**Aquathon 2 Race briefing**

The waterfront precinct is your beautiful location for Aquathon 2. There are many races on offer catering to the large range of athletes in DTC. Set up will start around 3PM, if you can come early to set up please do.

There is a lot of changes happening at the waterfront. The construction of a new amenities building will impact the run just as it did for race one.

The blow-up adventure area is being modified for a display. This has meant the equipment has been closer to the beach restricting the swim area; because of this there will be two different swim courses on offer. A short course swim and a long course swim. The swims may also need to be modified on the day depending on changes that DTC are unaware of.

Your safety is our primary concern and we will put the safest event on for you that we possibly can.

**Mudskippers (children up to 12 years old)**

* Events will start after the long and short course events start at approximately 5:45 PM
* Transition will open at 4pm and there will be a separate area set up for the mudskippers on the day.
* Event distances vary depending on ages. These will be advised by the Mudskipper race director on the day.

**Junior Race**

* 12-16 years.
* Transition is the same area as the senior area. Transition will open at 4PM.
* Race: 100M swim, 1km run, 100M swim, 1km run, 100M swim, 1km run.
* Swim.
	+ It will be a rolling start. Your time will start when you cross the start mat.
	+ Your event will start 2 minutes after the long course event.
	+ The swim will be a 50M out and back swim heading straight across the lagoon. You will not be swimming the same course as the long course.
	+ You will be swimming on the outside of the lane rope that is across the lagoon wading area.
	+ You will swim on the left side of the course doing a U-turn around a buoy and staying to the left as you head directly to the beach.
	+ As you exit the water there will be long course athletes exiting the water in the same location. Be careful you don’t swim over the top of them.
	+ Ensure you enter transition by crossing the swim start/finish timing mat.
* Transition.
	+ Entre over the timing mat.
	+ You must run with a covered torso. This means swimmers, triathlon suit or shirt.
	+ You must wear suitable running shoes on the run course. Thongs and crocs are not suitable.
* Run.
	+ Exit onto the run course at the top of transition. Ensure you cross the timing mat.
	+ Exit using the left hand side of the exit shute. The right side is the run entry.
	+ The junior and short course run is a 1km out and back course. You will follow the marked course to the turn around point. This will be 500M out near the Convention Centre.
	+ Return to transition along the same route. Entre transition using the run entry shute.
	+ Exit to the 2nd and 3rd swim over the swim timing mat.
	+ After your 3rd run you will finish after crossing the run entry/run timing mat.

**Short Course**

* Transition is the same area as the long course area. Transition will open at 4PM.
* Race: 100M swim, 1km run, 100M swim, 1km run, 100M swim, 1km run.
* Swim.
	+ It will be a rolling start. Your time will start when you cross the start mat.
	+ Your event will start 2 minutes after the long course event.
	+ The swim will be a 50M out and back swim heading straight across the lagoon. You will not be swimming the same course as the long course.
	+ You will be swimming on the outside of the lane rope that is across the lagoon wading area.
	+ You will swim on the left side of the course doing a U-turn around a buoy and staying to the left as you head directly to the beach.
	+ As you exit the water there will be long course athletes exiting the water in the same location. Be careful you don’t swim over the top of them.
	+ Ensure you enter transition by crossing the swim start/finish timing mat.
* Transition.
	+ Entre over the timing mat.
	+ You must run with a covered torso. This means swimmers, triathlon suit or shirt.
	+ You must wear suitable running shoes on the run course. Thongs and crocs are not suitable.
* Run.
	+ Exit onto the run course at the top of transition. Ensure you cross the timing mat.
	+ Exit using the left-hand side of the exit shute. The right side is the run entry.
	+ The junior and short course run is a 1km out and back course. You will follow the marked course to the turn around point. This will be 500M out near the Convention Centre.
	+ Return to transition along the same route. Entre transition using the run entry shute.
	+ Exit to the 2nd and 3rd swim over the swim timing mat.
	+ After your 3rd run you will finish after crossing the run entry/run timing mat.

**Long Course**

* Transition is the same area as the long course area. Transition will open at 4PM.
* Race: 200M swim, 2km run, 200M swim, 2km run, 200M swim, 2km run.
* Swim.
	+ It will be a rolling start. Your time will start when you cross the start mat.
	+ Your event will **start 5:30 PM**
	+ Due to Waterfront changes the exact swim course will be determined on race day. It may need to be changed at short notice.
	+ The swim will be a 100M out and back swim long the walkway towards the rock wall. You will not be swimming the same course as the short course.
	+ You will be swimming on the left side in a clock wise
	+ You will swim on the left side of the course doing a U-turn around a buoy and staying to the left as you head directly to the beach.
	+ As you exit the water there will be long course athletes exiting the water in the same location. Be careful you don’t swim over the top of them.
	+ Ensure you enter transition by crossing the swim start/finish timing mat.
* Transition.
	+ Entre over the timing mat.
	+ You must run with a covered torso. This means swimmers, triathlon suit or shirt.
	+ You must wear suitable running shoes on the run course. Thongs and crocs are not suitable.
* Run.
	+ Exit onto the run course at the top of transition. Ensure you cross the timing mat.
	+ Exit using the left-hand side of the exit shute. The right side is the run entry.
	+ The long course run is a 2km out and back course. You will follow the marked course to the turn around point. Do not turn at the short course turn around.
	+ The turn around point will be 1km from the start and located under the covered walk way near the cruise ship terminal.
	+ Return to transition along the same route. Entre transition using the run entry shute.
	+ Exit to the 2nd and 3rd swim over the swim timing mat.
	+ After your 3rd run you will finish after crossing the run entry/run timing mat.

**Aid Station**

* **No aid stations will be provided on the course for this event.** You are responsible for you own hydration and nutrition.
* Water will be available near the registration table.
* Refreshments and fruit will be available post-race.

**Safety briefing**

* We will have lifesavers in the water. If you require assistance, please raise your hand. They will come to you.
* There will also be many buoys to hang onto if you need.
* Both swims will be exiting the water at the same location. Be aware other will be near you in the water.
* The course is not closed. There will be pedestrians on the run course.
* Mudskippers (DTC kids) may be on the course. Please don’t run them over. They are the next generation of triathletes we want then to stay safe.
* Always stay to the left on the run. There will be athletes coming the other way. DO NOT CUT CORNERS.
* There are tree roots on the course where you run across the grass. Be aware.
* The transition area will have a lot of people in it. Please don’t leave breakable or valuable items. People will be around if you need someone to mind spectacles or monocles.
* Its Darwin in the build up. Its going to be bloody hot and humid. Be hydrated before the race.
* A first aid kit and defib will be located on the registration table.