

GREENS BEACH TRIATHLON

2023

RACE GUIDE



Welcome

The 2023 edition of the Greens Beach Triathlon is here. This year taking place over 2 days are the following events:

- 1500m & 500m Ocean Swim
- Trystar Aquathlon
- Sprint Distance Triathlon (750 Swim / 20km Run / 5km Run)

Welcome to our new and returning athletes, and big thanks to our partners as without their support the event would not be a success.



Run Sheet

SATURDAY 21ST JANUARY

Athlete Check-in Opens (Beach)	9:30am
Swim Warm Up	10:00am
Athlete Check-in Closes	10:15am
500m Ocean Swim Start	10:30am
1500m Ocean Swim Start	10:50am
Trystar Aquathlon Start	11:45am
Presentations	12:00pm

***Note race briefing will be conducted 10mins before each event Saturday**

SUNDAY 22ND JANUARY

Athlete Check-in / Transition Opens	10:00am
Athlete Check-in / Transition Closes	11:00am
Race Briefing	11:00am
Swim Warm Up	11:15am
Race Start	11:30am
Presentations	1:15pm

Presentations & Prizes

Presentations will take place during the times set out in the run sheet. These are subject to change depending on the number of finishers.

Prize money and spot prizes will be given out as follows.

Triathlon

1st - \$150

2nd - \$100

3rd - \$75

1500m Ocean Swim

1st - \$50

2nd - \$40

3rd - \$30

Prizes

500m Ocean Swim 1st, 2nd, 3rd

Triathlon

- Age Groups
- 1st Team
- 1st Corporate Challenge

Swim Course - Triathlon



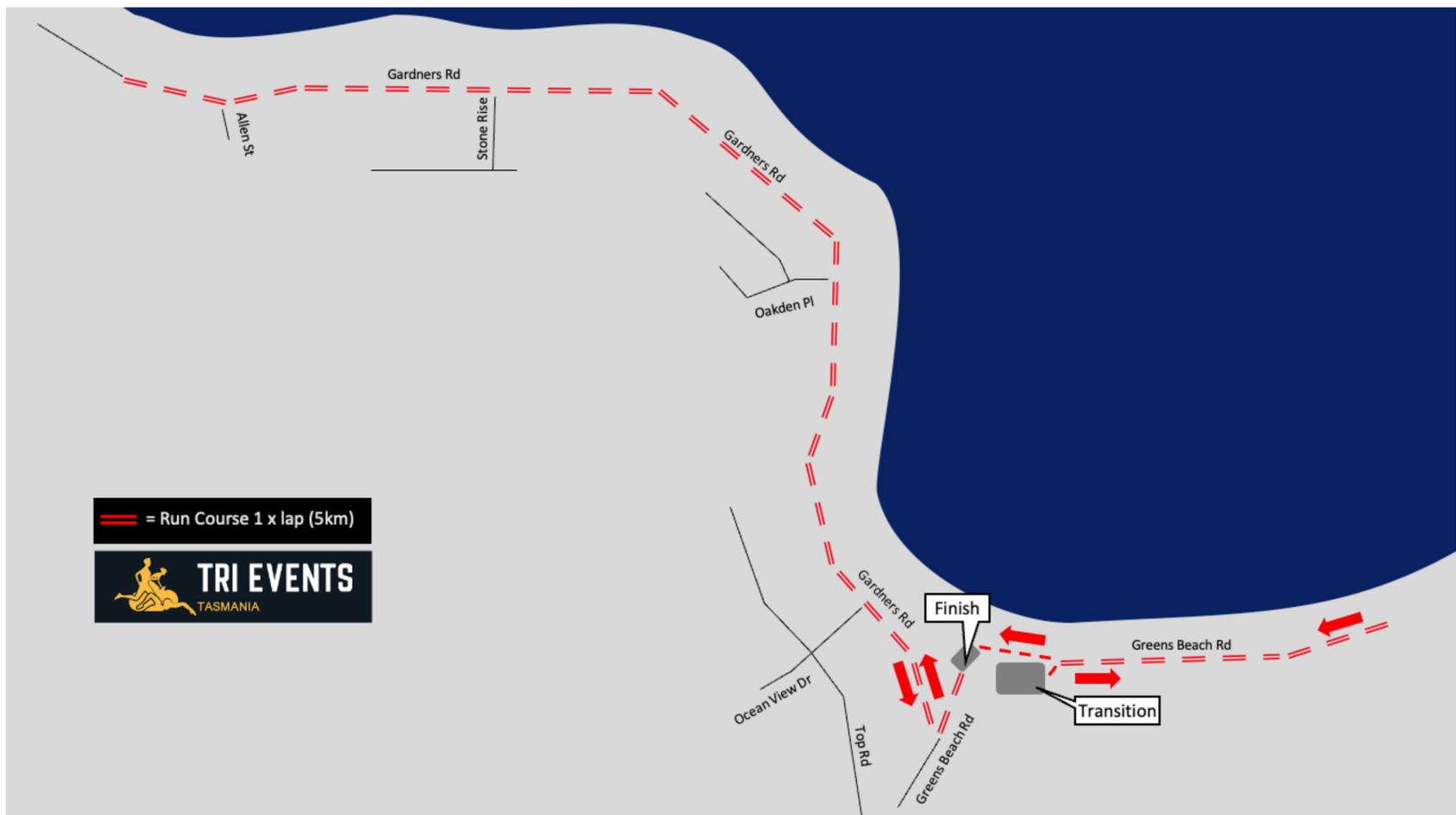
The swim course is 375m in length and participants will complete 2 laps. There is a beach start, then a triangle course that needs to be navigated in a clockwise direction. The marker closest to the beach will form the mid race turning point.

Bike Course



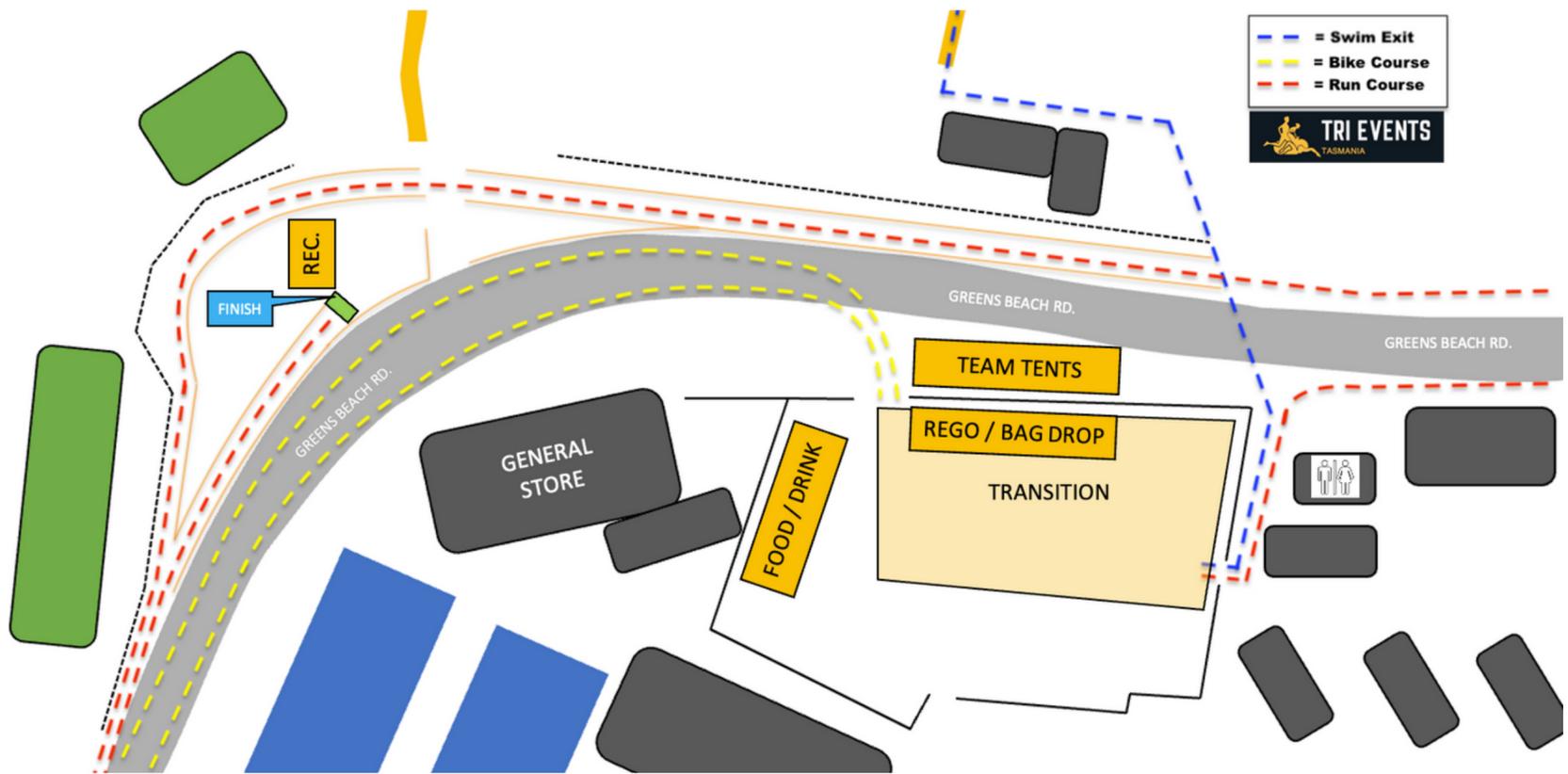
The bike leg is out and back. Mount line is situated in front of the General Store before heading straight up the hill of Greens Beach Road. Continue along Greens Beach Road past Kelso before turning left into Bevic Road. Follow this through to Clarence Point Road turning right. At 1km along Clarence Point Road there is a turning point before heading back the same direction.

Run Course

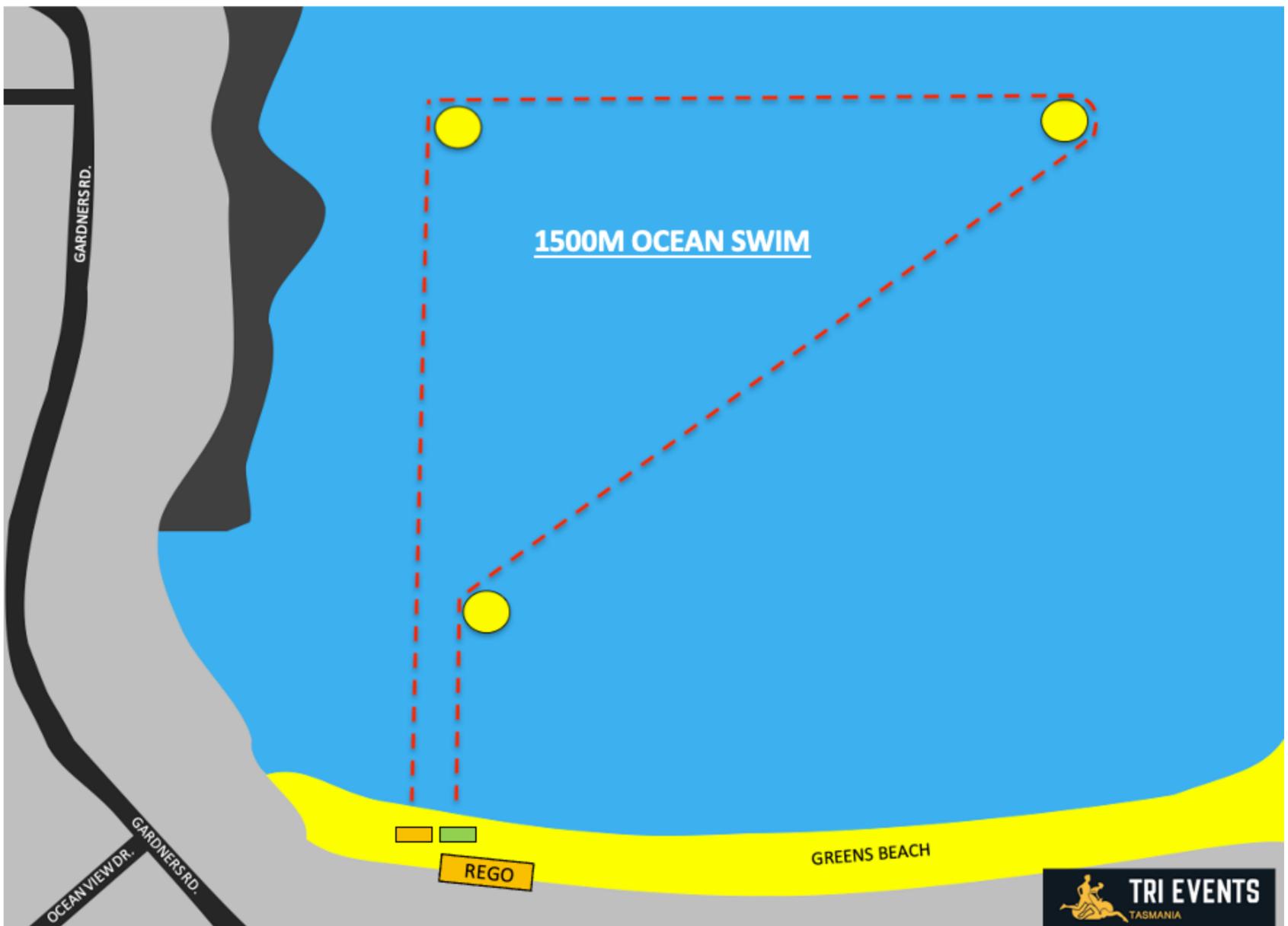


The Run leg start is at transition and runners will head along Greens Beach Road in an Easterly direction before turning back toward the event precinct. There is an aid station located within the event precinct. Immediate past the play ground head up the path toward Gardeners Road then turn right. Run along Gardners Road on the footpath to the turning point and then return the same direction. Finish line will be located in front of the play ground.

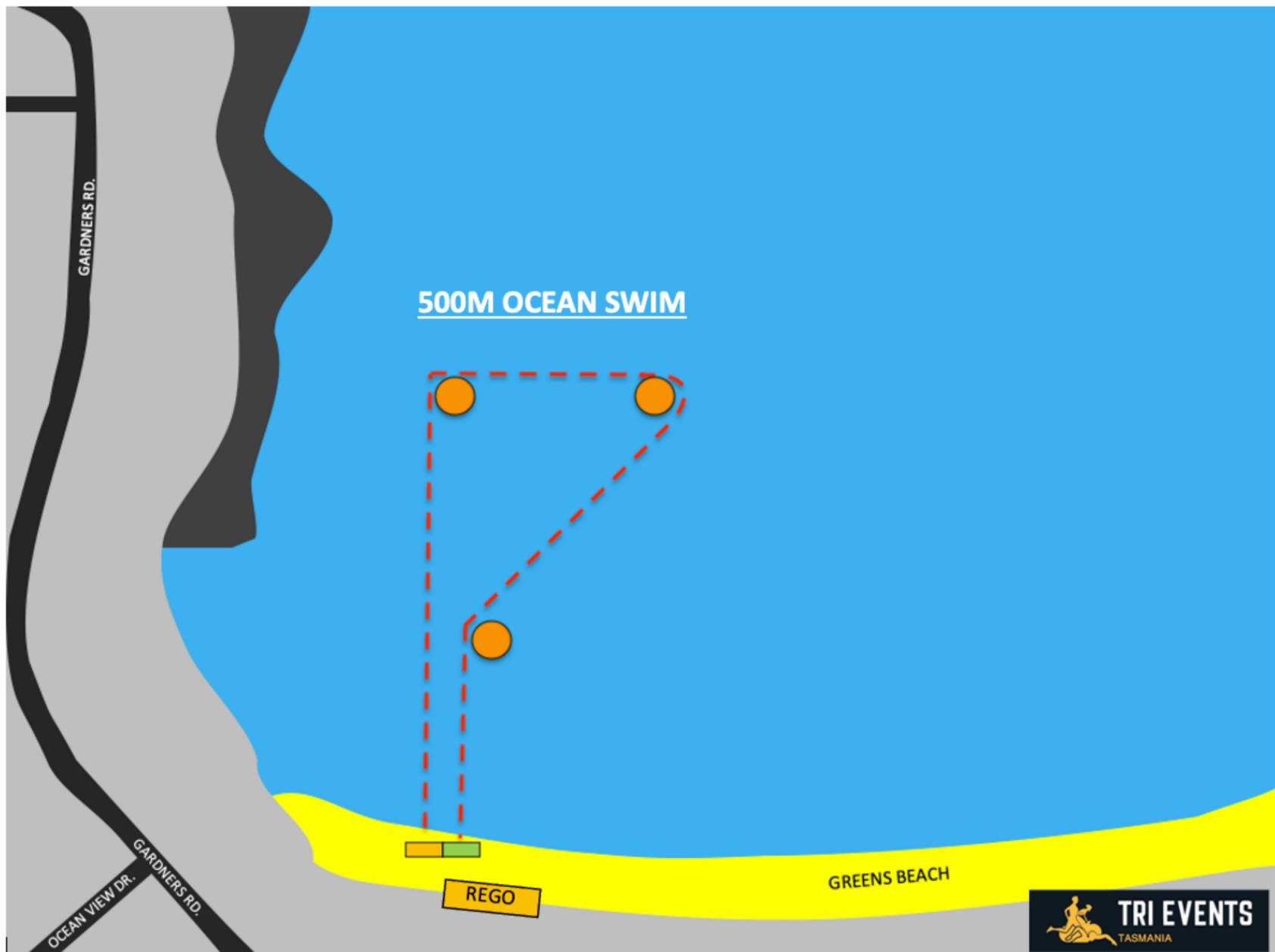
Event Precinct



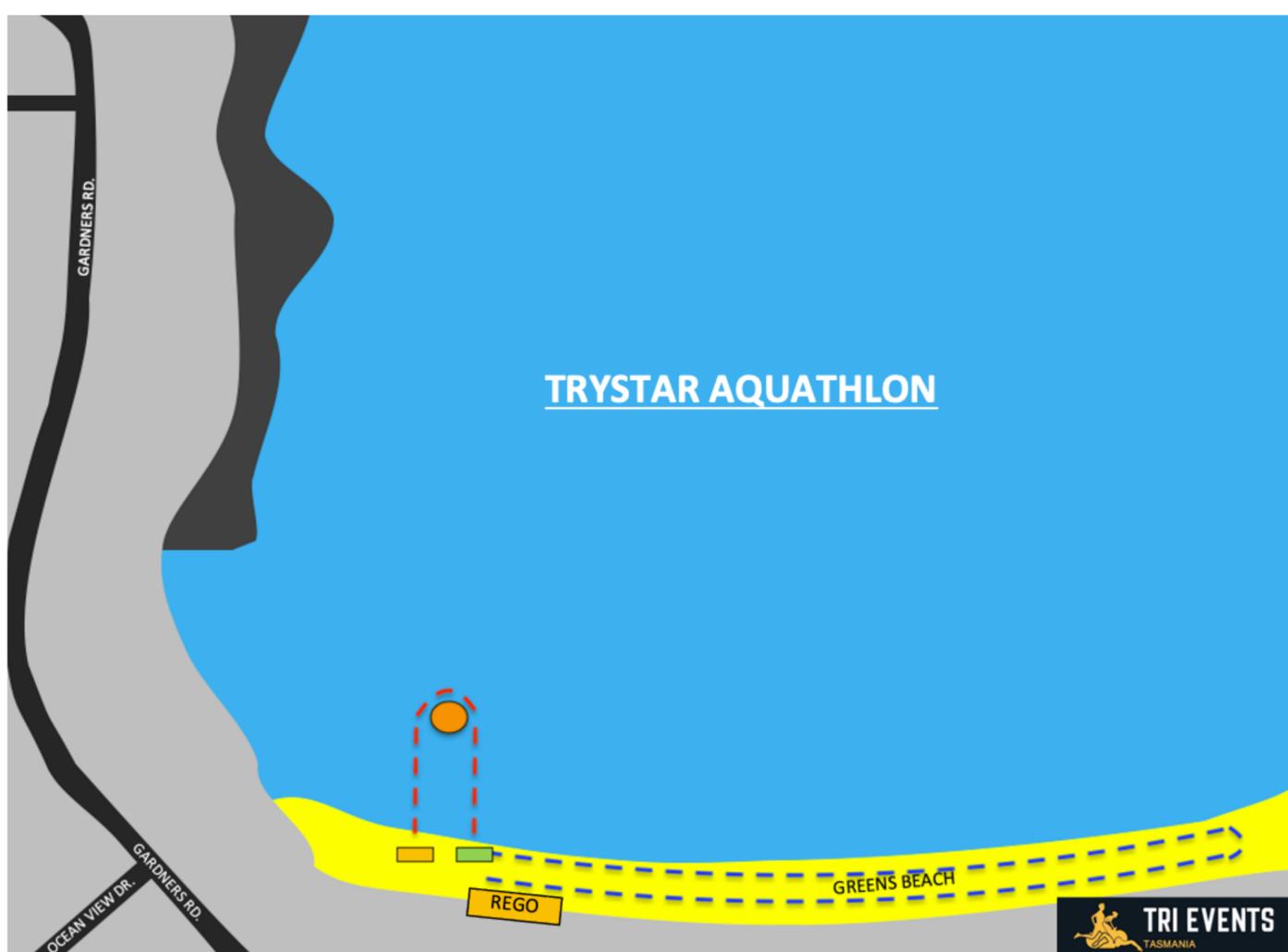
Ocean Swim - 1500m



Ocean Swim - 500m



Trystar Aquathlon



Rules

Age Determination

Triathlon Australia rules require that the following age restrictions apply

Sprint Distance Triathlon

- At least 14 years of age as at 31st December 2022

Trystar

- At least 7 years of age and not older than 13 years of age as at the 31st December 2022

500m Ocean swim

- At least 13 years of age as at 31st December 2022

1500m Ocean Swim

- At least 14 years of age as at 31st December 2022

Race Rules

To ensure a safe and fair race for all, as with most triathlons in Australia, this race is subject to the Triathlon Australia race competition rules. This information can be found in the link below.

[TA RULE BOOK](#)

This is a non-drafting event. Drafting is not allowed.

The draft zone is 10m from front wheel to front wheel.

You have 20 seconds to pass through this zone.

https://www.triathlon.org.au/Technical/Race_Competition_Rules.htm

Transition Between Team Members

All changeovers **MUST** occur at the place the team bike is racked. Once the swimmer reaches transition, they must make their way to where the cyclist has racked their bike. At this point the swimmer will tag the cyclist who can then secure their helmet and remove their bike from the rack. The changeover from cyclist to runner must occur **AFTER** the bike has been racked and the cyclist has removed their helmet. The runner must be tagged by the cyclist before leaving transition area. We ask swimmers and cyclists to remove themselves from transition as soon as they have tagged their teammate. Runners are not permitted in transition until after their cyclist has started the bike leg.

Parking

Parking will be available along Greens Beach Road in the designated area. Due to the large number of participants these spots may fill up quickly. There is plenty of street parking available on Gardner's road and Top Road

Thankyou to our Supporters



**Riverside Swim
Centre**

