



Dear Competitor,

Welcome to the NISSAN/BRW Corporate Triathlon National Series 2009. Over 15,000 participants from around Australia will race in the 22nd annual National Series. We look forward to providing you with a fun and exciting event. Detailed below is what you will find inside your couriered race kit for your team, including race items, sponsor products and official series t-shirts. Please read all the details carefully and all the very best for your team.

Yours sincerely,

David Hansen
SuperSprint

LOCATION—Mrs Macquaries Point **DATE**—Sunday 5th April, 2009 **RACE START**—7:30am

TEAM FORMAT

Teams of 3, all starting in the same wave group with distinct race number; each completing all 3 legs of the triathlon.

WHAT IS IN YOUR RACE KIT?

- NB:**
- * It is the competitors' responsibility to ensure all race kit items are kept in a safe place prior to race day.
 - * Race number must be written on wristbands BEFORE race morning.
 - * Please ensure all pre numbered stickers and wristbands are in place and numbers are written on arms and legs of all team members prior to entering the bike compound to avoid delaying race start.

Security wrist band x 3 (right wrist)

Write your race number onto the wristband. Must be worn on race day prior to entering bike compound.

Bike security sticker (pre-numbered) x 3 (stick to stem of handlebars)

Must be in place before entering bike compound

Helmet sticker (pre-numbered) x 3 (stick to right side of helmet)

Must be in place before entering bike compound.

Chest race number (pre-numbered) x 3

To be pinned to the front of your clothing during the ride and run leg of the race!

(Not required during swim leg; however the bibs are waterproof should you wish to wear them in the swim)

Swim cap x 3

To be worn by each competitor during the swim leg.

Ankle Timing Band x 3 (left ankle)

To be worn by each competitor as indicated by the number allocations on the race kit. **The number on the timing band will not necessarily correspond with race numbers.**

Safety Pins x 12

To be used for race bibs.

PaperMate Sharpie Marker x 1

To write your race numbers on your security wrist bands and yourself.

YOU WILL ALSO RECEIVE THE FOLLOWING SPONSOR PRODUCTS:

Space Multi-Vitamins drawstring sports bag, Brooks Technical Running T-shirt, Terra Firma mini bike pump, Balmain Commercial running cap, Space Multi-Vitamins, Mt Hotham 2 for 1 lift pass, PowerBar Ride Bar.

Please also note your BRW Magazine will be mailed out separately.

RACE DAY TIMETABLE

We strongly recommend arriving **by 5.45am** as there is a 20 minute walk to the race venue
Please enter via Art Gallery Road (QEII Gates closed until 7:30am)

Bike Compound Times:	5.30am—6.50am. No bikes in after 6.50am
	7.00am—compound cleared of all competitors
Pre Race Briefing:	7.15am (at stage on Mrs Macquaries Point)
Race Start:	7.30am (first wave)
Presentations:	11.30am (approximately)

WHAT TO DO BEFORE RACE MORNING

1. Team Captain distribute race kit items to team members.
2. All team members to write their race number on their wristband.

WHAT TO DO ON RACE MORNING

1. Attach your blue security wristband to your right wrist; attach helmet sticker and attach bike security sticker to headstem.
 2. Attach timing band to your left ankle. Please ensure it is **attached securely** to receive your team's times.
A \$30 charge applies for any timing bands lost or not returned after the race.
 3. Write your race number on both arms (vertically) and front of thigh of all team members.
- NOTE:** Please advise the timing tent (next to finish line) if you withdraw during or prior to the race or if only 2 competitors complete the race. You must also return your timing band to the collection area at the finish line!

BIKE COMPOUND RULES

In the bike compound there will be a bike rack space clearly marked by a sticker with your race number and your name on it. If your name or race number does not appear on the sticker please do not rack your bike in this space, see a marshal for assistance. Please arrange your gear on the chain ring side of your bike on race morning.

- * Only competitors are allowed into the compound.
- * Climbing the bike compound fence will result in disqualification of your team.
- * All competitors must be out of the compound by 7.00am.
- * Competitors cannot enter the compound and retrieve their bike and gear until the last competitor in the event starts the run leg, approximately 11.45am. This will be announced over the PA.

TAKING YOUR BIKES OUT OF THE COMPOUND

The compound will not be open to competitors until the last competitor in the event has left the compound to start the run. This will be around **11.45am** and will be **announced over the PA**. Please do not put security guards in an awkward position by arguing that you need your bike to leave early.

NB. Any competitors removing their bike from the compound prior to reopening will render their team disqualified and will have their company banned from future NISSAN/BRW Corporate Triathlon events.

THE COURSE—Using sections of the 2000 Olympic Triathlon Course

Swim – Staggered wave starts. A straight swim in Farm Cove close to the sea wall. If you get into any trouble please raise your hand so one of the lifesavers can attend to you.

Cycle – **2 laps!** The cycle course is totally closed to traffic and is **two laps** to Hospital Road and back.

Keep to the LEFT when commencing 2nd lap. Torso must be covered and **NO earphones permitted!**

Drafting is cheating – a space of four bike lengths must be left between all riders. Stay left unless overtaking.

Run – A scenic run on running paths overlooking the Harbour and the Domain (1 lap). **No earphones permitted!**

Finish line—please hand back your timing band. Lost or unreturned bands will be charged at a fee of \$30.

WAVE STARTS

FIRST WAVE START 7:30am

Time Offset	Cap Colour	Category
0:00:00	Fluoro Green Cap/Black Print	Male
0:05:00	Flouro Orange Cap/Black Print	Mixed
0:10:00	White Cap/Black Print	Male
0:15:00	Red Cap/Black Print	Mixed
0:20:00	Sky Blue Cap/Black Print	Male
0:25:00	Yellow Cap/Black Print	Mixed
0:30:00	White Cap/Pink Print	Male
0:35:00	Silver Cap/White Print	Mixed
0:40:00	Royal Blue Cap/Black Print	Male
0:45:00	Fluoro Pink Cap/Black Print	Mixed
0:50:00	Sky Blue Cap/Yellow Print	Male
0:55:00	Maroon Cap/Black Print	Mixed
1:00:00	Yellow Cap/Red Print	Male
1:05:00	Light Purple Cap/Black Print	Male
1:10:00	Fluoro Orange Cap/White Print	Female
1:15:00	White Cap/Blue Print	Male
1:20:00	Red Cap/White Print	Mixed
1:25:00	Sky Blue Cap/White Print	Female
1:30:00	Maroon Cap/White Print	Male
1:35:00	Silver Cap/Yellow Print	Mixed
1:40:00	Royal Blue Cap/White Print	Female
1:45:00	Fluoro Pink Cap/White Print	Male
1:50:00	Light Purple Cap/White Print	Mixed
1:55:00	Fluoro Green Cap/Yellow Print	Female
2:00:00	White Cap/Red Print	Male
2:05:00	Dark Purple Cap/Yellow Print	Mixed
2:10:00	White Cap/Yellow Print	Male
2:15:00	Sky Blue Cap/Red Print	Mixed
2:20:00	Yellow Cap/Green Print	Male
2:25:00	Silver Cap/Black Print	Mixed
2:30:00	Royal Blue Cap/Yellow Print	Male
2:35:00	Fluoro Pink Cap/Yellow Print	Mixed
2:40:00	Fluoro Green Cap/Red Print	Male
2:45:00	Dark Purple Cap/White Print	Mixed
2:50:00	Fluoro Green/White Print	Mixed
2:55:00	Red Cap/Yellow Print	Male
3:00:00	Silver Cap/Red Print	Male
3:05:00	Fluoro Orange Cap/Green Print	Informal
3:10:00	White Cap/Green Print	Informal

SYDNEY TRANSITION / VENUE MAP



Course Map available on our website: www.supersprint.com.au

NOTE: 2 lap cycle course

GENERAL INFORMATION

Race Commentator – Matt Harris and Ben Harris

Technical Delegate – Triathlon NSW

Medical Tent – Located near the finish line and swim finish. A doctor, sports trainers and two ambulances will be in attendance.

Toilets – Port-a-loos near the finish line and pedestrian overpass.

Car parking—Domain Car Park will be open from 5.00am. Car-pooling is strongly recommended.

More parking suggestions on our website www.supersprint.com.au

Access to venue— Please use Art Gallery Road (QEII Gates will be locked until 7:30am) No vehicles are permitted along this road from 4am. No bikes are to be ridden through the gardens.

Sponsor Displays—NISSAN, BRW, Brooks, Hotham, Space Multi-Vitamins, GIRO, 2XU, Oakley, GIANT, Bike Addiction, YMCA, Gatorade.

Event festivities – Entertainment, band, sponsor competitions, food vendors, coffee cart

Results — Will be available at www.supersprint.com.au by 6pm Sunday night.

Email Results Certificates— Team Email Results Certificate will be sent to all team members via email by 6pm on Sunday night