

SCODY HALF IRONMAN TRIATHLON

PORT MACQUARIE

SUNDAY 9TH NOVEMBER, 2008

COMPETITOR INFORMATION AND RULES BOOKLET

TABLE OF CONTENTS

PART ONE	4
RACE WEEK SCHEDULE	4
PART TWO	5
GENERAL INFORMATION	5
AID STATIONS.....	5
AID STATIONS ON BIKE COURSE.....	5
AID STATIONS - SET UP.....	5
BIDONS AND BIDON EXCHANGE.....	5
COMPETITOR PRE RACE BRIEFING – COMPULSORY-ALL COMPETITORS.....	6
COMPETITOR IDENTIFICATION WRISTBAND.....	6
COMPETITOR RACE NUMBER BIBS.....	6
COURSE INFORMATION.....	6
CUT OFF TIMES.....	6
DRINK SUPPLEMENT – HIGH 5 FLUID REPLACEMENT.....	6
ENTERTAINMENT DEVICES.....	6
EXPO.....	6
FINISH INFORMATION.....	6
LOST PROPERTY.....	7
MEDICAL.....	7
MEDICAL / FITNESS WAIVER.....	7
MERCHANDISE.....	7
MESSAGES TO COMPETITORS ON COURSE.....	8
OUTSIDE ASSISTANCE.....	8
PARKING.....	8
PENALTY BOX – BIKE COURSE.....	8
PHOTOS.....	8
PRIZEMONEY.....	8
RACE RESULTS.....	8
REGISTRATION.....	8
RUBBISH ON COURSE.....	10
TOILETS.....	10
TRAINING IN PORT MACQUARIE – LOCAL TRAFFIC RULES.....	10
TRANSITION AND FINISH.....	10
TRIATHLON AUSTRALIA RULES/TECHNICAL OFFICIALS/RULE INFRINGEMENTS.....	11
WEATHER.....	11
WEBSITE.....	12
PART THREE	13
RACE COURSE DESCRIPTIONS AND INFORMATION	13
SWIM COURSE DESCRIPTION.....	13
BIKE COURSE -DESCRIPTION.....	14
RUN COURSE - DESCRIPTION.....	16

PART ONE

RACE WEEK SCHEDULE

Friday 7th Nov	9.00am - 5.00pm	Race Info Office open Official Merchandise Marquee open Westport Park, cnr Buller and Park Sts
Saturday 8th Nov	9.00am – 5.00pm	Official merchandise marquee open Race Info Office open Westport Park
	9.00am – 5.00pm	Half Ironman Expo, outside Westport Bowling Club, Westport Park
	12.00pm - 4.00pm	Compulsory competitor registration including Teams
	12.00pm - 4.30pm	Compulsory Bike Check in, Westport Park
	5.00pm – 5.30pm	Compulsory Competitor briefing, Westport Park
Sunday 9th Nov RACE DAY	4.45am - 6.15am	Compulsory Swim registration –Individuals-Marquee- Westport Park
	4.45am - 6.15am	Team Swim Registration-Teams Transition Marquee-Westport Park
	7.00am	Team Biker check in –Teams Transition Marquee-Westport Park
	9.00am	Team Runner check in –Teams Transition Marquee-Westport Park
	7.00am - 2.00pm	Half Ironman Expo, Westport Park
	8.00am - 2.00pm	Official merchandise marquee open
Sunday 9th Nov RACE DAY	6.30am	RACE START –Individuals - Westport Park Boat Ramp area
	6.50am	RACE START-TEAMS- Westport Park Boat Ramp area
	7.30am	Swim course closes-Individuals
	7.50am	Swim course closes-Teams
	11.15am	Bike course closes-all competitors
	11.15am – 2.30pm	Bike pick up
	2.00pm	Run course closes-RACE FINISH-All competitors
	2.30pm	Official Awards presentation Westport Bowling Club

PART TWO

GENERAL INFORMATION

AID STATIONS

Pre-start – Aid station for filling bidons located in Transition Area, Westport Park

Swim Course – at finish of Swim in Transition Area

Bike Course –two (2) Aid Stations at Lake Cathie left hand side south bound (20kms) and Clarence Street left hand side heading south for second lap (approx. 44kms)

Run Course –Four (4) Aid Stations spaced approximately 2km apart

Aid Stations will provide refreshments and will be positioned to ensure the most efficient hand over of refreshments with the minimum delay.

Please remember that Volunteers man all Aid Stations and they will be doing their best to assist you in the most efficient way. Please be patient should a Volunteer be inexperienced.

Water, and **High 5 energy source drink**, will be available at the cycle stations and also all run stations the latter of which will also have degassed cola, fruit and jellybeans as well as **High 5 energy Bar portions and High 5 Gels**.

Fruit salad, ice cream and drink will be provided at the Finish Aid/Recovery Station.

AID STATIONS ON BIKE COURSE

Signs will be posted before each Aid Station on the Bike course. Please be ready to call out your requirements to Volunteers. Each Station will be set up in the same order (as below), and there will be at least **water** just before the end of the Aid Station, in case you miss picking up a bidon on your approach.

Safety: Please take extreme care of volunteers and fellow competitors at Bike Aid Stations. Slow down on approach and whilst passing through Aid Stations to avoid missing out on refreshments. It is your responsibility to secure the item you require. You may stop at any Aid Station but do not stop within the station. Slow down and dismount on the approach and keep clear of passing cyclists if you intend to stop at a station.

Jetstreams: Competitors using Jetstream systems are required to take extra care when transferring bidon contents to the Jetstream whilst traveling through an Aid Station. Volunteers will not open bidon tops for you. Note: High 5 bidons have screw tops.

Do not discard bidons other than at Aid Stations.

AID STATIONS - SET UP

It is extremely important to remember the sequence of Aid Station items as these will be identical at all stations.

BIKE STATION: Tables/volunteers will be set out as follows:

Water	High 5	Backup Water
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RUN STATION: Tables/volunteers will be set out as follows:

Water	High 5/Cola	Fruit/High 5 bar portions/High 5 Gels /jellybeans	High 5/Cola	Water
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When approaching a station be ready to call your need - for Energy Source drink call "**HIGH 5**".

BIDONS AND BIDON EXCHANGE

The standard bidon size is **750ml** but will be filled to approx. **500 ml only** – please ensure you have an appropriate sized cage on your bike along with your own additional bidon/s.

Only discard empty bidons (High 5 or personal) at Aid Stations to exchange for a full bidon. Competitors found discarding bidons on the course **other than at Aid Stations** may receive an on course Stop / Start penalty to be served in the penalty box. Be prepared to discard your empty bidon in the disposal area indicated **before you reach the Station**. There is no provision for the return of any personal bidon/s.

COMPETITOR PRE RACE BRIEFING – COMPULSORY-ALL COMPETITORS

This **COMPULSORY** race briefing for both **Individual and Teams competitors** is held on Saturday 8th November at 5.00 pm in Westport Park near the water side of the Westport Bowling Club area. It is expected to only take 30 minutes to review each leg of the race and explain any last minute changes to course or rules. A separate procedure briefing for ALL TEAMS Competitors will be held at the conclusion at the main briefing by the Teams Coordinator.

COMPETITOR IDENTIFICATION WRISTBAND

Each competitor will receive his/her ID wristband at Registration. Please ensure you keep this wristband on until after the race. The wristband will allow you access to secured areas and to the bike compound.

COMPETITOR RACE NUMBER BIBS

These bibs must be visible at all times during the Event. Numbers must not be altered in any way and **MUST** be displayed on **UPPER CLOTHING** – the **branded run** number must be displayed on the front of clothing clearly visible. If competing in a tri-suit your bike and run numbers must be secured front and back of the suit.

Race Belts: If using a race belt then both numbers must be used and the belt with numbers attached. It is essential to note that the rule is the number must be displayed at the back (bike) and front (run) **i.e. the race belt must not be moved so as to cause the race number to be displayed on the hip**, as this practice may lead to disqualification. It is common for race numbers to become detached from race belt toggles so ensure the numbers are firmly secured. Pinned numbers may also be a problem in this regard especially if worn during the swim so it is recommended that numbers be sewn to clothing where possible.

Medical / Personal Information: Please complete the reverse side of your Bike and Run Race bibs as an extra safety / identification measure.

COURSE INFORMATION

Officials will be on hand at Registration and also at the Race Information Office to answer any specific questions you may have concerning the course, the rules and to assist you generally. Do not hesitate to raise any query no matter how trivial it may seem.

CUT OFF TIMES

The cut off times for each leg of the Half Ironman are:

Swim – 1 hour after Race Start-Individuals and Teams

Bike – 4 hours 45 minutes after Race Start for Individuals and 4 hours 25 minutes for Teams.

Run – 7 hours 30 minutes after Race Start for Individuals and 7 hours 10 minutes for Teams.

DRINK SUPPLEMENT – HIGH 5 ENERGY SOURCE DRINK

High 5 ENERGY SOURCE drink will be used on race day, mixed according to the manufacturer's specifications, and will be available at all Aid Stations on both the bike and run legs and at the finish line. The flavour will be **berry**. Details of this product are available on the High 5 website – click on the High 5 logo on the Half Ironman website for the link.

ENTERTAINMENT DEVICES

Triathlon Australia rules dictate a competitor cannot wear, carry or use on the course entertainment devices such as, but not limited to, mobile phone, mobile disc players, MP3 players, sunglasses that contain ear pieces.

EXPO

The Half Ironman **Expo** will be held in Westport Park, Port Macquarie outside the Westport Bowling Club on the water side and will be open from 9.00am Saturday morning through until 3.00 pm Sunday.

FINISH INFORMATION

BIKE RETURN

Bike pickup on race day is from 11.15 am from the bike compound Westport Park, bikes not collected will be retained in the secured compound area, however no responsibility will be taken for bikes not collected by 3.00 pm., **Please endeavour to collect your bike no later than 2.30 pm.** You must be wearing your ID wristband to be able to collect your bike and only you can collect it unless special arrangements have been made with the Race Director or designated officials.

DEAD HEATS

Competitors should realise there are no dead heats at the Half Ironman and Timing Officials will determine splits for any groups of competitors crossing the finish line together.

FINISH CHUTE

For photographic purposes please remember when in the finish chute to keep your head up, ensure any headgear does not obscure your face and so ensure your race number is correctly positioned and displayed at the front on upper clothing.

MASSAGE AREA

Trained volunteer massage therapists will be on hand at the finish area to provide a brief massage service for you, however delays may occur. Note that this massage service will not be available for the Team swimmers as the massage team will not have been set up by their finish. This may also be the case for Team Bikers. Individual competitors will have priority over team bikers and team runners.

MEDICAL TREATMENT

Medical staff will monitor each competitor as he/she finishes and determine whether medical treatment is required i.e. IV Fluid replacement. In all instances competitors requiring essential medical treatment will receive priority.

REFRESHMENTS MARQUEE

Drink, fruit, fruit salad and ice cream will be provided for competitors only.

TIMING BAND RETURN

Prior to leaving the secured compound you are required to return your timing chip and ankle band to officials/volunteers.

LOST PROPERTY

You should place some form of **identification** on all your **personal gear/ property** for ease of identifying lost property. The race organisers take no responsibility for lost property and property handed in can be collected from the Race Office in Westport Park, Port Macquarie on Monday 10th November.

MEDICAL

Medical assistance will be available from mobile medical personnel and ambulances on the course so seek medical assistance if you have even the slightest hint you may need it. Any aid given by race medical personnel is permissible and will **not** lead to disqualification, **however if you have any outside assistance you may be disqualified.** You will be withdrawn from the race only if you require transportation, IV fluids, or if medical personnel consider your continued participation presents a danger to the health or the welfare of you or others. If you are transported by ambulance you will be required to meet the cost involved unless you are covered by an appropriate fund.

Competitors who indicated on the entry application specific medical conditions will be listed to facilitate treatment by our medical staff and ambulances on the Course. In addition the reverse side of your race number has provision for recording your medical and other details and competitors are asked to complete the section on the race bibs as an added safety/ID facility.

MEDICAL / FITNESS WAIVER

As a competitor you have accepted the "Conditions of Entry" and "Event Waiver" and this is a legal part of the form and affects your rights and it is important that you are aware and understand all sections. As part of your entry you have attested that your physical condition has been verified by a registered medical practitioner so if you have developed a medical condition since you registered to enter the Half Ironman Triathlon then please notify the Half Ironman race organiser and where necessary provide a medical certificate.

MERCHANDISE

Exclusive SCODY Half Ironman merchandise will be available from their Merchandise Marquee located in Westport Park, Port Macquarie from Friday 7th November and all through to and including race day.

MESSAGES TO COMPETITORS ON COURSE

On course messages of encouragement to competitors in either chalk or as cardboard signs are permitted, the use of permanent paint or crayon is banned. Use of banned writing material can result in disqualification for the competitor involved.

OUTSIDE ASSISTANCE

A competitor may be disqualified if either they accept any form of outside assistance (food, drink, clothing, equipment) from non-authorized race personnel i.e. spectators, family, friends, coaches, or they leave items at secret spots on the course for collection whilst competing in the Half Ironman Triathlon.

PARKING

Free race day parking will be available in **Warlters Street** on the Reserve facing Park Street opposite Port Marina and marshals will be on hand to direct vehicles. Access is via **Park Street** from the top of Hastings River Drive and left into Warlters St. to the reserve on the left hand side approx. 150 metres down where parking marshals will direct you onto the reserve. This parking access will close at 6.30 am when Park Street will be closed from Hastings River Drive to Bay Street. Access will then be possible by using Hastings River Drive down to Aston Street for a right turn and along to Warlters Street and then right and along to the parking marshals who will direct you onto the Reserve. No access is available from Clarence, William, or Buller Streets as these streets will be closed at 4.00 am for erection of crowd control barricades. Additional street parking may be available in Gore and Hollingworth Streets which are accessed from Gordon Street.

NO parking is permitted anywhere on Park Street or Buller Street as they are part of the cycle course and run course and closed to traffic once the race has started. Park and Buller Streets also have a permanent No Parking restriction area and Police issue bookings for breaches.

PENALTY BOX – BIKE COURSE

See "Triathlon Australia Rules/Technical Officials/Rule Infringements" section

PHOTOS

Fuse Photography will be the official photographer for the Scody Half Ironman and details will be provided at Registration. Photographs will endeavour to be taken of each competitor as they finish the swim, bike and run as well as some on course action shots so remember to remove any headwear that may be covering your face, especially in the Finish Chute. **Photographs will be identified by Race Number so ensure they are displayed on your front and above the waist when finishing.**

PRIZEMONEY

Equal prize money for Open Male and Female individual athletes (\$5000AUD) will be paid down to 5th place and will be subject to Australian Goods and Services Tax (GST) requirements and involves the securing of an Australian Business Number (ABN). Prize money to Open category winners will not be available until GST paperwork is completed and winners will receive a letter at the Awards presentation detailing the method of invoicing for the prize money - this is dependent upon the residential status of the competitor, and their Australian GST/ABN status. All non-resident prize money payments will be subject to the applicable Australian Taxation withholding tax legislation and regulations.

Prize money is also subject to the 10% rule which requires 3rd to 5th placegetters finishing within 10% of the finish time of the 2nd placegetter in both male and female categories.

Prime prizes will be awarded to the male and female open division athletes who have the fastest swim, bike and run times. To claim a prime the athlete must complete the course within the cutoff times. Special prime prizes will also be awarded to age group winners of each leg on a random draw basis.

RACE RESULTS

Provisional results will be posted at the Race Information Office, Westport Park as soon as possible after race finish and available on the Half Ironman website within 24 hours of the race finish.

REGISTRATION

SATURDAY 8th November

Venue – Westport Bowling Club, Buller Street, Port Macquarie-entrance to this registration is on the water side of the Club building –ground floor.

Registration involves providing identification and ONLY collecting your registration bag. You will then proceed to the Bike Compound check-in area at Westport Park beside the Club where you will attach your issued competitor bike number and then check in your bike. You have until 4.30pm. to check in your bike.

INITIAL REGISTRATION – 12noon – 4.00pm

It is compulsory for ALL competitors to register in person between these hours so plan your travel to make it to Registration on time. No early or late registration will be permitted. NB One **Team member** may register the whole team.

COMPETITOR IDENTIFICATION

At Initial Registration, **PHOTO ID** (passport, drivers licence) must be provided as **you cannot be registered without this identification**. You will be issued with your Timing chip and ankle Band and **competitor ID numbered wristband which you must wear at all times** as this will gain you entry to competitor restricted areas.

Entry conditions require you enter the race under your legally correct name and date of birth, nicknames are not acceptable for this purpose.

At Initial Registration you will also receive your Competitor Race Kit Bag containing your bike and run numbered race bibs, your swim cap, your special bike number, your numbered helmet sticker, your Half Ironman souvenir item and a letter from the Race Referee outlining specific rules of which to be aware. A wide range of sponsor products, written material and other offers may also be enclosed.

TIMING CHIP and BANDS

The Half Ironman will be timed by an electronic chip system and involves the use of an electronic chip encased in a neoprene or velcro type ankle band. Your responsibilities as a competitor include:

1. When you register you will be issued with your Chip and ankle band. Once you have cleared initial registration you must go to the 'Chip Verifying Table', wave this chip over the timing mat and ensure that your correct name is displayed on the computer screen.
2. You must wear the Chip and band at all times while racing. The band must be attached to your **left ankle before you register** on Sunday morning for the swim. You must leave it on until you finish the entire race course (individual competitors only). It is a means of recording your finish times across the special timing mats located at the end of each leg of the race and turnaround check points.
3. At the completion of the race you will be required to remove the timing band and hand it to officials prior to leaving the secured finish compound area. If you fail to register for the swim on race morning (Sunday) you are still responsible for returning the chip and band to Race Headquarters at the finish area.
4. As you have acknowledged on your entry contract, the timing chip and band is on loan and you are committed to returning these intact to the Half Ironman Triathlon Organisation or pay a AUD\$150.00 fee.
5. **Do not lose or forget your timing chip and band on race day**. Limited replacement chips and bands will be available at swim registration but there is no guarantee one will be provided. You will remain responsible for the return of the original chip and band and any replacement or the cost of them. Notwithstanding the payment of any replacement, failure to return the chip/s and band/s may lead to prevention of future participation in Half and Ironman Triathlon events.
6. **It is imperative that you return the timing chip and band to the Race Dropout Clerk in the Race Office at the finish line should you withdraw from the race at any time**. This is to enable your whereabouts on the course to be tracked. Failure to return your timing chip and band to the Drop Out Clerk on race day may lead to prevention of future participation in Half and Ironman events.
7. The Race Dropout Clerk will monitor and collect timing chips and bands from competitors transported from the course to the Medical Recovery area.
8. Should you lose your timing chip and band during any leg of the race you should alert an official at the finish of that particular leg so that a replacement may be arranged.

BIKE CHECK-IN - 12 noon– 4.30pm-includes Teams

No competitor will be accepted for Bike Check-in after 4.30 pm.

COMPETITORS ONLY ALLOWED IN THE SECURED AREA

Your wristband ID allows entry to this area. **If your bike is not checked in within these times you will not be able to participate in the Race.**

NB: You must first undertake the Initial Registration in the Westport Bowling Club BEFORE checking in your bike.

Your bike must be in safe working order. Your stick-on **bike number** should preferably be attached beneath the seat around the seat post so that it is visible on the **RIGHT HAND SIDE**. If bike equipment prevents this then the number must be securely affixed so as to still display on the right hand side.

Note you have the choice of bringing in your **helmet** with your bike to be left overnight with your bike or you may bring it on race morning. You should ensure that the **numbered helmet sticker** provided in your registration pack is secured to the **FRONT of the helmet**.

Once you have prepared your bike proceed to the check-in gate at the Buller Street end of the bike compound where officials will check you into the compound where you will self rack your bike on the competitor numbered rack and then exit the bike compound at the far (water) end.

There will be no official inspection of your bike but you must ensure your bike is in safe working order. You should especially check for such things as:

- * Front and rear brakes operable
- * End plugs on handle bars
- * At least one water bidon cage
- * True wheels
- * Tyres in reasonable condition
- * Loose head sets
- * Stripped cables
- * Singles glued securely to rims

Disc wheels may be used on rear only. Shimano **Mechanics** will have sufficient facilities for minor repairs and/or purchasing of required minor parts at the check-in. They will only effect on-the-spot minor adjustments if required. A mechanics fee may be charged for repairs.

Your bike will be secured overnight and you will be able to access it on race morning to pump up your tyres and place your drink bidons.

On Saturday night **only covers for seats and high tech bike equipment are allowed**. This material, when removed on race morning must be removed from the compound.

HELMETS

You may leave your helmet with your bike overnight or you may bring it on race morning. There will be no official inspection of your helmet at check-in on race morning or if you decide to leave it overnight with your bike on Saturday. Note above regarding correct placement of your competitor numbered helmet sticker on the front of your helmet.

It is your responsibility to ensure your helmet and straps are in safe and sound order and that it is securely fastened on to your head at all times whilst you are with or on your bike.

RUBBISH ON COURSE

Please be considerate of the local community and refrain from discarding any waste, including energy bar/gel wrappers, on the Course by using garbage bins where available. This also applies to empty bidons which must only be discarded at bike Aid Stations. An on course Stop/Start Penalty, to be served in the penalty box, can be given to competitors observed littering the course.

TOILETS

Toilets will be located in Westport Park near the transition compound and at every Aid Station. Please ensure you only use these facilities as Police may intervene if competitors are caught relieving themselves in public places, especially in residential areas.

TRAINING IN PORT MACQUARIE – LOCAL TRAFFIC RULES

Swim: - Do not swim alone and always wear a bright swim cap.

Bike and Run: - Please obey the local road rules when riding or running in Port Macquarie. Do not ride two abreast on narrow road sections and obey all traffic rules. The wearing of helmets whilst cycling is compulsory, lights and reflectors are necessary for night riding.

TRANSITION AND FINISH

There will be an Aid Station in the Transition Area next to the Bike Compound and this will also be available pre-race for filling bidons with water or **High 5**. Toilets will be available in the area as you exit the transition change marquee.

The Finish Area Station will additionally provide (for competitors only) ice cream, fruit salad, fruit, **High 5** product and water

TRIATHLON AUSTRALIA RULES/TECHNICAL OFFICIALS/RULE INFRINGEMENTS

RULES FOR THE RACE

The Half Ironman organisers have adopted the Triathlon Australia Race Competition Rules and other special Half Ironman Triathlon rules as stated in this booklet. If you have any queries regarding any aspects of competing or any of the rules please discuss with Technical Officials on Saturday afternoon.

TECHNICAL OFFICIALS

A Senior Technical Team along with accredited Technical Officials have been appointed to administer **ALL** race rules across the entire race from 6.30am to 2.00 pm and all competitors are expected to be familiar with Triathlon Australia rules and the special Half Ironman Rules.

RULE INFRINGEMENTS

Technical Officials will be proactive in ensuring that competitors compete within the event rules and may issue warnings before issuing an infringement, however this is not a requirement. If issuing a **Warning** the Technical Official will gain the attention of the competitor and inform him/her what to do to avoid receiving an infringement. If issuing an **Infringement** the Technical Official will gain the attention of the competitor, show either a Red or Yellow Card and explain the action required by the competitor as it is most likely require him/her to report to the Penalty Box.

If the infringement is for Drafting, Blocking, Illegal Pass or Illegal Position the competitor will need to report on the lap the infringement occurred to the one (1) Penalty Box located on the bike course to serve a **five (5) minute** time penalty.

If the infringement is for Littering the competitor will need to report on the lap the infringement occurred to the one (1) Penalty Box on the bike course to serve a **Stop/Start Penalty**.

Two (2) infringements for Drafting, Blocking, Illegal Pass, Illegal Position or a mix of them is automatic disqualification with no right of appeal.

PENALTY BOX

If a competitor is reported for an infringement during the **Swim** they will be required to serve a **three (3) minute time penalty** in a designated area prior to entering the Bike compound.

On the **Bike** course the Penalty Box will be sign posted including signs erected on the approach and will be located in Buller Street on the left just prior to the bridge as you head towards Park Street to complete each lap. Failure to stop at the Penalty Box or stop on the lap when the infringement was issued will result in disqualification with no right of appeal.

The Penalty Box is part of the Bike course so a competitor must remain in full cycle clothing and remain standing holding the bike upright at all times. He/she can consume food and drink from the bike but cannot accept any food or drink from another person as this is deemed as outside assistance.

If a competitor receives an infringement on the **Run** course he/she will be required to serve a **three (3) minute time penalty** with the Technical Official.

WETSUIT RULING

The appointed Technical Delegate will take a Interim Water Temperature reading 24 hours before race start and the Interim Wetsuit ruling will be displayed at Initial Registration on Saturday afternoon. The final Water Temperature reading will be taken 1-hour before race start and the final Wetsuit Ruling will be announced. The water temperature is expected to be in the vicinity of 20 degrees Celsius in which case wetsuits will be optional, however a water temperature above 24 degrees Celsius may mean a compulsory non-wetsuit swim.

WEATHER

The expected weather for Port Macquarie in November is a very pleasant air temperature of low 20 – low 30 degrees Celsius. It may be a little cool in the morning (especially at 5.00 a.m. on Race Day) and warm clothing is advisable.

WEBSITE

The official event website is www.porthalfironman.com

PART THREE

RACE COURSE DESCRIPTIONS AND INFORMATION

SWIM COURSE DESCRIPTION

CUT OFF TIME – 1 HOUR AFTER RACE START

BLUE SEVENTY 1.9KM SWIM - 1-LAP COURSE

SWIM CHECK-IN: - 4.45am to 6.15am in Bike compound Marquee for Individuals and in the Teams Transition Marquee for Teams

- COMPETITORS ONLY ALLOWED IN THIS AREA and **your ID wristband must be secured to gain entry**. Your ID will be strictly checked prior to swim registration.
- You must use the swim cap issued to you at Registration.
- Your calf will have a letter according to your age category applied in texta so **do not apply** sunscreen or vaseline to this area until after the letter has been applied; and
- Only Registration Volunteers may apply your texta letter.
- Age category lettering will be : 18-24 yrs- male "A" 25-29 years- male "B" and so on down to the letter "M". Females 18-24 years will start at "L" and so on down to the letter "V". Open Division will be Male- "X" and Female "Y".

After swim check-in individuals only can proceed to the Bike Compound and prepare their bike and fill bidon/s, etc. Filling facilities are available at the Aid Station located in the bike compound area.

STREET GEAR-Individuals

Prior to exiting the bike compound to proceed to the swim start area you must take your street gear baggage out of the compound and either hand it to friends or place the gear bag into a specially numbered plastic bag which will be issued to you at this time and where it will be available for your collection after the race.

SWIM DESCRIPTION

The 1.9km swim begins at the boat ramp area in Westport Park and is a deep-water mass start. You head north approximately 750m towards Settlement Point and complete a triangular turn then head back in a clockwise direction to just past the Marina and then turn right to the finish chute exit beside the boat ramp in Westport Park.

SWIM START PROCEDURE

Approximately 15-minutes prior to race start you will be called to move from the Transition Area down to the boat ramp area in Westport Park and during this movement you **MUST** cross a special timing mat to record entry to the water. You may have a warm up out of this compound but will be required to be out of the water and back in the swim compound 5-minutes prior to start time. Countdown for race start will be broadcast each minute from 6.15 am.

Individuals-your race start time is 6.30 a.m.

You will be self-seeded into 5 coloured "Zones", approximately 30-metres apart, according to the estimated swim time on your entry form. The numbered coloured swim cap identifies the Zone.

- ZONE 1 Male/ Female Open
- ZONES 2 – 5 Male/Female Age groups with Zone 2 fastest and Zone 5 slowest

You will enter the water from the Compound and stay within your allocated zone. **There will be four large buoys matching the swim cap colours** spaced to delineate the front of each zone. You have the option to remain on the shore until the starters gun is fired, however if you chose this option you may only enter the water behind zone 5 swimmers.

No allowance for additional swim distance is made.

Teams- your swimmer's race start time is 6.50 a.m. and it will be a deep water start

SAFETY MEASURES

Water safety personnel on inflatable rubber boats and boards will patrol the course to ensure your safety. If you require assistance at any stage raise your arm straight to alert water safety. Do not wave your arm.

A Medical Station will be set up at the swim finish area for any treatment required during the swim.

TRANSITIONS PROCEDURE - SWIM TO BIKE INDIVIDUALS

At the Swim Finish you pass through a timing chute and showers then proceed to your bike. Do not completely remove your wetsuit until you are at your bike. There will be a separate male and female change tent located just prior to the bike racks within the compound as you are not permitted to change clothing at your bike. All discarded swim gear left at your bike must not impede the safe movement of fellow competitors.

TEAMS

The procedure and rules for Team members is set out in separate instructions provided to each Team when registering and is also set out on the Half Ironman website. There will be a Team Coordinator directing each Team throughout the race.

BIKE COURSE -DESCRIPTION

CUT OFF TIME – 4 HOURS 45 MINUTES AFTER RACE START (Individuals)
- 4 HOURS 25 MINUTES AFTER RACE START (Teams)

TREK 90.1 KM CYCLE - 2-LAP COURSE

DESCRIPTION

The bike course has one very challenging hill, up Matthew Flinders Drive which athletes will face 2 times on the return trip.

The undulating two lap course incorporates the City Centre and will provide excellent viewing for spectators and assist with promoting the race to sponsors and media.

Starting at Westport Park you exit the compound onto Buller Street and proceed south over the Buller Street Bridge, turn left at Short Street then right onto Clarence Street. Following Clarence Street through the heart of town you veer right onto William Street which then turns into the beautiful Pacific Drive. The course then undulates to Lighthouse Road where you turn left and proceed to Davis Crescent for a right turn into the Crescent and then a short distance to Matthew Flinders Drive for a left turn and down the steep section on Matthew Flinders Drive, which you follow along the coastline to the Ocean Drive roundabout.

Turning left at the Ocean Drive roundabout you then make your way approximately 22kms to the turnaround point just through the township of Lake Cathie to Middlerock Road. You then follow your tracks back to Port Macquarie facing the tough but short hill section of Matthew Flinders Drive before the right turn back into Davis Crescent and back up left onto Lighthouse Road and along to Pacific Drive and then back to town.

Once back at Westport Park on Buller Street you turn right into Park Street at the traffic lights and proceed to the turnaround point opposite the entrance to Westport Park (bike finish chute) before heading back to the lights at Buller Street where you turn left to start your second lap. At the end of the second lap you will again turn right at the lights from Buller Street onto Park Street and proceed again to the turnaround point but then proceed directly into Westport Park and immediately right to the bike finish chute on the top car park.

BIKE GEARING

The bike course is undulating with one very difficult hill at the northern end of Matthew Flinders Drive. If the wind becomes prevalent you may require appropriate gearing depending on your fitness level and cycling strength. The suggested gear ratios for experienced cyclists are: front chain rings 53 large, 39 small with a rear cluster range of 11 to 23. Cyclists with less ability may choose a 39 small chain ring with rear clusters 12 to 25 to assist with the climb at the end of Matthew Flinders Drive.

ROAD RULES

All competitors must follow New South Wales (NSW) Traffic rules and keep on the left of the roadway at all times. The NSW Police Department has directed that no more than 2 cyclists may ride abreast unless overtaking. Competitors must also be aware of the race rules where cycling 2 abreast may infringe.

SAG WAGONS

Two (2) vehicles will operate on the bike course for collecting "beyond repair" bikes and/or exhausted but uninjured competitors who wish to withdraw from the race. If you find yourself in such a situation you may be transported to the nearest bike Aid Station where you will be required to remain until the last cyclist on their last lap has passed. You and your bike will then be picked up by special transport and brought back to the finish area where you can proceed to the finish compound to collect your street gear.

If you and/or your bike break down on the course you should attempt to proceed to the nearest Aid Station, notify the Station Captain of your withdrawal and wait for pick up. **Do not remove your timing chip and band at this location.** Every effort will be made at the Aid Station for your comfort and any refreshments you may require. If you require medical assistance or treatment the Captain will call for this through the communications network.

SPARE PARTS – BIKE COURSE

There will be a maximum of three mobile mechanics wearing distinctly marked vests on motorcycles carrying limited equipment such as pump, tubes, and tools operating in specific zones. Additional equipment will be located at two (2) **Spares Depots** one located at the top of Clarence Street (southbound) and near the Aid Station and the other near the Lake Cathie Aid Station (northbound). A limited number of spare wheels, parts and tools, will be available from these Depots and if you breakdown in the vicinity of these depots you may carry out repairs there. Assessment of the need for a replacement wheel will be made by the Spares Depot mechanics. In principle you should carry out your own necessary repairs, particularly of a minor nature, however, in certain circumstances, (e.g. physical restriction) the official **bike mechanic only** may afford technical assistance and tools you require.

Should you have a breakdown elsewhere on the **bike course** you will have to wait for the spares team to get to you and in some circumstances they may need to take damaged equipment to the Depot for repair. Tyres/tubes/spare parts may be second hand and are courtesy of the mechanic team no but where necessary the team will seek the return of the part. A record of these parts will be made at the time of service on race day.

You will have **10 minutes** to carry out repairs if using the spares team tools before the team moves on. Under no circumstances should friends, relatives or supporters assist you and/or carry out repairs or offer spare parts or wheels as this will result in immediately disqualification.

TRIATHLON AUSTRALIA RULE INFRINGEMENTS

Technical Officials will be conveyed on motorcycles on the bike course to ensure all race rules are observed. The Technical Official will advise the competitor of the reason for any infringement issued and it is the competitor's responsibility to ensure what the infringement is for and what the nature of the penalty is.

The five (5) minute time penalty **MUST** be served on the lap in which the infringement was received. Failure to stop at the Penalty Box or on the lap in which the penalty occurred will result in disqualification without any right of appeal.

TRANSITION PROCEDURES - BIKE TO RUN INDIVIDUALS

When you reach the Bike Finish chute you will dismount and proceed with your bike to the bike compound for racking. Your helmet must remain securely fastened to your head **until you have racked your bike.** If you need to completely change into your run gear then you will need to proceed to the Special change tents on the water side of the bike compound. You then proceed to the Run exit located in left hand corner of the compound at the Buller Street end.

TEAMS

The procedure and rules for Team members is set out in separate instructions provided to each Team when registering and is also set out on the Half Ironman website. There will be a Team Coordinator directing each Team throughout the race.

RUN COURSE - DESCRIPTION

CUT OFF TIME – 7 HOURS 30 MINUTES AFTER RACE START (Individuals)

- 7 HOURS 10 MINUTES AFTER RACE START (Teams)

PORT MACQUARIE MARINA 21.1 KM RUN - 2 LAP COURSE

DESCRIPTION

The half marathon takes athletes along the Hastings River foreshores through the City Centre and along beside the beaches and parts of Pacific Drive, which combines rolling hills with beautiful scenery to provide excellent viewing for both athletes and spectators.

At the Run exit you make a sharp left turn and proceed down beside the bike compound, veer left and along past the bike finish chute and along to the end for a left turn and onto Park Street (with the bike turnaround on your left) and a right turn to proceed along Park Street on the roadway on the right hand (sea) side but keeping left of oncoming runners on the roadway and paths where provided to Broadwater Gardens still on Park Street to the turnaround point.

You return on the same (sea) side of the roadway keeping left and facing oncoming runners back to Westport Park where you turn left towards the water onto the grassed area beside the road and then veer right off the grass and along on the road and then onto the pathway past the Park/Transition area at the swim start area. Staying on the pathway you continue down towards the CBD and behind the Country Comfort Motel before heading to the Town Centre via the Buller Street Bridge for the second section of the run. You turn left off the bridge and proceed along and through the car park and along past the Hastings Fish Co-operative, the Hastings River is on your left, and along onto and through the Town Green area and across to the start of the Breakwall. You then proceed along the Breakwall to the end, turn right and head towards and past Town Beach and then veer right across the car park and up onto the grassed section and over Flagstaff Hill. You then run parallel with Pacific Drive and down onto Pacific Drive proper on the left hand side of the roadway above Oxley Beach. You then head south along Pacific Drive on the left hand side to the turnaround point opposite Home Street. Note that you may be running beside cyclists as this section follows the same route as the bike course.

You must keep left at all times heading out and back and keep on the eastern/sea side of Pacific Drive and inside barriers/cones that separate bikes and runners on that part of Pacific Drive.

After the turn you then head back north and proceed directly back along Pacific Drive. On reaching the top of Oxley Beach you continue past and proceed along the top of Flagstaff Hill veering off Pacific Drive onto the grassed area and head down and right into and across the Town Beach carpark again picking up the pathway along beside the beach. You re-trace your steps and head back to and along the Breakwall and back onto the Town Green and back to and past the Fish Co-operative and across the carpark and back right onto Buller Street bridge. Coming off the bridge you continue towards the Country Comfort Motel i.e. do not turn right to the pathway at that point but continue along Buller Street a short distance and then turn right into Hollingsworth Street and across and back behind the Motel joining up with the pathway again and then along to Westport Park for the start of the second lap over the same course. After the completion of the second lap when you reach the southern corner of the Westport Bowling Club you will be directed left into the finish chute to the finish line in the Park.

DISTANCE MARKERS

Although Run Aid Stations are located approximately every 2kms this is not accurate and more accurate signage via distinctive Asics branded sandwich boards will be positioned showing every 2km **completed** (eg: "Distance Completed - 2kms", "Distance Completed - 4kms" etc).

Do not cut corners on any part of the run course - This is for your safety and any breach will mean disqualification.