

ABOUT THESE EVENTS...

These two Sam White Memorial events offer courses for all ages and abilities, and also allow you to enter as an individual or as part of a relay team.

Sam White died on his 29th birthday in 1988 after being hit by a car whilst cycle training. He had been involved in sport for most of his life. In the 1970's Sam was ranked nationally in the top ten for his age group in the 200m freestyle. By the 1980's he was not only a consistent top five finisher in triathlons, but also the SA Aquathlon Champion. To encourage others to experience the sports he loved, Sam organised triathlons, biathlons and aquathlons for the community generally and secondary schools in particular. His legacy is the spirit of these events.

GENERAL INFORMATION

- **ALL COURSES HAVE MINIMUM AGES FOR ENTRANTS.**
- **RANDOM DRAW PRIZES:** will be offered at each event. They must be claimed by winners in person at the time of announcement or they will be redrawn.
- **WET SUITS:** Wetsuits may be worn if the water temperature is less than 24°C.
- **TIME TABLES:** are valid at time of printing, however are subject to change.

ENTRY INCLUDES

- **Swim cap, race number etc.**
- **Accurately timed results** for all except Kids Course entrants. All results will be available from www.eventstrategies.com.au If you want a hard copy, please supply a stamped self addressed envelope with course details for the results you want written on the back.
- **Post race refreshments.**
- **Eligibility to win** one of many valuable random draw prizes.
- **Insurance.**

ENTRY INFORMATION

- **Age** - is taken as of 31/12/09 for all events.
- **TO ENTER:**
 - **On line** at www.eventstrategies.com.au
 - **Or complete an entry form.**
 - Post to Event Strategies, PO Box 486 UNLEY 5061 with entry fee.
 - Deliver to Joggers World, 123 Pirie St, Adelaide with correct fee & in a sealed envelope marked "Event Strategies".
 - Fax to 83734587 only if you have paid via internet banking & you attach your internet receipt
 - **Entries must be received by the WEDNESDAY prior to each race date. LATE ENTRIES will only be accepted** if they are accompanied by the late entry fee. Please make it easier for us & cheaper for you by entering early.
- **PAYMENT:**
 - **Credit card only accepted with on line entries**
 - **Cheques & postal orders** should be made payable to Event Strategies.
 - **Internet payment** can be made to BSB 015-208 and our Account Number 3482-42289.
 - **Cash** can be left with your entry at Joggers World or used for a late entry.
- **Discounts** – Entry fee discounts are offered in support of TA members (please provide number).
- **Refunds** - Unfortunately, we cannot issue refunds to entrants who do not compete or if adverse conditions result in the cancellation of any event.
- **Elite entrants** – who placed in the top 5 last year are encouraged to apply for a subsidised entry fee by contacting the Race Director.
- **Nothing is normally mailed out before an event.** If you want the course map, rules & race instructions prior to race day, (recommended for anyone unfamiliar with a course) please enclose a stamped self addressed envelope with your entry, or check our web site.
- **ES No:** - If you have done an Event Strategies event before, you will have an "ES number". This number will appear on your envelope label whenever we mail anything to you. If your details are unchanged, you don't need to give all of them again. Just fill in your name, ES number, any changed details, event selections & sign.



Chiropractors Association of Australia (SA) 22nd Sam White Memorial Aquathlons 11:00am Sunday December 27, 2009 (Triathlon SA State Championship)

COURSES & MINIMUM ENTRANT AGES

- **Kids Courses** - 100m swim/750m run. Minimum age is 7. **1.6km Fun Run.** For 7-17yr olds.
- **Small Course** - 250m swim/1.7km run. Minimum age is 12.
- **Medium Course** - 250m swim/1.7km run X 2. Minimum age is 14.
- **Large Course** - 250m swim/1.7km run X 3. Minimum age is 14.
- **Elite Course** - 1.7km run/500m swim/1.7km run/500m swim/1.7km run. Minimum age is 14.

VENUE: Glenelg Jetty, south side.

INFORMATION

The Kids Courses are un-timed, non-competitive events for those who just want to have fun & finish. The Small, Medium & Large Courses follow an enduro format where you complete the 250m swim & 1.7km run course once (Small), twice (Medium), or three times (Large). Teams have one swimmer & one runner.

TIME TABLE

- **9:30am** - Registration for all entrants & late entries taken.
- **10:40am** - Welcome & race briefing
- **11:00am** - Start for Kids Course
- **11:15am** - Start for Small, Medium & Large Course wave starts
- **12:30pm** - Start for Kids Fun Run
- **1:00pm** - Start for Elite Course
- **2:00pm** - Presentation & random draw

AWARDS

- **Small Course:** First male & the first female under 14yrs, 14-15yrs, 16-49yrs, 50+yrs; and both members of the winning relay team.
- **Medium Course:** First male & the first female under 16yrs, 16-17yrs, 18-34yrs, 35-49yrs, 50+yrs; and both members of the winning relay team.
- **Large Course:** First male & the first female under 16yrs, 16-17yrs, 18-19yrs, 20-29yrs, & then in each 10yr age category onwards; and both members of the winning relay team.
- **Elite Course: Senior Elite** - Trophies and prize money (incl GST) of \$165, \$110, \$77, \$55 & \$44 will be awarded to first to fifth males & females respectively. **Junior High Performance** - First male & the first female.

Chiropractors Association of Australia (SA) 22nd Sam White Memorial Triathlons 9:00 am Sunday February 7, 2010 (Triathlon SA State Championship)

COURSES & MINIMUM ENTRANT AGES

- **Small Course** - 250m swim/6.5km cycle/1.9km run. Minimum age is 12.
- **Large & Elite Courses** – 750m swim/19.5km cycle/5km run. Minimum age is 14.

VENUE: Midcourse Reserve, Brebner Drive, West Lakes.

TIME TABLE

- **7:30am** - Registration for all entrants & late entries taken.
- **8:40am** - Welcome & race briefing
- **9:00am** - Start
- **11:30am** - Presentation & random draw

AWARDS

- **Small Course:** First male & the first female 12-13yrs, 14-15yrs, 16-19yrs, 20-29yrs, 30-39yrs, 40-49yrs, & 50yrs & older; and all members of the winning relay team.
- **Large Course: Age Group & Teams** - First male & the first female 14-15yrs, 16-17yrs, 18-19yrs, 20-24yrs, & then in each 5yr age category onwards; and all members of the winning relay team.
- **Elite Course: Senior Elite** - the magnificent **SAM WHITE MEMORIAL TROPHIES** and their smaller replicas will be presented by a member of Sam White's family to the first male and first female finishers. Trophies and prize money (incl GST) of \$264, \$198, \$132, \$99 & \$55 will be awarded to first to fifth males & females respectively. **Junior High Performance** - First male & the first female.

Many valuable random draw prizes will be given away at each event!