



2016 PENRITH ITU WORLD PARATRIATHLON EVENT Athlete Guide



TRIATHLON
NEW SOUTH WALES

paratriathlon





ITU WELCOME



Greetings and welcome to the 2016 Penrith ITU World Paratriathlon Event.

It is always special to hold a race in Australia, as ITU has held a rich history in the country for many years. Australia has become a regular host in the World Triathlon Series, with the city of Gold Coast being in the circuit for three years. So it is a great honour that we can add Penrith to the ITU calendar with a race as important as a World Paratriathlon Event.

With the Rio de Janeiro Olympic and Paralympic Games just around the corner this summer, we are excited to see all of our athletes compete at their highest potential, especially with paratriathlon making its debut in the Paralympics this year. It is here at World Paratriathlon Events that paratriathletes can score points to qualify for the Paralympics, so this will be a critical race for athletes to cement their trips to Rio.

The International Triathlon Union is proudly committed to not just triathlon, but each and every multisport in the ITU community. After all, at its heart triathlon is a multidiscipline sport and we believe that each and every form – as long as it has three legs – plays an important part in spreading our sport around the world.

The ITU would like to thank the Local Organising Committee and Triathlon Australia for all of their hard work in hosting these great events.

I encourage all athletes, volunteers, organisers, media and supporters to enjoy the beautiful city of Penrith and the spectacle of ITU paratriathlon.

Sincerely,

Marisol Casado
President, International Triathlon Union
IOC Member

TRIATHLON AUSTRALIA WELCOMES YOU



It is my pleasure to welcome you, as the best paratriathletes in the world, and your supporters to the Penrith ITU World Paratriathlon Event.

The Sydney International Regatta Centre is a 2000 Olympic venue and the home of the longest running triathlon in Australia. We are confident that the venue will be a fitting backdrop for a competitive race that will showcase the excitement of paratriathlon racing to the Australian community. We acknowledge the leadership of the ITU in the development of the race series which enables paratriathletes, from many national federations, to experience high level international competition at iconic race venues around the world.

Australia has a rich history in paratriathlon competition and since the excitement of the news of its inclusion in the 2016 Rio Paralympic Games we have invested significantly in its development in Australia. We continue to work with our event organisers to ensure that many of our sanctioned races are accessible and welcoming to paratriathletes. We have engaged staff to ensure our paratriathlon program caters for the elite athletes racing and to those who just want to experience the healthy triathlon lifestyle with their family and friends.

On behalf of the Triathlon Australia Board, the staff and our triathlon community, I wish you a great race and an enjoyable visit to Australia.

Ben Houston
President, Triathlon Australia

1. GENERAL INFORMATION

The 2016 Penrith International Triathlon Union World Paratriathlon Event is a key qualifying race for paratriathletes towards selection for the Paralympic Games in Rio where paratriathlon will debut later this year. The event will see athletes from all over the world take to the starting line at the International Regatta Centre to compete in a total of 10 medal events.

Capping off an exciting weekend of racing, the World Paratriathlon Event will be held in conjunction with the Australian Age Group World Championship qualifying race, the Sprint Triathlon Oceania Championships showcasing Elite and U23 athletes from the Oceania region including Pacific Island countries and New Zealand, and the Open Paratriathlon Event.

The purpose of this Guide is to ensure all athletes, guides, handlers and coaches are informed of the procedures concerning this event. The guide is produced by the event organiser (LOC) and is correct and accurate as of the published date.

1.1 KEY CONTACTS

LOCAL ORGANISING COMMITTEE (LOC)

ITU TECHNICAL DELEGATE

ITU RACE REFEREE

LOC EVENT DIRECTOR

ITU MEDICAL DIRECTOR

TRIATHLON NSW

Level 2, 66 Wentworth Avenue
Surry Hills, Sydney, 2010

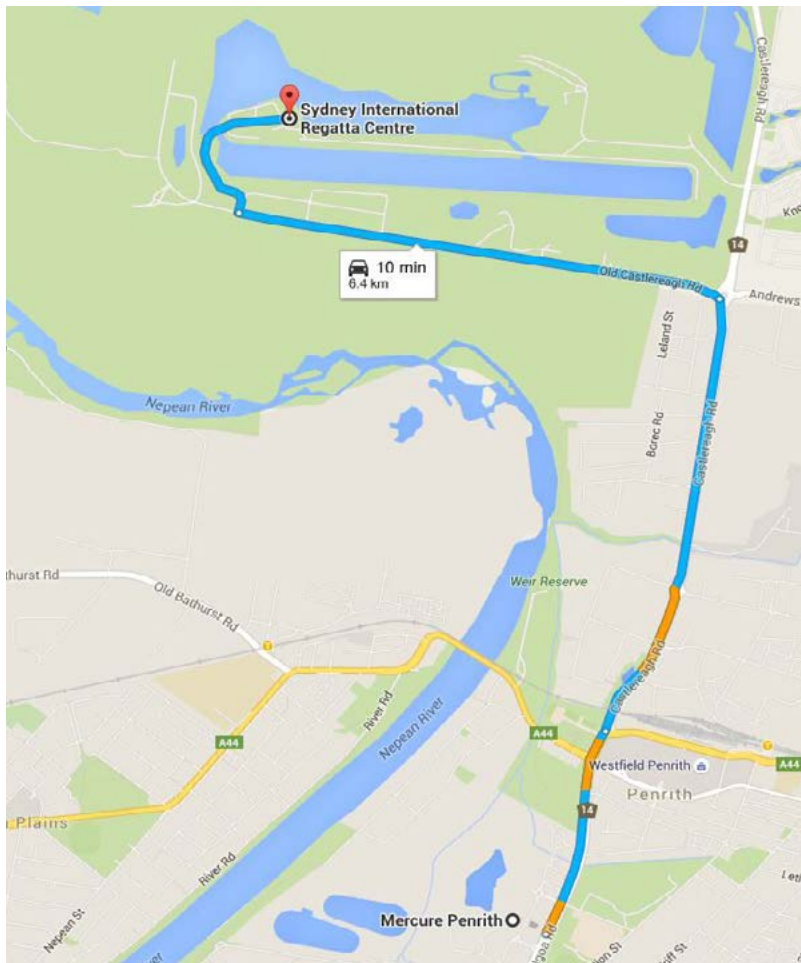
Ross Capill

Cathi Davey

Phillip Dally (Triathlon NSW)

Dr Jonathan King

1.2 EVENT VENUE & ACCOMMODATION



The event will be held at the Sydney International Regatta Centre at Penrith.

Entry to the Centre is via Gate A, Old Castlereagh Rd, Penrith NSW.

The Venue is a legacy of the Sydney 2000 Olympic Games and offers high quality water and roads in a totally closed venue.

TRANSPORT

The venue is approximately 45 mins from Sydney Airport - Australia's biggest and most easily accessible International and Domestic Airport.

Penrith station is approximately 6km from the Sydney International Regatta Centre. Access to and from the station is via a taxi. Check transportnsw.info for full timetable information.

Free parking is available on site.

WEATHER

April typically provides the ideal weather conditions for multi-sport in Penrith.

- Maximum 24.4c
- Minimum 13c

ACCOMMODATION

Penrith has a number of accommodation options available from a large Mercure Hotel attached to the Panthers where the WPE briefing will be held. The Mercure has a gym and small outdoor pool. Accommodation can be booked direct via the Mercure Hotel website which can be found [HERE](#).

Cnr Mulgoa And Jamison Roads
2750 PENRITH - AUSTRALIA
Tel : (+61)2/47217700 - Fax : (+61)2/47322928
Mail : h9877@accor.com

Being only 30 minutes by Freeway to Parramatta and less than an hour from the Sydney CBD, the options for accommodation are large.

LOCAL FEATURES

Sydney offers an abundance of attractions and activities including the Blue Mountains near the event centre.

1.3 ATHLETE SERVICES

ATHLETES LOUNGE

The athlete lounge will be open Sunday 24th April from 8.30am to 10.20am for Athlete Check-in. The athletes lounge is located next to the finish area, fruit and sealed bottled water will be available in the lounge. There are full bathroom facilities.

CLASSIFICATION

Classification will take place on Friday 22nd April for relevant athletes. This will be confirmed via separate communications with those athletes.

MEDICAL SERVICES

First aid and medical services will be provided during the official familiarisation and competition times. A medical service tent will be located near the Grandstand with medical and paramedical services available throughout competition times.

Medical services at the venue and the transfer to hospital are free of charge and further treatment in clinics and practices is at the cost of the participant. All athletes and team support should therefore ensure that they have the appropriate medical insurance in place.

ANTI-DOPING

In-Competition Doping Control will take place according to **ITU Anti-Doping Rules** and the **World Anti-Doping Agency Code** and supporting standards. Testing will be conducted in the Boat Shed above the Athletes lounge.

CATERING SERVICES AND FACILITIES

Catering and additional toilet facilities can be found adjacent to the stadium at the Centre. Westfield Shopping Centre Penrith is conveniently located between the Mercure Hotel and The international Regatta Centre at 585 High St. It offers bank facilities, a post office and shopping.



2. WORLD PARATRIATHLON SCHEDULE

FRIDAY 22ND APRIL 2016

TIME	DESCRIPTION	LOCATION
3.00 - 3.30pm	Paratriathlon Swim Course Familiarisation	SIRC
3.30 - 4.00pm	Paratriathlon Bike Course Familiarisation	SIRC

SATURDAY 23RD APRIL 2016

3.30pm - 4.00pm	PT1 Bike Check	SIRC
4.00pm - 4.30pm	Paratriathlon Swim Course Familiarisation	SIRC
6.00pm	Compulsory Paratriathlon Race Briefing	Penrith Panthers

SUNDAY 24TH APRIL 2016

8.30 - 10.30am	Athlete Lounge open for check-in	SIRC
9.30 - 10.30am	Transition open	SIRC
10.00 - 10.30am	Swim Course open for warm-up	SIRC
10.45am	Athlete introductions	SIRC
11.00am	PT4 Race start (Men & Women)	SIRC
11.01am	PT5-B1 Race start (Men & Women)	SIRC
11.04.18am	PT5 B2/3 Men Race start	SIRC
11.04.48am	PT5 B2/3 Women Race start	SIRC
11.11am	PT3 Race start (Men & Women)	SIRC
11.16am	Race start PT2 (Men & Women)	SIRC
11.31am	Race start PT1 (Men & Women)	SIRC
1.45pm	Medal Ceremony	SIRC

VI Classification will take place on Friday 22nd April at:

Vision Australia

4 Mitchell Street, Enfield

PI Classification will take place on Friday 22nd-Saturday 23rd April at:

Penrith Panthers Club (Next to Mercure Hotel)

123 Mulgoa Road, Penrith

Arrangements and scheduling will be communicated directly with athletes who require classification.

2.1 COURSE FAMILIARISATION

Athletes must attend the swim and bike course familiarisation at the official designated times only.

SWIM FAMILIARISATION

This will take place on Friday 22nd April at 3-3.30pm and on Saturday 23rd April at 4-4.30pm. The full 750m swim course will be in place (please refer to swim course map) .

BIKE COURSE FAMILIARISATION

Bike course familiarisation will take place on Friday 22nd April at 3.30-4.00 on a closed road.

2.2 COMPETITION RULES

The event will run under the new **2015 ITU Competition Rules for Paratriathlon**

There have been significant rule changes highlighted in the document. Please ensure you familiarise yourself with these changes before the event.

RACE BRIEFING & REGISTRATION

Race briefing will take place inside Penrith Panthers complex next door to the Mercure Hotel, attendance is compulsory for all athletes, guides and handlers. Handlers will get their vests on Sunday morning from the Athletes Lounge.

Athletes will receive their race packs after the Race Briefing and **on confirmation of entry fee payment**. Athletes must provide picture ID at the Race Registration / Briefing to receive their race pack.

ENTRIES

National Federations are responsible for entering athletes into the event using the online system at www.triathlon.org. All questions regarding entries must be submitted via email to entries@triathlon.org.

The event start list is produced and published on the ITU website, any athlete who has not been entered through the ITU online entry system will not be given a start position.

Entries can be paid **online** Athlete entry fee is \$130AUD.

2.3 RACE PACKS

Race packs will be distributed after the Race Briefing. They will include the following items per classification.

PT1	PT2-PT4	PT5
3 x helmet race numbers stickers 1 x handcycle race number stickers 1 x wheelchair race number sticker 1 x daily wheelchair race number sticker 2 x athlete race bib number 2 x handler race bib numbers	3 x helmet race numbers stickers 1 x bike race number sticker 3 x prosthesis race number stickers 1 x handler race bib number (for those athletes who are allowed a handler)	6 x helmet race number stickers 1 x bike race number sticker

Swim caps will be distributed in the Athlete Lounge on Sunday 24th April.

2.4 TIMING CHIPS

Timing chips will be distributed in the Athletes Lounge on Sunday 24th April. All timing chips will be collected in the finish area after the race.

PT1	PT2	PT3-5
1 on handcycle rear axle 1 on ankle	Double amputees: Bike prosthesis + run prosthesis Single amputees: Existing ankle + bike prosthesis No amputee: Both ankles	Athlete Ankle

3. RACE INFORMATION

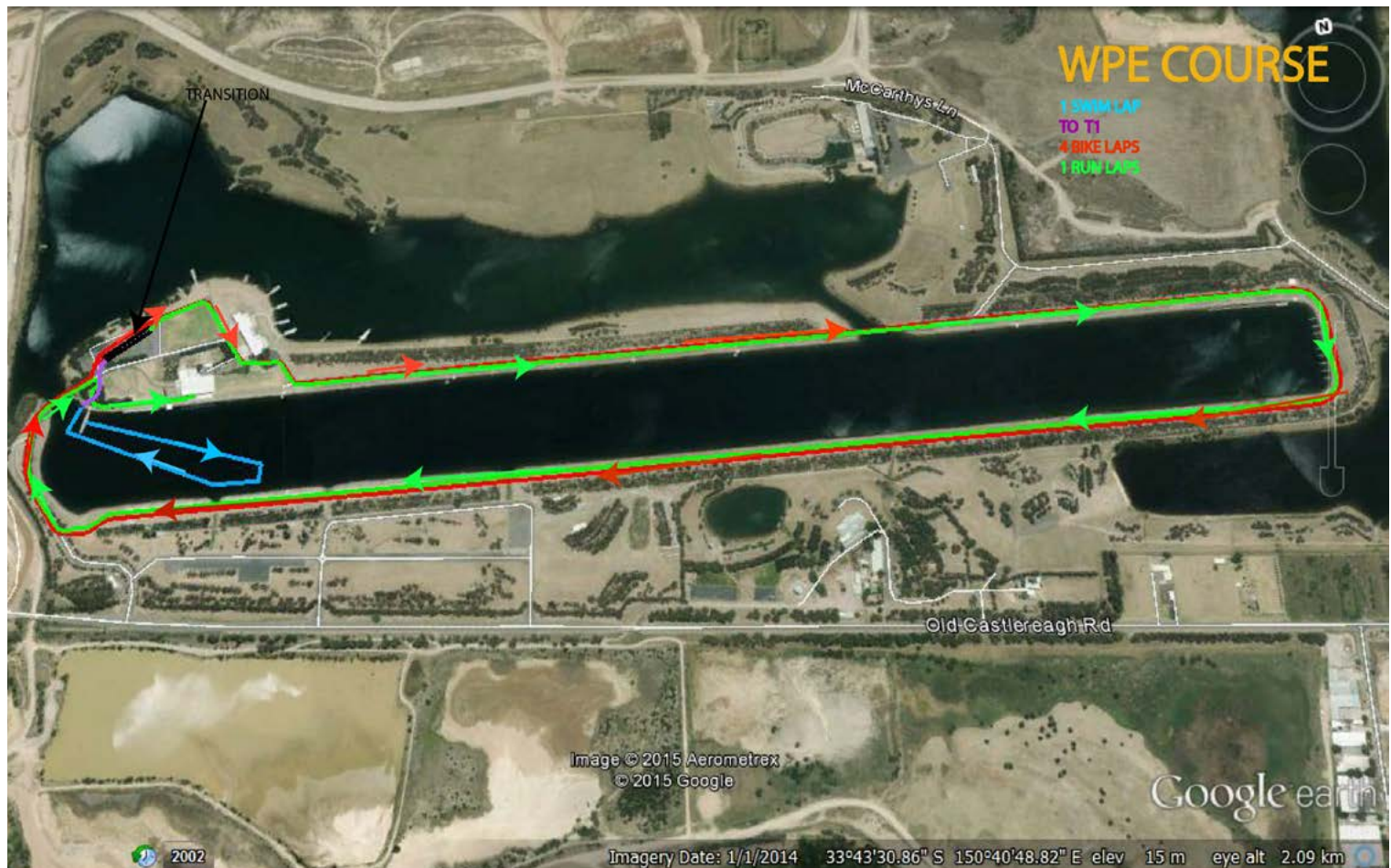
RACE DISTANCE

All athletes will race over the Sprint Distance on a closed road.

Swim One lap of 750m

Bike Four laps of 5km

Run One lap of 5 km



3.2 TRANSITION

The pre-transition area is approximately 10 metres from the swim exit. Transition is approximately 93 metres from the swim exit, athletes are requested to take note of the flow of transition. Athletes enter T1 and T2 at the South Western corner and exit at the North Eastern corner.

Helmets must be fastened before un-racking the bike, and bibs should be facing backwards during the bike. PT1 Athletes must put the bib on the hand cycle.

3.1 SWIM COURSE

The swim start will be deep water. Athletes will be set off in waves, wave times will be made available on the ITU event website and at the Briefing.

The swim course is a one lap of 750metres. It is approximately 320 metres to the first turn buoy. Athletes are required to keep all swim buoys on their right. The exit is on a ramp. There will be LOC swim exit handlers.



3.2 BIKE COURSE

The bike course is four laps of 5kms (total 20km). It is flat and fast, with one short technical section.

Athletes must ride on the left hand side of the road.

3.3 WHEEL STATION

The Wheel Station is located on the section of the course adjacent to the Athletes Lounge. Athletes and coaches must bring their wheels to the Athletes Lounge during check-in on Sunday 24th April. All wheels must be labelled with the athlete's number and country code. There will be no neutral spares. Athlete's wheels will be returned to the Athletes lounge at the end of the race.

3.4 RUN COURSE

The run course is one lap of a 5km course. It is flat and fast. Athletes are requested to note the technical turn near the transition area that completes a lap. Athletes must run on the left hand side of the road.

3.5 AID STATION & LITTER ZONE

There are 3 Aid Stations on the run. The first is located approximately 400 metres after the run exit, and an additional 2 stations at the 1.9km and 3.4km marks. A litter zone will be positioned 20m before and 80m-100m after the Aid Station. This will be clearly marked.

3.6 PENALTY BOX

The penalty box is located at the Western End of the lake. The bike penalty box is for Blue Card drafting penalties and other infringements on the bike course with the exception of littering.

All other time penalties including those from transition and littering on either the bike or run course will be served in the run penalty box.

4. RESULTS, PROTESTS & APPEALS

Multisport Australia has been engaged to provide timing services. All events would be electronically timed. The results will be posted on the 2016 Penrith ITU World Paratriathlon Event webpage, results will also be placed up inside the Athletes Lounge.

Standard protest and appeals procedures will be followed in accordance with the **2016 ITU Competition Rules**.

5. ACCREDITATION

The LOC will provide Athletes, Guides, Handlers, Coaches and Team Medical personnel with accreditation. Coaches and team medical personnel must register through the ITU entry system prior to the event in order to be eligible to receive an accreditation.

Accreditation will be distributed at the Athletes Briefing to those that have been entered through the online system. All accredited personnel are required to wear their accreditation at all times.

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