

The Bay biathlon

2012 Event Competitor's Manual

Rodd Park

Welcome to The Bay Biathlon!

The Bay Biathlon is a fantastic initiative for the Australian sporting community, where an event's total focus is for charity. The Bay Biathlon goals include CHALLENGE, PARTICIPATION and FUN while raising money for a fantastic cause.

We look forward to seeing you and your friends cross the finish line in The (very first) Bay Biathlon. See you at the starting line!

Event details

Date: Sunday 25 November 2012

Location: Rodd Park, Rodd Point

Charity partner: Communities for Communities

Title sponsors: Speedo (swim) Gu Sports Nutrition (run)

Event organiser: Human Endurance Events

Distances

Long course: 1200m swim and 7km run

Medium course: 500m swim and 7 km run

Short course: 200m swim and 7km run

Team events

1200m swim and 7km run

500m swim and 7km run

Event timetable

Sunday 25 November	Event	Venue
5:45am	Registration opens	Rodd Park
6:00am	Individual/teams transition opens	Rodd Park
6:30am	Registration closes	Rodd Park
6:45am	Transition closes	Rodd Park
6:45am	Race briefing	Rodd Park by swim start
7:00am	Race start – first wave – Under 15s and Adult Females 200m	Rodd Point Waters
7:02am	Race start – second wave – Adult Males 200m	
7:04am	Race start – third wave – Under 15s and Adult Females 500m	
7:06am	Race start – fourth wave – Adult Males 500m	
7:10am	Race start – fifth wave – Adult Males 1200m	
7:12am	Race start – sixth wave – Under 15s and Females 1200m	
8:45-9:30am	Presentation	Rodd Park
9:30am	Event finish	

Helpful hints for race day

STAGE 1 – ARRIVE AND REGISTER

Prior to event day we will publish bib numbers online at www.humanendurance.com.au in wave start groups. You will need to remember your bib number when you arrive to register on race day as race pack collection will be organised by number, not by name. A good tip is to write it on your hand before you leave the house.

On event day you will need to turn up to the registration desk first before entering transition.

Line up in the row that corresponds with your bib number. You will be required to show your registration and photo ID and to receive your bib and Gu bag with swim cap, free goodies and other information.

You will then get your number written on your left arm and hand, and your race category written on right calf. Our volunteers will do this for you.

You can then head to the transition area.

STAGE 2 – HEAD TO TRANSITION

It is now time to head to transition. You will need to line up to have your number checked. Once in transition find your numbered rack and place your towel on the ground together with your shoes, socks and clothing you will wear on the run. Remember to also place your cap, sunglasses and any other equipment in transition. **Only competitors will be allowed in transition.**

STAGE 3 – WALK TO SWIM START FOR YOUR BRIEFING

You will be told when to start heading towards the swim start for the race briefing. Please be patient and listen to the announcer as we would hate for you to miss your briefing. Your briefing will inform you of any details about the course and what to expect out on the course.

STAGE 4 – GET READY TO RACE!

You will be told when to enter the water, since it is a deep water start make sure you allow enough time to get to the starting line. Each wave will start a few minutes apart. Waves will be called up together.

We don't recommend walking in the water anywhere else apart from the swim start entry due to hazards such as oyster shells.

STAGE 5 – START SWIMMING!

The swim is very easy as there will be swim buoys in the water that you will need to keep on your left at all times.

STAGE 6 – EXIT THE WATER AND RUN TO TRANSITION

You will need to swim almost to the exit due to high tide. You must follow the exit points and stay within the barricades due to hazards. Exit the water then run/walk into transition.

STAGE 7 – TRANSITION

This is your first and probably most confusing time for transition. Find your number and put on your shorts (if you want to) and shirt (no competitor will be permitted to leave transition bare-chested). Take your time, put your socks and shoes on last. Place your swim gear on the same spot you collect your run gear. Turn and look for the RUN EXIT sign and head out onto the run course.

STAGE 8 – TRANSITION TEAMS

There will be a designated area for teams. Team runners are not allowed to leave transition till their team swimmer tags them. Look for the RUN EXIT sign and head out onto the run course.

STAGE 9 – RUN FREE!

Walking or running is allowed. Just follow The Bay Run path and keep the water on your right at all times. Outside assistance or pacing is not permitted. No headphones are permitted during the race due to safety.

The Bay Run will still be open to the public so please stay on the path, watch out for cyclists and respect the locals and fellow competitors. This is not the Olympic Games! As you head to the finish line enjoy your time in the chute!

What happens if it rains?

We will still go ahead if it is raining but please ensure that you are careful out on the course as it will be slippery and you need to be mindful that it will be easier to fall over.

What time should I get to event site on event morning?

Give yourself plenty of time to get ready. You will need to register and then pin your bib on your top, take your run gear into transition and get everything ready. To ensure a stress-free time please give yourself at least one hour prior to your event start to get ready.

Will my family and friends be able to see me when I am participating?

Yes our courses are set up so that your supporters will be able to see you regularly as you swim/and run your way to the finish line.

Where will the first-aid stations be located?

Medical service tents are located next to the registration tent. If at any time you require medical assistance please seek out a volunteer or go straight to the medical tent.

Where will the drink stations be?

There will be two drink stations located on the run. The first station will be at the 2.5km mark and will have water only. The second station will be at the 5km mark and have Gu Electrolyte drinks. At the finish there will be a recovery area with water and electrolyte/fitness water and fruits. This area is for competitors only.

Where do you pick up your registration bag?

You will receive your athlete bag, and other goodies at time of registering on event morning.

What roads will be closed?

All roads will be open. The only closed section will be Rodd Park event venue.

Who gets a trophy?

First place in each category will be presented with a winner's trophy.

Will I be timed?

Yes every entrant will receive a time. After the event we will post the results on the event website where you can view how you and your friends went.

Where can I put my bag while I race?

There will be a secure bag area next to registration tent.

Where can I find out my results?

Event results will be posted online by Monday after event day under the "Event Results" link.

Who runs the event?

The Event Crew is a new awesome event management company called Human Endurance, specialising in mass participation sporting events while raising much needed funds for charity.

What should I bring on event day?

- DRINK BOTTLES (bring drink bottles for your transition and to drink prior to your event to make sure you are well hydrated)
- SWIMMERS (wear a pair that is comfortable that you can also run in)
- SWIM GOGGLES (if you wish to wear them)
- RUNNING SHOES (make sure you do not wear new shoes on race day. You don't want blisters to ruin all your preparation and take the fun out of your race experience)
- CLOTHING (t-shirt or singlet, shorts or leggings and socks to put on in transition for the run)
- HAT/CAP/VISOR
- SUNGLASSES

- SUNSCREEN
- TOWEL
- RACE NUMBER – check the website the night before and write down your race number somewhere handy so you know where to go and which queue to stand in at registrations to collect your race bib, swim cap and goods
- YOUR BEST ATTITUDE AND SMILE – make sure you check off all these things over the days leading up to race weekend and that you bring them with you.

How do I know if someone is a volunteer?

The Event Crew volunteers will be wearing white shirts while the event organiser's will be wearing black shirts. They will assist you during the day so if you have any questions please find a volunteer or event organiser.

