



## General Guidelines

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## **Age Groups**

Athletes will be subdivided into ten-year groups, based upon the athletes' age on Day 1. Separate divisions for men and women will be provided. Age Group prizes will be at the discretion of the organizers.

All participants must have reached their 18th birthday by December 31, 2020.

## **Aid Stations**

Aid stations will not be provided by event officials. Water and limited toilet facilities will be available at the start/finish lines of each stage.

## **Application and Invitation Process**

Applications will be accepted up to and including June 30, 2020.\*

*(\*Applications may stay open at the discretion of the Race Director).*

The information provided with the application will be crucial. Special emphasis will be placed on the applicant's endurance activities to date, and the demonstrated ability to finish all three stages.

The Application Review Committee will select 50 (Fifty) entries on June 30, 2020. Selected applicants will receive an Official Invitation. Waitlisted athletes and qualified applications in excess of the event maximum places will be advised of their application status. Waitlisted athletes may receive invitations as slots become available, at the discretion of the Application Review Committee.

Special consideration will be given to individuals who have volunteered or crewed in previous UM Australia and other Ultraman distance events; however this will not exclude the need for meeting the qualifying standards, and will only apply if there are more applications than slots available.

The decisions of the Application Review Committee are final.

## **Awards**

Each Finisher will receive a distinctive award. A Finisher is an athlete who has made each cut-off and completed all portions of the course.

Any athlete who does not reach the designated finish line before the cut-off, or has not completed all portions of the course, will be declared a Participant. Each Participant will receive an award.

Disqualified athletes are not eligible for any awards.

The right to limit or expand the awards based on the number of entries is reserved.

All Awards will be presented at the Awards Banquet the day after the completion of Stage 3. The Awards Banquet is an interactive function with a large degree of participation by all in attendance. Athletes, crews, friends and family are encouraged to attend, as the format is unique, and completes the UM Australia experience.

## **Bike Equipment Inspection**

Each athlete must have their bike inspected in Noosa prior to completing the registration process. This inspection will be carried out by UM Australia's official bike shop, and will include all items on the Bike Safety Inspection Certificate included in the Bike Manual. The complete Bike Safety Inspection Certificate must be

presented at Registration for any bike to be used during the event, including spare bike and/or frame if applicable. Registration cannot be completed without the Bike Safety Inspection Certificate. Event officials may check each bike again in the transition area of the swim to bike.

It is the responsibility of each athlete to ensure that all aspects of their bike are safe to the user, other athletes, team members, officials, and the general public at all times during the event. Equipment which the officials deem does not meet minimum standards may not be used until the problem is corrected.

Athletes must ensure their bike has been serviced prior to arriving in Noosa, as the inspection is not a service, but a check that your bike is of standard.

All repairs are the responsibility of the athlete.

### **Categories**

All athletes, whether officially registered by a national governing body as amateur, elite or professional will participate in the age group category.

### **Check-In Procedure**

At the beginning and end of each stage or segment, each athlete and team captain must check in with event officials who will be located adjacent to the respective start/finish line. In addition, at the start of the swim, the swim escort must check-in along with the team captain to the event officials. Failure to follow this procedure may preclude participation in the event, and in future events.

### **Communications**

**Each Team must have an operating Australian mobile telephone.** Numbers will be listed and distributed to each crew and event support vehicle. Mobile telephone numbers will be taken at Registration and distributed to every team before the start of Stage 1.

### **Contingencies**

If conditions develop prior to or during the event which necessitate a change in plans, the following action(s), in order of severity, will take place: (1) postponement, (2) course modification, (3) cancellation. If it is unsafe to conduct the swim as scheduled, this portion of Stage 1 may be postponed until the morning following the end of Stage 3. If the event or any portion of it is postponed, modified, or cancelled, there will be no refunds.

### **Course**

The responsibility for following the official event course rests with the athlete and crew. No time credits or adjustments in finishing results shall be made for athletes who fail to follow the proper course for any reason. Time penalties or disqualification may result from failure to follow the proper course. Every effort will be made to mark each intersection on the course. Detailed course descriptions and route maps will be made available to each athlete and crew.

### **Credit Cards**

Eftpos facilities are available for payment of event entry fees, additional meal and function tickets, and retail items. Visa and MasterCard will be accepted.

## Cut-off Times

For safety and insurance reasons, the following cut-off times have been established:

Stage 1	Swim	6 hours
Stage 1	Bike	6 hours
Total Stage 1		12 hours

Stage 2	Bike	12 hours
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Stage 3	Run	12 hours
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Total Event		36 hours
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Any athlete who does not reach the designated finish line before a cut-off will be declared a Participant and will be asked to leave the course if they are unable to reach the finish line within 15 minutes after the cut-off time (at the Race Director's discretion). Athletes may be allowed to continue onto the next stage as a Participant if they cooperate with this request and receive the clearance to do so from event organizers, including medical or monitoring staff if available.

Only athletes who have made each cut-off and completed all portions of the course will be designated as a Finisher.

The Stage 3 Run course has additional cut-offs at 42km - 6 hours, and 63km - 9 hours. Athletes unable to make these cut-offs will be asked to leave the course. Any athlete not cooperating with this request will be disqualified. Cut-off times may be modified if course conditions warrant.

## Disqualification

Athletes or team members not adhering to the Rules and Regulations and Guidelines of the event are subject to the athlete being disqualified. Disqualified athletes may not continue on any part of the course except at the sole discretion of event organizers. In any case, no disqualified athlete will receive any Finisher or Participant awards.

## Distances

Day 1	Stage 1	Swim	10.0 km   6.2 mile
		Bike	140 km   87.0 mile
Day 2	Stage 2	Bike	281.1 km   174.6 mile
Day 3	Stage 3	Run	84.3 km   52.4 mile

## Drafting

This is an individual endurance event and drafting of any type, during any portion of any stage, including the swim, is prohibited.

## Entry Fees

Entry fees will be charged to the credit card provided at registration after the athlete has been invited to participate in the event, and accepted the invitation. After Invitations are issued and payments are taken, the **Refunds & Withdrawals** rules will apply.

The Entry fee covers the athlete and two land crew members (minimum requirement), and includes:

- 3 x Breakfast Tickets (1 Athlete and 2 Crew)
- 3 x Award Banquet Tickets (1 Athlete and 2 Crew)
- 3 x Massages (one at the end of each stage for the athlete)
- 2 x Crew T-Shirts
- Finisher or Participant Award
- Finisher Garment for Official Finishers
- Registration Gift Bag

Price does NOT include:

- Any accommodation anywhere
- Transportation to and from Noosa
- Meals, other than those listed as part of the entry fee
- Nutritional needs
- Other race supplies
- Vehicle rentals
- Evening meals in Noosa – venue suggestions will be provided closer to the event
- Expenses associated with additional crew, swim escort and boat requirements.

*Full details about purchasing extra meal tickets, etc, will be made available with the Official Invitation and again prior to race week.*

### **Filming**

Filming of the event will not be permitted whether for personal or commercial purposes unless prior written authorization is obtained from event organizers. Such authorization may be withheld if the filming is in conflict with the granting of other film rights and/or registered logo use. If filming is authorized, a Filming Agreement will be signed by the athlete, crew and filming party.

### **Insurance**

The coverage provided allows for a five million dollar (AUD\$5,000,000) Public Liability Insurance policy which insures the race directors, their committees, volunteers and others requiring protection, such as sponsors, public agencies, property owners, etc. The Policy will cover liability from organizing activities leading up to the event, the event itself, and the post-race activities. It will respond to claims from spectators, competitors, volunteers and the general public.

### **Language**

Each athlete must be able to either speak and understand English or provide a team member who can speak and understand English and act as a translator between the athlete, other team members, and event organizers. The event organizers will not provide translation services or provide bilingual team members in most cases; this is an athlete responsibility. Athletes cannot rely on these services being available at the event location.

### **Limitation of Entries**

The starting field will be limited to 50 (fifty) solo entries. Entry will be by invitation only.

## **Massage**

Massage will be available at the end of each stage. Three massages are included in the entry fee. This service is primarily for athletes, but may also be available for a team member if the athlete chooses to forego a massage at the end of a stage. No credits will be given for unused massages and massages must be done at the designated finish line area of each stage.

## **Meals**

Two meals are included in the Entry fee:

- Pre-race Breakfast & Race Briefing (attendance is mandatory for all athletes and land crew members), held on the day before the start of Stage 1;
- Awards Banquet, held on the day after the completion of Stage 3 (attendance is not mandatory but highly recommended).

Entry into each function will be by presentation of the appropriate meal ticket or wristband. Each athlete will receive three tickets for each meal (1 athlete and 2 land crew). Additional tickets will be made available for purchase. Unused meal tickets will not receive a credit.

## **Medical Insurance**

It is strongly advised that you take out personal medical insurance for the duration of your stay, especially for international competitors. Under the Australian Health Act, non-Australian residents are not covered for medical costs. If you have an accident you must pay for your own medical expenses. Therefore, we recommend you obtain adequate personal medical insurance.

Please note: if you are transported by an ambulance to hospital and you are not a permanent resident of Queensland, you will be invoiced for the service.

## **Medical Support, Monitoring and Studies**

Emergency medical assistance will not be provided by event officials; nor is any liability assumed for not providing such. The organiser's ability to provide on-course medical support is very limited due to the distances involved. Emergency medical contacts and information will be provided to each support crew. Athletes and crew are responsible for reviewing and being familiar with the medical and emergency sections of the race manual. Athletes are responsible for their own medical condition and should be cleared by their own doctor before competing.

Monitoring of certain indicators will be available during the event. Athletes will be asked to provide baseline information, and there will be a check-in and check-out procedure for each stage of the event. The monitoring team will have the authority to withdraw an athlete from the event if the indicators fall outside safe limits, or the athlete refuses to cooperate with the monitoring team.

Administration of IV fluids during any portion of any stage, including the time from the finish of any stage to the beginning of the next stage, will constitute an unfair advantage and result in disqualification or the athlete being declared a Participant and not a Finisher. Therefore, any fluids used by the athlete must be taken orally. Medical assistance to an athlete, which does not result in the administration of IV fluids or the transport over or removal from the designated course, is not, by itself, grounds for disqualification.

Qualified medical personnel, who may treat an athlete, shall have the final and ultimate authority to remove an athlete from any portion of the event if the athlete is judged to be physically incapable of continuing in the event without risk of serious injury or death.



Independent medical studies may be conducted in conjunction with the event. Participation in these studies will be voluntary.

### **No Feed Zones**

For safety reasons, certain short portions of the land course will be designated “No Feed Zones”. These are areas where the support team is not allowed to accompany the athlete nor are they allowed to stop in the zones. Crews are to proceed to the end of the “No Feed Zone” and wait for their athlete to exit the zone. “No Feed Zones” are monitored by event personnel, who are responsible for athlete safety. It is the responsibility of the support crew to ensure that their athlete is prepared to look after their own hydration, nutritional and minor mechanical problems, including flats, while in the “No Feed Zones”. It is recommended that the athlete carry at least one water bottle and one spare tube/tyre while in the “No Feed Zone”.

### **Numbering**

- **Swim:** Each athlete will have a number marked on the swim cap, which must be worn so that the number is visible. The swim escort must wear the athletes’ official swim number on the front of the outermost garment or PFD on the body; or on the front of his/her hat so that it is visible to race officials.
- **Bike:** Each athlete will receive two jersey numbers – one to be worn on the lower back each day, and a frame number to be placed on the bike frame in a visible location so that it can be read from the side.
- **Run:** Each athlete will be given one number to be worn on the front so that it is visible at all times. The pacer will be given a ribbon to identify them as a pacer. The ribbon is to be worn anytime the pacer is on the course and must be visible from the front.
- **Vehicle:** Each team will be given two numbers to affix to the crew vehicle. The first is to be affixed to the lower right (driver’s side) of the back windshield. The second should be affixed to the lower left (passenger’s side) front windshield.

Numbers identify official athletes and teams, and must be clearly visible at all times. Numbers must be worn as directed by event organizers. No alteration of any numbers is permitted.

### **Pacing**

Pacing of the athlete is allowed during the run portion of the event only, however, the athlete may not be paced by more than one non-competitor at the same time. All pacers must be on foot and wear the official number, or designated item, that identifies them as a pacer. No pacer may do any headwind blocking.

No bicycles, other wheeled vehicles (whether motorized or non-motorized), may be used for pacing purposes by the crew or pacers on the run course (this includes the crew vehicle).

### **Parking**

Parking is limited in all staging areas. In certain stages there may be a volunteer to direct crew vehicles to appropriate parking areas. In any circumstance, all vehicles must be parked legally and safely off any highway or road, and in such a manner that it does not obstruct the normal flow of traffic or create a hazard to anyone. Do not block private driveways, and be courteous if approached to move your vehicle.

## **Passports, Customs & Immigration**

International entrants will require a valid passport to gain entry into Australia. If you are flying into Australia you will be required to go through both immigration and customs at your FIRST port of entry. Make sure you physically claim all of your luggage and your bike at this time. You can re-check the luggage and bike if you have connecting flights to Sunshine Coast or Brisbane. Your luggage and bike will not automatically be checked in for your flight to Sunshine Coast or Brisbane without clearing customs first.

## **Penalties**

Penalties will be levied for infractions and/or misconduct. Penalties will normally consist of time penalties assessed against the athlete at the end of each stage, with immediate disqualification occurring for major misconduct and/or infractions.

Time penalties for consist of 6 minutes for the first infraction and 12 minutes for a second infraction. The third penalty equals disqualification from the event. Penalties are cumulative for all three days. The Race Director has the authority, at any time, to overrule any rule or invent a new rule based on extenuating, unforeseen, and/or unusual circumstances and/or to maintain the integrity and fair play necessary for the successful completion, and continuation of the race. The Race Director has ultimate authority in regard to all rules, their interpretation, and their enforcement. All entrants and their support crews willingly acknowledge this fact, as well as all other race rules by attending the race in any capacity.

## **Personal Property**

It is strongly suggested that all personal property be adequately and indelibly identified with the owner's name and event number prior to the start of Stage 1. Event officials assume no responsibility for the theft, loss, or destruction of any personal property of any athlete or support team member.

## **Planning**

The advantages of proper planning cannot be emphasized enough. In addition to making the necessary travel plans, it is crucial that each athlete properly informs, trains, organises and prepares each team member. This includes providing them with copies of event information, and keeping them up to date on changes.

Plan to drive the entire land course before the start of the event. Athletes who are utilizing local residents as team members are urged to be in contact with them as early as possible to make sure all necessary arrangements, including vehicles, lodging, food, swim escort and craft are in place. No one will be permitted to begin any stage without a complete team and the required equipment.

Plan to arrive in Noosa by the Tuesday before the event (at the latest) – you will need at least one day before registration to arrange your bike check - and depart on the Wednesday after the event (at the earliest).

## **Race Briefings**

Race briefings, detailed on the Schedule of Events, must be attended by the Athlete and the Support Team Captain. Other team members are encouraged to attend, and it is recommended that they do so. Athletes and crews must register before the start of the Pre-Event/Race sessions.

## **Prohibited Aid, Equipment & Substances**

No athlete will be permitted to use fins, snorkels, paddles or any flotation device during the swim; likewise, no swim escort will be permitted to use any sail craft or motorized craft or any escort craft less than 10 feet in length.

Athletes (and pacers during Stage 3) may not use any device that interferes with normal hearing or provides any independent means of forward motion.

No team may utilize more than one support vehicle.

No athlete or team member may use any illegal or otherwise banned substances at any time during the any portion of the event.

## **Protests**

The Team Captain will be the person responsible for submitting any official protest on behalf of the athlete or team member(s) as the result of misconduct by another athlete or team. Such protest must be in writing and filed within 30 minutes after finishing the stage in which the alleged incident occurred.

## **Qualification for Entry**

At a minimum, the applicant must have finished an iron distance event during the 18 months prior to the date applications open. The finishing time for the qualifying event must be under 14 hours and 30 minutes. Events that consist of distances that are of at least iron distance in some disciplines, but not all three, may be considered when combined with other events that contain at least the iron distance of the discipline missing from the first event.

## **Refunds and Withdrawals**

Your entry fees will be processed when you are selected for Ultraman Australia 2019, and have accepted your invitation.

If you withdraw from the event for any reason, the following refund policy will apply:

Until October 30, 2020 A \$200 processing fee will be deducted from your refund.

Until January 15, 2021 A 50% cancellation fee will be incurred.

After January 15, 2021 No refunds will be offered to athletes withdrawing from the event.

All refunds when processed are final. It is the athlete's responsibility to ensure that the intention to withdraw has been received by an event representative.

## **Registration**

Athlete Registration will be on Thursday, May 6 (9.00am to 4.00pm). Athletes and team members must register in person during those times. To pick-up registration material, each invitee is required to present photo identification, Bike Safety Inspection Certificate(s), complete information about his/her team, including name, contact phone number and a signed individual Team Agreement for each team member, as well as the vehicle model/make/license number being used for the race. Race materials will only be issued to those completing the registration process and only those individuals will be allowed to begin Stage 1.

Late Registration is not permitted. Athletes must attend during their allocated registration time. This will be provided before race week. Failure to register will result in forfeit of the entry fee.

## Relay Teams

UM Australia has eliminated the relay division for the foreseeable future due to the overwhelming interest by qualified solo athletes.

## Returned Cheques/Dishonoured Transactions

Any returned cheques or dishonoured credit card transactions will be charged back at an additional \$50 to the athlete.

## Road Rules

Queensland road rules apply to vehicles and bicycles.

Quick links to these rules are <http://www.qld.gov.au/transport/safety/rules/nonpowered/bicycle> (for bicycles), and <http://www.tmr.qld.gov.au/Safety/Queensland-road-rules/Road-rules-overview.aspx> (for road rules in general, for both vehicles and bicycles).

Queensland has recently introduced new rules for motorists passing cyclists.

<http://www.qld.gov.au/transport/safety/rules/other/cyclists/index.html>

## Safety

Safety is the primary consideration for athletes and their support teams, and you are required to follow the guidelines and regulations throughout the event. This event requires tremendous individual endurance and stamina, and the risk of accident, injury, and illness may be present throughout all three stages.

Proper training, well maintained and appropriate equipment, good judgment, respect, common sense and courtesy will be crucial in making this a safe and successful event. If an emergency situation necessitates or causes a rule infraction, event organizers may make allowances in the interest of promoting safety.

## Special Required Equipment

Athletes will be required to wear/utilize the following special equipment:

- official swim cap
- event numbers as provided by the organizers,
- approved hard shell helmet (full information will be provided in the Bike Manual)
- swim escort craft, which must be non-motorized and non-sail which is a minimum 10 feet in length.

## Starting Procedures

At two minutes, one minute and 30 seconds prior to the start of each stage, announcements will be made. Ten seconds prior to the start, a countdown will begin followed by a starting signal. Prompt starts will be adhered to. It is each athlete's responsibility to be ready to start at the designated times. No time allowance will be made for athletes not starting as scheduled.

## Storage

Storage of athletes' event-related equipment is the responsibility of each athlete and Team Captain. Provision for storage by event organizers before, during, or after the event will not be made, except in the case of swim escort craft. Organizers will do their best to handle the swim escort craft after the swim finish by transporting the craft to a storage area. The craft must be picked up as soon as possible following the event and the

organizers assume no responsibility for any lost or missing items left with the craft. Instructions will be issued at the Pre-Race Briefing in regard to this item.

## **Sponsors**

Without the monetary, product and service contributions of many individuals and businesses, the staging of this event would not be possible. Special thanks and appreciation are extended to each of them. Whenever the opportunity arises, please show your appreciation and patronage.

## **Support Team**

Due to the length and nature of the event, it is mandatory that a support team of at least two adult persons and no more than four adult persons, and no more than one vehicle, accompany each athlete throughout all stages of the event. No athlete will be allowed to participate without having a support team.

Each athlete is responsible for securing, organizing, and training their support team. Each team member, including the swim escort, will be required to provide complete information, including name, contact phone number and a signed individual Team Agreement. In addition, the team member who is designated Team Captain will act as the official spokesperson for the athlete and team and will be required to attend all briefing sessions (other members are encouraged to attend as well).

The athlete entry fee will include the cost of event meals and shirts for two land crew, the minimum crew requirement for the event. Details about purchasing additional meals and shirts will be provided.

It is the responsibility of the athlete to cover all the expenses of the Support Team members unless otherwise previously agreed between them.

## **Support Vehicle**

Each athlete must arrange for, or bring and pay for, one vehicle to be used as a team vehicle throughout the event. The vehicle may not be wider than six (6) feet but must be large enough to accommodate all equipment, team members, the athlete, and all of their needs. For safety reasons, the use of campers, large vans and trucks is prohibited. No team may have more than one vehicle on the course at a time.

## **Swim Escort and Escort Craft**

It is mandatory that each athlete be accompanied by an escort and escort craft at all times during the swim portion of Stage 1. Athletes may be assigned a volunteer local paddler and surf craft for the duration of the swim.

Swim escorts must display the designated official number while on the course in such a manner that it is visible from the front at all times. No athlete will be allowed to start the swim and/or continue the swim without their assigned paddler and craft.

## **Teamwork and Team Conduct**

Although this event will be one of individual endurance, no one will be able to finish it without the cooperation inherent in good teamwork. Each support team will be required to provide for their athlete's needs and must not hinder or interfere with another athlete or team at any time. On the other hand, the underlying philosophy of this event is to encourage and promote the spirit of camaraderie with respect for all. Therefore, honesty, good judgment and sportsmanship are all integral parts of the event and will be expected of everyone at all times.

No athlete will be able to compete or continue to compete in the event in the case of a Support Team abandoning the race. No Athlete or Support Team Member shall mistreat or abuse either physically, verbally or mentally anyone connected to the event. No Athlete is to ask any member of any Support Team to take any action that would contravene the Rules and Regulations, Guidelines, or the spirit of competition of UM Australia; doing so would lead to immediate disqualification and removal from the event.

Any Support Team member or athlete that feels they have a complaint against any individual is to bring their concerns to the Race Director at the earliest possible opportunity so that it may be dealt with as quickly as possible. Do not wait until the event is over.

### **Trademark and Event Logos**

The event name and logos are registered trademarks, which may not be used or reproduced in any manner without prior written consent from the Race Director. This includes team shirts or other garments, banners and signs. A logo licensing agreement must be signed, and a minimum logo licensing fee of one thousand dollars (\$1,000) will be charged for the logo use. Athletes using the logo without authorization will be levied the one thousand dollar (\$1,000) fee and non-payment will result in the athlete being excluded from this and future UM events. Such Marks, as well as selected sponsor logos, may be required to be worn /or displayed by the athlete and team members during certain portions of the event. Notification of such requirements, if any, will be made as part of the registration process. Athletes may make copies of pertinent written materials in connection with preparations for the event; however, such copies are for personal use only and may only be distributed to bona fide team members who may not reproduce them in any manner thereafter.

### **Travel and Accommodations**

All travel arrangements – air, ground, hotel accommodations and meals - are the responsibility of the athlete. It is important that plans for travel and accommodation be made well in advance of arrival in Noosa. We encourage you to support our accommodation sponsors. A list of recommended accommodation providers will be provided to athletes.

### **Triathlon Australia**

UM Australia is a Triathlon Australia sanctioned event. Athletes must be members of Triathlon Australia or an international equivalent body. Athletes who are not existing members will be charged a fee when your entry fee is processed to cover the cost of short term Triathlon Australia membership.

A Triathlon Australia official will monitor the event, and is to be shown every courtesy by athletes and crew.

### **Unused Items and Extras**

There will not be any credits given for unused tickets, massages or other items included in the entry fee. You may order additional meals tickets, massages, crew shirts, swim escort, escort craft, etc. with the Official Invitation.

### **Waitlist Process**

Athletes who do not receive an invitation to participate in the event may request inclusion on the waitlist. Athletes on the waitlist will be selected, at the discretion of the Application Review Committee, to replace withdrawing participants.

### **For more information contact:**

Event Coordinator – Mel Kemp | 0404 748 240