



Competitor Race Booklet

FEED YOUR SENSE OF ADVENTURE!

The Southern Barossa will cement its place as the adventure playground of the Barossa region when it hosts a premium-class triathlon event near Williamstown on **Sunday October 16.**

The inaugural event, known as the **Reservoir Outdoor Adventure Race - or ROAR** - will see adventurers, fitness fanatics and weekend warriors of all ages converge on Mt Crawford Forest and the Warren Reservoir for a world-class triathlon which is expected to attract the sport's elite - those who aspire to take their triathlon skills to a new and exciting level - and younger athletes and families who just want to 'come and try' the sport and enjoy the Southern Barossa's adventurous outdoors.

The event, supported by the SA Government, SA Water, Forestry SA, The Barossa Council and the Southern Barossa Alliance will see a race of the three triathlon disciplines - Kayak, mountain biking and trail running over a range of distances to suit and challenge adventurers of all abilities.

Check out details of the event on this website. Here you can find details of how to get to the course and how families can participate! <https://www.roarbarossa.com.au/>

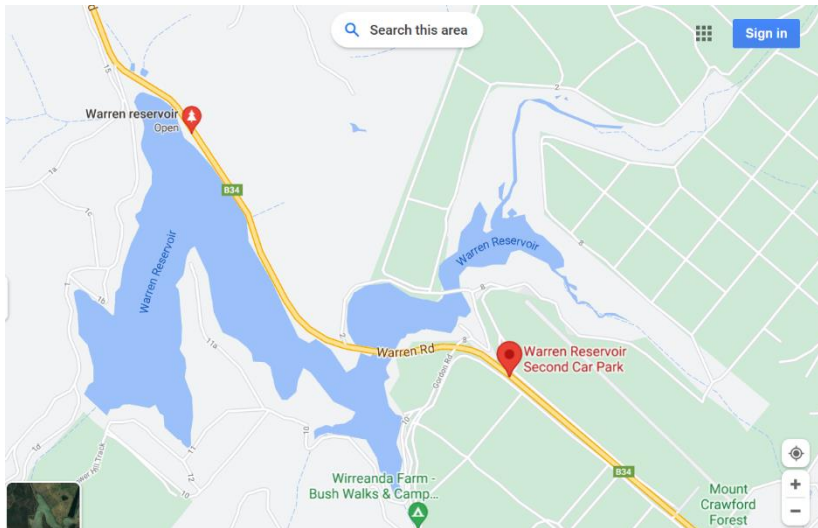
We look forward to welcoming all at our **Reservoir Outdoor Adventure Race!**

Come and ROAR with us...!

1. Event Schedule

| What | When | Where |
|--|------------------|--|
| Transition Open | 6.45am | Warren Reservoir Hub Second Carpark ROAR Hub |
| Race check-in | 6.45am | |
| Transition closes for Elite | 8.30am | |
| Compulsory Race Briefing for Elite and intermediate categories | 8.30am | |
| Acknowledgment to Country & | 8.40am | |
| First Wave Long Group 1-20 | 9.00am | |
| Transition closes for Intermediate | 9.00am | |
| Second Wave Long Group 21 - 40 | 9.05am | |
| First Wave Medium 1 - 20 | 9.15am | |
| Second Wave Medium 1 - 20 | 9.20am | |
| Transition closes for Novice | 9.30am | |
| Race briefing for novice | 9.35am | |
| Novice Start | 10.00am | |
| First Finishers | 11.30am – 1.00pm | |
| Medal Presentation | 12.30 | |

2. Location



Location of the event is warren reservoir second carpark. Entry to the carpark is via warren road. Traffic management will be in place on the day

<https://www.reservoirs.sa.gov.au/reservoirs/warren>

<https://southaustralia.com/destinations/barossa/places/williamstown>



Leg 1: _____ Kayak

Leg 2: _____ Mountain Bike

Leg 3: _____ Trail Run

3. Parking

- Enter the Warren Reservoir second car park and you will be directed to the event parking area following the one way entry/exit loop. Please complete COVID registration and race registration after parking and then transfer your kayaks to the launch site and your bikes to Transition 1. On departure, please comply with one way road loop.
- There will be no parking available along Warren Road

4. Covid Management

- We recommend wearing a mask when queuing at the Hub entrance and completing race registration.
- Contact Tracing is compulsory, please check in using by scanning the QR Code or manually checking in at the entrance to the ROAR Hub. Please show your green tick to our volunteer.
- Do not enter if you are unwell or are required to quarantine.
- Socially distancing is required please stay 1.5 metres from others not in your group.
- Regularly wash or sanitise your hands.

5. Reservoir Rules and Regulations

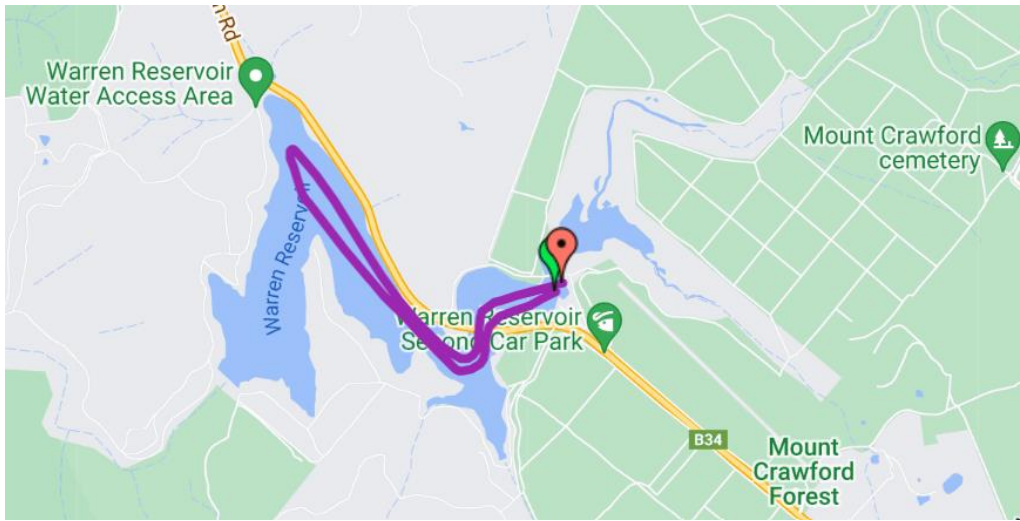
- For all rules and regulations please go to <https://www.reservoirs.sa.gov.au/conditions-of-entry>
- Key rules to note are:
 - No dogs allowed (assistant dogs excepted)
 - No swimming or wading above the knees in the Reservoir
 - Please take your rubbish or use the bins provided on the day

6. Course description

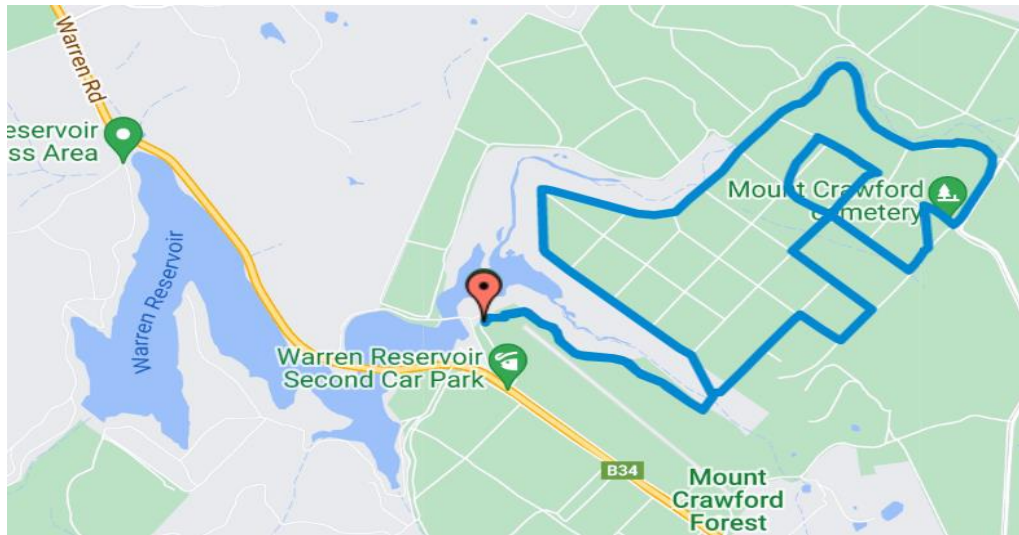
- **Kayak**
 - 2 laps of a 3.5km kayak course on the Warren Reservoir in a clockwise direction. Buoys will be marked out on the course on the day. There will be multiple wave starts for competitors
 - Run to transition will be gravel
- **Bike**
 - The bike course is a 10km course around the Mount Crawford Forest and is undulations and mixed track surface and aims to suit all abilities.
- **Run**
 - The Run leg is a 1 lap out and back run with turn around points for each distance

7. Course Maps

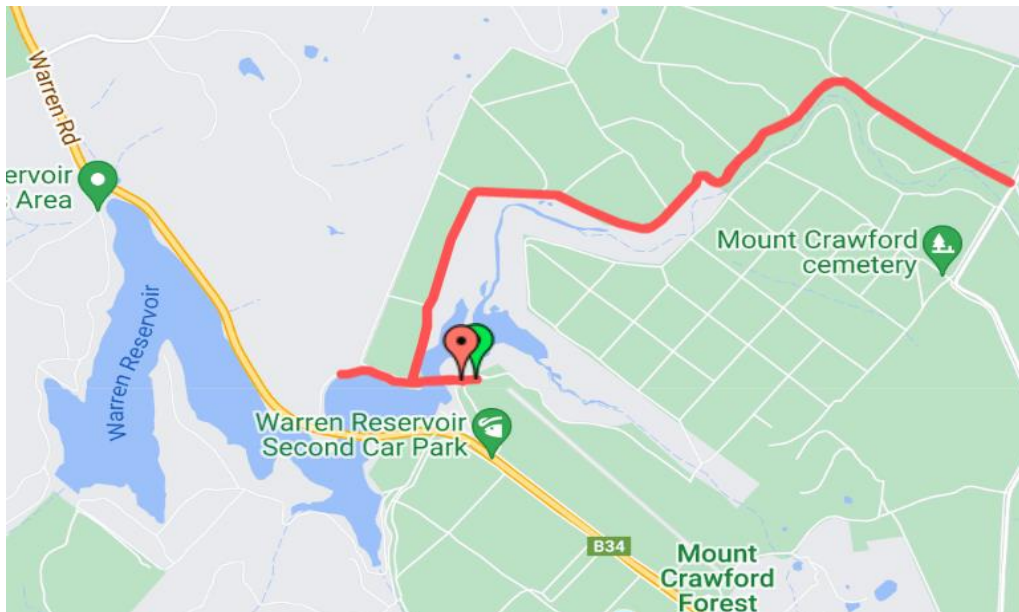
- Kayak



- MTB



- Trail Run



8. Other events on the day

- Coffee van will be available on the day
- A BBQ will be available on the day include egg and bacon sandwiches, sausage and bread, Steak sandwiches.

9. Competitors

- **Categories**
 - Top 3 overall placed male and females in each distance will be presented with medals at the presentation on the day.
- **Age limits**
 - ALL age groups are calculated as of 31/12/2020.
 - Minimum age being 14 years and over
- **Race numbers**
 - Race bibs will be required on the Kayak, bike and Run leg
 - Race numbers must not be altered in any way, and must be displayed either on race belts or may be pinned to the front if competing in a team event.
 - The race belt must be worn so that it displays the number to the front during the run leg. Numbers must not be worn on the hip or occluded by clothing.
 - Ensure that your race number is firmly secured so that it does not become detached from race belt toggles.
 - For teams, race bib must be past on to the next team member and displayed as per above

10. Medical

- Medical assistance will be available to you at the transition hub with people patrolling the course.
- Transport via ambulance may incur costs if you are not covered through your own personal insurance.
- Aid given by medical personnel is not considered “outside assistance”, and therefore does not result in disqualification
- **Medical/fitness waiver**
 - As a registered competitor, you have accepted the ‘Conditions of Entry’, and the ‘Event Waiver’. This is a legal form, and affects your rights, so it is important that you read and understand ALL sections.
 - As part of your entry you agree that your physical condition is capable of the distance and intensity of the event without risk to your health, and will be verified if necessary by a registered medical practitioner.
 - If you have developed a medical condition since registering for the event, please notify the race organizers.

11. Rules for families/friends and supporters

- Do not cycle, drive, or run beside a competitor on any part of the course. If you do, they may be disqualified.
- Do not pass a competitor anything during the event, including food and drink.
- Do not assist a competitor during the event. There are mobile medicos and marshals that will be on and patrolling the course. Calling for help will ensure that the competitor can continue the race if they are able.
- Do encourage and cheer on all competitors – not everyone is lucky enough to have family and friends around, and it can give athletes a real boost and will be enormously appreciated.
- Do make sure you keep yourselves hydrated and well-nourished – supporting can be exhausting!

12. Outside assistance

- Outside assistance of any kind is seen as a breach of the rules, and may result in disqualification from the race.
- Officials at aid stations, course marshals, and police have the authority to report outside assistance to the Race Referee.
- There are sufficient viewing areas on the swim, bike, and run legs for your family, friends, coach, and supporters to see you during the race. It is totally unacceptable for anyone to be running, walking, or driving beside you.
- It may result in disqualification.

13. Timing and race results

- **Timing chips**
 - Electronic Transponder Timing will be used to record your finish time
 - You will be allocated a race number and Velcro transponder timing band with the same number. Please check & tell registration staff if the numbers don't match.
 - Wear your race number so it is visible on your front when you are finishing
 - Wear the band on your LEFT ANKLE (NOT WRIST!) so the blue housing is vertical and number facing out. Only the runner in relay teams needs to wear the band
 - Make sure the Velcro has gripped firmly & no part of the end is sticking up. If you can, slide the blue plastic housing over the end of the Velcro strap so it cannot lift up. Put your finger between the band and your ankle and pull hard to check you have the Velcro the right way around. If it falls off during your race you must stop to pick it up.
 - Make sure you start in the race you have entered. Tell registration staff if you have changed.
 - The transponder is activated, and your race time will be recorded when you step on the finish timing mat, therefore in a tight finish the winner will be whoever's transponder is detected by the timing mat first
 - Transponder timing bands must be handed in at the finish line. If you do not finish, notify finish chute officials, and return your timing band to them

- **Race results**

- Official race results will be available on <https://www.roarbarossa.com.au/> following the event. Provisional results will be available following the race and used for provisional placing's at presentations. Provisional placing will also be provided on our ROAR Barossa facebook page following the end of your race.

14. Official photos

- We will have a number of people taking photos on the day. When you see them, please smile, we want to capture your day as much as possible.

15. Merchandise and souvenirs

- A small amount of souvenir and Merchandise will be available on the day. As a competitor enters across the finish line, they will receive a gift bag containing a souvenir to take home.

16. Cut off times

- All race competitors will need to be finished and off the course by 1.30pm

17. Lost property

- A bag drop area will be located near the registration/check-in tent
- Please label all property to be left in the bag drop area with your name and race number. We recommend using zippered bag to put your gear in, so that items do not fall out.
- Every attempt is made to return property when it is lost, but this cannot be ensured – so please try not to lose it in the first place. For lost property issues, contact

18. Registrations

- Please complete the race registration prior to event day, present the completed event waiver form and collect your race bibs AND TIMING BAND at the Registration booth adjacent to the ROAR Hub entrance.
- Compulsory Check-in will be required the morning of the event. Please see the race schedule for check-in times.
- You will receive race bibs upon check-in
- You must register before you check your bike into transition.
- You must have your race bib number to gain entry to the transition area on race day.
- Teams: All individuals in team will receive a separate race bib.
- Teams will be provided with a timing chip that they must pass on at the transition points

19. Presentations and awards

- Awards and presentations for the ROAR will be conducted at around 12.30pm on the day
- We will get presentations underway as close to this time as possible dependant on competitor finishing times.

20. Race check-in and setup

- **Bike check-in**
 - Bike check-in will be on race morning from 6.45am
 - Competitors only will be allowed into the secured area. Race bib is your entry to this area.
 - You should arrive at transition with your bike in safe working order.
 - Find a place suitable for your bike. We have allowed 3 bikes to fit per rack
 - Once you have racked your bike, it cannot be removed until the start of the race.
 - Any bicycles placed in the transition area prior to opening will be removed.

- **Bike and helmet check-in**

- Officials may be carrying out visual inspections of bikes and helmets as you enter transition on the Saturday morning. This is a visual inspection of obvious defects and does not guarantee roadworthiness or guarantee against breakdown during the race.
- It is your sole responsibility to ensure the mechanical and safe operation of your bike prior to, and during the race.

21. Race rules

- Race organizers will follow Triathlon Australia rules as stated in this booklet and on the TA website (effective from 1 July 2017):
<http://www.triathlon.org.au/Assets/Triathlon+Australia+Digital+Assets/Resources/Technical/TA+Race+Competition+Rules.pdf> If you have any queries regarding any aspects of competing or any of the rules, please discuss with Technical Officials in the transition area prior to the race.
- **Kayak safety**
 - All paddlers must wear a **PFD's** – A correctly fitted Type 50 or 50S PFD's that has an AS Approval must be worn at all times whilst on the water
 - **Leg Rope** – all ski's – including Surf Ski's and Ocean Racking Ski's will require a leg rope to be fitted and used in addition to the standard compulsory equipment.
 - The Kayak leg will be patrolled by craft to ensure the safety of competitors.
 - In the event of a capsize; at least one passing paddler/crew must stop to render assistance *and not proceed until the capsized craft paddler/s is/are back in the craft and underway.*
 - If you require assistance during the Kayak leg, please raise your hand to alert water safety officers to come to your aid.
- **Team procedures**
 - All change-overs must occur in the transition area
 - When the Kayaker enters the transition area, they must hand over the timing chip to the biker before the bike is removed from the rack. The biker will be standing next to the bike
 - The change-over from biker to runner must occur after the bike has been racked after entering the transition area. The runner must receive the timing chip from the biker before leaving the transition area.
 - At the conclusion of each change team members can move out of transition
- **Race numbers**
 - You will be given race numbers at check-in on the day. These need to be worn during the race:
 - Race bib – (secured using either race belt or safety pins) at the back on the bike and front for the run leg.
 - Failure to not wear the bib may result in disqualification.
- **Transition rules**
 - You must not take your bike from the rack until you have your helmet securely fastened. You may then walk/run your bike to the 'Mount' line at the beginning of the bike course.

- When you reach the bike finish chute, you must dismount at the line to proceed with your bike to your rack. Your helmet must remain securely fastened until you have racked your bike
- **Bike course rules**
 - Competitors riding bikes have right of way over competitors pushing bikes. Competitors pushing bikes must allow right of way, and not impede competitors who are riding.
 - Competitors must act in a polite manner at all times and permit any faster rider to overtake without deliberately obstructing. In multi lap races slower riders must allow right of way to riders who are lapping them. The overtaking rider should indicate the side they intend passing on.
 - Competitors who have ridden an obstacle have right of way over competitors re-entering the course from a marked alternative line.
 - Failure to observe rules will result in a penalty.
- **TA rule infringements**
 - At all times you must follow the directions of the Technical Officer.
 - An Official will advise a competitor of the reason for any infringement issued if required.
 - It is the competitor's responsibility to check what the infringement is, as well as the nature of the penalty.
 - If you receive either a Blue or Red card for any infringement, you must follow the directions of the officer. You may still complete the event and await the verdict of the Race Referee at the end of the event.
 - Two blue card [minor] infringements may result in disqualification. The competitor may complete the event, and the Race Referee will decide at the conclusion of the event whether disqualification is warranted.
 - Rule violations will incur a Red card. The competitor may still complete the event, and the Race Referee will rule on the infringement at the conclusion of the event to decide whether it warrants disqualification.
 - Behaviour that is a rule violation and may incur a red card includes: discarding of rubbish/equipment; not completing the entire course; using a mobile phone or MP3 player; failure to follow a TO's instructions; offensive behaviour such as nudity or public toileting; external assistance; and abusive or violent behaviour.

22. Pre race athlete and team briefing

- There will be two athlete briefings, the first at 8.30am on Saturday near the run transition area. This will involve a brief explanation of the course, any issues to be aware of, and rules for the event.

23. Aid Stations

- There will be no aid stations on the bike leg and will be a total of 3 aid stations during the run leg, situated at each of the run turn around points for each distance with water available. Please be courteous to the volunteers working at these stations. Ultimately, it is your responsibility to ensure that you pick up what you want.

24. Environmental issues

- Please use garbage bins where available. Do not leave your empty wrappers or rubbish on the course.
- In the finish area and around the central hub, there will be bins available for the recycling of empty cans and bottles that denote the 10c refund logo.

25. Manual Timing

- All competitors will be timed start to finish
- It is important that you have your race bib facing to the front when you cross the finish line, or your manual finish time may not be recorded.

26. Toilets

- Toilets will be located in the hub area and near transition

27. Collection of bikes and bags

- Bikes and gear can be collected from transition shortly after the end of the bike cut-off time.
- Bags can be collected from the bag drop area near the check-in tent at any time by showing your bib number.

28. Course maps

- Course maps are available on the ROAR website, and at the Check-in tent on race morning.

29. Contingency plans

- Contingency planning will be put into place at the discretion of the Race Committee in consultation with the Race Director.
- We have an adverse weather policy to cover high temperatures, flood, and gale force conditions.
- Contingency planning will be available on the ROAR website and Facebook for competitors to check in the event that whether conditions look unfavourable.
- In the event that there is a full fire band day on race day the race will be rescheduled.

30. Cancellation policy

- No refund can be paid if a competitor has entered
- In the event that it is a total fire band on race day, the race will be postponed and rescheduled

31. Further information

- If you require any further information, please head to the website and submit your enquiry. <https://www.roarbarossa.com.au/contact.html>