

Fresh Choice Southern Lakes Women's Duathlon & Triathlon

General Information and Rules

At registration:

You will be provided with a sheet containing the information you need to have for the triathlon. Please read carefully as it contains information for your safety, and reminds you of your obligations and responsibilities.

Swim:

Raise hand for assistance
Safety boats on the lake

Paddle:

Life jackets compulsory
Raise paddle for assistance (there are safety boats on the lake)
Competitors must assist any other competitor in trouble on the lake
Kayaks can be dropped off at the Lake Hayes Beach

Bike:

Beware of your speed, you may be going faster than you think!
A very important note: be extremely careful coming back onto the Arrowtown Lake Hayes road from Speargrass Road and when crossing the Arrowtown road back onto the Lake Hayes grounds: follow the marshals' instructions at all times.
Helmets must be worn at all times
Ride with respect to the conditions
Normal road rules apply: You must follow road rules at all times (keep left) and be safe with sharing the road with other vehicles
No bikes to be ridden in transition area at any stage
Any style of bike can be used, as long as they are road worthy

Run:

Please follow usual pedestrian rules

Transition area:

Athletes only in transition area
No bikes to be ridden in transition area at any stage
Please be mindful of children and dogs
Do not remove any of your equipment from transition until instructed by a marshal, or until after the last athlete has finished

Water:

There will be one water stops at the run turn around, and at the finish line.
Make sure you have a water bottle for the bike section.

Please be mindful of your property, we do not provide security. In case you would have lost some gear, contact us at the office after the event.