

## GAMES INFORMATION

Please read if entering the Games

### Celebrations

**Games Awards Dinner** will be held Monday March 19 from 6.30pm at the Establishment. Dinner features special guests presenting the Corporate Awards and cost TBC.

### Eligibility

Entrants may represent only ONE organisation in the Games. Entrants do not have to be employed by the organisation represented.

### Age Classes

The Official Games Age of an entrant is their age on Dec 31 of the Games year. You can not enter more than one Age Class in an event.

### Limited Entries

The Games reserves the right to place entrants into another Age Class to ensure play. However only medals and points from the original class entered will be awarded.

### Insurance

Entry fee does not include **Personal Accident Insurance**. It is up to each participant to have their own insurance that covers them in the event of an injury.

If an entrant is responsible for the breakage of equipment at a Games Venue they will be required to pay for the repair or replacement of the equipment. The NSW Corporate Games holds third party public liability insurance only.

### Entry Changes

**Replacement or Changes** after March 2 are at the discretion of the Games and subject to a \$25 fee per change.

**Withdrawals and Refunds** before March 2 refunds are minus \$25 per person, after March 2 no refund. Withdrawals must be on a Games Form.

### Weather

Adverse weather conditions may cause modifications to or cancellation of events. No refunds are made.

### Entry Confirmation

Confirmation will be posted to each entrant, only after a complete Entry has been received by the Games with full payment.

### Start Times & Draws

Unofficial Draws with start times are available from the Games website ONE week before the Games. Official Draws are only available from a Games SuperCentre.

### Games Registration

**Registering in person before competing is compulsory.** To register, each entrant is required to bring their Entry Confirmation, with photo attached, to a Games SuperCentre and sign a Waiver of Liability, collect their Official Start Times and Games Programme, and be issued their validated Games ID.

Games SuperCentres for registration will be located in Sydney from Friday March 9 to Sunday March 18. Exact times and locations will be sent with Entry Confirmation.

### Games ID Card

Before competing each person must have their Games ID Card validated by Registering, see Games Registration. This can't be done at the Sport Venue Control Desk.

**NO CARD NO COMPETITION!** Before competing entrants must present their validated Games ID Card and be able to show personal photo ID if asked by a Games Official. Don't forget either piece of identification.

You may only compete in events and on teams specified on your Games ID Card. NO new entries or swapping of events or team members at the Sport Venue is allowed.

### Sport Venue Check-in

Entrants must be at the Sport Venue **45mins** before their **first** scheduled Official Start Time and must report to Sport Venue Control at least **30mins** prior. Failure to do so may result in a forfeit.

Call **131 500 or sydneybuses.info** for Information on accessing Games Venues by public transport

### Health Services

In the case of an emergency requiring medical attention, contact the nearest Games Official. A medical team which may include Red Cross, physiotherapists or sports trainers will be available at most sport venues.

### Appeals

There is no appeal against the decision of a match official. Appeals relating to other aspects of play or Games rules are adjudicated by the Sport Coordinator. Appeals must be submitted in writing by the Team Captain, to the Sport Coordinator within 15 minutes of the end of the match in question.

### Code of Conduct

Any team/entrant who displays unreasonable behaviour in the opinion of officials or the Sport Coordinator before, during, or after a competition may be disqualified.

### Results

Official Results will be available on March 20 after the Games Awards Dinner from the Games website at [www.corporategames.net.au/nsw](http://www.corporategames.net.au/nsw)

### Post Entry Form to

*NSW Corporate Games*  
PO Box 887  
St Ives NSW 2075  
Australia

### Enter & Pay Online at

[www.corporategames.net.au/nsw](http://www.corporategames.net.au/nsw)

### Games Contact Details

Tel **02 9440 4847**  
Tel 1300 727 194  
Fax 02 9440 4768  
[nswcorporategames@australiandiabetescouncil.com](mailto:nswcorporategames@australiandiabetescouncil.com)



# Triathlon

CHAMPIONSHIP



## SPORT ENTRY INFORMATION

Please read if entering Triathlon

### Date

**SUNDAY March 18 • START 7:00am • day**  
Schedule may change

### Sport Coordinator

**Vinnie Sedgwick**

### Sport Venue

**Botany Bay National Park, Solander Drive Kurnell**

### Events

#### INDIVIDUAL WOMEN & MEN

**-30 • 30-39 • 40-49 • 50-59 • 60+**

#### TRIAD TEAM WOMEN, MEN & MIXED

**Open**

Determined by age as of 31 December 2012

There are 5 Age Categories in Triathlon

**-30 • 30-39 • 40-49 • 50-59 • 60+**

### Entry Fee

**\$70** per participant including GST.

**\$40** per participant for Triad Team Relay including GST

Entry must be with full payment and at the NSW Corporate Games Office by deadline. NO part payments accepted for this team entry.

### Entry Deadlines

**Guaranteed Entry Deadline** February 3

Only complete Entries with payment are guaranteed

**Final Entry Deadline** February 17

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

### Format

Swim 500m, Cycle 15km, Run 5k

### Triad Team Relay

A Triad Team Relay consists of 3 persons each completing one element of the event - Swim Cycle or Run. Each team member can only compete one leg. All Triad Relay Team members must enter on the same Entry Form.

Competitors can not enter in both the Triad Relay and the Individual Triathlon.

### Rules

TA as adapted for the Corporate Games

### Equipment

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

Bike to be supplied by competitor. Have your bike checked prior to the event.

### Uniform

Clothing must be worn on upper torso for run and bike

Triathlon wetsuit may be worn on swim leg if water temperature is less than 24 degrees, but isn't compulsory

Shoes must be worn for the run leg.

### Fee Payments

Fees are payable to **Australian Diabetes Council**, by Money Order, Cheque, or Credit Card

We accept Visa, MasterCard and American Express.

### Start

#### Schedule:

Check In from 5:30am - 6:45am

Race Briefing 6:45am at start line

Start Time 7:00am

### Results

Medal presentation will follow the finish of the event

Timing – All competitors will be issued with a timing tag which must be worn on the left ankle. Times will be recorded for each leg of the event for every competitor. Upon crossing the finish line all timing tags must be handed to an event official.

Complete results will be available at [www.corporategames.net.au/nsw](http://www.corporategames.net.au/nsw).



## Triathlon Information

This information must be read in conjunction with "Sport Entry Forms and Profile" and "Games Information"  
Details are subject to change please contact the NSW *Corporate Games* Office for the most recent information.

## Triathlon 500m Swim / 15k Cycle / 5k Run Distances are approximate

### Schedule

**Venue** Botany Bay National Park, Kurnell

**Date** Sunday March 18

**Sport Venue Control** Registration Area inside Botany Bay National Park

**Venue Check In from** 5.30am - 6.45am

**Race Briefing** 6.45am

**Start Time** 7:00am

### Course Details

#### Check-In at 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 bike leg on the back and the run leg on the front and be visible through out race. Your timing tag must be worn on your left ankle.

Race belts are permitted

Triathlon Relay Teams must check-in together – i.e. all 3 at once!

#### Security

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

#### Triathlon Team

Teams must tag their member at their bike rack. Each team member completes only leg (swim / bike or run) of the Triathlon.

#### The Swim

The 500m Swim in the waters of Botany Bay is a beach start just west of the Captain Cook Monument (see map) The waters of the bay are generally calm and watched over by a very experienced water safety crew. The first wave of the event (and note that wave starts will take approximately 25-30 minutes from first to last wave) will commence sharp at 7:00am and you should be ready to race 15 minutes before this time when the Transition area will be closed by the event Technical Officials.

#### The Cycle

The 15km Cycle is a 1 lap out and back course starting within the grounds of Kamay Botany Bay National Park. The course goes along Captain Cook Drive to a well marked turnaround and then returns back along Captain Cook Drive re-entering the National Park and proceeding into the transition area, just behind the Parks Administration offices.

#### The Run

The 5km Run is a 3-lap course utilising sealed paths and grass trails within the beautiful surrounds of the Botany Bay National Park.

#### Finish

Medal presentation will follow the finish of the event.

Timing – All competitors will be issued with a timing tag which must be worn on the left ankle. Times will be recorded for each leg of the event for every competitor. Upon crossing the finish line all timing tags must be handed to an event official.

Complete results will be available at [www.corporategames.net.au/nsw](http://www.corporategames.net.au/nsw).

#### Venue Parking

Parking is at the 'cricket pitch' inside the National Park, but note that space is limited to around 250 vehicles - so park carefully and as instructed.

Some parking is available bayside, outside the park with a 750m walk (or ride) in. Please be aware of the parking restrictions.

Please arrive early, and be patient as you find parking

PLEASE try to car pool as the Botany Bay National Park has very few parking areas and less so if the weather is wet.

Council and Park Rangers will patrol all Kurnell streets to book anyone parking in the wrong place.



**TRIAD RELAY TEAM**

A Triad Relay Team consists of 3 persons each completing one element of the event. Swim Cycle or Run.  
A team member can only compete in one leg.  
All Triad Relay Team members must enter on the same Entry Form and must represent the same organisation.  
Competitors can not enter in both the Triad Relay and the Individual Triathlon.

**NAME 1 is TEAM CAPTAIN** if this is a **Triad Team Entry**

Enter your Triad team name below

**TRIAD TEAM RELAY NAME**

Grid of 14 empty boxes for the Triad Team Relay Name.

**HOW TO ENTER**

Insert your Event Numbers (from the front page) for the Events you wish to enter under your details below.

**NAME 1**

First Name: [Grid of 10 boxes] Last Name: [Grid of 15 boxes]

BIRTHDAY (Required): Day [2 boxes], Month [2 boxes], Year [2 boxes], SEX [1 box] EMAIL ADDRESS: [Long horizontal box]

MAILING ADDRESS Post Box or Street: [Grid of 20 boxes] DAY PHONE Code and Number: [Grid of 8 boxes]

Suburb or City: [Grid of 15 boxes] State/Territory: [2 boxes] Postcode: [4 boxes]

**INSERT YOUR INDIVIDUAL EVENT NUMBER** [Grid of 4 boxes]  
Event Numbers found on Front Page

**INSERT YOUR TRIAD TEAM EVENT NUMBER** [Grid of 4 boxes]

**NAME 2**

First Name: [Grid of 10 boxes] Last Name: [Grid of 15 boxes]

BIRTHDAY (Required): Day [2 boxes], Month [2 boxes], Year [2 boxes], SEX [1 box] EMAIL ADDRESS: [Long horizontal box]

MAILING ADDRESS Post Box or Street: [Grid of 20 boxes] DAY PHONE Code and Number: [Grid of 8 boxes]

Suburb or City: [Grid of 15 boxes] State/Territory: [2 boxes] Postcode: [4 boxes]

**INSERT YOUR INDIVIDUAL EVENT NUMBER** [Grid of 4 boxes]  
Event Numbers found on Front Page

**INSERT YOUR TRIAD TEAM EVENT NUMBER** [Grid of 4 boxes]

**NAME 3**

First Name: [Grid of 10 boxes] Last Name: [Grid of 15 boxes]

BIRTHDAY (Required): Day [2 boxes], Month [2 boxes], Year [2 boxes], SEX [1 box] EMAIL ADDRESS: [Long horizontal box]

MAILING ADDRESS Post Box or Street: [Grid of 20 boxes] DAY PHONE Code and Number: [Grid of 8 boxes]

Suburb or City: [Grid of 15 boxes] State/Territory: [2 boxes] Postcode: [4 boxes]

**INSERT YOUR INDIVIDUAL EVENT NUMBER** [Grid of 4 boxes]  
Event Numbers found on Front Page

**INSERT YOUR TRIAD TEAM EVENT NUMBER** [Grid of 4 boxes]