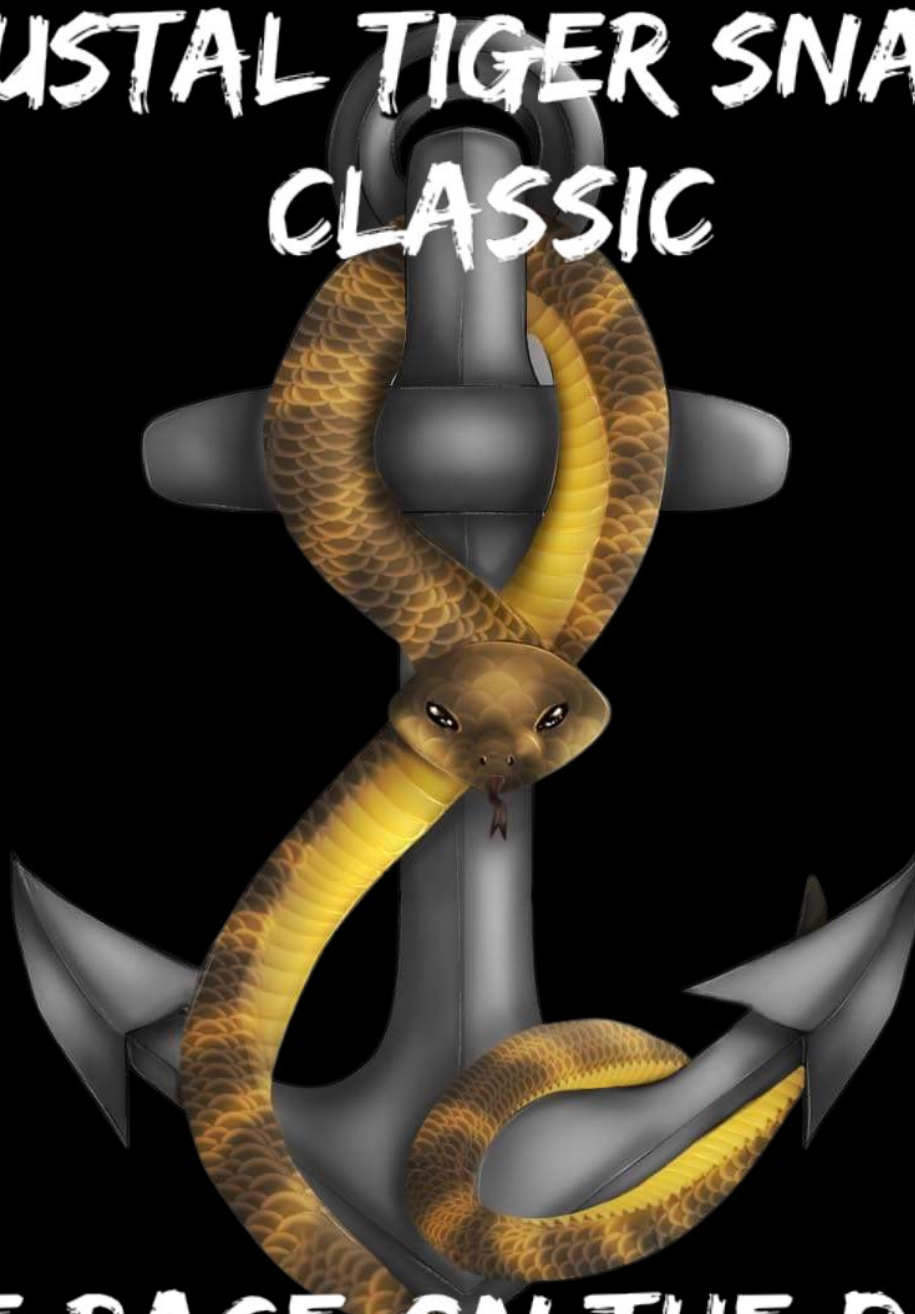


HMAS STIRLING

# AUSTAL TIGER SNAKE CLASSIC



## THE RACE ON THE BASE

1.5km Swim - 40km Bike - 10km Run

02 October 2022

## **Race Director Message**

A huge welcome to all competitors and spectators for the inaugural Austral Tiger Snake Classic Triathlon (The Race on The Base). I am excited and honoured to be part of a great team of hard-working volunteers whose goal it is to make this a truly memorable day for you.

Location is one of several factors that make a great race and Garden Island is one of those sites that immediately grabs your attention because it is not usually accessible to the public. There will be a level of security that you may not have experienced, but rest assured it is all for good reason.

From the sheltered swim, this scenic course will take you out onto a 2 lap bike leg and finish with a relatively flat 10km run where you pass by our Navy's warships and submarines. It should be an event that supporters will also enjoy, with excellent vantage points on all three legs, which will provide that extra motivation to get you to the end.

The large grassed footy oval, which will stage the finish and recovery area, is the perfect spot to put up your club gazebo and catch up with fellow members, friends and family after the race. With a variety of food and beverage options available, you can relax and refuel your bodies while the obligatory post-race dissection takes place with all the spills and thrills.

In closing, I would like to wish all participants the best of luck and hope you enjoy this unique experience as much as I think you will. By participating, you will be a part of history as the first triathlon competitors to race on the base – something that is very special in itself.

Yours in racing

Greg Manning

## Event Details

### Event Schedule:

Wednesday 28 Sep 2022		
1600-1900	Race Pack Collection	Ground Floor, Sport HQ, 203 Underwood Avenue, Floreat
Friday 30 Sep 2022		
1400-1700	Race Pack Collection	KD Cycles, Rockingham
Saturday 01 Oct 2022		
0900-1100	Race Pack Collection	HMAS Stirling Pass Office, Point Peron Road, Rockingham
Sunday 02 Oct 2022		
0600-0730	Base Access open	Photo ID and race wristband required. No pets! Don't be late
0730	Base Access closed	Until approximately 1200
0630-0755	Transition open	Bike and helmet inspection
0805	Race briefing	Adjacent to transition and swim start
0815	Race starts	Wave starts
approx. 1200	Transition open	Bike and gear collection
approx. 1200		Roads reopen to traffic
1500	Base Access Closed	All competitors and supporters to have departed HMAS Stirling
1900	Social media	Results posted

### Event Location:

The event will take place at HMAS Stirling (Fleet Base West) on Garden Island. The entrance to the base is located on Point Peron Road, Rockingham.

### Registration:

Registration is online only, please use the link below to register for the triathlon. Entries close 25 Sep 2022. **No Registrations will be available on the day of the event.**

Individual: \$110 – Tier 2

Individual: \$125 – Tier 3

Team: \$175 – Tier 2

Team: \$190 – Tier 3

**Register Here:** <https://secure.onreg.com/onreg2/front/step1.php?id=5731>

## Access, Road Closures & Parking:

Competitors and spectators must access the base between 0600 and 0730 as roads will be closed at **0730** to allow the bike course to be prepared. There will be no access onto the island from **0730**, no exceptions, don't be late! Access will require photo ID (Driver's Licence preferred) plus the wrist bands provided at race pack collection.

There is ample parking around the transition area, which is a short walk from the finish line (approx. 1km). Parking will be located between transition and the finish for the great bulk of competitors. Please only park in dedicated parking bays or where directed by a marshal. Please refer to map included in your race pack.

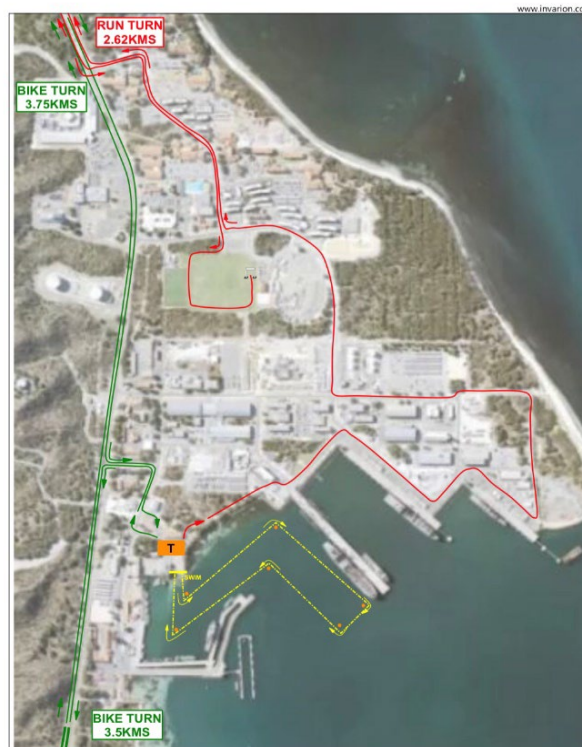
## Leave your Pets at Home

Garden Island is home to endangered species such as the Tammar Wallaby. Please leave your pets at home otherwise you, and your pet, will be removed from the island. Infringements may be issued by the DPAW ranger who patrols the island.

## Security:

Military Police and Wilson's Security will provide security services, assisting you on arrival at the base entrance and around the base. Please follow their directions at all times.

## Event Area:



## Transition & Bike and Helmet Inspection

Transition will be open from 0630 - 0755. There will be separate bike racking areas for individuals and teams. Ensure you wear your helmet on entering transition so it, and your bike, can be inspected by race officials for compliance before the race. This is a cursory inspection only and not a guarantee of safety. No bike will be accepted unless it passes the inspection. Transition Entry & Exit points are indicated below. No bags are to be left in the transition area after 0805.



## Bike Mechanic

KD Cycles Rockingham, have kindly offered to provide race repairs to participants on the day, they will be available from an hour before the race start and for the duration of the race.

## Race briefing

A full race briefing will be conducted, adjacent to transition and the swim start, at 0805.

## Race start time - 0815

The elite division will start the swim leg at 0815 with remaining Age Group competitors starting in waves at intervals afterwards. Self-seed within your AG depending upon your swimming ability.

## Swim course:

The swim course consists of a loop in the sheltered waters of the small boats harbour before proceeding out into Cockburn Sound paralleling Diamantina Pier, out and back, and then returning to the slipway to exit the water and enter transition. Water safety will be in attendance throughout the course. Follow their directions at all times. Additionally:

- Athletes must wear the swim cap provided in their registration pack
- No fins, aqua socks, gloves, paddles, snorkels or flotation devices of any kind are allowed
- Swim goggles and swim masks may be worn
- No individual paddlers or escorts allowed (exception Para athletes).
- Any assistance that results in forward progress being made may result in a disqualification
- Athletes are permitted to hold on to water safety craft so long as no forward progress is made
- Water safety and/or medical personnel reserve the right to remove an athlete from the water if medically necessary or if the cut-off time for the course will not be achieved
- Athletes found not to have completed the entire swim course will be disqualified



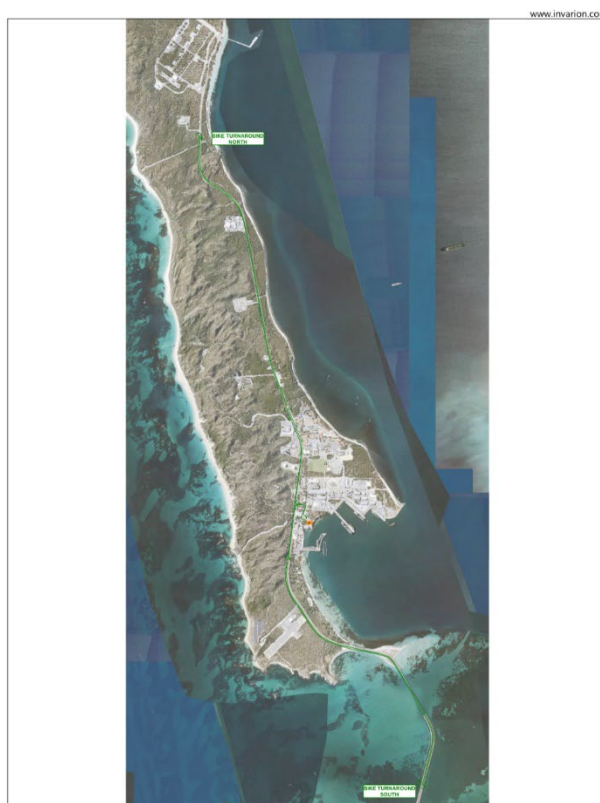
## Transition 1:

Remove swim cap and goggles and place them neatly near your other kit. Helmets and race belts with race number displayed must be worn before uncracking your bike and exiting transition.



## Bike course:

On leaving transition, and having mounted your bike in the appropriate zone after the mounting line, the course has a couple of turns before reaching the main road traversing the island north-south after some 400 metres. Remain out of the bars until you reach that road. You will head south back towards the causeway, climbing up and over the bridge and reach the first turn (180 degrees) halfway down the causeway and back up over the bridge. There are expansion joints at each end of the bridge where it meets the road. These may be unnerving for some but rest assured, hundreds of cyclists traverse the bridge each week without incident – however, it is strongly recommended that you come up out of your tribars and place your hands “on the hoods” for additional stability when descending the bridge, which you will do four times. On coming back onto the island, you will then head north along the main road for some 8kms before reaching the northern, 180 degree, turn. Then it is back to the southern turn and repeat, heading back into transition where you joined the main road after your second lap. Dismount in the appropriate zone before entering transition. Follow the instructions of marshals at all times. Keep left at all times.



## Transition 2:

Rack your bike securely before removing your helmet. Race belts, with race number displayed, must be worn throughout the run leg.

## Run course:

On departing transition for the final time follow directions back towards the waterfront where you will pass through the operational heart of the base, past warships and submarines, before heading out through the accommodation precinct and back out onto the main road, running on the wide footpath. There is a pinch point as you head out of the operational zone near the north gate, take care at this point. You will reach the turn point a couple of kilometres after that point. There will be basic aid stations on departing transition and at the 3km and 7km point on the run course. Additionally:

- No portable music devices, or electronic items of any kind, including phones, are to be used during the race
- No form of locomotion other than running, walking is allowed. Crawling is not allowed
- Athletes must wear their race number bib on the front of their top or race belt and the number must be visible at all times.
- No individual support vehicles or non-participant runners are allowed. A non-participant escort runner includes supporters, coaches, athletes who have withdrawn or athletes who have finished the race.
- An athlete observed deliberately discarding equipment, bidons, cups or rubbish/trash on the course other than when entering or leaving an Aid Station will receive a red card.
- A shirt or racing top must be worn at all times.
- Shoes must be worn at all times.
- Athletes found not to have completed the entire course will be disqualified.





## Instructions for the Teams Event

In order to ensure all team handovers are safe and fair, team member handovers will take place at a team's respective bike racking position. Additionally:

- All team Swimmers must be wearing a timing band on their left ankle. They will start in waves as instructed in the race briefing. They will swim 1 lap of the swim course and exit the water
- The team Cyclist will wait for the Swimmer at their bike in transition. The Cyclist may have his/her helmet on while waiting
- The team Swimmer will meet the Cyclist at their bike. Here they will take off their timing band and hand it to the team cyclist who must put it on their left ankle. Only after the timing band is attached may the team Cyclist unrack their bike and exit transition. They must not mount their bike until they pass the Mount line as instructed by officials
- The team Cyclist will then ride 2 laps of the cycle course observing all race and road rules as outlined in this guide
- Meanwhile the team Runner must estimate the expected time of return of their Cyclist. Warm up may be conducted outside Transition. When they think their Cyclist will be nearing the end of the cycle leg the team Runner may enter Transition, taking care not to impede other competitors
- At the end of the cycle course the team Cyclist must dismount their bike before the dismount sign and run their bike back to the rack and rack their bike. Only after they have racked their bike can they pass the timing band to the team Runner
- The team Runner must put the timing band on their left ankle and the race number on the front. They must not leave transition until this is done
- No mobile phones, other communication or music devices are allowed to be on your person at any time during the event
- The team Runner will then complete the run course and pass through the finish chute at the end. Other team members are able to run down to the finish with the team Runner

### **Don't forget:**

- Team Swimmer: Timing band must be worn on left ankle
- Team Cyclist: Do not un-rack your bike until the timing band is on your left ankle. No cycling in Transition
- Team Runner: The timing band must be on your left ankle and race number must be worn on your front. Please don't panic if your team member is taking longer than anticipated. In the event that your team member does not make the time cut off you will be allowed to complete your part of the event
- Team Swimmers and Cyclists are to leave the transition promptly after their respective legs to reduce crowding

## Post-Race Information

The finish line is located adjacent to the Sports Pavilion and the football oval where prizes and finishers medal will be presented. A variety of food and beverage options will be available in the recovery area.

## DNFs

If you have to withdraw at any stage of the race, you (or a representative) must report to the finish line to advise officials and hand in your race timing band. This ensures officials are not required to search for you.

## Bike Collection

Bikes will be available from collection from transition once the last athlete has completed the bike course. Roads will not be opened until that time so it is highly unlikely that competitors who have finished the event will be able to depart the island until around 1200 – plan accordingly! You must be wearing your bib number to remove any bike or equipment from transition.

## Results

Results will be available on [bluechipresults.com.au](http://bluechipresults.com.au) on race day and on the event Facebook site by Monday morning.

## Referees and technical officials

The race will be conducted under triathlon Australia's rules of racing Available at [www.triathlon.org.au/Technical/race\\_Competition\\_rules](http://www.triathlon.org.au/Technical/race_Competition_rules). TWA technical Officials will be in attendance and all competitors must obey any instruction or penalty given to them.

## Bag Drop Area

A bag drop area will be located adjacent to transition – ensure your bags are clearly labelled with your name and phone number. Bags will be transferred to the finish line near the sports pavilion for collection after racing. Please refer to map in race pack.

## Medical

Medical assistance, provided by St John's Ambulance, will be available on the Course. Please ask for medical help if you have even the slightest hint you may need it. Please note - if you are transported by ambulance you could be required to meet costs involved unless you are covered by an appropriate fund. Any aid given by race medical personnel is permissible and will not lead to disqualification. However, if you receive any outside assistance you will be disqualified. You will not be penalised for receiving medical evaluation on the Course. You will be withdrawn from the race only if you require transportation, IV fluids, or if medical

personnel consider your continued participation presents a danger to the health or the welfare of you or others.

## Club Alley

Please contact event organisers at [Tigersnakeclassic@gmail.com](mailto:Tigersnakeclassic@gmail.com) if your Triathlon club would like to erect marquees/shade shelters at the finish area near the sports pavilion. To limit vehicle movement on base on race day our preference is to provide early access on the base on Saturday 01 Oct 2022.

## Race cut off times

Total race time – 5 ½ hours

Swim – 50 mins\*

Bike - 3 hours\*\*

Run – 1h 40 mins

\*For athlete safety swimmers will be removed from the water 50 minutes after the last wave start enters the water

\*\*As roads will be required to be reopened by 1215 the bike course is to be clear of all athletes no later than 1205.

## Race Pack Collection

Race packs will be available for collection from the 28 Sep 2022 from the following locations. Photo ID is required to collect pack. Competitors will need to provide names of spectators who will accompany them on the day at race pack pick up.

### **Wed 28 Sep 2022 - Pack Collection**

1600 – 1900 – Ground Floor, Sport HQ203 Underwood Avenue, Floreat, 6014

### **Fri 30 Sep 2022 –Pack Collection**

1400 – 1700 – KD Cycles Rockingham

### **Sat 01 Oct 2022 - Pack Collection**

0900 – 1100 – HMAS Stirling Pass Office

**No Registrations or Race Pack Collections will be available on the day of the event**

- *Swim caps (provided) are compulsory for the swim*
- *Race numbers must be worn for the bike and run,*
- *Timing Chip is to be worn on your left ankle.*

Competitors will be required to show photo ID when collecting race packs. At this time they will be asked to provide the names of any spectators they are bring with them. Wristbands will also be provided at this time.

**Photo ID for all people over 18 who are entering the base on race day will need to be shown and names marked off a list. No Name/No ID/No Wristband = No entry.**

## Sponsors

HMAS Stirling would like to acknowledge and say thank you to the fantastic sponsors of the Austal Tiger Snake Classic Triathlon.



