**2017 Triathlon Rules and other information**

Triathlon consists of a 200m swim, 2km run and 3km bike ride, not a 100m swim and 2km bike ride as in previous events.

Teams must either consist of

1. Three participants; one participant per category. Mixed gender is acceptable.
2. Solo entrants who take part in each category

There will be two different categories for the Triathlon

1. Adults
2. Junior (Ages 10-15, not 12-18 as previously) **N.B. No solo entrants**.

The swim in Lake Mary Ann will go from the base of the boat ramp to the pontoon and back again.

The run will consist of 1km legs up the road and back again, while the bike ride will be 1.5km legs. It will go from the gate at Lake Mary Ann boat ramp, along Lake Mary Ann Road towards the Stuart Highway intersection.

Team members must wear gears appropriate for their assigned task. Swimming goggles can be worn by the swimmer. Proper running shoes must be worn by the runner. The team will supply their own bike and helmet, and enclosed shoes must be worn by the bike rider.

Since this is a strenuous activity, this will be the first event of the day, starting at 6am sharp. St John personnel/s will be available during this event in case of emergencies.

Each member should read and understand the ‘Assumption of Risks, Complete Release of Liability and Water/Swimming Activities Waiver’.

Each member will be provided with the waiver and is required to affix their signature as a sign of acceptance.