



Rockhampton ← Tannum Sands Beach → Brisbane



PARTICIPANT INSTRUCTIONS

The following instructions apply to respective legs of each event:

- GENERAL (all participants)**
 - Polite and well mannered behaviour at all times please
 - Listen to and follow Marshal instructions
 - Triathlon attire rules apply (tops for ALL during ride and run)
 - No Littering
- SWIM LEG (Triathlon Events)**
 - Enticer (350m) = Buoys 1, 2 and out
 - Sprint (700m) = Buoys 1, 2, 3, 1, 2 and out
- BIKE LEG (Triathlon and Duathlon Events)**
 - BE AWARE OF TRAFFIC and OBEY ROAD RULES
 - KEEP TO THE LEFT
 - NO DRAFTING (10m Rule applies - if you are *not familiar with the drafting rule, please ask for advice*)
 - Enticer events (10km) = 3 laps of "E" bike leg
 - Sprint events (20km) = 1 lap of "S" bike leg
- RUN LEG (Triathlon, Duathlon and Run Only Events)**
 - Enticer Triathlon/Short Run (2.8km) = one lap
 - Sprint Triathlon/Long Run (5.5km) = two laps
 - Enticer Duathlon = one lap, ride, one lap
 - Sprint Duathlon = two laps, ride, one lap



Welcome to the Frenchville Frogs Tannum Sands event, consisting of the following events:

- Triathlon** where participants do all **three legs**, distances varying depending on event category (Enticer or Sprint).
- Duathlon** where participants do a combination of **Run-Ride-Run**, distance again varying with event category.
- Run Only** where participants will do either the **2.8 km or 5.5 km** event.

Please study adjacent course maps and refer to notes so that you can stay safe, stay on course and have an amazing day.

If you have any further questions, please ask our wonderful volunteers (Frogs in vests).

Participants ignoring instructions or participating outside the "spirit" of the event will be informed that their behaviour was unbecoming and have their results quietly deleted from the record.

I trust the vast majority of our participants, family, friends and spectators support this position.

If you have any suggestions, questions or genuine complaints that warrant my attention, please contact me in person (best we know of problems).

Thank you for your support.

Craig McCormack, President Frenchville Frogs Triathlon Club

