



**SA AQUATHLON CHAMPIONSHIP**

**22<sup>nd</sup> SAM WHITE MEMORIAL AQUATHLONS**



**THESE RULES & INSTRUCTIONS APPLY TO THESE AQUATHLONS:**

- 11:00am KIDS COURSE (KC) - 100M SWIM/0.75KM RUN
- 11:15am ENDURO AQUATHLONS (EA) – 250m SWIM/1.7KM RUN  
SMALL COURSE (SC)=1 LAP; MEDIUM COURSE (MC)=2 LAPS; LARGE COURSE (LC)=3 LAPS
- 12:30pm KIDS FUN RUN (FR) - 1.6KM
- 1:00pm ELITE COURSE (EC) - 1.7KM RUN/500M SWIM/1.7KM RUN/500M SWIM/1.7KM RUN



**BEFORE YOU START**

1. You must register on race day from 9:30a.m. until half an hour before your start.
2. At registration you will receive your swim cap, paper race number and pins. LC entrants will have race category codes written on legs. EC entrants will have race numbers written on arms & legs.
3. Please ensure that you are completely familiar with your course, as failure to complete it correctly will result in disqualification. (See maps).
4. Race numbers are waterproof and tear resistant. They must be worn on your front, pinned at all four corners to a race top, so they are clearly visible from the time you leave your transition spot to begin the run, until you finish. They may not be cut down in size.
5. Triathlon Australia swim and run race rules will apply. Main rules:  
The swim: Wetsuits may be worn if the water temp is less than 24°C. Every effort must be made to wear the swim cap provided during every swim.  
The run: No individual escort vehicles or support runners. Shoes & a race top must be worn.
6. A compulsory race briefing for KC & EA entrants will take place at 10:40a.m. in the transition area and will conclude with a minute's silence in memory of Sam White.



**THE STARTS**

1. Race starts will be:

KIDS COURSE					ENDURO AQUATHLONS										FUN RUN & ELITE COURSE				
TIME	COURSE	GROUP	CAP	NO.	TIME	COURSE	GROUP	CAP	NO.	TIME	COURSE	GROUP	CAP	NO.	TIME	COURSE	GROUP	CAP	NO.
11:00	KC	Male	Red	Red	11:15	SC	Male	Red	Green	11:23	LC	Male U30	Pink	Black	12:30	FR	Male		Red
11:01	KC	Female	Yellow	Red	11:16	SC	Female	Yellow	Green	11:25	LC	Male 30+	Purple	Black	12:31	FR	Female		Red
11:02	KC	Relay	Green	Red	11:17	SC	Relay	Green	Green	11:27	LC	Female	White	Black	1:00	EC	Male	G/Y/R	Black
					11:19	MC	Male	Blue	Blue	11:29	LC	Relay	LBlue	Black	1:01	EC	Female	G/Y/R	Black
					11:20	MC	Female	Marone	Blue										
					11:21	MC	Relay	Orange	Blue										

**THE RUNS**

1. Drink stations will be located at the run starts & finish & at halfway for the EA & EC.
2. On finishing the EA & EC, ensure that timekeepers have recorded your race number by staying in order until you leave the finish chute. Notify timekeepers if you do not finish for any reason.



**THE ELITE COURSE & THE CHALLENGE**

1. Elite Course competitors will be competing as individuals for prize money.
2. "The Challenge" is automatically calculated. The Elite Course **TRIATHLETES** and **SURF LIFESAVERS** have the overall finish positions of their first three males and first three females added. The lowest total will determine the winning team.



**AFTER YOU FINISH**

1. Enjoy some refreshments and your achievement.
2. Put your race number in the random draw box at the post-race refreshment table.
3. Pack all your gear up before attending the presentation which will be at approx 2:00p.m.
4. Race results will be available at [www.eventstrategies.com.au](http://www.eventstrategies.com.au)
5. Other approaching events endorsed by Event Strategies:-
  - **7/2/2010** The Chiropractors Association (SA) Sam White Memorial Triathlons (SA Sprint Distance Champs) - 750m swim/19.5km cycle/5.1km run or 250m swim/6.5km cycle/1.9km run. Midcourse Reserve, Brebner Dr, West Lakes.
  - **14/2/2010** The Weet-Bix kids TRY-athlon. 100m swim/2.9km cycle/700m run for 7-10 yr olds OR 200m swim/5.8km cycle/1km run for 11-15 yr olds
  - **7/3/2010** The ASICS Victor Harbor Triathlons & Fun Run-Walk. 1.5km swim/40km cycle/10km run OR 160m/8km/1.5km OR 50m/2km/400m OR 5k
  - **14/3/2010** The Nissan BRW Corporate Triathlon - Midcourse Reserve, Brebner Dr, West Lakes.
  - **10/4/2010** (Saturday) The Loxton Triathlons. 750km swim/25km cycle/5km run OR 250m swim/13km cycle/2.5km run.

**Finish Line Partners:** King William Rd Chiropractic, [POD<sup>2</sup>] Podiatry Centre, Robertson's Glazing Service

**Major Supporters:** Access Plant Hire, Apple & Pear Growers Assoc, Asics, Elite Picture Framing, Euro Optics, Gatorade, Hammer Nutrition, Joggers World, Jenny Bonnett, Payneham Swimming Centre, Robin Millhouse, Sam White's Family