

# 2021 HELL OF THE WEST TRIATHLON RACE BRIEF

The Festival of Hell is a COVID SAFE event and has passed all Qld Government CovidSafe checklist for outdoor events



## **Competitor and Spectator Responsibilities**

- Stay at home if feeling unwell or suffering from any Covid19 symptoms
- Do not attend if travelled to a hotspot or overseas in the last 14 days
- Social distancing of 1.5m must be adhered to at all time except on the race course “field of play”
- Practice good hygiene – wash your hands regularly, cover your mouth when coughing and avoid touching your face.

## **Specific Covid Rules for Festival of Hell**

- All competitors and spectators entering the Festival of Hell race precinct will be required to register personal details using the QR codes provided.
- Only competitors are permitted in the registration/race bag pickup area. It is recommended a parent/guardian collect Hell Kids race bag to reduce crowding in this area.
- Race brief is not compulsory, and all briefing material will be made available digitally.
- Only 1 parent/guardian per family is allowed in the pool complex to spectate Hell Kids swim start to reduce crowding in this area.
- Run aid stations are NOT to hand out hydration. Competitors must collect cups themselves from aid station.
- Competitors will be required to remove their own timing chip and slap bands at completion of the race.
- Only competitors will be permitted in finish line and recovery area.



## **Registration**

Registration will be in Town Park on Saturday 06 Feb **STRICTLY** from 12noon – 5:00pm **ONLY** competitors will be allowed in the registration area.

Following registration, HOTW race brief will be held in the Town Park at 5:30pm. This is NOT COMPULSORY to attend, however it is an obligation as a competitor to read and understand this document prior to racing.

### Race preparation

- **Numbered wrist band** to be placed on **RIGHT HAND**. This is for swimmer identification and bike transition access (Teams get two wristbands: swimmer wears one for identification and cyclist wears on for bike transition access)
- **Bike Sticker** to be placed around **SEAT POST** on bike
- **Helmet Sticker** to be placed on **FRONT** of helmet
- **Race Bib** to be worn on the run on **FRONT** of body (Teams: the runner wears this)
- **Bag Sticker** Please number ANY bag being delivered at race bag drop off area. NO RACE BAGS are to be left in transition - this is for your own security
- **Timing Chip** is to be worn throughout the entire race around your **LEFT** ankle. Ensure it is attached to the timing band securely before race start (Teams: you must swap your timing chip over in transition for each leg).
- **Swim Cap** colour matches your wave start and bike racking position.

### Race Rules

- The races are run according to TA Race Competition Rules  
<https://www.triathlon.org.au/Assets/Triathlon+Australia+Digital+Assets/TA+RCR+2020-2021.pdf>
- It is your responsibility to read and understand these rules. This briefing covers only some rules.
- Triathlon Australia (TA) officials will be on the cycle course ensuring TA rules regarding drafting (keep 12m distance front wheel to front wheel) are adhered to. Penalties will apply to any infringements.
- You are required to have two (2) water bottles (or approved hydration system with capacity of 1.5L as a minimum) on your bike prior to race start. Officials will be checking this requirement.
- Athletes may not use communication devices of any type including mobile phones or headphones.

### Transition to Race Start

#### **Sunday Morning**

1. Transition will open at 3:30am to 4:30am. Enter at the eastern end of the bike racks. When you come into this area make sure your race stickers are on your bike, your helmet and you are wearing your **numbered wristband**.  
**YOU WILL NOT BE ALLOWED TO ENTER TRANSITION WITHOUT YOUR WRISTBAND.**
2. Transition will re-open for bike collection from 10:00am. Bikes will not be released early and released only to athletes wearing a wristband.
3. You are required to have your helmet on so it can also be checked along with your bike.



- Bike racking is allocated as per your wave start. Racks will be clearly marked in the same colour as your swim cap.

<b>White cap</b>	Open Male and Female
<b>Blue cap</b>	18 - 44yrs Male AG
<b>Yellow cap</b>	45yrs and over Male AG
<b>Pink cap</b>	Female AG
<b>Green cap</b>	Teams

Bikes in the incorrect rack will be moved to the correct rack and competitors may not be advised.

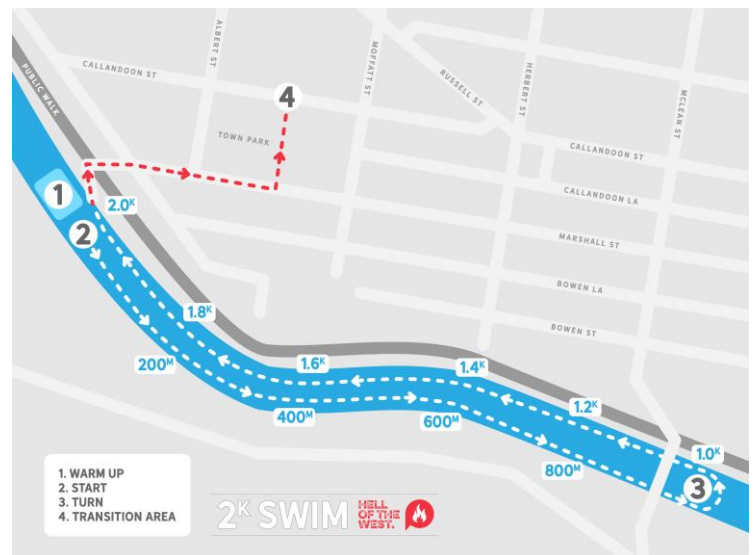
- Race Bag drop off will open at 3.30am please ensure your race bag is marked with provided bag sticker. **NO RACE BAGS are to be left in transition.**
- Town Pool will be open at 4.00 to 5.00am for athlete swim warm-up.
- Toilets will be located in the park, pool and swim start area.
- Coffee vendors will be open in town park from 3:30am.
- Move to boat ramp before 5:00am for race start. This is essential for ALL wave starts for final race instruction or last minute course changes.

### Swim course

- Wetsuits are not allowed unless water temperature is below 24 degrees.
- Ensure you are wearing your correct coloured swim cap and your ankle timing chip is secured.
- Wave start times below (are subject to change at the official's discretion):
 

• 5.00am	Wave 1: Open Male	<b>White cap</b>
• 5:02am	Wave 2: Open Female	<b>White cap</b>
• 5.05am	Wave 2: 18 - 44yrs Male AG	<b>Blue cap</b>
• 5.10am	Wave 3: 45yrs and over Male AG	<b>Yellow Cap</b>
• 5.15am	Wave 4: Female AG	<b>Pink cap</b>
• 5.20am	Wave 5: Teams	<b>Green cap</b>

- NO ONE IS ALLOWED TO ENTER THE WATER UNTIL ADVISED.
- Do not enter the wave start area until instructed by officials.
- All waves will enter the water and move to the start line, which will be indicated by two large buoys. You MUST stay well back behind the start line to avoid any delays in starting the race.
- Take care entering the river due to uneven and slippery surfaces.
- We ask that you stay well back behind the start line (marked with 2 large buoys) to avoid any delays in starting the race.
- Once the previous wave has left, the next will be allowed to enter the water for race start.
- The swim leg is 1km upstream and 1km back downstream; staying to the right-hand side of the marker buoys as you swim at all times.
- The turn-around buoy is located past the bridge.
- We will have boats and canoes stationed along the swim course to mark obstacles like, branches above and below the water and for the safety of our competitors.
- Take care existing the river due to uneven and slippery surfaces.



14. You must continue up the boat ramp the entire way and follow the course back to the park and transition area.
15. Teams must swap the timing chip in transition before the cyclist unracks their bike.

### Cycle Course

1. The cycle leg of HOTW is conducted on open roads. You may encounter traffic including trucks. Please obey ALL road rules.
2. Your helmet must be on and secured before removing your bike from the rack.
3. Run your bike down the left-hand side of the road to the mount line at the eastern end of the transition.
4. Once past this point you may mount your bike and start the 80km bike leg.
5. From the mounting point you will ride approximately 100mtrs before taking a left hand turn onto the main road which will take you out of town on the Barwon Highway for 5km, at which point you will turn right onto the Goodar Road.
6. As you make this right hand turn you will be crossing a railway line. Cross this line with care as it is rough and slippery.
7. Continue along the Goodar Road until the 40km turnaround.
8. The main cycle leg aid station will be situated at the turnaround where water bottles (max 2 x 750ml) and bananas will be available. You must dispose of used water bottles in the clearly marked disposal area at the turning point.
9. A self-serve water aid station will be situated at the 60km mark.
10. Take care crossing back over the railway line and onto the 'open to traffic' Barwon Highway.
11. As you return to town, follow signs and turn right at the roundabout to transition at the western end of the transition.
12. The penalty box is located at the dismount line for those caught drafting.
13. After dismounting you will run down the left-hand side of the bike racks until you find your position. Keep your helmet done up until you rack your bike.
14. Teams – swap your timing chip once your cyclist has racked their bike.
15. Make sure your race number is clearly visible at the **FRONT** of your body before heading down the run chute.
16. Should you require transport back to town, please wait for the sweep vehicle to assist you.



### Run Leg

1. The run leg consists of three loops to complete the 20km run leg.
2. Please stay to the **RIGHT** of running path at all times.





3. Each lap you will return to the park area where you will receive an **ORANGE SLAPBAND** on completion of your first lap and another **GREEN SLAPBAND** on your second lap. After completing your third lap, you proceed directly to finish line.
4. The chute will be clearly identified as **"FINISH"** and follow through to the finish line and into the recovery area.
5. There are 4 aid stations, one at the park (Water, Ice and Coke), one at the Cultural Centre (Water, Ice and Endura), one at Picking St (Water, Ice and Coke) and one at the Golden Age Centre, near boat ramp (Water, Ice and Endura). Please use aid stations at each pass.
6. Cups are to be taken from the table by athletes. No volunteers will be handing out cups.
7. Ensure you use disposal areas for empty cups.
8. **WARNING - IF YOU DO NOT USE AID STATIONS AND YOU CONTINUE TO RUN WHEN DEHYDRATED AND OVERHEATED, IT CAN BE DANGEROUS TO YOUR HEALTH.**
9. No outside assistance this includes coaches and supporters pacing or riding alongside athletes.

### **Recovery area**

1. Social distancing is to be observed at all times at the finish line and recovery area.
2. To reduce contact to volunteers, you will be asked to remove your own timing chips and slap bands.
3. Please make use of the recovery area to rehydrate. It is important to note that the recovery area is a high-risk contact area so we ask you to move through the area in a timely manner to limit crowding in this area.
4. The pool will be accessible to the public from 8:00am until 12:00noon free of charge.
5. There will be several food and drink vendors in the park on race morning for spectators and competitors.

### **Presentations**

Presentations will begin approx 12noon in the Town Park. You **MUST** be at presentation to collect any prize you receive. No prize money or prizes will be posted. Please note: Prizemoney is only available to Open Category. 1st place in each Age Group will receive free entry to HOTW in the following year. All place getters (1st, 2nd and 3rd) receive podium glasses.

### **Cut-off Times**

Progress cut off times of, 1hr swim, 3.5 cycle, 2.5hrs Run, will apply & competitors: will only be allowed to continue if the relevant doctor/official believes he or she can do so without injury or disruption to race proceedings ie presentations/pack up.

### **General Information**

Please ask friends or supporters **NOT** to go out onto the cycle and run course as this will only add to traffic on the road and increases the danger for everyone on it.