



SA AQUATHLON CHAMPIONSHIP

30th SAM WHITE MEMORIAL AQUATHLONS

"The Last Lap"



THESE RULES & INSTRUCTIONS APPLY TO THESE AQUATHLONS:

- 11:00am KIDS & FUN 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. All entry data will be uploaded to the live results page on 23/12/17 - <https://tinyurl.com/ya8s8qup>. Please check your entry details are correct.
2. You must register on race day from 9:30a.m. until half an hour before your start.
3. At registration, follow the instructions to find your name on the displayed start lists; check your entry details again; find your race number; collect your transponder, swim cap & pins. This is also the time to tell staff if any of your entry details are wrong.
4. LC entrants will have race category codes written on legs. EC entrants will have race numbers written on arms.
5. Electronic Transponder Timing will be used to record all swim, run & finish times:
 - Wear the transponder band on your ankle. The end of the Velcro band MUST LIE FLAT. See "How to wear a timing band"
 - If you are going in 2 or more courses you will get 2 or more race numbers and transponders. Wear the correct one in each race
 - Race times will be recorded each time you step on a timing mat
 - Timing mats are at the swim finish, run finish and the finish
 - Transponders MUST BE RETURNED TO REGISTRATION after you finish. If you do not finish, notify officials in the timing vehicle at the finish line
6. Please ensure that you are completely familiar with your course, as failure to complete it correctly will result in disqualification. (See maps).
7. Race numbers are waterproof and tear resistant. They must be worn on your front, secured to a race top or number belt, 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.
8. 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.
9. 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 & FUN COURSE | | | | ENDURO AQUATHLONS | | | | FUN RUN & ELITE COURSE | | | | | | | |
|-------------------|--------|--------|--------|-------------------|--------|--------|--------|------------------------|--------|----------|--------|-------|--------|--------|--------|
| TIME | COURSE | GROUP | CAP | TIME | COURSE | GROUP | CAP | TIME | COURSE | GROUP | CAP | TIME | COURSE | GROUP | CAP |
| 11:00 | KC | Male | Blue | 11:15 | SC | Male | Red | 11:23 | LC | Male U30 | White | 12:30 | FR | Male | |
| 11:01 | KC | Female | Yellow | 11:16 | SC | Female | Yellow | 11:25 | LC | Male 30+ | Orange | 12:31 | FR | Female | |
| 11:02 | KC | Team | Red | 11:17 | SC | Team | Blue | 11:27 | LC | Female | Pink | 1:00 | EC | Male | Blue |
| | | | | 11:19 | MC | Male | Maroon | 11:29 | LC | Team | Black | 1:01 | EC | Female | Yellow |
| | | | | 11:20 | MC | Female | Green | | | | | | | | |
| | | | | 11:21 | MC | Team | Purple | | | | | | | | |

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, stay in order past the cameras. 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. Return your timing transponder to the marquee you collected it from
2. Check your race results at <https://tinyurl.com/ya8s8qup>, or if on a mobile device at <https://tinyurl.com/bywq42r>
3. Enjoy some refreshments and your achievement.
4. Put your race number in the random draw box at the post-race refreshment table.
5. Pack all your gear up before attending the presentation which will be at approx 2:00pm upstairs in the Glenelg SLSC

Major Partners: Access Plant Hire, City of Holdfast Bay, King William Rd Chiropractic, Sam White's Family.

Major Supporters: asics, Adept Computing, Jenny Bonnett, Jetty Road Glenelg, Lamanna Bananas, Norwood & Payneham Swimming Centres, Robin Millhouse, Victor Harbor Triathlons.