

# AUSTRALIAN ALPINE ASCENT

## EVENT INFORMATION

### GENERAL RULES

The Australian Alpine Ascent (AAA) general rules are based on the rules and regulations of the International Triathlon Union (ITU) and Triathlon Australia (TA)

### EQUIPMENT REQUIRED FOR EVENT

- Wetsuits are mandatory if temperature is under 15C and optional if the temperature is between 15C and 23C.
- Athlete number is not to be worn during the swim, and must be stored visible in T1, until the athlete exits the water.
- Athlete number belt must be visible in back during bike segment and in front during the run at all times.
- Bikes must be in good working order.
- Helmets must be approved by a national authority.
- No change of bike or wheels are allowed except due to mechanical failure. In this case the event office must be informed.
- Two backpacks containing warm clothing, food and drink, mobile phone. One pack for the athlete and one for support. Compulsory after Charlotte Pass.

### SWIM

- Start is early in Jindabyne – the lake is usually warmer than the air temp, so stay warm until you enter the water. Take the swim nice and easy as there is a long day ahead.
- Exiting the swim, dry yourself well and dress appropriately so as to keep your core temp up if the weather is cool / cold. The mountains are very deceiving and can get quite cold at the top of some of these climbs. Maybe have long fingered gloves available.

### BIKE

- A road bike is recommended. Start with 2 bottles. Road bikes are great for climbing and safer for descents and you wont get much more speed / aero on a road bike on these descents. Use small gearing (suggest 36 / 25 or 28 as your smallest gear) and spin up the hills as this will conserve energy for the long day ahead (remember the hare and the tortoise).

# AUSTRALIAN ALPINE ASCENT

- Take it easy riding on the foot path from T1 to the main road when trying to clip in and no overtaking other riders.
- Carry enough nutrition for the bike leg. I personally would consume approx 0.75 grams of carbohydrates per kilo of your own body weight per hour (this can include liquid carbs).

## *AAA Extreme Triathlon:*

- Allow adequate braking time to turn left into Bullocks Flat. Exchange 2 bottles at the change over point and take in nutrition. You may want to put on extra clothing for the descents, as when you climb, you will sweat, LOTS, and when descending at higher speeds, this sweat will cool very quickly to a chill.
- Ensure you slow down as you descend back into Jindabyne, there is a left hand turn at the bottom. Once you turn LEFT onto Kosciuszko Rd, you have about 5 km before a very long climb (16 km). Save yourself for this, and as suggested, use small spinning gears. Have your team ready at the Kosciuszko Education Centre, Sawpit Creek (located just AFTER the park entry gate) to exchange bottles at the parking area at the top, before continuing on to Charlotte Pass and turning left down into Charlotte Pass Village for an amazing mountainous transition.

## *Standard Triathlon:*

- Once you turn right onto Kosciuszko Rd, you have about 5 km before a very long climb (16 km). Save yourself for this, and as suggested, use small spinning gears. If you have a support person, have them ready at the Kosciuszko Education Centre, Sawpit Creek (located just AFTER the park entry gate) to exchange bottles at the parking area at the top, before continuing on to Charlotte Pass and turning left down into Charlotte Pass Village for an amazing mountainous transition.
- There is 1 aid station on the bike course at the Bullocks Flat Ski Tube for the AAA Extreme and none for the Standard.
- Also, be aware that your handler and any other spectators in your crew will be required to purchase a National Parks Pass for the days you wish to enter the National Park.

## **RUN**

- The run commences at The Charlotte Pass Village. Your handler (if you have one) can assist with nutrition in the designated Feed Zone. You will run up the windy road you just descended down moments ago and turn left to go to the Charlotte Pass turning Circle (using the toilets here is recommended) you move onto solid dirt fire trail – The Summit Trail – AAA Extreme competitors for approx 7.5 km to Rawson Pass. Standard competitors only follow the Summit Trail to a turnaround point before Rawson Pass and the summit. This gradual climb can be warm (depending on weather), so once again ensure you or your handler has adequate clothing for all conditions. When at Rawson Pass a medical team will assess you (verbally or physically) and you will have approx 1.5 km to the top of Kosi where a (lucky) volunteer will take your number. From there, you will run back down the same trail towards Charlotte Pass Village for the finish (phew). Your handler can run / walk across the line with you and you will be greeted by our Finish Line Director / Medical Team and any family or friends that are there to witness you finish this epic event.

# AUSTRALIAN ALPINE ASCENT

## MEDICAL

Medical crew and marshals appointed by the organisers may remove an athlete from the event should there be a health or injury risk to the athlete at any time during the event.

The use of non-legal performance enhancement supplements/drugs is forbidden. Athletes may be subject to random drug tests by the Anti Doping Authority.

## LIABILITY

Athletes and their support crews must sign a document of "Release from Liability" when completing the entry process.

## PENALTIES

Technical Officials can issue a Yellow, Blue or Red card to athletes or support crew if they fail to comply with the event rules.

An athlete and support crew may complete the event even if shown a Yellow, Blue or Red Card by a Technical Official.

A Technical Official will advise the athlete and/or support crew on what action needs to be taken when the penalty is handed out.

### *Time penalties*

- Minor infringement (yellow card) – stop/start penalty served on course with the Technical Official
- Minor infringement (blue card) – 5 minute time penalty served on course with the Technical Official
- Major infringement (red card) - no time penalty and race referee will issue rule on violation at race completion
- A penalty box for serving time penalties is placed at Charlotte Pass for both bike and run course.

A list of infringements can be viewed at [Triathlon Australia General Rules on Penalties](#)

## RULES ON THE BIKE LEG

The bike course is open to traffic. Road traffic regulations must be strictly observed at all times.

### *The following may lead to time penalties and/or disqualification*

- Violating traffic regulations.
- Obstructing traffic by not holding to the left whenever possible.
- Use of headphones, headsets or mobile phones while on the bike.
- Pacing on the bike leg, either by car or bike.
- Drafting off another athlete or motor vehicle (Athletes may, however, cycle side by side up the major hills on the bike leg.)

# AUSTRALIAN ALPINE ASCENT

- Support from a moving car (All support must be given from outside of the car while parked.)
- Parking of a support car in the road (When parked the support car must be placed on the outside of the road, with all wheels outside the white line.)
- Obstruction of normal traffic (Never attempt to drive slowly to keep the pace of the athlete.)
- Ensure your bike / your equipment / your clothing is adequate and suitable for the conditions of the course and conditions.

## **RULES ON THE RUN LEG**

The run course is open to traffic. Road traffic regulations must be strictly observed at all times.

- Runners must keep to the left hand verge of the road during the run.
- Use of headphones, headsets or mobile phones during the run is prohibited.
- The support team must not cause dangerous traffic situations
- The support team vehicles must display AAA issued stickers and athlete number. (Only one support car per athlete is allowed.)
- There is to be no support provided from a moving vehicle (All support must be given from outside of the car while parked.)
- The support car must not park on the road. When parked the support car must be placed on the outside of the road, with all wheels outside the white or yellow roadside line.
- The support car must not impact on normal traffic (Never attempt to drive slowly to keep the pace of the athlete.)

## **RULES & GUIDELINES FOR HANDLERS**

The following may lead to time penalties and/or disqualification:

- The support team must not cause dangerous traffic situations
- The support team causing dangerous traffic situations
- Failure to clearly mark support car with AAA issued stickers and athlete number. (Only one support car per athlete is allowed.)
- Support from a moving car (All support must be given from outside of the car while parked.)
- Parking of a support car in the road (When parked the support car must be placed on the outside of the road, with all wheels outside the white line.)
- Obstruction of normal traffic (Never attempt to drive slowly to keep the pace of the athlete.)

## **SPECTATORS**

Spectators for the athlete not registered as the support team should be alerted and informed of the event rules to prevent athletes from receiving a penalty.

# AUSTRALIAN ALPINE ASCENT

## EXPECTED WEATHER CONDITIONS

Water temperature: 15 to 23 C

Air temperature on the bike leg: 5 to 30 C

Air temperature on the run leg (the valley): 12 to 30 C

Air temperatures on the Kosciuszko range: 2 to 12 C

This event is situated at elevation. The weather can make changes in the event necessary.

The swim will be shortened if the water temperature is colder than 15 degrees Celsius.

The swim course will be changed if the weather is bad, if the visibility is low due to fog, rain, or any other reason. The swim course will then be moved to avoid dangerous conditions.

Extreme weather on the mountain can make it necessary for National Parks and Wildlife to close areas of Kosciuszko National Park. The Charlotte Pass or Rawson Pass checkpoint will then be closed and the athletes will have to finish at this checkpoint. The checkpoint might close at any time during the event. Fog and snow are the most likely reasons to close the checkpoint.

## SUPPORT TEAM RULES & INFORMATION

This section contains information specific to the support team.

The Australian Alpine Ascent (AAA Extreme) cannot be compared to any iron-distance event.

The travel through fabulous Kosciuszko National Park is a unique and unforgettable experience, but not without risk for the athlete. Having your own support is absolutely necessary to participate.

Athletes are dependent on receiving support from the support team throughout the event. Besides being a necessity for security purposes, the support team is an important part of the AAA experience. The support team creates a wonderful atmosphere.

Finishing the AAA will be an achievement that should be shared with family and friends.

It is not compulsory for AAA Standard competitors to have support people, however it is highly recommended.

It is compulsory for AAA Extreme competitors to have at least one support person. You have a couple of options:

- 1) The competitor can have two support people, one to support them on the bike leg and collect their bike once the competitor is on the run leg. The other support person accompanies the competitor on the run section from Charlotte Pass Village where they will meet up with their other support person after their race.
- 2) The competitor can have one support person, who drives to support them during the ride, and then rides a MTB (or runs) to support the athlete on the run from Charlotte Pass Village to the Kosciuszko summit and back.

# AUSTRALIAN ALPINE ASCENT

Please note:

- The support team must not cause dangerous traffic situations
- Must be able to communicate with the AAA event directors at all times
- Must wear the AAA supporter lanyard / shirt at all times and when entering the transition zones to pick up equipment or attend official functions.
- Must be available on mobile phone throughout the event
- At least one handler must accompany the athlete on foot or Mountain Bike (bikes must be left at Rawson Pass to summit) from Charlotte pass to Kosciuszko summit and return to finish line at Charlotte Pass.
- Handler suggestions (Option 1);
  - Handler 1 takes the bike on completion of the bike leg and Handler 2 will run with their athlete from Charlotte Pass and back down or;
  - Handler 1 takes the bike on completion of bike leg and Handler 2 runs with their competitor from Charlotte Pass, to the Summit and back down to the Charlotte Pass finish.
- Handlers support the athlete by:
  - Helping athlete set up in transition (only one handler at a time)
  - Clearing transition zone of athletes wet suit and equipment
  - Feeding the athlete while on the bike leg between Thredbo and Charlotte Pass Village.
  - Providing technical support to the athlete on the bike leg, between Thredbo and Charlotte Pass Village.

## THE SUPPORT VEHICLE

- Must carry stickers with the AAA logo and the start number of the athlete on top right corner of the windshield and in the rear window.
- The support vehicle must follow traffic rules and posted speed limits and never drive directly behind or in front of the cyclist. This may lead to dangerous traffic situations.
- The car must always be parked off of the road.
- All support must be given from outside of the car and never through a car window.
- Support may be provided during the bike leg after the Thredbo feed zone.
- Athletes may not sit in the car at any time during the event, even if the car is parked.
- The support person may only pick up athlete's equipment in the transition zones when wearing the AAA supporter lanyard
- When stopping on the side of the road, ALL support vehicles MUST be completely stationary with the engine stopped and a minimum of 1 meter inside the white / yellow line.

# AUSTRALIAN ALPINE ASCENT

- There is to be no feeding / supporting your athlete from a moving vehicle or by hanging out the window.
- Athletes are NOT to sit inside ANY private vehicles to rest or to receive support
- Athletes may only rest / receive support from an Official Race Vehicle or Medical Support vehicle or personnel.

## MAIN SUPPORT RULES

Breaking the rules above may lead to penalty or disqualification of the athlete

Keep the AAA supporter lanyard and your mobile phone with you during the entire event. The supporter lanyard has the emergency contact details. Only one supporter lanyard per athlete.

## EVENT GUIDE FOR SUPPORTERS:

### The Swim Leg (3km in Lake Jindabyne)

Help athlete setup in transition

One supporter only – must have HANDLER shirt and lanyard. .

### Clear the Transition Zone

After your athlete has left on the bike we ask you to pick up the wetsuit and other equipment.

### The Bike Leg (113km road ride)

The first 60km – Jindabyne to Bullocks Flat (via Deadhorse Gap)

You will not be able to provide support, and it should not be necessary either. You will have time to collect your athletes swim gear from transition and pack the car before leaving. Even a fast biker will not get to Bullocks Flat (60 km) in less than 75 minutes.

### Feed Zone

There will be a designated 'feed zone' at the Bullocks Flat Parking Area (as shown on detail map)

Food is available for the support team at Thredbo. There are not many other places to stop and eat along the remainder of the course.

### Support Zones

During the bike leg after Bullocks Flat, you are allowed to give your athlete support at any point but you must park and leave the car on the side of the road shoulder (e.g. a good place is the winter chain fitting bays where there is adequate space/area). Please mind the other athletes and the traffic behind you! Technical support is allowed when needed.

Riders can only be supported by their Handler wearing the official shirt supplied.

### Don't miss the four left turns

There are few possibilities to go wrong on the bike leg. Please be aware of left turns:

# AUSTRALIAN ALPINE ASCENT

- Onto the Alpine Way (approx. 5km mark)
- Onto Bullocks Flat after the Dead Horse gap turnaround (approx. 60km mark)
- Onto Kosciuszko Road back at Jindabyne (approx. 80km)
- Into Charlotte Pass Village for Bike Transition after the turnaround at Charlotte Pass (124km)

## Park Permits & Lift Passes

Please be aware that ALL vehicles travelling to Perisher & Charlotte Pass (AAA Extreme & Standard) MUST purchase a valid Single Day Visitors Pass for the National Park.

## Be aware of Dangerous Descents

Drive carefully on the descents. The view is spectacular at times, but focus on driving and be aware of athletes riding at high speed.

## Arriving at T2, Charlotte Pass Village

The transition zone after the bike leg (T2) is at Charlotte Pass Village.

After athlete transition, remember to take the bike and the entire athlete's equipment along with you when leaving T2. There will be plenty of parking at Charlotte Pass Village.

## The Run Leg (22km road and trail run)

You are allowed to pick up extra sponsor products (gels, isotonic...) for your athlete at the food station in T2 and bring it along. There is very limited food outlets available on Kosciuszko Road. Be well prepared after Jindabyne.

## CUTOFF AND HEALTH CHECK POINT (AAA EXTREME TRIATHLON)

### Swim

- 1 hr 30 min

### Bike

- 8 hrs. from Race start @ T2 (3.00pm) - if you are not at this point within 8 hrs, you will not be able to start on the Run course. You will be classified as an A Finisher and awarded your medal at Charlotte Pass.

### Run

- 10 hrs @ Rawson's Pass – if you have not reached Rawson's Pass by 10 hrs. (5.00pm) you will not be able to continue to the top of Kosciuszko and back and will be awarded the title of AA Finisher once you have made it back down towards Charlotte Pass.
- 11 hrs is the total cut off – if you have not crossed the Finish Line within the 11 hr Cut Off, you will be given the title of AA Finisher and if you cross the finish line within the 11 hr time limit you will be awarded the title of AAA Finisher.
- Total = 11 hours – all athletes will be pulled from the course after this time.

At this point you will need to have your athletes and your own backpack ready. The contents will be



# AUSTRALIAN ALPINE ASCENT

checked by the AAA crew before ascending the mountain at Charlotte Pass, and athletes will not be allowed to leave if the contents are not correct. Backpacks should contain at least:

- Food (2 energy bars or bananas)
- Drink (at least 1 litre each)
- Mobile phone
- Dry and warm clothes including long pants and wind-proof jacket
- Gloves and a woollen hat

Don't forget that you also have to be dressed and ready to enter the mountain. You are not allowed to carry the athlete's backpack!

You must reach Rawson Pass by 5.00pm for AAA finishers to continue. After this time the finish will be at Charlotte Pass.

Upon reaching the summit of Mt Kosciuszko, you will see a lucky volunteer with wristbands. It is mandatory for all competitors to receive a wristband – otherwise you risk losing your title of a AAA finisher and will not receive a time.

Whilst the athlete and support person is running, your vehicle will need to be parked at Charlotte Pass. You are more than welcome to join everyone in the festivities of welcoming home all of the finishers.

## Finish

After ascending Mt Kosciuszko and coming back to the AAA finish line at Charlotte Pass, enjoy the moment with your athlete. Don't forget photos!

It is required that all competitors and handlers check in with Elite Energy staff after descending the mountain. Provide your name and competitor number to the Check In area at the entrance to the Summit Trail before proceeding to the recovery tent.

Check that your athlete eats, drinks and puts on warm, dry clothes after crossing the finish line.

At the finish and there will be sponsor nutrition and hydration products available.

The official Presentation of all awards and AAA finishers will be at Rydges Horizons Jindabyne on Sunday morning at 10am.

## DO NOT DRIVE FAR AFTER THE EVENT

Even the support team members have had an extremely long, hard day. You may feel high on adrenalin after an exciting experience and fresh from cool mountain air, but this may change quickly while driving and you may become dangerously tired. Stay the night. We welcome everyone to attend the presentation ceremony breakfast at Rydges Jindabyne on Sunday morning before leaving for home.