



CITY OF ROCKINGHAM TRIATHLON

ELITE DRAFT LEGAL RACE

14 JANUARY 2018



NOTES:

Check in for Draft Legal Race will be strictly 9.00am to 9.30am. If you miss this time, you miss the race.

When racking your bike, BE COURTEOUS of other athletes who are completing their event. Provide the same respect to them as you wish to receive in return.

Briefing will be at 9.35am on the beach.

Starting time will be APPROXIMATELY 9.50am. To ensure you have a quality race, we must wait for the last age groupers to clear the course. An update of starting times will be provided at the briefing.

It is the individual athletes responsibility to know the course and the rules of the event (including Triathlon Australia Draft Legal Rules.

- Swim Course**
750m - 1 Lap
- Bike Course**
20km - 4 Laps
- Run Course**
5km - 4 Laps