



2010 VICTOR HARBOR TRIATHLONS & FUN RUN - WALK

ABOUT THE EVENT - SUNDAY MARCH 7

The 2009 Victor Harbor Triathlons & Fun Run had 1080 competitors so don't leave your entry too late. Final & compulsory registration will be held on Saturday late afternoon & night at the Anchorage Seafront Hotel on the Cnr Coral St & Flinders Parade between 3 & 8pm where you may also lodge your late entries with the appropriate late entry fee. After registration we invite you to stay and enjoy a carbo dinner of pasta & salad for a small fee meals stop at 8pm. Sunday morning is race day with the Short Distance Triathlon starting at 8:30am sharp, shortly followed by the longer Olympic Distance at 9:30am. 12noon is the approximate start of the 5km run/walk. 1pm is the start time for the mini triathlon for children of 7 years & older. It's pure fun with NO recorded times or awards presented. The run course will interact with the Olympic Distance Triathlon run leg. Parking is close to the race site, also plenty of vantage points to watch the races unfold. Both swims are in the sheltered Inland Sea water of Encounter Lakes. The Short Distance Triathlon consists a of 150 metre swim, an 8km ride along foreshore to Whalers Inn and return then a short 1.5km run within the subdivision. The Olympic Distance Triathlon consists of a 1500 metre swim, 2 x 20km loop cycle course into the countryside towards Inman Valley, on a **CLOSED ROAD** of all traffic except cyclists for your safety & the run course consists of 2 x 5km loop course, through the Encounter Lakes housing estate. **The mini triathlon will consist of a 50m beach shore swim & 2 km cycle in the Lakes subdivision & a 400m run towards the beach & return.** Plenty of race recovery food will be on site for finishing competitors.

For spectators a cafe is very near by to provide you with hot food and refreshments. **Enter online with a credit card @ registernow.com.au**

FOR YOUR CHANCE TO WIN ASICS RUNNING SHOES - READ BELOW - \$6000 IN PRIZES - \$4400 IN PRIZE MONEY - \$2200 IN TROPHIES

ENTER any of the 9 events and collect 1 free admission to Greenhills Adventure Park worth \$25

ENTER any of the 9 events and be present at the presentation and you'll will go into the draw to win 1 of 12 pairs of **ASICS RUNNING SHOES**

ENTER early and go into the draw to win 1 of 6 pairs of **ASICS RUNNING SHOES**. Closing date for this draw is **FRIDAY FEBRUARY 5**

**CLOSING DATE FOR ALL ENTRIES WITHOUT THE LATE FEE IS THURSDAY FEBRUARY 25
ENTRIES WILL BE RETURNED IF NOT ACCOMPANIED WITH THE APPROPRIATE LATE ENTRY FEE**

Saturday March 6 Compulsory Registration

3pm till 8:00pm, ANCHORAGE SEAFRONT HOTEL cnr of Coral St & Flinders Parade, Victor Harbor.

Race packs with race numbers, swim caps, Greenhills Adventure Park one day passes and souvenir garments can be collected if ordered and paid for. A carbo dinner has been arranged for this night.

LATE ENTRIES will be accepted **FRIDAY - SATURDAY - SUNDAY** payable with the appropriate late fee.

Sunday March 7

START / FINISH: Encounter Lakes Public Beach, Bartel Boulevard, Victor Harbor

8:00am: Compulsory Short Distance briefing. Olympic Distance arm marking commences near registration tent.

8:30am: SHARP: RACE STARTS - Short Distance: 160m Swim - 8km Cycle - 1.5km Run

9:00am: Compulsory Olympic Distance briefing. Final arm marking is in registration area.

9:30am: SHARP: RACE START - Olympic Distance: 1.5km Swim - 40km Cycle - 10km Run

9:44am: SHARP: RACE START - Olympic Distance 3, 4 or 5 member: 1.5km Swim – 2x20km Cycle – 2x5km Run

12noon: SHARP: RACE START - Fun Run – Walk: 5km

1:30pm: SHARP: RACE START - Mini Distance: 50m Swim - Paddle - 2km Cycle - 400m Run

2:00pm: Presentation of all awards at the Encounter Lakes Public Beach depending on the weather

FUN RUN or WALK CATEGORY AWARDS: The first place Male & Female from each category will each receive a trophy.

Under13 13/15 16/19 20/29 30/39 40/49 50/59 60+

MINI DISTANCE TRIATHLON NO AWARDS: This event is fun only, NO times will be recorded & NO awards will be given. **7 years & above.**

SHORT DISTANCE AGE CATEGORY AWARDS: The first place Male & Female from each category will each receive a trophy.

12/13 14/15 16/17 18/19 20/29 30/39 40/49 50/59 60/69 70/79 80+

SHORT DISTANCE TEAM CATEGORY AWARD: All first placed team members receive a trophy

OLYMPIC DISTANCE OPEN CATEGORY AWARDS: The first 5 placing Open Male & Open Female will each receive prize money & trophy.

1st @ \$1000 / 2nd @ \$650 / 3rd @ \$300 / 4th @ \$150 / 5th @ \$100

JUNIOR ELITES NO AWARDS: Winners acknowledged & all splits with times recorded in order of finishing.

OLYMPIC DISTANCE AGE CATEGORY AWARDS: The first place Male & Female from each category will each receive a trophy.

16/17 18/19 20/24 25/29 30/34 35/39 40/44 45/49 50/54 55/59 65+

OLYMPIC DISTANCE TEAMS CATEGORY & AWARDS: All first placed team members from each of the 4 categories of receive a trophy.

Male, Female, Mixed, Mixed 4+ allowing 4 or 5 competitors to complete the Olympic course in a relay. 1 swimmer per Olympic team.

RULES & REGULATIONS

Triathlon Australia Race Rules will apply, please use them for your own & others benefit. A detailed course map will be displayed on the website, at registration & on the day. **Competitors must swim in their allotted wave start, determined by the category that they have entered, and wear the swim caps provided. Approved helmets must be worn during the entire cycle leg, cycles walked in all transition areas. Drafting is not allowed & penalties will apply. Race numbers provided must be worn on the front and be clearly visible on cycle and run legs. Torso must be covered at all times during the cycle & run.**

GENERAL INFORMATION

Course information and maps will be mailed out to competitors who send a stamped self addressed, business size envelope. Top quality garments can be collected on registration night. Age taken for the event is 31-12-09. **NO awards will be given & NO times will be recorded for mini distance triathlons, it is strictly fun.** Only a finish time will be recorded for Short distance triathletes & fun runners. Olympic distance triathletes will receive a full set of results with all splits and category positions. Refreshments will be provided to all competitors. Random draw prizes can only be claimed at the time of the draw. Trophies not collected at presentation can be posted out with the appropriate fee. Trophies will be recycled after each event. No refunds will be given under any circumstances.

Race Director Sid James Ph: 85522554 email: admin@victorharbortriathlons.org.au web: victorharbortriathlons.org.au

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Victor Harbor

SUBWAY & SUBWAY
FOOT LONG & 6-INCH



expires 31-3-2010