



Celebrate  
what's  
great!



## Triathlon Rules and Other Information

Triathlon consists of a 200m swim, 2km run and 2km bike ride.

Teams must either consist of:

- a) Three participants; one participant per category. Mixed gender is acceptable.
- b) Solo entrants who take part in each category

There will be two different categories for the Triathlon.

- a) Adults
- b) Juniors (Ages 12-18). N.B. No solo entrants

The swim starts at Tennant Creek Swimming Pool, swimming eight lengths (200m). The run and bike ride will consist of 2km each around the block. Participants in both the bike ride and run will turn right out of the swimming pool on to Ambrose Street, where they continue along until the intersection, turning right on to Stuart Street. Participants then follow the road around, turning right on to Perry Drive, and then right on to Peko Road before the final turn into the carpark of the swimming pool and finish at the entrance.

Team members must wear gears appropriate for their assigned task. Swimming goggles can be worn by the swimmer. Proper running shoes must be worn by the runner. The team will supply their own bike and helmet, and enclosed shoes must be worn by the bike rider.

Since this is a strenuous activity, this will be the first event of the day, starting at 6am sharp. St John personnel/s will be available during this event in case of emergencies.

Traffic management will be in place to block roads from traffic and ensure the safety of participants.

Each member should read and understand the 'Assumption of Risks, Complete Release of Liability and Water/Swimming Activities Waiver'. Each member will be provided with the waiver and is required to affix their signature as a sign of acceptance.