



Norseman Triathlon

Saturday 14th February 2009 (5pm)

Municipal Pool, Ramsay St, Norseman

Individual and Team Entries taken - \$20 per individual -\$30 per team

Distance	Short Course	300m Swim	10km Cycle	4km Run
	Long Course	1km Swim	30km Cycle	8km Run

INDIVIDUAL ENTRY **Long / short** (circle a selection)

Name _____
Contact No. _____
Email (if not on club list) _____

TEAM ENTRY

Name of team _____
Swimmer _____
Cyclist _____
Runner _____
Team Contact _____ Phone Number _____
Email (if not on club list) _____

Please email entry to: kalgoorlieautosales@bigpond.com.au
Or post to PO Box 4664 Kalgoorlie WA 6430
Or Phone Stephen Gibson on 0411 884 058
Payment can be made on the day

Sanctioned by Triathlon WA, a member of Triathlon Australia



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Saturday 14th February 2009

Municipal Pool, Ramsay St, Norseman

Entry Fee:	\$20 per individual \$30 per team
Race Briefing:	4:30pm
Race Start:	5:00pm (sharp)
Distances Short:	300m Swim 10Km Cycle 4Km Run
Long:	1km Swim 30km Cycle 8km Run
Categories:	Individual Men Individual Women Teams

Race Rules and Safety

- No paddles, fins, snorkels or flotation devices
- All cycling competitors to wear a hard shell helmet. Helmets must remain securely fastened from before commencing cycling leg until after ceasing movement.
- Wetsuits may be worn if water temperature is below 25 degrees
- Competitors are individually responsible for following traffic laws at all times
- Competitors must follow the directions of all course marshals or race officials.

We encourage you to check your bike and safety equipment prior to competing as our marshals will be inspecting bikes and helmets before the race. Below is a list of the race rules regarding bikes.

Triathlon Bike Checklist

- The bike must be in a roadworthy condition
- Seat must be done up and not move side to side or up and down
- Front and rear brakes must be in working order
- Handlebars must be secure and not able to move up and down. The bars must be taped or have a handlebar bung on it. No open tubes will be allowed
- Tyres must be pumped up.
- Chain must be tight so that it won't fall off
- Helmet must be secure. No helmet no ride.

Enquiries Stephen Gibson 0411 884 058