



## Growings Coaching Beginners Camp

### Mock Triathlon

#### 26th September (Sat) Mock Triathlon

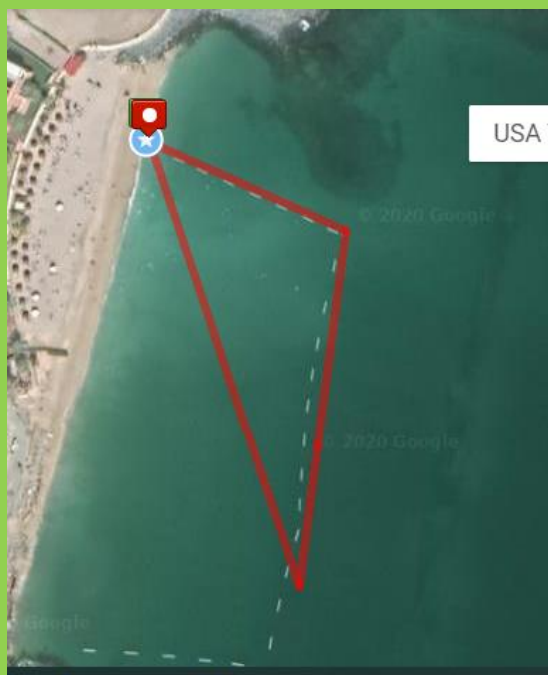
**5:30 am:** Pre-race snack

**6:00 am:** Transition set up

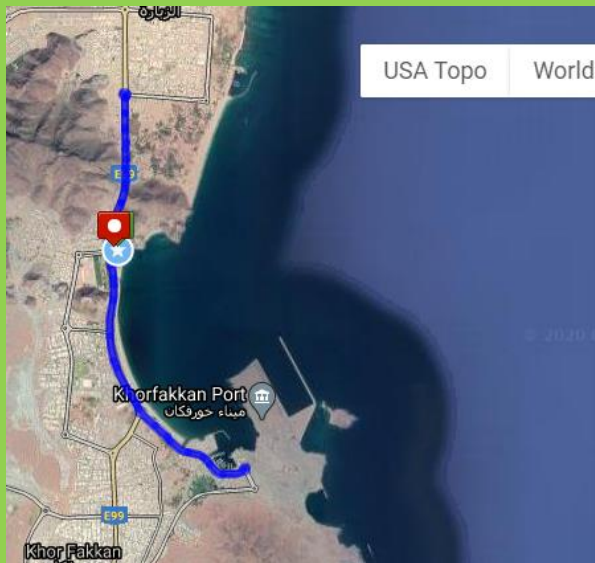
**6:20 am:** Race briefing

**6:30 am:** Start

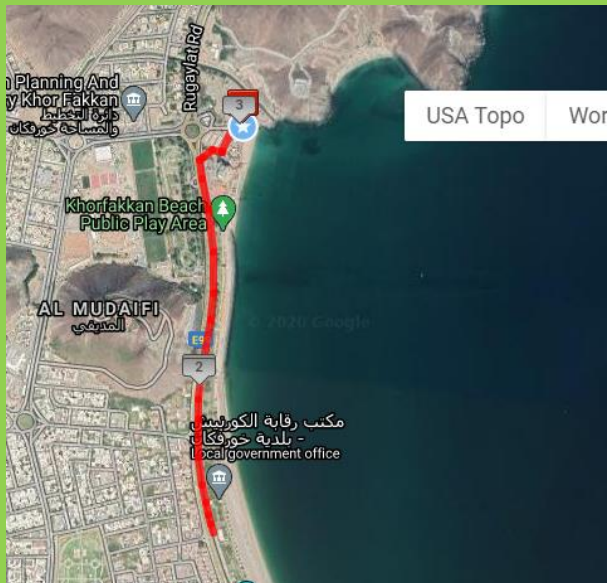
**Swim: 400m (1 loop)**



**Bike: 12 Km (1 Loop)**



**Run: 3 km (1 loop)**



## **Rules and regulations**

1. All rules of a non- drafting race apply.
2. For the swim, the course needs to be completed in its entirety and anyone cutting the course will be penalized.
3. For the bike. The bike may not be removed from the rack until your helmet is fastened. This also applies when dismounting. Your helmet may not be removed or unfastened until your bike is racked.
4. This is a non-drafting ride which means no blocking (riding next to each other) and no cycling within 3 meters of the next cyclist. If overtaken, it is your job to fall back.
5. The run is a simple out and back course. Make sure that you turn at the cone.
6. Race marshal's instructions are to be followed at all times. Disrespectful or abusive behaviour will not be tolerated and will result in a disqualification.
7. Littering on the course is prohibited and will result in a disqualification.
8. No listening devices are allowed on any part of the course and will result in a penalty.