Please use garbage bins where available. Do not leave your empty wrappers and bidons on the course.
- In the Recovery area and around the central hub, there will be bins available for the recycling of empty cans and bottles that denote the 10c refund logo. Money made from recycling will go to the Lake Bonney Yacht Club.

## 16 Toilets

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Toilets and showers are available for use on the ground and first floors of the Lake Bonney Yacht Club adjacent to transition. Additional public toilets are available on the foreshore of Lake Bonney along the bike course.

Public Toilet Locations:

- Opposite playground - Male, Female and disabled (Cycle) and Run with slight deviation
- Adjacent Skate park – Male, Female and disabled (Cycle and Run)
- In football oval (slightly off course) – single unisex (Run with slight deviation)
- At turn around (cycle) – 15m dirt trail – single unisex (Cycle)
- In yacht club - double set (Pre-race and spectators)
- Opposite motel (200m East of Transition) – 2 unisex (Pre-race)

## 17 Manual Timing

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- All competitors will have a timing chip to record times for different legs of the race.
- At the finish line, this will be backed up by a manual finish time in case of malfunction of equipment.
- It is important that you have your race bib facing to the front when you cross the finish line, or your manual finish time may not be recorded.

## 18 Recovery Area

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- Once across the finish line, you will arrive in the Recovery area.
- Your timing chip will be removed, and if competing in the Full Murray Man you will be presented with a Finisher's medal.
- The Recovery area is equipped with medical aid should you need it, food, drink, seating, shade, and massage tables for calf rubs.
- Competitors can stay in this area as long as they require, but it is not open to the general public.

## TRANSITION & RECOVERY AREAS



## 19 Collection of Bike and Bags

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- You will need your wristband to be intact to collect your bike from the transition area after the race. Officials will check that your wrist band and/or bib number corresponds to the number on your bike. Bikes and gear can be collected from transition shortly after the end of the bike cut-off time.
- Bags can be collected from the bag store under the Yacht Club (from the bag drop area inside recovery) at any time by showing your wristband and bib number.

# OTHER INFORMATION

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## 20 Course Maps

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Please see bottom of this booklet for course maps and a copy will be displayed at Lake Bonney Yacht Club on Saturday 10th and Sunday 11<sup>th</sup> April.

## 21 Contingency Plans

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- Contingency planning will be put into operation at the discretion of the Race Committee in consultation with the Technical Delegate.
- We have an adverse weather policy to cover high temperatures, flood, and gale force conditions.
- High in our priorities is race safety, and while every effort would be made to continue with the race in some format, if it is not possible due to weather conditions the race would be cancelled and competitors would receive a percentage of entry fee returned (at the discretion of the club).
- We will be checking forecasts from the Bureau of Meteorology up to a week ahead of the race, and any expected adverse weather conditions and subsequent contingency planning will be available on the Murray Man website for competitors to check.

## 22 Further Information

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If you require any further information, please contact the Interim Race Director: **Jesse Mortensen** via [jesse.mortensen@sa.triathlon.org.au](mailto:jesse.mortensen@sa.triathlon.org.au)



# SWIM COURSE - SPRINT & STANDARD ONLY

SPRINT	1 LAP (750m)
STANDARD	2 LAPS (1,500m)

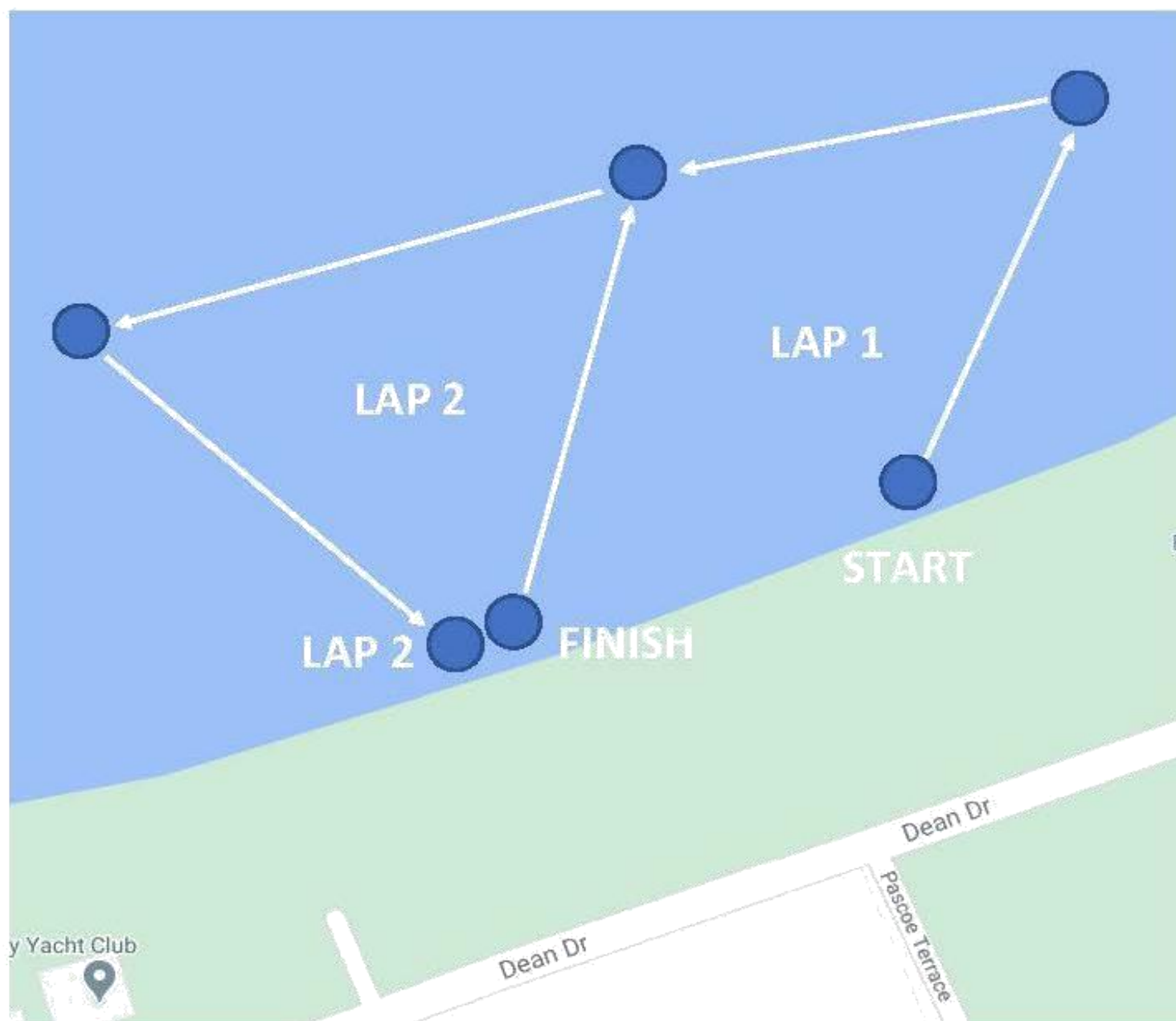


# SWIM COURSE – LONG COURSE ONLY

LAP 1 1,150m

LAP 2 750m

**TOTAL 1,900m**

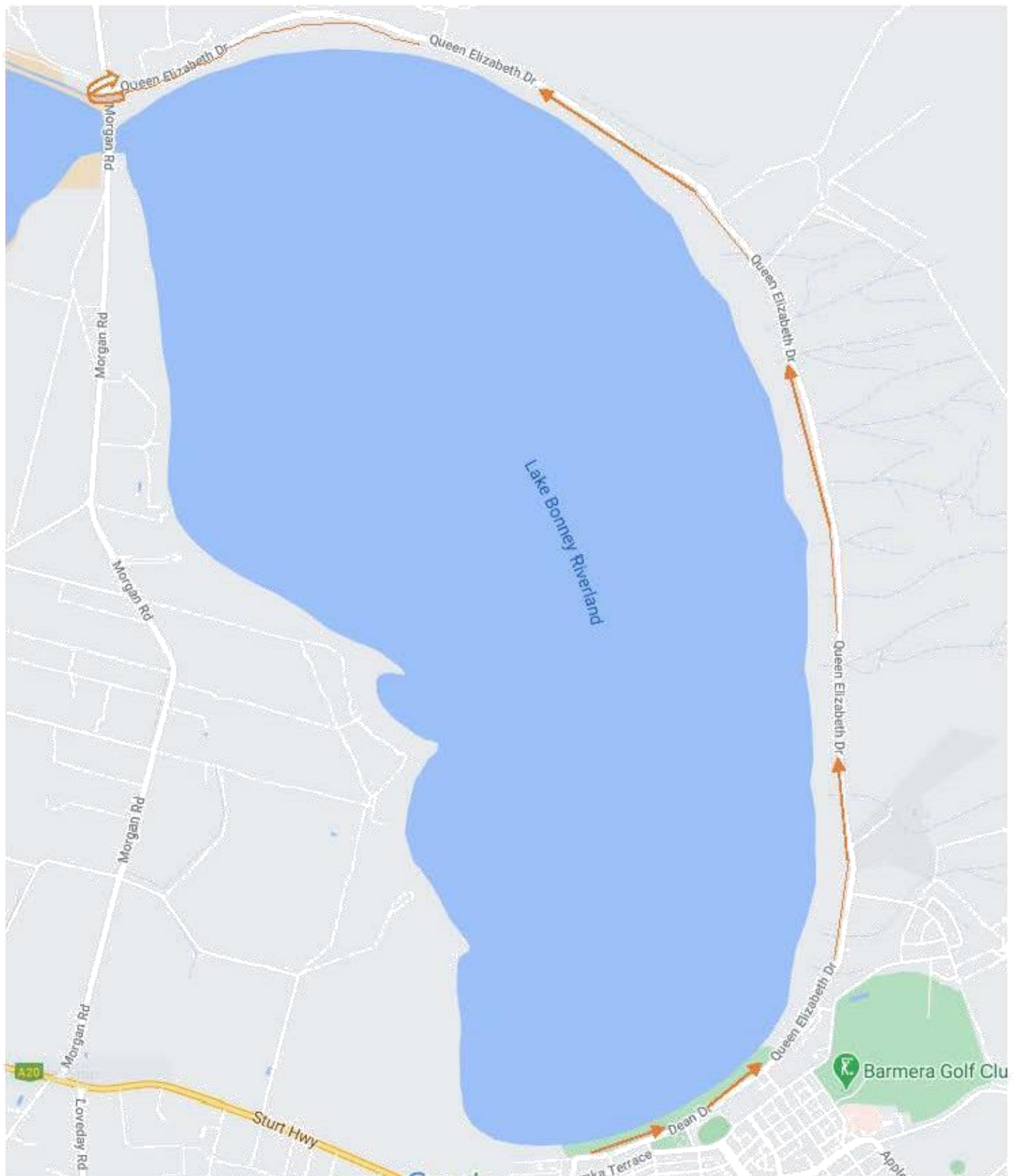


# BIKE COURSE 20KM LOOP

## SPRINT & STANDARD ONLY

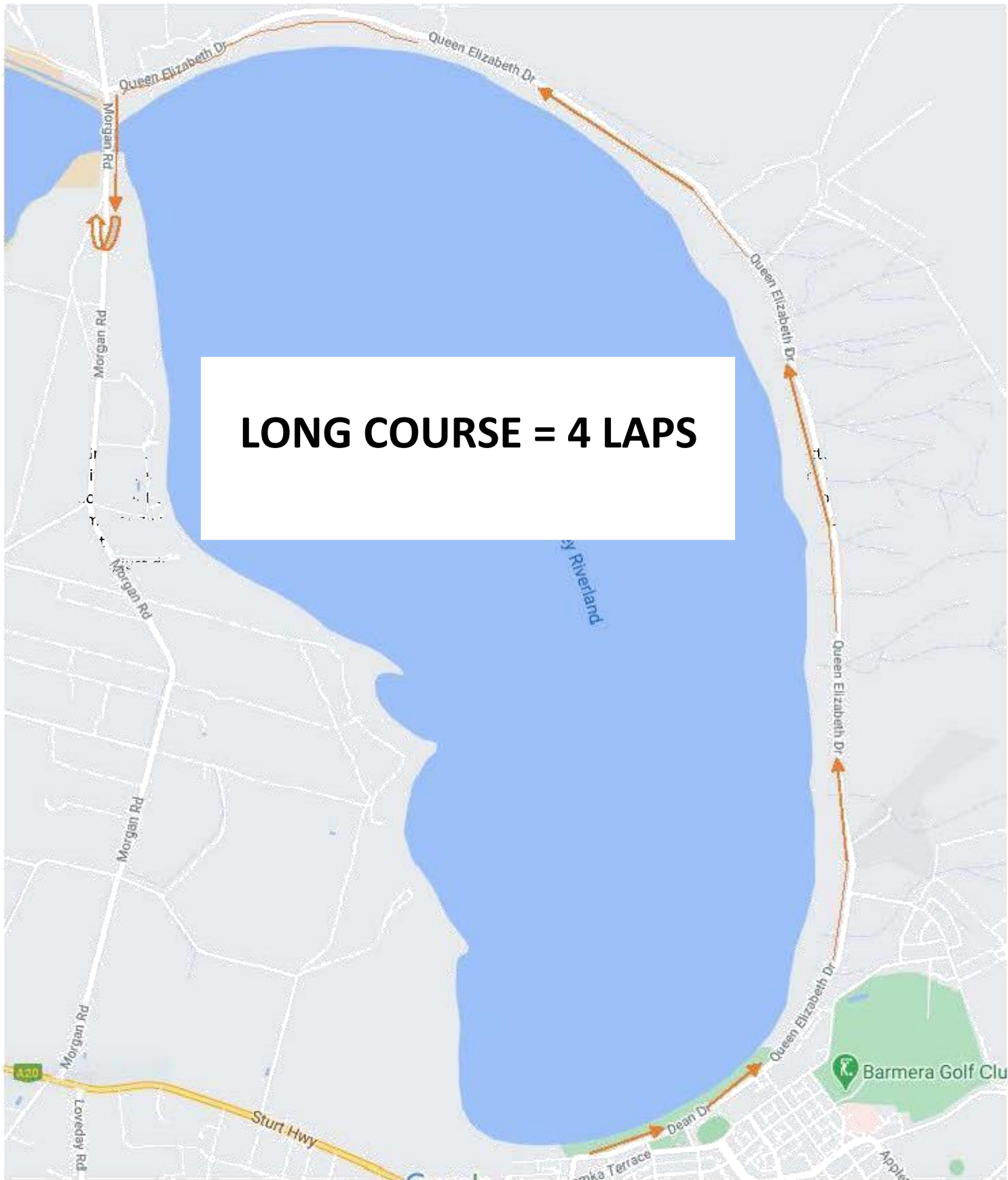
SPRINT 1 LAP

STANDARD 2 LAPS



# BIKE COURSE 22.5KM LOOP

## LONG COURSE ONLY





# RUN COURSE

**SPRINT: 1 LAP | STANDARD: 2 LAPS | LONG COURSE: 4 LAPS**

**PLEASE KEEP RIGHT**

