



Sydney March 19–22 2009

# Biathlon



## DATE

SUNDAY March 21 • START 7:30am

## EVENTS

INDIVIDUAL WOMEN & MEN

-30 • 30-39 • 40-49 • 50-59 • 60+

RELAY TEAM WOMEN, MEN & MIXED Open

Determined by age as of 31 December 2010

More information can be found on the Entry Form available from [corporategames.net.au/nsw/sportsevents.shtml](http://corporategames.net.au/nsw/sportsevents.shtml)

## FORMAT

Swim 200m

Run 4km

Timing – only finish times will be recorded.

See Map available from [corporategames.net.au/nsw/sportsevents.shtml](http://corporategames.net.au/nsw/sportsevents.shtml).

## BIATHLON TEAM

A Biathlon Relay Team consists of 2 persons each completing one element of the event. Swim or Run. Each team member can only compete one leg. All Biathlon Relay Team members must enter on the same Entry Form. Competitors can not enter in both the Biathlon Relay and the Individual Biathlon.

## EQUIPMENT

Entrants are responsible for the security of their equipment. The Games takes no liability if equipment is lost or stolen.

## UNIFORMS

Clothing must be worn on upper torso

Wetsuit may be worn on swim leg but is not compulsory

Shoes must be worn on the Run leg

## SPORT ORGANISER

Event Services International

## SPORT VENUE

DOBROYD AQUATIC CLUB

Henley Marine Drive, RODD POINT

Sport Venue Control Location – Outside the Aquatic Club

See maps. Venue may change.

Entrants must report to Sport Venue Control at least 30mins before the start. Failure to do so may result in a forfeit.

Schedule:

Check In from 6:15am

Race Briefing 7:15am

Start Time 7:30am

At Venue Control:

Your validated Games ID Card will be checked

You will receive a swim cap and bib

## ENTRY FEE

\$55 per participant including GST

\$30 for Biathlon Team Relay per participant including GST

## ENTRY DEADLINES

**Guaranteed Entry Deadline** February 4

Only complete Entries with payment are guaranteed

**Final Entry Deadline** February 18

Entries received after the Guaranteed Entry Deadline are taken on a "first come" basis

**Replacement or Changes Deadline** After March 4 replacements and changes will be at the discretion of the Games and subject to a \$25 fee per change.

**Withdrawals and Refunds Deadline** Before March 4 refunds are minus \$25 per person. After March 4 no refund. Withdrawals must be in writing.

## RESULTS

1st, 2nd and 3rd placegetters in each event will receive a Card as they cross the line which must be returned on receipt of their medal. Medal presentation will follow the finish of the event.

Official Games results are available from after the Awards Dinner on March 22. Visit [corporategames.net.au/nsw](http://corporategames.net.au/nsw)



## Biathlon Information

This information must be read in conjunction with “Sport Entry Forms”, “Sport Information” and “Games Information” available from the website. Details are subject to change. Please contact the Games Office for the most recent information.

## Biathlon 200m Swim / 4km Run Distances are approximate

### Schedule

Venue	Dobroyd Aquatic Club, Henley Marine Drive, RODD POINT	
Date	Sunday March 21	
Sport Venue Control	Outside the Aquatic Club	
Venue Check In from	6:00–7:00am	
Race Briefing	7:15am	
Start Time	7:30am	

### Course Details

#### Check-In at Sport Venue Control

You are required to show your validated Games ID Card at Check-in. No card No competition.

You will receive a chest number which must be worn during the run leg on the front and be visible through out race.

Race belts are permitted

Biathlon Relay Teams must check-in together – i.e. all 2 at once!

**Security** Entrants are responsible for the security of their equipment. The Games takes no liability if equipment is lost or stolen.

**Biathlon Team** Teams must tag their member at their transition area. Each team member completes only leg (swim or run) of the Biathlon.

#### Swim 200m

Shallow-water start from the left of the Aquatic Club. Swim clockwise around the buoy

Wave (Staggered) starts will be announced on Race Day. Do not proceed to start until called.

Swim caps are mandatory. Entrants may wear a triathlon wetsuit for the swim leg, however this is not compulsory.

Lifeguards will patrol the entire swim course – should you encounter any difficulties, stay calm and raise your arm.

After you finish the swim leg at the sandy verge on the right hand side of the Aquatic Club, proceed straight, run past the transition area entering it from the far end.

NOTE: Water pollution - due to environmental conditions (eg heavy rain prior to the event) EPA guidelines may recommend no swimming. The decision to hold the swim leg will be made on the morning of the event.

#### Run – 4km Run

Competitors will exit swim leg, through transition and begin running south along Bay run toward City West link, a water station will be available at turn point (approx 1km), pax will then return along Bay run, past transition area, continuing along Henley Marine Drive toward Iron Cove Bridge, the second turn around will be adjacent to vacant lot on end of Millar St (approx 3km), again a water only drink station will be available. Pax then return toward transition and finish area, where water and fruit will be available.

A water Aid station on exit of swim, will also be available.

#### Finish

On crossing the finish line stay in order and enter the finish chute where your time and number will be noted.

Note: If this is not done you will not be included in results.

1st, 2nd & 3rd placegetters in each category will receive a Games Finish Card as they cross the finish line which must be returned upon receipt of their medal. You must be present to receive your medal. Medal presentation will follow the finish of the event.

Timing – only finish times will be recorded.

Complete results will be available at [www.corporategames.net.au](http://www.corporategames.net.au) only after the Games Awards Dinner