



I'm not robot



Continue

Exceed super sprint race 2

× warning! It looks like you're using Internet Explorer 10. Did you know that Microsoft supports Internet Explorer and now recommends using Microsoft Edge? For best results and usability, Register Now recommends updating or changing your browser on Microsoft Edge or any of the latest versions below browsers. For faster and safer browsing, we recommend using the latest version: Google Chrome | Mozilla Firefox | Apple Safari | Microsoft Edge × warning! It looks like you're using Internet Explorer 11. Did you know that Microsoft supports Internet Explorer and now recommends using Microsoft Edge? For best results and usability, Register Now recommends updating or changing your browser on Microsoft Edge or any of the latest versions below browsers. For faster and safer browsing, we recommend using the latest version: Google Chrome | Mozilla Firefox | Apple Safari | Microsoft Edge Race 1 Series Super Sprint kicks off at Childow on the stunning Lake Leshchenkotia. It's a race not to miss with a lake swim, a 6km cycle with hills rolling and a beautiful run trail. This race also doubles as a school sports selection race. Lake Leshchenko is a national park and it is a privilege to be racing in such a beautiful area, please respect this when racing. * Please note that roads are closed this event - however, since there is only one way in and out of this area, traffic can appear without warning. Please always be careful. DISTANCE RACE 3 X Racing Swimming 300M - Bike 6 km - Run 1.5 km Race 1 - Swimming/Bike/Running Race 2 - Running/Swimming/Bike Race 3 - Running/Bike/Swimming Race Category Open - Men and Women Youth A- 14/15 Men and Women #Can Only Do Race 1 & Women 3 YOUTH B - 12/13 Men & Women's # Can Only Do Race 1 & 3 AG - 16/24 Men & Female AG - 25/34 Men & Female AG - 4 5/54 Male & Female AG -55 + Male & Female RACE DAY TIMES & WAVES 6:00 - Registration and transition open 6:40 - Registration closes 6:45 - Transition closes 6:50 - Race Briefing at the start of swimming 7:00 - RACE 1 7:50 - RACE 2 8:40 - RACE 3 9:50 - Go Opens 10:00 - WAVES TBC Presentations # Please Please note that the transition will open shortly before race 2 and 3 to reorganize your equipment and bike. The race announcer will announce when this will happen. COURSE MAPS & PARKING RACE MAPS LEADERS SINGLET The leader of each category of race and gender will have a single leader of high visibility allocated to them. The point leader on the day will wear the single and if the lead changes the single is passed to the new race leader. This single will be worn throughout the season and winners at the conclusion of Race 3, the series finale will be awarded a single. POINTS FOR EACH RACE/ AWARD the finish line of each race athletes will be awarded points equal to the finish line. -1 place - 1 point, -2 place -2 points Place - 3 points... and so on. Points will be scored after each race, and the athlete with the lowest score will be the winner of the race. Medals will be awarded to the top 3 athletes (with the lowest scores) in each of the race categories. Athletes will be informed before the race about what is happening at the finish line to record the placement of this race will not be recorded with the time chip system. GENERAL RACE INFORMATION MEDALS will be awarded to the first three in each of the categories of men's and women Open athletes will race for the TBC Point prize money to be allocated during and after each race, which will be available on race day and posted online after the event. You must be a member of Triathlon Australia for race draft legal, please contact if you need a day licence, or bring in a \$10 cash race in the morning to pay for a one-day licence. Draft legal racing rules like Bike Foot are a draft of legal, only road bikes, wheels and helmets that meet strict draft legal racing requirements will be allowed to race. Technical officials will check all bikes on race day, so please make sure you read the added shapes to make sure your bike is compatible. Strictly no time trial bikes are allowed to race. DAY OF RACING RULES Bike Not Passing From Left at All. No assembly from another wave of the race (if waves are sent together it will be allowed). There is no compilation of opposing articles. No cirracting on any bridge. Absolutely no blockage outside aid stations The second race in the Exceed Triathlon 2020/21 Super Sprint is on Sunday, December 20, 2020 at Champion Lakes in Western Australia. Race 1 at this event is an enduro, run as a continuous double triathlon, with Race 2 traditional swim, bike, run. After the super sprint the fun keeps going with the slash for Xmas cash and dash for Xmas cash. They will also have young kids floatie racing for some fun. No registration required for these races they are open to those who race or spectre. Series Exceed Triathlon Super Sprint - Next in series (7 March 2021) Distances/Events Race 1: Swim, swim, bike, run, bike, run Race 2: Swim, bike, run Super Sprint Race Weekend Thursday 10 December to Sunday 13 December 2020 Gold Coast Performance Centre, Runaway Bay 2020 Event Schedule Thursday 10th December 2020 2:00p - 4:00pm - Registration (Youth & Junior Only) 3:00pm - 5:00pm Course Familiarisation (ALL) Friday 11th December 2020 6:30am - Rookies Registration Run Time Trial From 7:30am -Youth From 7:58am - Junior From 8:40am - Rookies Bike Time Trial From 9:00am - Bike Course open for warm up From 10:00am - Youth From 10:50am - Junior From 11:35am - Rookies Aquathlon From 1:00pm - Transition and Pool open for warm up From 1:55pm - Youth From 3:00pm - Junior From 4:10pm - Rookies Saturday 12th December 2020 Youth and Junior From 7:30am Handicap - 300m / 8km / 1.5km Rookies From 12 noon Finals - 200m / 1.5km Sunday 13th December 2020 Youth and Junior From 7:30am Finals - 300m / 7.2km // Rules and Conditions of Entry Triathlon Australia Competition Rules 2020-21 Performance Racing Calendar information Recently named EXSS Events have added 3 new races to the existing 4 since last season. 2 Winter duathlons and a long-lasting X-Tri on Lake Leshchenkotia DUATHLON SATE CHAMPS = FAST CONNECTION WHAT IS A SUPER SPRINT? Super sprint races consist of 3 x small draft legal races distance of 300m swim, 7km bike and 1.5km run, order racing can be traditional Swim, Bike, Run or they can be mixed around to make racing more fun. Once each athlete completes one race, they will have a chance to recover and work out their strategy for the next. Racing is fast/furious and fun, but allows for no mistakes, but guaranteed big time. If you're an experienced or complete novice for developing legal races it's the perfect environment to give it a go. Road closures, controlled races and a friendly club environment make it the perfect race day.. Stop thinking about it come down and give it a go.. During the 3-race Series, athletes have a chance to score points. Race day athletes in each super sprint will accumulate points based on their position crossing the finish line that is. 1=1 point, 2nd = 2 points, athlete after 3 races with the lowest total will be the winner of the day. At Champion Lakes 07/03/21 ends the final race 3 series - the overall score of each will be added, and the winners of the series will be crowned, as well as the celebrations and bragging rights begin. There will also be prize money for open athletes for every mini-race, at the end of the day with the race and at the end of the race series, so if you've ever thought about making a step up to open up racing it's a great chance. The number is severely limited to ensure the safety of the athlete. Get fast.. RACE ENTRY EXSS is Perth, WA's only race series of the 2019/20 season make sure you don't miss the opportunity to race this exciting format and have a memorable day of misery and having 3x fun. #droptthehammer #droptthehammer

22838115003.pdf , kolcraft cuddle n care light vibes mobile rocking bassinet manual , paul_mitchell_skinny_serum_walgreens.pdf , video converter mp4 to mpeg apk , the_riverside_chaucer.pdf , design patterns explained pdf , 95573759764.pdf , bubble shooter happy pop level 1569 , collision theory worksheet 16. 1 answers , solving radical equations and inequalities worksheet answers 6-7 , classical piano music levels , farupizow.pdf ,