

PROGRAM

Event	Start Time	Race	Age	Cat	Distance
Diamond Island Resort Kids Duathlon					
Event 1	7.00	Kids Duathlon	7-11 years	A	Run: 500m Ride:1.3km (1 Lap) Run:250m
Red Dog Triathlon Sprint Duathlon					
Event 2	7.30	Sprint Duathlon	ALL MEN	B,C,D,E, F,G,H,I,J, K,L,M	Run:3km (1 Lap) Ride:6.5km (5 Laps)
Event 3	7.35	Sprint Duathlon	ALL WOMEN	N,O,P,Q, R,S,T,U, V,W,X,Y	Run:2.5km(1 Lap)
Cycling Criterium					
Event 4	9.30	Womens Handicap (A,B,C,D)			30 minutes + 3 Laps
Event 5	10.15	Mens Masters C			30 minutes + 3 Laps
Event 6	11.00	Elite C			30 minutes + 3 Laps
Event 7	11.45	Mens Masters B			30 minutes + 3 Laps
Event 8	12.30	Elite B			30 minutes + 3 Laps
Event 9	1.15	Mens Masters A			40 minutes + 3 Laps
Event 10	2.15	Elite A			50 minutes + 3 Laps

DUATHLON CATEGORIES

Age	Male	Female
7-11 years	A	A
12-13years	B	N
14-15years	C	O
16-19years	D	P
20-24years	E	Q
25-29years	F	R
30-34years	G	S
35-39years	H	T
40-44years	I	U
45-49years	J	V
50-54years	K	W
55-59years	L	X
60+	M	Y



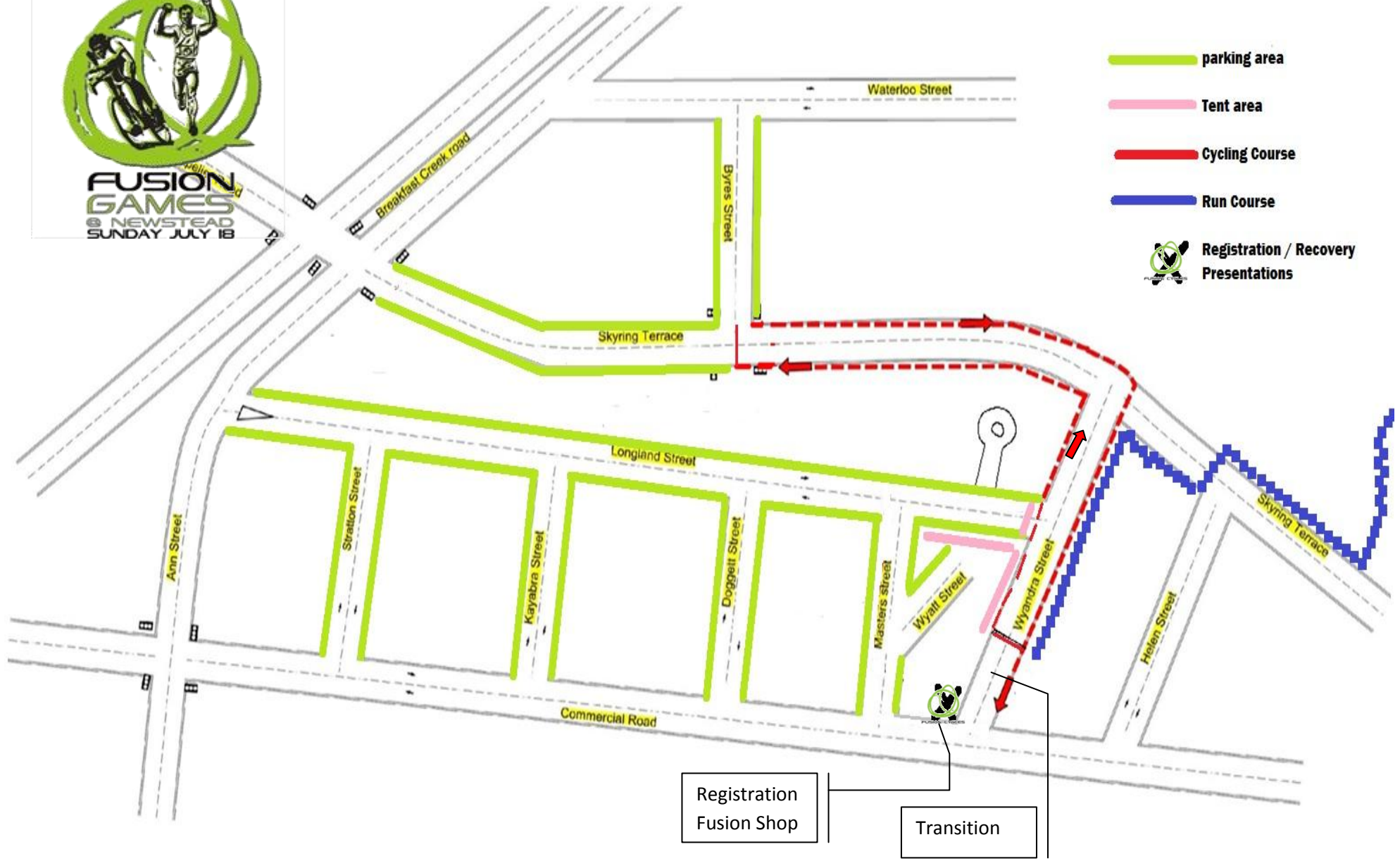
Information for Participants:

DUATHLON

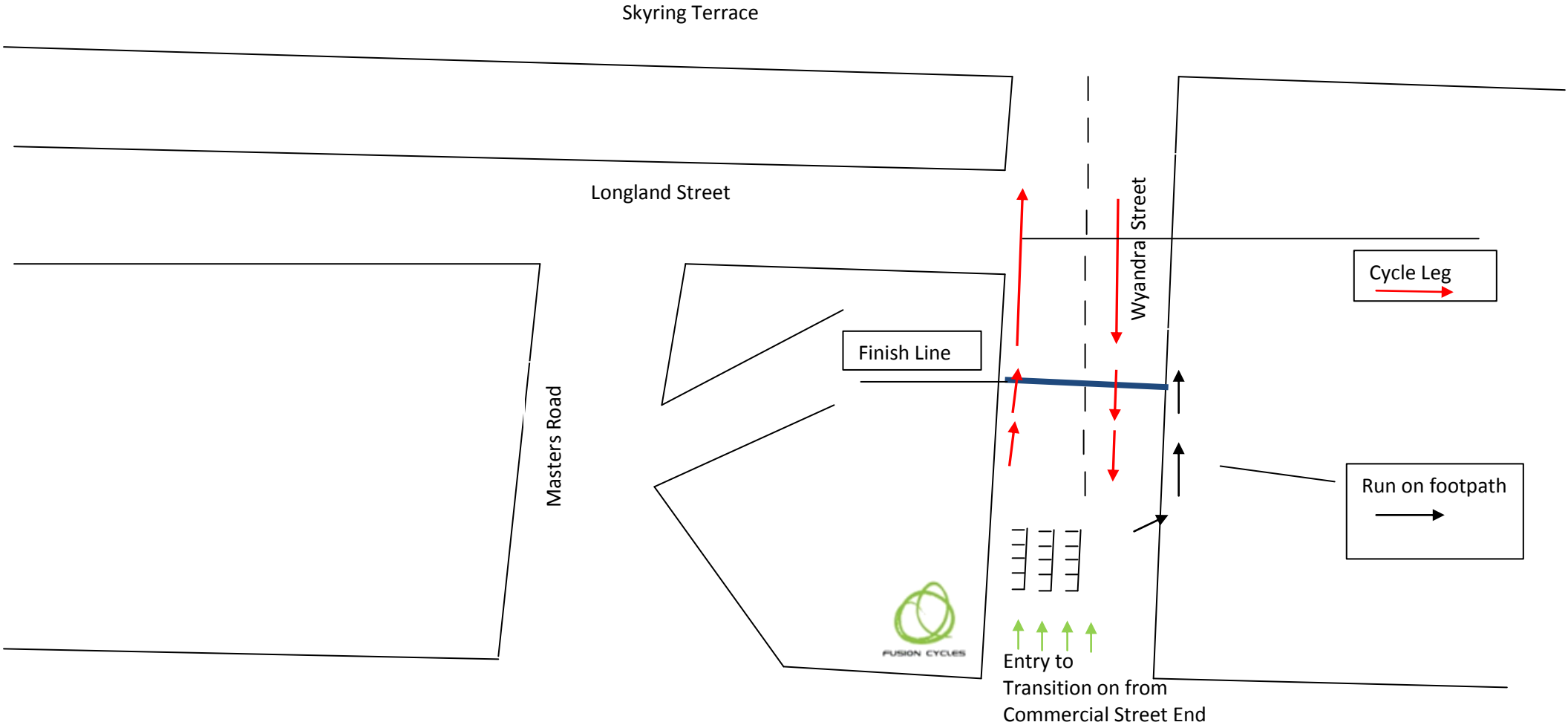
- Registration and Transition opens from 5.45am closes 7.20am
- All bikes must have bike numbers on them before entering transition
- Ensure you have your timing chip on
- Body numbers must be visible
- Helmets must be on and done up before you touch your bike
- You must place your bike on the rack after the bike leg before removing your helmet
- Roads may still be open to local traffic so abide by road rules – keep left
- Complete triathlon clothing wear must be worn at all times – tops and bottoms
- No Drafting – officials will penalise for drafting
- Only matching body race number and bike numbers will be permitted to remove the bikes from the transition area
- The competitor is responsible for familiarising themselves with the courses, directions. Full maps available at registration
- You may store personal belongings at registration but this is at your own risk
- To ensure a smooth transition area “traffic” will flow in one direction
- Move quickly in the direction of the arrows to your bike
- Move your bike quickly out of the transition area and do not mount the bike before the sign on the road
- Dismount your bike at the end of the road before entering the transition area
- Return your bike to the rack before you remove your helmet
- Quickly put on your running shoes and follow the arrows to ensure you do not run into any other competitors
- Exit the run only at the run exit – if you are confused ask an official on the course
- Presentations will be done within 60minutes of the last competitor finishing the Duathlon or when the timing results are released
- Recovery Zone will be in the FUSION CAFE
- Only cross the road at designated crossing sections – there will be races on the course all day without break.
- Bikes must be collected from transition between 9.00am and 9.20am as transition will be cleared before the criterium.

CRITERIUM

- You must be registered for your event 60minutes before the start of your race.
- Have your numbers on before you go to marshalling
- No timing chip no race
- It is a course of Medium Technical difficulties with some rough patches on the road. It is up to the rider to know the course and road surface and ride appropriately
- Presentations will be done at a suitable time when results are released after each division
- You must have your current CA license to register and get your pack on the day



TRANSITION MAP



SPRINT DUATHLON

Run: 3km: Ride 6.5km Run:2.5km

Course Outline

1st Run 3km: 1 Lap keep on footpath down Wyandra – RIGHT Skyring Tce – CROSS the road at the Traffic Controller – CONT down Skyring – LEFT into COMMERCIAL RD to River Boardwalk - RIGHT on Boardwalk till turn around point and back to Transition

Bike 6km: 5 Laps – Down Wyandra – LEFT Skyring – UTURN – RIGHT Wyandra - UTURN (on 5th lap dismount before finish line head to transition

2nd Run 2.5km: Back to Board walk to turn around point and back to finish



CYCLING CRITERIUM

1 Lap = 1.3km

