



2021 FINAL RACE INSTRUCTIONS

Dear Competitors

Due to the recent Covid-19 Pandemic, we ask you to please read and adhere to the below regulations at all times while participating in the TinMan event. Failure to adhere to these regulations could shutdown our events or have other unfortunate consequences.

1. Please wear a mask from when you arrive until you are at the swim start. We suggest you use a fabric mask and put it into your back pocket or under your trisuit while racing. You will be required to put a mask back on at the finish-line. So please ensure you race with one on you.
2. Please use the Sanitizing stations provided when entering and using event equipment.
3. Please ensure you print off and complete the COVID Form below and bring with you to registration. NO App to be used.

SPECIFIC RACE PACK COLLECTION TIMES: (STRICTLY ADHERED TO)

VENUE: SUNCOAST SUNDECK - BIKE RACKING (SAME TIME) @ ENTRANCE TO THE TRANSITION

- 10km Run: 5:45am to 6:15am
- Mini: 5:45am to 6:15am
- Sprint: 6:15am to 6:45am
- All Challenge Races: 6:45am to 7:15am

Bike Racking will be at the same time as registration. Once you register, you enter the transition directly from registration - secure area.

PLEASE DO NOT COME OUTSIDE YOUR ALLOCATED TIMES, YOU WILL NOT BE ALLOWED IN.
NO LATE ENTRIES ARE AVAILABLE. **Please note NO Goodie Bags are supplied for this event.**

NEW TIMING TEAM: We have moved our race timing to Elite Timing. You will not need a ankle chip, but you **MUST** wear your Race number on the Bike and the Run. You will get overall Times (Start & Finish) and not individual Transition, Run, swim, Cycle Times. Please make sure you wear your Race number for identification.

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RACE NUMBERS: Due to the continuous pollution of our beautiful Planet, we use reusable race numbers for our TinMan Series. **PLEASE DO NOT CUT OR ALTER YOUR RACE NUMBER IN ANYWAY. WE REUSE ALL RACE NUMBERS. SO PLEASE REMEMBER TO HAND IT IN AT THE FINISH.** PLEASE also ensure that your Race number given to you at registration is attached to the front of you (if pinned on) alternatively you can utilise a Race Belt and move it as required - Back for the Bike and Front for the Run.

RACE BRIEFING – 5min before your swim start at your swim start area.

SWIM START: All Triathletes will be swimming at Suncoast beach.

ROAD CLOSURE: There will be FULL road closure for all events. **Please note that along the Promenade, there will be Public walking, all athletes are to be respectful and careful while cycling along this section.**

START TIMES (STRICTLY ADHERED TO)
PLEASE START AS PER YOUR START BATCH ALLOCATED DURING YOUR ONLINE ENTRY.

- 10km Run: 6:45 Start (Mass start)
- Mini: 6:55am (Mass start)
- Sprint: 7:20am (Mass Start)
- Challenge Races: 7:45am (Tri & Du - Mass Starts) (Duathlon starts on the Promenade)

WETSUITS: Wetsuits will be allowed for all the events.

DRAFTING: The event is NON Drafting. BUT NO Time Trial Bikes are allowed under any circumstances, this is a new COVID-19 Regulation.

CUT OFF TIME: Cut off applies to the CHALLENGE Tri only: 3.5hrs

SWIM CAPS: Competitors must provide their own swim caps.

TRANSITION BAGS & EQUIPMENT: Equipment will be allowed to be kept in the transition. Please keep it neatly next to your bike.

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BIKE LAPS: MINI TRI x 1 lap / SPRINT x 4 laps (approx. 22km) / CHALLENGE x 8 Laps (approx. 41km)

WATER TABLES: There will be NO Water Tables on the Bike route. There will be two water tables on the 5km Lap Run route.

RUN LAPS:

- **MINI TRI** 2.5KM – out and back LAP (South towards Ushaka)
- **SPRINT TRI** 1 X 5KM Out and back LAP (South towards Ushaka)
- **CHALLENGE TRI** 2 X 5KM Out and back LAPS (South towards Ushaka)
- **CHALLENGE DU** 2 x 5km & 1 x 5km LAP (South towards Ushaka)

32GI WATER TABLES & FINISH: There will be 32Gi Sachets and Water in Cups for competitors during the Run route.

PRIZE GIVING: NO PRIZES or PRIZE GIVING DUE TO COVID-19 REGULATIONS. Lucky Draw prizes will be handed out randomly on the finish line during the day.

PLEASE DOWNLOAD THIS COVID-19 HEALTH FORM, COMPLETE AND BRING TO REGISTRATION:

[CLICK HERE](#)

Good luck with your event, have fun and see you on the finish-line!

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