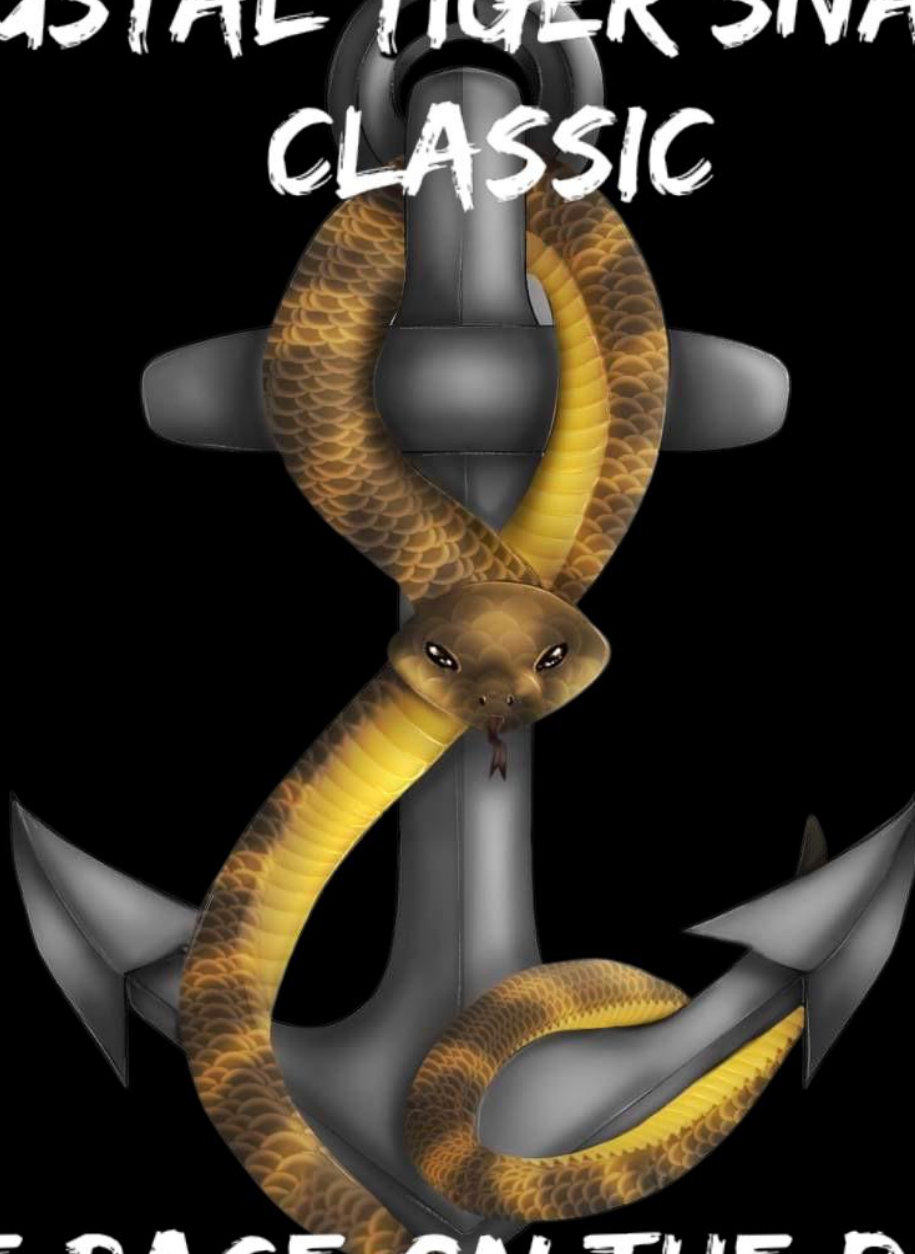


HMAS STIRLING

AUSTAL TIGER SNAKE CLASSIC



THE RACE ON THE BASE

Standard Distance State Championships

1.5km Swim - 40km Bike - 10km Run

01 October 2023

Race Director Message

It feels like just the other day that I wrote the first Race Director message for the inaugural TSC (Tiger Snake Classic - Race on the Base) and we are now thrilled to be back for the second instalment. This year we are one of TWA's Senior State Series events where competitors can gain points towards WA's Triathlete of the Year (TOTY) awards and we also host the WA State Standard distance triathlon Championship – all on one day!

Firstly, I would like to thank everyone who sent emails and posted messages on our Facebook page following last year's race. We were all blown away by the positive feedback and it was great to see how much you enjoyed the experience. The TSC team are definitely not resting on their laurels and have taken learnings into improving this year's event...like more toilet facilities.

One thing we can't control is the weather, as those of you who raced last year will attest to. Hopefully we are greeted with better conditions on 1st October 2023 but, if necessary, we will adjust the course as your safety is our priority.

For those of you doing this event for the first time, you are in for a truly unique experience. I don't know if there are any other race directors in the world that get to stand up during race briefing and tell competitors, "Swim north towards the submarine, turn right at the buoy and continue past the warship".

The base is not usually accessible to the public and there will be a level of security that you may not have experienced, but this is for a good reason. I would encourage you to please follow the (Austal Tiger Snake Classic Triathlon) Facebook page as well as read any email communication you receive. All updates and important messages about the event will be sent through these channels.

There is only one road in and out of HMAS Stirling and for everyone's safety we can't open it until all competitors are off the bike course. So please take some time to relax after you finish – cheer on your fellow club mates, enjoy the beautifully grassed oval as well as the food and drink offerings. We will announce when the road has been opened, so please be patient in this regard.

A big thank you to the huge team of people who volunteer their time on race weekend to put this event on. I would like to acknowledge one person in particular, Kerry Cousins, for all the hard work she puts in behind the scenes in the months leading up to race day. We recognise your many hours of work, thank you.

Finally, to all participants, best of luck. We will do our best to ensure you and your supporters enjoy the experience that is the Race on the Base. I look forward to seeing you bright and early on the first Sunday in October.

Yours in racing

Greg Manning
Race Director

Event Details

Event Schedule:

Wednesday 27 Sep 2023		
1500-1900	Race Pack Collection	Ground Floor, Sport HQ, 203 Underwood Avenue, Floreat
Friday 29 Sep 2023		
1400-1700	Race Pack Collection	KD Cycles, Rockingham
Saturday 30 Sep 2023		
0900-1100	Race Pack Collection	HMAS Stirling Pass Office, Point Peron Road, Rockingham
Sunday 01 Oct 2023		
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 closed 10 Sep 2023. **No Registrations will be available on the day of the event.**

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. Have your ID readily available on arrival at the base to minimise delays.

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.

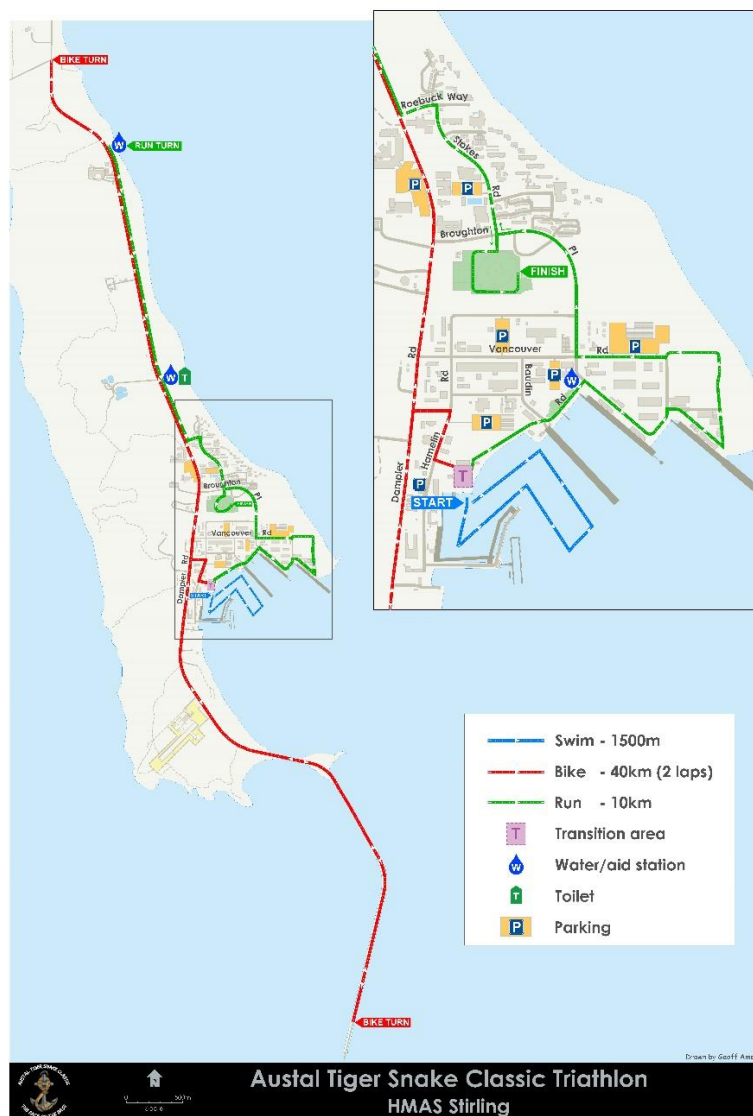
Please only park in dedicated parking bays or where directed by a marshal. Please refer to the map included in your race pack.

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.

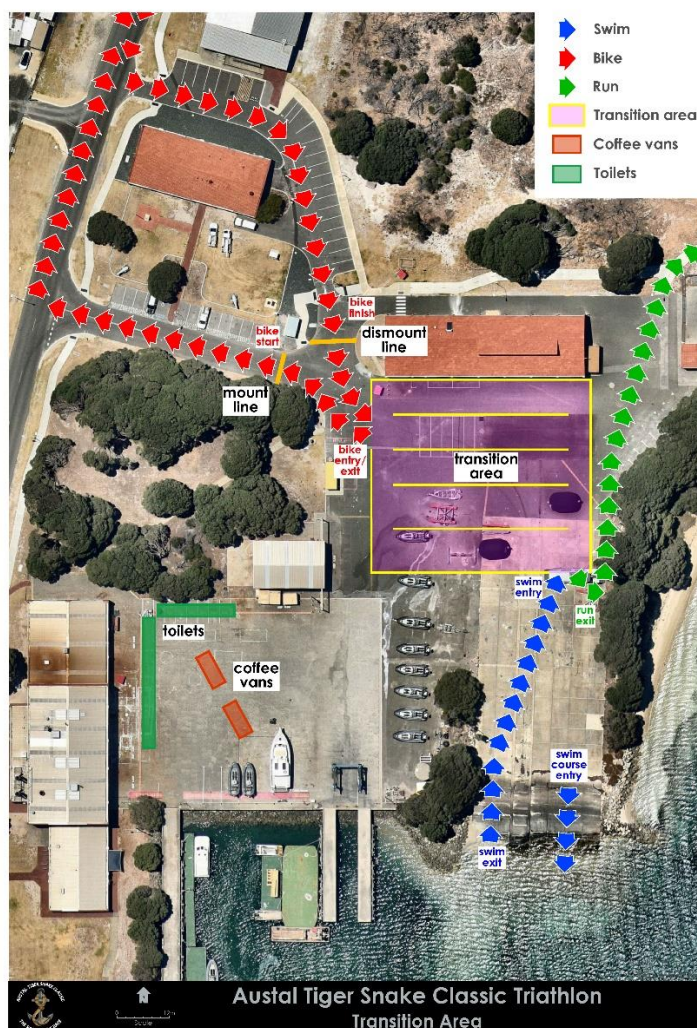
Security: Military Police and Wilson’s Security will provide security services, assisting you on arrival at the base entrance and around the base. Please follow their directions at all times.

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 technical 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 open divisions 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. The Race Director may change the distance and design of the course depending upon prevailing weather conditions. 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

Wave Number	Category	Start Time	Cap colour
1	Male Open	8:15	White
2	Female Open	8:18	Black
3	Male 18 -34	8:21	Grey
4	Male 35 - 49	8:24	Blue
5	Female 18 - 44	8:27	Black
6	Male 50 +	8:30	White
7	Female 45 +	8:33	Blue
8	Teams	8:33	White

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 unstrapping 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 your tribars until you reach that road (Dampier 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 return back up over the bridge, heading north. 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 4 basic aid stations (one dual sided) with Tailwind Nutrition and water on the run course - locations can be seen on the event area map. Portaloo’s will be positioned at the start of the run course with additional portaloo’s at the midway aid station. 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 or walking is allowed. Crawling is not allowed.
- Athletes must wear their race number bib on the front of their race 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 chip and 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 bluechipsresults.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%20Competition%20rules). 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 need. Please note - if you are transported by ambulance you could be required to meet costs involved unless you are covered by an appropriate health fund or insurance policy. 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 yourself or others.

Club Alley

Please contact event organisers at 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 30 Sep 2023.

Race cut off times

Total race time – 5 ½ hours

Swim – 50 mins after final wave start

Bike – You must have completed the bike leg by 1205

Run – All competitors to have completed the run leg by 1345

*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 27 Sep 2023 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 to be issued with the appropriate number of armbands for security purposes.

Wed 27 Sep 2023 - Pack Collection

1500 – 1900 – Ground Floor, Sport HQ, 203 Underwood Avenue, Floreat, 6014

Fri 29 Sep 2023 –Pack Collection

1400 – 1700 – KD Cycles Rockingham

Sat 30 Sep 2023 - 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. Wrists bands 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.

