

TWEED VALLEY TRIATHLETES INC

CLUB MEMBERSHIP FEES 2025/26

Individual (Premium, Standard or Basic) \$56.70

Juniors (19 or under at 31st December) \$31.50

Children 12 or under receive a \$15.00 discount

Social (non competing) \$5.50

TRIATHLON NEW SOUTH WALES MEMBERSHIP

Members wishing to compete in club events **must** also purchase a Triathlon NSW Membership at additional cost.

TVT recommends purchasing a "Standard" membership. Members who take out "Basic" membership will need to pay an additional \$4.50 each time they enter a club event.

Family Discount

Families receive a 25% discount. A family must consist of at least one adult but not more than 2 adults and have at least 3 people. (adults and children)

NEW TO TRIATHLON? TRY BEFORE YOU BUY PROGRAM

Want to give triathlon a go for the first time? TVT offers a "try before you buy" program which allows access to club events for 8 weeks. You will still need to pay \$4.50 each time you compete. If you decide after 8 weeks to continue on, you must become a fully financial club and AusTriathlon member.

CASUAL MEMBERS AND VISITORS FROM OTHER CLUBS

Visitors are welcome to participate as casual members. However no casual member is allowed to participate in more than two events unless they become full members and pay the appropriate fees. Casual Adult members must pay the \$8.00 fee for a one day licence each time they participate while members from other clubs affiliated with AusTriathlon need to pay \$4.00. Children do not have to pay for one day licences.

NOTE: To join both TVT and AusTriathlon go to AusTriathlon web site and click on the links. All club members must be financial members of AusTriathlon.

AGE GROUPS

Tiny Trimites- five to under eight years old

Tri Mites eight to twelve year old

Intermediates ten and over (under 12 years old must be supervised on the bike leg)

Seniors over 12

Note: The age of competitors are their ages as on December 31

TRANSPONDER TIMING CHIPS

There is a one off payment of \$10.00 for the purchase of a timing chip needed to record individual times for events. Continuing members are reminded to use their allocated chip from previous years. (Trimites and Tiny Trimites do not have to purchase chips)

POOL ENTRY

Club membership fees do not cover entry to the pool complex. Competitors and spectators need to purchase their own entry passes. For information regarding pool entry phone 6670 2750, pick up a TRAC brochure or visit the TRAC website. Tweed Shire Council has generously offered discounts for people participating in the club's Saturday morning events.

RACE SYSTEM

All races, except for the long distance races, are handicapped based on the best time from previous events.

Senior handicaps for males are taken from a base time of 68 minutes and for females the base time is 70 minutes. For Intermediate handicaps in open events the base time is 40 minutes and for the female event the base time is 44 minutes. Trimite handicaps are taken from a base time of 22 minutes for the 11-12 years age group and 24 minutes for the 8-10 age group while the Tiny Trimites have a base time of 15 minutes.

RACE DISTANCES

Senior short course

500m swim, 14km cycle, 4km run

Senior long course

750m swim, 21km cycle, 5km run

Intermediate short course

250m swim, 7km cycle, 2km run

Intermediate long course

500m swim, 14km cycle, 4km run

Tri-mite short course

150m swim, 3km cycle, 1km run

Tri-mite long course

200m swim, 4km cycle, 1.5km run

Tiny Tri-Mites

Up to 150m swim, 3 times around civic centre car park, 1km run

POINT SCORE

1 st place	10 points	2 nd place	9 points
3 rd place	8 points	4 th place	4 points

All other finishers receive 2 points.

The first three place getters are re-handicapped if they better their time.

In long distance race days all finishers receive 5 points while those that choose to complete the short course receive 2 points.

AQUABIKE OPTION

This is a swim, cycle option for anyone who wants to complete only the swim and cycle legs. This consists of a 500m swim and a 14km cycle. The base time is 50 minutes. For long events the swim distance is 750m and the cycle distance is 21km.

STARTING TIMES

For the Senior and Intermediate competitor registration commences at 5:30 and concludes at 5:50. Races begin at 6:00. On days in which long distance races are held registration and some starting times are brought forward by 15 minutes. In March the starting time is 6:15 Tri-mite registration commences at 7:10 with races beginning at 7:30 (7:45 in March).

EQUIPMENT

Competitors require swim wear, a bicycle (in good order), an Australian standard approved helmet and running shoes. A functioning red rear light and a functioning white front light are compulsory. Senior and Intermediate competitors are responsible for their own transponder chips.

RACE NUMBERS AND TIMING CHIPS

Each competitor is issued with a race number and a transponder chip number. Race numbers are recorded in black pen on the right arm and on the right calf. No one is to race without a race number. Transponder chips must be worn in order to gain points in the point score competition.

ELIGIBILITY TO WIN A CLUB CHAMPIONSHIP EVENT

In order to be eligible to win a championship event in any category a competitor must be a financial member of the club and have completed at least three short distance handicap point score events.

ELIGIBILITY TO BE DEEMED THE FASTEST COMPETITOR DURING THE SEASON IN ANY CATEGORY

In order to be eligible to be deemed the fastest competitor during the season a person must be a financial member of the club and have completed at least three events in the category. Further the person can only be eligible in the category in which he/she has completed the majority of events.

WEATHER CONDITIONS

In the event of unfavourable weather conditions the Executive will determine whether or not events will be cancelled on the morning they are due to be held. Where possible an announcement will be posted on the club's Facebook page to inform members of the decision.

RACE RULES

- **All competitors must be members of Tri NSW/Australia or purchase a one day licence.**
- Competitors are responsible for knowing their own handicaps and begin the race on the correct wave times.
- Competitors must start each event with a push off from the wall rather than a dive.
- During the swim leg competitors must keep to the left of the lane and swim in a clockwise direction.
- Swimming must be continuous, unless stopping at either end of the pool, with no wading allowed.
- Triathlon Australia rules apply. There is to be no drafting on the cycle leg. A distance of 10m must be kept unless overtaking. Riders are to ride in single file. (This is not a closed course).
- Overtaking must only occur on the right during the cycle leg.
- Competitors must not have bare torsos during the bike leg and the run leg.
- An approved helmet must be worn on the bike leg. Helmets must be on the head and securely fastened before the bike is removed from the rack and not unfastened until the bike is replaced on the rack.
- Competitors must mount and dismount their bicycles in the designated area of the transition.
- Bikes must be returned to where they were originally placed before the race.

- Children under 10 must be supervised by a parent or other suitable adult during cycle legs when riding on the road. Children from 10 to under 12 must be supervised by a suitable adult during the cycle leg if they wish to participate in the Intermediate distance.
- All those supervising children on the road should be members of AusTriathlon at least as non competitor members. (See the AustTriathlon website for details on how to join)
- All Trimite and Tiny Trimite competitors must wear a fluorescent top on the bike and run legs.
- Competitors should only cross Tumbulgum Rd during the run leg at specified markers placed on the course.
- All road rules must be obeyed. All cyclists must come to a complete stop at STOP SIGNS. Note: This is a basic traffic rule and has been stipulated by the Police in giving permission for TVT to operate.