



## 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.

### REGISTRATION TIMES: (STRICTLY ADHERED TO)

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

- 10km Run & Challenge Duathlon: 5:45am to 6:15am
- Mini: 5:45am to 6:15am
- Sprint: 6:15am to 6:45am
- Challenge Tri: 6:30am to 7am

**Bike Racking will be at the same time as registration. Once you register, you then enter the transition directly from registration – It is a 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.**

### TIMING TEAM:

Elite Timing will be doing your 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) Please make sure you wear your Race number for identification.

**RACE NUMBERS:** Due to the continuous pollution of our beautiful Planet, we use reusable race numbers for our TinMan Series. **SO PLEASE REMEMBER TO HAND IT IN AT THE FINISH.**

**RACE BRIEFING** – 5min before your Race start at your race start area (Beach or Promenade)

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**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:**

- 10km Run & Challenge Duathlon: 6:50 Start (Mass start) (Duathlon starts on the Promenade)
- Mini Tri: 7am (Mass start)
- Sprint: 7:15am (Mass Start)
- Challenge Tri: 7:35am (Mass Start)

**WETSUITS:** Wetsuits will be allowed for all the events.

**DRAFTING:** The event is Draft legal. NO Time Trial Bikes are allowed under any circumstances. **Females may NOT draft the males and Males may NOT draft the females.**

**CUT OFF TIME:** Cut off applies to the CHALLENGE Tri only: 3.5hrs (11am sharp)

**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.

**BIKE LAPS: MINI TRI x 1 lap / SPRINT x 4 laps (approx. 22km) / CHALLENGE x 8 Laps (approx. 42km)**

**WATER TABLES:** There will be NO Water Tables on the Bike route. There will be two water tables on the 5km Lap Run route (Both Turn Points)

**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. The R3000.00 Prize Money carried over from the Special Edition race has been moved to the TinMan Series final on the 21<sup>st</sup> November.

**PLEASE DOWNLOAD THE COVID-19 HEALTH FORM, COMPLETE AND BRING TO REGISTRATION: [CLICK HERE](#)**

*Good luck, have fun and see you on the finish-line!*

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