



Participant Information
Booklet

IronKids Busselton

1st December 2011

Signal Park

Welcome	On behalf of the local event organizing committee, World Triathlon Corporation, Triathlon Western Australian and the community of Busselton I would like welcome you to the Busselton IronKids 2011 event. We wish you all the very best on event day and hope you have an enjoyable and fun event. IronKids is a wonderful and fulfilling event and its main aim is to inspire and motivate youth through sport to lead an active, positive and healthy lifestyle.		
Contact Details	Kerry Stubbs WTC IronKids event manager – 0433 096 657 kerry.stubbs@ironman.com		
Event Registrations	Event registration and event information will be located at Signal Park THE BIG WHITE MARQUEE this is where you will collect your race numbers, ID band and your event information. You will be required on race afternoon to register and be numbered.		
Race start times	Junior 1 – 4.00pm Junior 2 – 4.15pm Junior 3 – 4.30pm Please note these times may vary pending final event participation numbers; please see notice board at the event registration marquee. <u>TIMES ARE SUBJECT TO CHANGE DUE TO INCLEMENT WEATHER.</u>		
On Course Support	There will be a lead mountain bike on course to guide you around the bike and run course. Volunteers will also be on course to support you and assist on course.		
Your race kit	You receive <ul style="list-style-type: none"> • Ironman WA sling back pack • Ironkids Visor • Gatorade water bottle • Finishers Medal 		
Distances	Junior 1	7,8 & 9 Years	50m – 2km – 500m
	Junior 2	10 & 11 Years	100m – 4km – 1km
	Junior 3	12 & 13 Years	200m – 6km – 2km
Swim Cap Colours	An IronKids swim cap will be provided and must be worn in the event. We will have extra swim caps on race day if you wish to double cap.		
Race Brief	A short race brief will take place prior to the start of each event. This brief will occur at the swim holding bay. However it is VITAL that you know the course and have read the technical brief. The technical brief can be accessed on the website. It is your SOLE responsibility to know the course. Please do your best to understand the course and the		

	direction you must take in all three legs: swim, bike and run.
Swim holding bay procedures	<p style="text-align: center;"><u>Holding bay procedure</u></p> <ul style="list-style-type: none">• <u>Step one</u> – Event announcer will call the age year/division to holding bay number 1.• <u>Step two</u> – Event volunteer to ensure participants are in the correct year and then walk the year group to holding bay number 2.• <u>Step three</u> – Event volunteer in holding bay 2 will ensure again that all children are in the correct division eg. Junior 1 or junior 2• <u>Step four</u> - Event volunteer in holding bay 2 will then take the children to the beach to meet the swim staff. <u>Caution – Care needs to be taken when crossing the transition area to beach.</u>• <u>Step five</u> - Swim staff will brief the children on the swim course and starting procedure.• <u>Step six</u> - The swim director will start the event.

<p>Course Description</p>	<p><u>Swim Course</u></p> <p>The swim course will be a straight line swim course off beach adjacent to signal park beside the pier and will be supported by the local surf life saving club.</p> <p>There will be a short run from the swim exit area to the transition area which will be located on the road (see course maps). (Bike racks will be numbered in T1)</p> <p>The swim will be a waist deep water start for all athletes. (Please note the course is subject to change depending on race day weather conditions)</p> <p><u>Bike Course</u></p> <p><u>The bike course is very flat and very safe</u></p> <p>Leaving transition riding in an westerly direction along Geographe Bay Road towards Thomas St and return. This is 2km loop (please see course distances and lap numbers)</p> <ul style="list-style-type: none"> • Junior 1 – 1 Full Lap • Junior 2 – 2 Full Laps • Junior 3 – 3 Full Laps <p><u>This section will be clearly separated with orange traffic cones.</u> Upon the completion of your nominated number of laps dismount at the designated line and return to Transition, once back into the transition area you are ready for the run</p> <p><u>THE COURSE WILL BE FULLY CLOSED TO TRAFFIC WITH THE SUPPORT OF THE BUSSELTON POLICE AND BUSSELTON SHIRE</u></p> <p><u>Run Course</u></p> <p>The run is on the pathway following Geographe Bay Rd westerly direction (please see maps) Leaving T1 you run out the signed exit point onto the designated course which will be lined with orange traffic cones and you must run keeping the cones on your right hand side at all times. <u>PLEASE FOLLOW THE LEAD MOUNTAIN BIKE</u></p> <p><u>ALL RUN COURSES ARE OUT AND BACK ONE LAP COURSES</u></p> <ul style="list-style-type: none"> • Junior 1 7/8/9 Years - Turn @ Yellow Sign
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	<ul style="list-style-type: none"> • Junior 2 10/11 Years – Turn @ Red Sign • Junior 3 12/13 Years – Turn @ Blue Sign <p><u>Finish line will be located in Queen St.</u></p>
Course Map	See Map on website please
Event Parking	<p>There will be ample parking available on race day for family and friends on the following areas</p> <ul style="list-style-type: none"> • Goose Car Park off Scout Road • Marine Terrace • Car Park West of Jetty • All off street areas <p>Please note ONLY Official vehicles will be able to park within the course at the nominated points which have been detailed to authorities.</p>
Sanctioning	The event is sanctioned by Triathlon Australia and will be run under the rules and regulations set down by the Triathlon Australia technical committee. The event will have Triathlon Australia officials who will

	ensure the correct procedures are followed at all times.
Bike Mechanic	We will have a bike mechanic on site on event day for emergency mechanical issues. We strongly recommend you have your bike serviced at your local bike shop prior to the event.
Bike Safe Tips	<p>Brakes - <u>PLEASE NOTE YOUR BIKE MUST BE IN GOOD WORKING ORDER.</u></p> <p>Brakes must be adjusted to an extent that operating the brake lever will produce sufficient power to stop the bicycle.</p> <ul style="list-style-type: none"> • Cables must not have any visible signs of fraying. Cable ends should be fitted. • Brake pads must be in a suitable condition to stop the bicycle • All securing bolts and nuts must be present and correctly secured. • All bicycles must have an operating front and rear brake. <p>Handlebars</p> <ul style="list-style-type: none"> • All securing hardware must be present and in tight and sound condition. • Handlebar plugs must be fitted to the end of bars.(no open unprotected bars) • There must be no visible signs of damage to either handlebar or head stem. <p>Frames</p> <ul style="list-style-type: none"> • There must be no visible signs of structural damage to the main frame and front forks of the bicycle. <p>Helmets</p> <ul style="list-style-type: none"> • All participants must wear an Australian approved BICYCLE helmet. • Helmet must be in sound useable condition. • Straps must have working buckle. • Shell must have no sign of structural damage. <p>NOTE: Other maintenance, such as gear adjustments, truing buckled wheels etc can also be completed to help with the performance of your bike.</p> <p>If you have any queries regarding the above checklist, or your bikes safety, set up or maintenance, drop into your local bike shop Staff will be happy to talk to you and get your bike running safely and smoothly.</p>

	Please ensure your bike is serviced and in a good working order before you turn up to complete the Ironkids 😊
Medical Support	St John First Aid will be on site event day.
Athlete ID	You will be allocated with a yellow ID band which must be worn at ALL TIMES. This gives you access to all race areas during the event.
Numbering (Body and Bike)	When registering on race afternoon you will be numbered on both arms and the front thigh of the right leg and the back of right calf.
Baggage compound	A baggage compound will be provided within the transition area. NO bags are to be left at your bike rack area. (See site Plan)
Toilets	See site plan on website – ample toilets will be in signal park
Recovery Area	Recovery area will be directly behind the finish line area and is for athletes and officials ONLY
Aid Station (Run Only)	There will be an aid station set up which you can access each lap on the run and will have <u>water only.</u>
Volunteers	Volunteers make the event and without them you simply don't get to race therefore I encourage you at every opportunity to THANK them for their time. Please take the time to do this.
Transition Area	The transition area will be set up as per the plan and racks will be numbered. This area is strictly for athletes, Officials, Please adhere to this request <u>TRANSITION CLOSSES AT 3.50pm FOR ALL ATHLETES</u>
Sponsors and Supporters	We have many valued sponsors and I would like to take this opportunity to thank them for there wonderful support <ul style="list-style-type: none"> • Triathlon Australia • Triathlon Western Australia • Busselton Shire • Bunbury Triathlon Club • Bussleton Triathlon Club • Ironman Western Australia local committee
Race Results	Results will be on the website on Saturday evening after the event.
Critical Times	<ul style="list-style-type: none"> • 2.30pm Event registrations. • 3.45pm registrations closed • 3.50pm Transition Area Closes • Race Start Junior 1 4.00pm • Race Start Junior 2 4.15pm • Race Start Junior 3 4.30pm • Presentations 6.00pm

Thanks and Good Luck