



CABLE BEACH TRIATHLON



ATHLETE INFORMATION GUIDE

WELCOME

Hello and welcome to the 2022 Air Kimberley Cable Beach Triathlon. I'm proud to host this event in conjunction with the Broome Tri Club on the world famous Cable Beach and the land of the Yawuru people. In 2022 we are again running the curtain raiser event a 5km Dash for Cash along Cable Beach on Friday. This will be followed by our Sundowner and Race pack collection before the main event on Sunday 21st August.

In 2022 we welcome back Air Kimberley as our naming rights sponsor. We thank them for their generosity in supporting local events and triathlon development in Broome.

August is our dry season, so expect sunshine and blue skies. Average temperatures range from 15°C to 30°C with the water sitting at a comfortable 24°C, so wetsuits will be optional and ensure you stay hydrated throughout the race.

We are pleased to welcome a strong field professional triathletes to the event this year and look forward to gaining an insight into the life of a pro triathlete in these unprecedented times. A Q&A session will be held with the elite panel at the Sundowner event.

Check in for this year's event will be at 3 Koolama Drive in Sunset Park from 6pm-8pm on Friday 19th August. Check in outside these times can be arranged, please get in touch.

We are very grateful to have Glen Murray from Korrupt Vision covering the event. Keep an eye out for him all over the course and follow our social media channels photos. Blue Chip Timing are once again keeping track of the data, results will be live on their website.

If you are a first timer or striving for a personal best time, we wish you the best of luck, enjoy the magnificent location and rush that is competing in a triathlon.

Jude Millard—Director 3JF Pty Ltd, President Broome Tri Club and Event organiser

EVENT SCHEDULE

Friday 19th August

4:00PM	Dash for Cash Registration desk opens	Cable Beach
4:45pm	Race brief	Cable Beach
5:00pm	5km Dash for Cash	Cable Beach
6:00-8:30pm	Welcome Sundowner—Meet the Pros Competitor Check In & Race Pack Col- lection	3 Koolama Drive Sunset Park

Sunday 21st August

5:30am	Transition open	Amphitheatre
6:30am	Transition closes	Amphitheatre
6:15am	Race Briefing— Olympic Distance	Grass Area—Zanders
6:30am	Olympic Distance—Race Start	Cable Beach
7:15am	Sprint Distance—Race Briefing	Grass Area—Zanders
7:30am	Sprint Distance—Race Start	Cable Beach
7:45am	Enticer Distance—Race Briefing	Grass Area—Zanders
8:00am	Enticer Distance—Race Start	Cable Beach
8:30am	Kids Triathlon Registration	Amphitheatre
9:30am	Kids Triathlon—Race Start	Cable Beach
10:30am	Presentations	Amphitheatre
11:00am	Event Closes	

VENUE

The 2022 Air Kimberley Cable Beach Triathlon will held at the Cable Beach Amphitheatre on the picturesque Cable Beach.

Swim leg will be completed in the Indian Ocean off Cable Beach, with both transitions located in the Cable Beach Amphitheatre. Parking will be available at the Cable Beach car park and the Surf Club Car Park.

The bike leg weaves it's way through Cable Beach, traffic control will be in place, however the road will be open to the public so all road rules apply.

The run leg loops around the Sunset Park precinct, it is predominantly footpath with two road crossings.



Image by Stephen Harman

PRE RACE INFORMATION

CHECK IN

When

6pm-8pm Friday 19th August

Where

3 Koolama Drive Sunset Park

What You'll Need

Confirmation of registration, either printed or electronically. Race packs for teams, family and friends can be collected provided that confirmation of registration is presented to volunteers.

INDIVIDUAL CHANGES

All changes to registrations must be emailed to cablebeachtri@gmail.com

BIKE RACKING

When

Sunday 21st August 5:30am-6:30am

Where

Cable Beach Amphitheatre

CHECKLIST

Timing chip worn throughout race or changed between team members.

Swim Leg:

- Swim cap
- Goggles
- Swim/tri suit,
- Wetsuit (if applicable)
- Towel

Bike Leg:

- Bike
- Helmet
- Shoes
- Spare tubes, pump/CO₂ cylinders, tools
- Hydration
- Nutrition
- Sunglasses

Run Leg

- Race number
- Shoes
- Hat
- Sunglasses
- Hydration
- Nutrition

SUNDOWNER EVENT

The Sundowner event will take place at 3 Koolama Drive in Sunset Park, just a short stroll from Cable Beach. Presentations for the Dash for Cash will take place at the beginning of the evening. Curry will be available for purchase and competitors will be given the opportunity to meet the professional athletes and participate in a Q&A session about all things triathlon and high performance sport.

Compulsory Race Pack collection will also be at 3 Koolama from 6pm-8pm. Collecting packs for multiple people is permitted.

This event is open to everyone and at a private house, there will be no drink for sale so please BYO. Parking is available in front of the Willie Creek Pearls Showroom and behind the Sydney Cover Oyster Bar.



Image by Stephen Harman

RACE DAY INFORMATION

TRANSITION AREA

Transition will be open from 5:30am-6:30am. Please ensure you leave yourself enough time on race morning as everyone will be asked to leave by 6:30am sharp.

RACE DAY HELMET CHECKS

Bike helmets are compulsory. Volunteers will be conducted helmet checks as you enter transition area on the race morning. Please ensure you are wearing your helmet, done up, when you enter transitions.

Helmets must meet the following specifications:

- Your helmet must be approved by a recognised testing authority (e.g. Australian Standards Certified) Alterations to any part of the helmet are not allowed. This included, but not limited to, any alteration to the manufacturer's chinstrap, and the addition or removal of an outer cover.
- Helmets must be undamaged.

MEDICAL SERVICES

Basic First Aid is available throughout the event. If you require medical assistance, we recommend you seek advice from a volunteer.

TIMING

You will collect your timing chip with your race pack on Friday 19th August. Please ensure to keep it in a safe place and remember to have it with you on race morning.

- Timing Chips must be worn on your left ankle
- On race morning your timing chip must be on to enter transition
- Timing chip must be passed from team member to team member in transition.
- If you do not start the race or pull out of

the race for any reason, you are to return the Timing Chip to the Information table

- If your Timing Chip is not returned or is lost you will be charged \$150 for a replacement
- Timing results will include swim split, bike split, run split and finish time – overall and category results

BIKE MECHANIC

Broome Cycles' bike mechanic will be available on race day for any last minute issues that may arise.

ATHLETE RACE BIB NUMBER

Wearing your Race Bib is compulsory for the Run Leg only. Your number must be clearly visible on your front. You must not fold or cut your number in any way.

ATHLETE TATTOOS

Race number must written in black permanent marker on your **left calf** and **right bicep**.

RELAY TEAM TATOOS

All team members are required to write their number on their **left calf** and **right bicep**. Team runner is required to wear the race bib.

AID STATIONS

Two aid stations will be approximately 1.5km apart on the run leg. Exact location of stations will be discussed at race briefing. Water, electrolytes, lollies and fruit will be available at all stations.

FINISH LINE

As you cross the finish line a volunteer will present you with your finisher medal and refreshments will be available for all athletes.

TRANSITION AREA

All transitions are in the same location; the Cable Beach Amphitheatre. Transition will be open from 5:30am to 6:30am on Sunday 21st August and then reopened for bike collection once all competitors have completed the bike leg and exited the transition area.

Team change overs will take place in the transition area. Only competitors who are racing are permitted in the transition area.

Marshalls will be present at the transition area during the race to provide bike security and supervision

SWIM TO RIDE

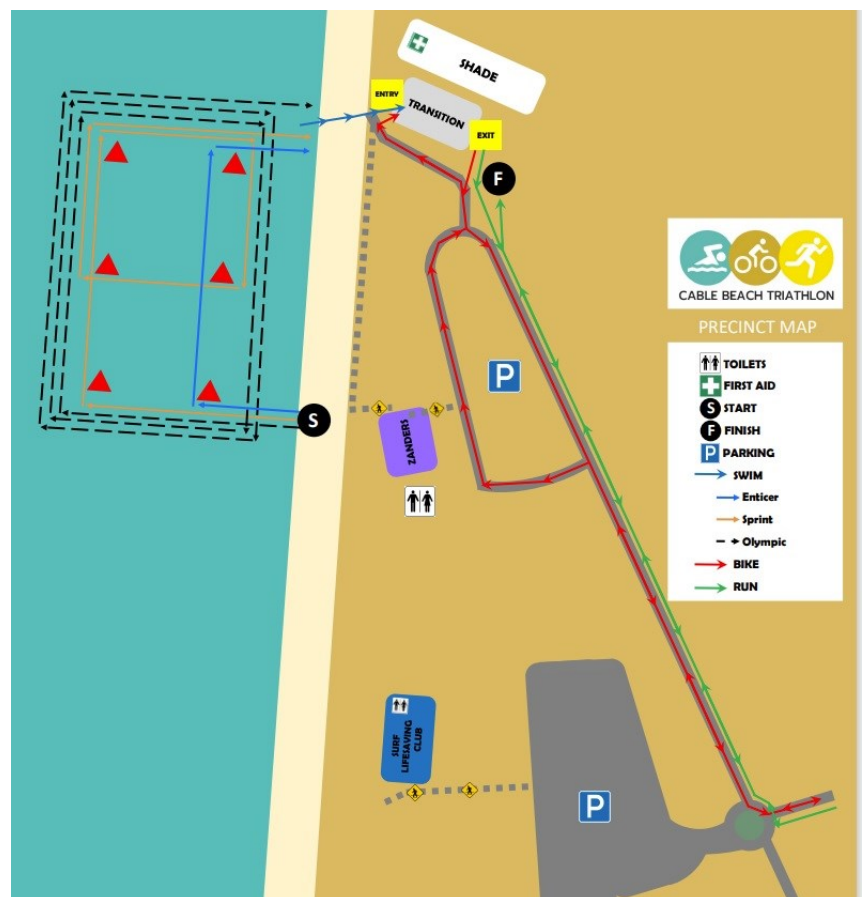
Transition area must be entered from Cable Beach and exited at the opposite end. Competitors must not mount bike until exiting the transition area.

RIDE to RUN

Transition area must be entered from the Cable Beach end and exited at the opposite end.

Competitors must dismount from the bike before entering transition, with helmets fastened until bike has been racked.

At the completion of the cycle the bike must be racked in the transition area prior to unfastening the helmet.





CABLE BEACH TRIATHLON

COURSE MAP

- S** START
- F** FINISH
- T** TRANSITION
- A** AID STATION
- P** PARKING
- SWIM
- BIKE
- RUN



SWIM COURSE

The appropriately coloured swim cap for your race distance must be worn – this will be provided in your race pack.

COURSE SUMMARY

Enticer — 375m

Sprint — 750m

Olympic — 1500m

SWIM SAFETY

Broome Surf Life Saving Club will be providing water safety for the race. Should you encounter difficulties during the swim leg, raise your arm in the air to attract the attention of the water safety patrol.

WETSUITS

Wetsuits are optional as the average temperature of the water in August is 25°C. If a wetsuit is worn it must not exceed 5mm for

all competitors.

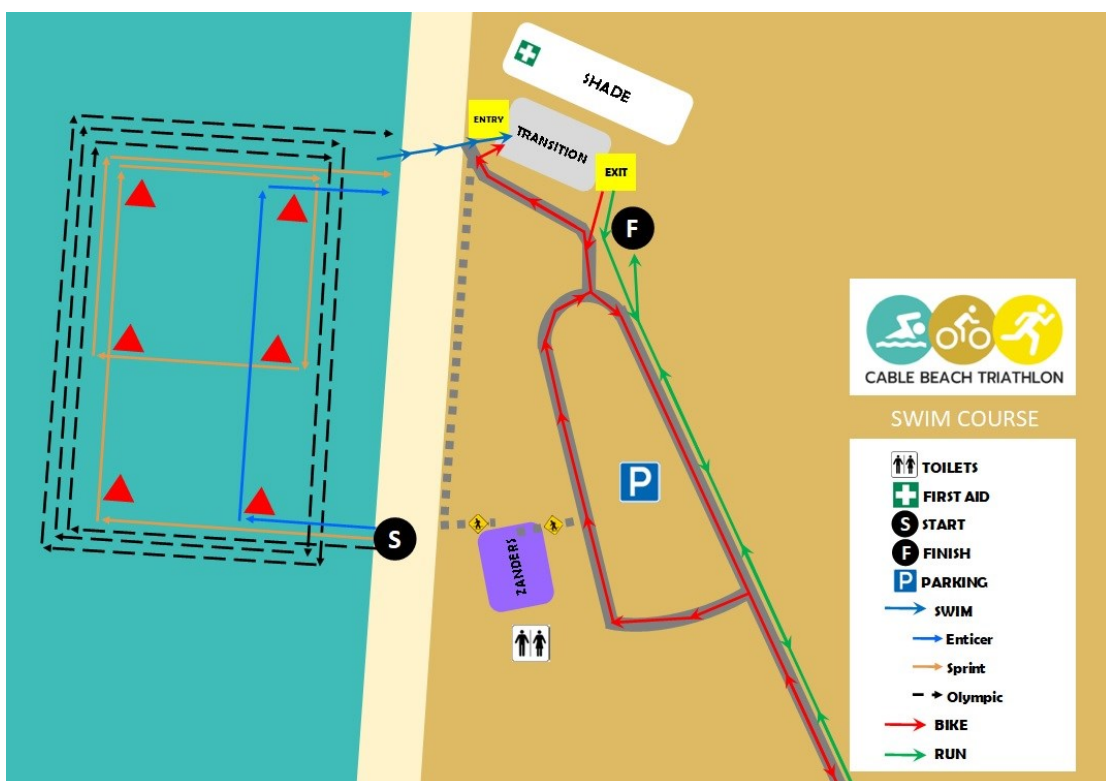
WARM UP SWIM

All athletes are permitted to warm up prior to the first race briefing at 6:00am.

SWIM RULES SUMMARY

- All competitors must wear official swim cap provided
- The use of snorkels, fins, gloves, paddles or flotation devices of any kind are prohibited.
- Competitors must not use gloves or socks. Swimwear must not cover the hands, feet or neck and when the use of wetsuits is forbidden, must not extend past the knees; including but not limited to compression socks/sleeves, with the exception as outlined in 1.1.0. (2.7.c)

Full rules at www.triathlon.org.au



BIKE COURSE

Enticer — 10km, Sprint—20km, Olympic—40km

Laps of the following circuit:

- Right out of transition area
- Left at Surf Club Roundabout onto Sanctuary Road
- Left at Millington Road, follow until it ends
- Left onto Oryx Drive
- Left onto Lulfitz drive and follow until the end, turn around the cone
- Left onto Sand St and follow back to Lulfitz drive
- Turn left onto Oryx and follow until the Oryx/Fairway Roundabout
- Turn right onto Sanctuary Drive and follow road back to Surf Club Roundabout

ENTICER—ONE LAP

- At Surf Club Roundabout turn right at the roundabout back down to transition area

SPRINT—TWO LAPS

- At Surf Club Roundabout riding around and head out for second lap of the same course
- On lap 2, turn right at the roundabout back down to transition area

OLYMPIC—FOUR LAPS

- At Surf Club Roundabout riding around and head out for second, third and fourth laps of the same course
- On lap 4, turn right at the roundabout back down to transition area.



Images by Stephen Harman

RUN COURSE

At the completion of the cycle the bike must be racked in the transition area prior to unfastening the helmet.

Marshalls will be present at the Transition Area during the race to provide bike security and supervision

Only competitors who are racing should be in the transition area.

Team change overs will take place at the Transition Area.

A first aid kit will be available in the Transition Area.

COURSE SUMMARY

Enticer—3km

Sprint—5km

Olympic—10km

Laps of the following circuit:

- Head straight out of transition towards the Surf Club Roundabout on the FOOT-PATH
- Cross Sanctuary drive at roundabout
- Turn left and run on footpath up Sanctuary drive
- Turn right at Kapang Roundabout and continue down Kapang Drive, crossing over Challenor Drive
- Turn right onto Sunset Park footpath (opposite Maritana Rd)
- Cross Sayonara Drive with care and continue on Sunset Park footpath
- At end of footpath, turn right onto Koolama Avenue. Cross Koolama and proceed down Sanctuary Drive

Enticer:

- At Surf Club roundabout turn right crossing Sanctuary Drive and run on path down past Cable Beach Club to the beach access ramp.
- Run down the access ramp footpath and proceed finish arch

Sprint:

- At Surf Club roundabout turn left onto Cable Beach Rd
- Turn around cone at the aid station and collect wrist band
- Continue up Sanctuary for Lap Two
- On completion of Lap Two finish as per Enticer

Olympic

- On completion of Lap Four finish as per Enticer

KIDS TRI

Triathlon is for everyone! Our Kids Tri race is an opportunity for children to all ages to be part of the event. Registrations for the Kids Tri will be taken from 8:30am on the day of the event. The race will begin at 9:30am and takes place on the hard sand of Cable Beach. The swim leg will be in waist deep water, with parents encouraged to help out as 'markers' in the water. Child will exit and riding several loops of the bike course and then run to the finish arch in the amphitheatre. All children receive a finisher medal and T-Shirt.



Image by Stephen Harman

RACE RULES & CONDITIONS

Each competitor must read the following to ensure the safe running of the event.

Competitors must obey all directions and instructions from the Event Manager and volunteers.

Standard Triathlon Australia competition rules apply (a copy can be found at <http://www.triathlon.org.au/Assets/Triathlon+Australia+Digital+Assets/2016+2017+TA+RCR+Updated.pdf>)

It is the responsibility of competitors to be familiar with the course.

If you withdraw from the race at any point it is essential you notify the Event Manager or timing team at the finish line so that you can be accounted for.

The Event Manager has ultimate and final authority to remove a competitor from the race if the competitor is judged to be incapable of continuing without risk of serious injury to themselves or others.

Torsos must be covered during the ride/run legs.

All competitors must have their race number marked on their right calf and arm.

All competitors must carry breakdown spares for the cycle leg.

The course is not closed and not physically controlled so be aware of other users including vehicles, pedestrians and other bike riders. You must heed, give way and communicate your presence to all other road/path users.

Injured competitor protocol: If you hurt yourself, you are to stop where you are. The first person that comes across you is also required to stop, render assistance and remain with you if required. The next person that comes across you, if required, will go for help or alternatively use your mobile phone to contact the Race Director or 000. There will be a basic first aid kit with the Race Director at the transition area.

Injured other user protocol: If you hurt another user, you are to stop where you are, render assistance and remain with the person if required. The next person that comes across you, if required, will go for help or alternatively use your mobile phone to contact the Race Director or 000. There will be a basic first aid kit with the Race Director at the transition area.

Passing protocol: If you need to pass you must clearly communicate your intention by saying 'passing on the right'. It is the responsibility of the person passing to pass safely.

Competitors are responsible for their own equipment. The Transition Area will not be supervised post-race and competitors should remove their bikes from transition as soon as they have finished the race.