3-18-1984

Nissan Australian triathlon championships
Frankston 1984

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Bond University

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**COURSE MAP**

- **SWIM COURSE** 2km (HINZE DAM)
- **BIKE COURSE** 40km (OUT & BACK)
- **RUN COURSE** 10km (1 CIRCUIT)

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**RULES AND CONDITIONS** (Please read carefully)

**SWIM** (Distance 2km)
1. No flippers, water ski, rafts or any flotation devices will be allowed.
2. Swimmers will be required to have an official race number on both shoulders during registration.
3. Swimmers must follow the designated course and swim around buoys as directed.
4. Any assistance during swim will result in disqualification.
5. Course will be adequately patrolled by safety vessels.

**CYCLE** (Distance 40km)
1. No drafting or pacing is allowed. This is an individual effort and team work is not permissible. Any cyclist found guilty of this practice will be disqualified.
2. Competitors must wear their official numbers on the rear of their cycling shirt.
3. A cycling helmet must be worn.
4. No individual support vehicles allowed.
5. No outside assistance allowed in respect to repair and maintenance of bike during the race.
6. Cyclists are individually responsible for following traffic laws and are solely responsible for the consequence of any infractions.

**RUN** (Distance 10km)
1. Runners must wear official race number at all times either on shirt or shorts FRONT.
2. Runners must run on the side of the road as directed by the officials and/or police.
3. No support vehicles or escort runners allowed.
4. Ample aid stations will be situated on course.
5. Officials will be stationed at all turns.

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**PRESENTATION CEREMONY:**
6 PM SUNDAY MAY 6TH
BENOWA TAVERN
ASHMORE RD.,
BENOWA

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**ENQUIRIES:**
RACE CO-ORDINATORS:
Ramon Sporting Promotions
P.O. Box 611,
Frankston, Vic. 3199
Telephone: (03) 783 3261

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**GOLD COAST TRIATHLON**
SATURDAY MAY 5TH, 1984

**AUSTRALIAN TRIATHLON RELAY CHAMPIONSHIPS**
SUNDAY MAY 6TH, 1984

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**KEN EUSTICE**
NISSAN

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GOLD COAST
TRIATHLON

SATURDAY MAY 5TH, 1984

EVENT SCHEDULE:
6 am Registration
8 am Race Start

CATEGORIES
(A) Open Men
(B) Open Women
(C) Veteran Men (35+)
(D) Veteran Women (35+)
(E) Junior Boys (Under 18 Yrs)
(F) Junior Girls (Under 18 Yrs)

PRIZES (For Each Category)
1st Malvern Star Triathlon Bike
2nd Seiko Training Timer Watch
3rd Power Triathlon Kit

OLDEST AND YOUNGEST FINISHER (MALE & FEMALE)
1 Year Membership at “Vigor”

LAST FINISHER
The 4GG “Turtle Award”

FIRST ATA (MALE & FEMALE) MEMBER
One Piece Triathlon Suit

AUSTRALIAN TRIATHLON
RELAY CHAMPIONSHIPS

SUNDAY MAY 6TH, 1984

EVENT SCHEDULE:
6 am Registration
8 am Race Start

CATEGORIES
(G) Open Male Relay
(H) Open Female Relay
(I) Mixed (Male/Female Any Combination)
(J) High School Relay
(K) Veteran Relay (35+)
(L) Corporation Relay (Perpetual Trophy)

PRIZES
1st Return airfare to Melbourne for the 1985 Australian Triathlon Championships
2nd Seiko Training Timer Watch
3rd Power Triathlon Kit

Australian Championship Sashes for Winning Teams of all categories

All Entrants in both the Gold Coast Triathlon and the Australian Relay Championships receive a Nissan-Sport Triathlon Kit, and the opportunity to win a two week holiday at the Chevron Paradise Club, Surfers Paradise.

Each Relay Team shall have three members, one for each skill. The swimmer shall finish the swim, run to the change over point and tag the cyclist. The cyclist performs the designated distance returning to the change over point to tag the runner who will complete the final relay leg.

All “Australian Triathlon Association” members who are entrants receive the opportunity to win a return “QANTAS” airfare to Hawaii as a member of the 1984 “Ironman” Australian Triathlon Association Tour.
# ENTRY FORM

## GOLD COAST TRIATHLON

<table>
<thead>
<tr>
<th>SURNAME</th>
<th>FIRST NAME</th>
<th>ADDRESS</th>
<th>POSTCODE</th>
<th>AGE IN YEARS AS AT 14/4/84</th>
<th>SEX</th>
</tr>
</thead>
</table>

**ENTRY FEE $20**

## AUSTRALIAN TRIATHLON RELAY CHAMPIONSHIPS

<table>
<thead>
<tr>
<th>SURNAME</th>
<th>FIRST NAME</th>
<th>ADDRESS</th>
<th>POSTCODE</th>
<th>AGE IN YEARS AS AT 14/4/84</th>
<th>SEX</th>
</tr>
</thead>
</table>

**ENTRY FEE $50**

## DECLARATION

In consideration of this application being accepted, I, the signatory below intending to be legally bound hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against the race officials, volunteers and sponsors, resulting from involvement with this event.

I/WE ENCLOSE $_________

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**SIGNATURE OF TEAM MEMBERS (parent or guardian if under 18)**

**SIGNATURE OF SWIMMER**

**SIGNATURE OF CYCLIST**

**SIGNATURE OF RUNNER**

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**SIGNATURE OF INDIVIDUAL**

(***parent or guardian if under 18***)