

## PRE-RACE INFORMATION

### AROC Sport Adventures

**Maps etc:** Don't lose your maps or control card. Protect your maps and instructions from getting wet. The control card will be already laminated for you. It is a good idea to contact your maps prior to the start. You will get extra maps along the way. Make sure you have a map bag or some way of protecting them.

**Kayaking / Swimming:** You must wear a life jacket (PFD) at all times when in or on the water. When launching and landing your kayak please be careful not to run into rocks or to drag it over rocks. When moving your kayak to and from the water please carry it, don't drag it. You must wear your racing bib over the top of your PFD.

**Cycling:** There are lots of other users such as tourists, cars, trucks, cyclists, joggers and children using the different routes of travel. No cycle paths, tracks or roads are closed to other users in this event. You must obey all road rules, ride in single file, keep to the left, be cautious and watch out for cars, other bikes and pedestrians. **Safety is your responsibility.** Please be especially careful at road intersections and road crossings. Ride within your skill ability and walk your bike if you need to.

**Running:** No tracks or roads are closed to other users in this event. Be careful of vehicles, bikes and pedestrians using the roads and tracks. Be careful not to sprain your ankles. **Safety is your responsibility.**

**Checkpoints (CPs):** Unless otherwise specified you must go to all CPs in numerical order (There may be random checks during the event and penalties may apply). At all CPs there will be a CP marker with a punch. You must punch your control card in the spot correlating to the CP number. If you miss a CP, don't worry you will still be an official finisher however you will receive a 15 minute time penalty for each missed CP.

**Transition Areas (TAs):** A TA is where there is a change of discipline and where your time is recorded. Each team will be issued with a Sport Ident electronic timing stick. After the race briefing and just prior to the start you will need to clear and check your stick. At each TA (Transition Area) and at the finish you will be required to insert your stick into a timing box. After you insert your stick into the finish timing box you will then proceed to the finish tent to hand in your stick. We will then download the times from it. Volunteers will also be manually recording transition times as a back up. Do not lose your Sport Ident stick. If you lose your stick you will be charged a replacement fee of \$60.

It is your responsibility to ensure your team has checked in to the TA and recorded your time. Failure to log your time at a TA will result in a 15-30 minute time penalty. Note that two different TAs can have the exact same location (eg TA3/TA4). For this you must check in on your arrival time at TA3 and then again at TA4

**Race Cut Off:** There will be a finish cut off at 5.5 hours. This means that you will need to get back to the finish within 5.5 hours of the start. If it looks like you will not finish within this time then you will need to decide which checkpoints you will miss. Getting back to the finish after the 5.5 hour cut off will result in a bigger penalty than missing the checkpoints (10 minute penalty per 1 minute late back).

**General Information:** Your team must stay within 100m of each other at all times unless otherwise specified in the instructions. All team members must pass within 20m of every checkpoint unless otherwise specified in the instructions. You will be penalised if you breach this rule. There will be officials looking out for this.

**Emergencies:** In case of a life threatening emergency use your mobile phone to dial '112' for an ambulance. Then phone Tom or Alina. For minor injuries where you need help call Tom 0401 908 623 or Alina 0401 564 462.