



BUSSELTON
KIDS TRIATHLON

ATHLETE INFORMATION GUIDE 2025



BUSSELTONTFESTIVALOFTRIATHLON.COM.AU



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EVENT MANAGEMENT CONTINGENCY INFORMATION

Triathlon WA will ensure the provision of maximum duty of care to all participants, volunteers, and spectators for the 2025 Busselton Festival of Triathlon. A comprehensive Risk Management Plan will be in place for the full duration of the event and safety is our highest priority. Should there be unexpected circumstances, weather conditions or course situations that may pose a risk of harm or injury to participants, volunteers, staff, or spectators, the Race Contingency Committee will meet to determine the plan of action. If changes to the event are required, all competitors and volunteers will be notified with as much advance notice as possible.

EVENT CONTACT

ATHLETE SERVICES – ALL PARTICIPANT ENQUIRIES

Phone: 08 6285 8552 – EventMatrix

Email: triathlon@eventmatrix.com.au

Race Weekend Emergencies or Road Closure Info: 08 6285 8550 (EventMatrix)

Information about withdrawals and team changes can be found on the event website at www.busseltonfestivaloftriathlon.com.au/withdrawals-and-refunds. Please make sure you have read and understood the options available to you before contacting Athlete Services during race week.

Triathlon WA and EventMatrix will be on-site in Busselton setting up the event from Wednesday, 30 April 2025 until Friday, 2 May 2025. Our team will be contactable by phone during this time.

From Friday, 3 May, please visit the Athlete Services Counter at The Pavilion, Barnard Park, Busselton to speak with Triathlon WA and Event Staff in person.

TRIATHLON WA – STATE SERIES, MEMBERSHIP AND MEDIA ENQUIRIES

203 Underwood Ave, Floreat, WA 6010 **Phone:** (08) 9443 9778

Email: admin@wa.triathlon.org.au **Website:** busseltonfestivaloftriathlon.com.au

ESSENTIAL LOCAL CONTACTS

BUSSELTON POLICE STATION

20 Stanley St Busselton WA 6280
(08) 9754 9555

BUSSELTON MEDICAL PRACTICE (GP)

20 Albert St Busselton WA
(08) 9752 1133

DUCHESS MEDICAL PRACTICE (GP)

69 Duchess St Busselton WA
(08) 9752 4122

BUSSELTON HEALTH CAMPUS (HOSPITAL)

Mill Road West Busselton WA 6280
(08) 9753 6000

BUSSELTON VISITORS CENTRE

Busselton Foreshore, 17 Foreshore Parade
Busselton WA 6280
(08) 9780 5911

TAXI SERVICES

Busselton Taxis - 131 008
South West Taxis - 1300 68 16 16

EVENT SCHEDULE

Key information for Foreshore Triathlon athletes is highlighted in yellow. Times are subject to change. Please check the website on race day for updated information.

FRIDAY 2 MAY 2025		
TIME	EVENT	LOCATION
3pm – 7pm	Pack Pickup Open (All Events)	Barnard Park Pavilion
3pm – 7pm	KC Australia Merchandise Store Open	Expo Area
SATURDAY 3 MAY 2025		
TIME	EVENT	LOCATION
6am – 7am	Pack Pickup Open for KIDS Triathlon	Kids Registration Container near Transition.
6am – 9am	Pack Pickup Open for Foreshore SPRINT & ENTICER	Barnard Park Pavilion
6am – 7.15am	Transition Open for KIDS Bike Racking	Transition
6.30am – 8.15am	Transition Open for ENTICER Bike Racking	
6.30am – 9.30am	Transition Open for SPRINT Bike Racking	
7am – 4pm	Expo, Merchandise, Food Trucks, and off-course entertainment	Expo Area
7.30am – 8.45 am approx.	Busselton KIDS Triathlon	Beach start area & Finish Zone
8.30am – 9.50 am approx.	Busselton Foreshore Triathlon ENTICER	Beach start area & Finish Zone
9.45am – 12.15pm approx.	Busselton Foreshore Triathlon SPRINT	Beach start area & Finish Zone
10am approx.	Busselton Foreshore Enticer Presentations	Stage area
12pm approx.	Busselton Foreshore Sprint Presentations	Stage area
12:30pm	All bikes must have been collected (Foreshore & Kids Triathlon)	Transition
1pm – 4:45pm	Pack Pickup Open Busselton 100 and Aquabike athletes	Barnard Park Pavilion
1:30pm – 5:00pm	Transition Open for Bike Racking Busselton 100 and Aquabike. NOTE: Absolutely no bike racking is available on race morning.	Transition
1.30pm – 3.12pm	Free Movie Screening for Kids – The Wild Robot	Big Screen, Event Village
3.30pm – 5.00pm	Free Movie Screening for Kids – Red Dog: True Blue	Big Screen, Event Village
2:30pm – 3.00pm	Transition Tour #1 – Tips and Tricks for race day (optional)	Transition
3.30pm – 4.00pm	Teams & Aquabike Orientation / Pre-race Briefing	Transition
4.00pm – 4.30pm	Transition Tour #2 – Tips and Tricks for race day (optional)	Transition
SUNDAY 4 MAY 2025		
TIME	EVENT	LOCATION
5:30am – 7am	Transition open for all Individual, Aquabike and Team Athletes	Transition
7:30am – 3.30pm	Busselton 100 and Busselton Aquabike	Beach start area & Finish Zone
7:30am – 4pm	Expo, Merchandise, Food Trucks, and off-course entertainment	Expo Area
1:30pm – 4pm	Transition Open for Bike Collection – will be announced by MC	Transition
5.30pm – 7pm	Busselton 100 & Aquabike Awards Ceremony Special Awards, Open Awards, and WA State Series Medals also presented. All competitors welcome.	Hallys Bar and Grill

EVENT VILLAGE

THIS MAP IS NOT TO SCALE



SEARCH IN THE APP STORE



Busselton Triathlon

OR SCAN THE QR CODE BELOW



IOS



ANDROID



PACK COLLECTION PROCESS

Volunteers will look you up by either name or your race number.

DATE	TIME	LOCATION
Friday, 2 nd May 2025	3pm – 7pm	Barnard Park Pavilion
Saturday, 3 rd May 2025	6am – 7am	Kids Registration Container near Transition.

Please Note: You cannot register outside of these advertised times, and you must do this in person. Parents may collect race packs for their children.

Present your e-ticket or race number to volunteers to check in. If you are not able to locate your e-ticket – don't panic. We can look you up by name and find your race number for you. Upon presentation at the registration desk, you will be given your race pack which will contain all requirements for the race. It will include the following items:

RACE NUMBER:

It is mandatory for all participants, whether competing as an individual or in a team, to wear the race number on the front during the Run leg. Safety pins will be supplied at Registration for those participants who do not own a race belt. If you would like to purchase a race belt, they will be available for sale in the Expo area.

The back of the race bib has a section that parents can fill out with emergency contact information.

SWIM CAP:

You will be provided with a coloured swim cap that corresponds to your wave number. It is compulsory to wear the cap provided at the start and during the swim. If you need a replacement cap you can grab one at swim start.

ATHLETE WRISTBAND:

This wristband will display your race number. It is your responsibility, when bike racking and on race day, to wear the wristband.

THIS EVENT IS NOT TIMED:

Kids Triathlon Participants will not have a timing chip in their race pack, as the event is participation focused and not timed.

BIKE RACKING PROCESS

PLEASE NOTE: You cannot rack your bike outside of these times.

DATE	TIME
Saturday, 3 rd May 2025	6am – 7.15am

You are required to check your bike into transition on race morning. Ensure you have collected your race pack prior to heading to transition. Competitors are responsible for ensuring their bikes and helmets are in safe working order before presenting to transition to avoid rejection.

Technical Officials will also carry out a cursory visual inspection of your bike. No bike will be accepted unless it passes the inspection. This is an extra service for the competitors and is NOT a guarantee of safety. Your bike must pass the inspection.

OFFICIALS WILL BE CHECKING FOR SUCH THINGS AS:

- End plugs on handlebars.
- Tyres in reasonable condition.
- Brakes in working order.
- Compliance with AusTriathlon Race Competition Rules

There will be separate transition rack spaces allocated for the Kids Triathlon. Please wear your helmet on your way into Transition.

Please ensure you remove any bags from Transition. TWA takes no responsibility for lost or misplaced personal affects, equipment, or accessories.

MEDICAL:

Medical assistance will be available on the Course. Please ask for medical help if you have even the slightest hint you may need it.

WHAT TO BRING

- Race pack provided on the day (swim cap, race number, safety pins, wristband)
- Goggles
- Swimwear or tri suit
- Cycling / Running clothes (if not wearing a tri suit the whole race)
- Bike in good working order (e-bikes and fixies not permitted)
- Bike helmet that fits well and clips under your chin
- Running shoes and socks
- Hat, sunscreen, and sunglasses
- Flip flops or other shoes to wear when your running shoes are in transition.
- Any medicines you need (e.g. EpiPen, Puffer)
- Towel
- Filled water bottle or two
- Change of clothes for after the race
- Optional: Race Belt – our expo retailers will be selling these if you'd like to buy one
- Optional: Small personal medical kit
- Optional: Rashie for the swim to go over your bathers

WHAT TO WEAR

If you have no idea where to start, it's a good idea to have a look at the images of the event from past years on Instagram or Facebook page and see what other athletes wore. Below is some general advice:

PRE-RACE:

It can be cold at the start of the morning so make sure you bring a jumper to keep you warm. Apply sunscreen (yes, even on a cloudy day – be aware of UV). Make sure you have collected your race pack and racked your bike in transition. Make sure to bring two pairs of shoes; the ones you'll race in must be left in transition, and you probably don't want to be barefoot all morning. Some kids prefer to bring thongs/slides as their second pair of shoes.

NOTE: Please put your helmet on and clip it up prior to heading to transition.

SWIM:

Most athletes will wear either a tri-suit or swimwear they feel comfortable in, plus goggles and of course the swim cap from your race pack. You can wear a rashie over your bathers. Fins and other flotation aids are not allowed. Don't forget a towel!

NOTE: You do not wear the paper race number in the swim. Some athletes like to use a smaller towel to lay out as the base of their transition pile so that they can wipe their feet after the swim. If you are a person who hates sand in their socks/shoes, this is a great hack!

BIKE:

If you won't swim in a tri-suit or don't want to cycle in your swim wear, you'll need to bring some other clothes to put over the top of your bathers for the bike and run. Activewear or just leggings/shorts and a t-shirt are fine. We find it's easiest to pre-pin your race number onto a T shirt or a race belt which you can just slip-on during transition.

Don't forget to bring a helmet that clips under your chin, as this is mandatory. Make sure your helmet is on and securely fastened BEFORE you touch your bike.

RUN:

You can keep wearing your running shoes and activewear or tri-suit for this leg. Keep wearing your race number, but make sure it's on the FRONT. Swap your helmet for a run cap, and don't forget your smile for that finish line moment!

BEGINNERS GUIDE TO TRANSITION

Transition is the 'storage place' for all the equipment required to complete the event, but it can only have the necessities. Your transition area will need to be set up prior to the race start.

When you enter transition, technical officials will be checking your bike and helmet, so ensure you enter transition with your helmet ON and done up for checking.

The space allocated to you in transition is enough for your bike to be racked, and then a small area below (either on the left or right side of your bike – personal preference) for any equipment you may need. Please be courteous of how much space you are taking up.

EQUIPMENT REQUIRED TO SET UP IN TRANSITION:

Bike: all participants must bring their own bike to the race. Any normal bike in good working order will be fine.

Helmet: Set up with clasps undone, sitting facing upwards for ease of application. Remember you CANNOT touch your bike without having your helmet fastened and secured on your head.

T-shirt or shorts: If you do not have a tri suit you can slip these items of clothing on over your bathers in transition for the ride and run.

Running shoes: Have the shoes open, ready for your feet to slide on in!

Hat: We always want to protect our skin from the Australian sun, having a hat in transition means you can grab that to head out onto the run for added protection.

Race number: You will receive a race number in your race pack that you will either need to attach to a singlet/t-shirt with pins or use a race belt. You will need to slip this on in T1 (swim to bike) prior to going out onto the bike course.

Water bottle: If you have a water bottle holder on your bike, keep your water bottle on the bike so you can drink on course. Otherwise, just leave a water bottle in transition and utilise the free water cups at aid stations on the run.

Socks: This is a personal preference, some people prefer to pop some socks on for the ride or run, as socks can assist with reducing the risk of blisters and are that added level of comfort.

Towel: Something to dry off with and wipe your sandy feet on

HOW TO ORGANISE YOUR EQUIPMENT IN TRANSITION:

Every triathlete has their own unique preferences and ways of arranging their equipment, so there is no one right way. As a general guide, you want to place the items in the order that you'll need them. A towel serves as not only a great base and a way to wipe your feet, but it also helps you locate your spot quickly amongst the sea of bikes in transition. Make sure you take your swim stuff with you for the start of the race – don't leave it in transition.

Typically, you'll want your shoes, socks and helmet at the front ready to go. Then you'll want the stuff for the run laid out further back - your running shoes, hat, and race bib etc. Make sure when you take off your cap and goggles you are placing them neatly next to your other equipment. Remember to be courteous and kind to your transition neighbours and keep equipment within your area.



HOW TO RACK A BIKE

There are a few ways to set your bike up in transition, down to personal preference, bike size, and bike set up. Here are the two that work best for the Kids Triathlon.

OPTION 1: Some kids bikes will be too small to rack by hanging, so instead lean the bike against the rack or use the bike's kickstand to keep it upright.

OPTION 2: Hang your bike up by the seat as shown in the image below.



SWIM STARTS

Please ensure you are on the beach by the start area by **7:25 AM** for the **Kids Race Briefing**. During this time, kids will have the opportunity to self-seed, which means they can decide where they want to start in the group. Front, middle or back of the pack. When the race starts, kids will go off in **rolling starts**. This means a small group will go through the start line every few seconds, creating a smooth flow of participants and reducing congestion at the start. Parents swimming alongside their kids in the parents wave should ensure they start at the back of the group. Make sure to listen to race officials and follow their instructions for a safe, fun race.

WAVE NUMBER	CAP COLOUR	CATEGORY	TIME
1	YELLOW	Long Kids Triathlon	7.30am
2	YELLOW	Short Kids Triathlon	7.40am

Please note times subject to change on race day

FAMILY/PARENTS WAVE

Our Short distance Kids Triathlon includes a wave for kids aged 7-11 years who are not confident competing alone. The Family Wave allows parents/guardians* of participants to swim and run alongside their child and assist with transition.

Chaperones can swim with the child, then must wait by transition during the cycle leg, and then can join the child for the run leg and finish line moment. Chaperones must be wearing a YELLOW swim cap during the swim – please ensure you grab one of these at pack collection or swim start.

*Limit to one adult per registered child.

AUS TRIATHLON RACE COMPETITION RULES

Race Competition Rules are essential to maintaining a safe, fair and quality level of competition for participants of the sport. Find a copy of the rules here: <https://www.triathlon.org.au/rules/>

FREQUENTLY ASKED QUESTIONS

Do I have to bring my own bike and helmet?

Yes, participants must bring their own bike and helmet to the event. Bikes/helmets are NOT provided or available for hire on race day.

Can parents help their children in transition?

We kindly ask that unless you're signed up as a parent chaperone for the Family/Parents Wave, you stay outside the transition area and let your child take on the race on their own. There will be plenty of friendly volunteers and officials around to help the kids if they need it. With so many participants, there might be a short wait, but it's a great chance for little athletes to practice patience, resilience, and problem-solving – all essential triathlon and life skills.

Can I pick up my pack and rack on race morning?

Yes. Collect your race pack from the Kids pack pickup container near transition between 6am-7am, then once you have your race pack pop on your wristband and helmet and head over to transition to rack your bike between 6am – 7.15am. Your race briefing will be at 7.25am so head straight to the beach start area when you're racked and ready. If you need any help racking your bike, please ask the volunteers and officials in transition.

Where do I collect my pre-ordered event merch?

Head to the KC Australia Merch tent in the expo area on race day. They'll look up your order and hand over the goods. Limited merch will also be for sale on race day, and available online on the [KC Aust website](#) after the event.

After each leg of the race (swim, bike, and run) do I just continue to the next one?

Yes. Transition is your designated area to store gear between race legs. Before the race, rack your bike and set up your equipment. Bring your goggles and swim cap to the swim start. After the swim, head to transition, grab your cycling gear, and start the bike leg. After the bike, return to transition, rack your bike, switch to your running gear, and begin the run. After the last lap of the run, go straight to the finish line!

What happens if an item is missing or incorrect in my race pack?

Please return to registration or go to recovery race day. If you have damaged your swim cap there will be spares at the swim start.

Do we change our clothes in transition after the swim?

During the race, you put your cycling/running stuff on in transition yep! If you're wearing a tri-suit for the swim you don't change clothes before the bike or run. If you're wearing normal bathers, just pop your dry

cycling/running clothes over the top of the bathers after a quick towel off. You'll dry off on the way round the course.

I can no longer attend the event. What are my withdrawal or refund options?

Please visit the refund and withdrawal page

here: <https://www.busseltonfestivaloftriathlon.com.au/withdrawals-and-refunds/>

Can my child have training wheels on their bike?

We typically recommend that kids ride without training wheels, if they are confident enough to do so. If you need to use training wheels though, that should be ok. It's all about having a go.

POST RACE INFORMATION

RECOVERY AREA

As you cross the finish line, the athlete recovery area is a walk-through zone immediately after the finish line. Participants are able to collect their finisher Medal and post event nutrition and continue to exit the athlete recovery area. Medical treatment will be available if required. If you do not require any medical treatment, you will be able to proceed to the other finish compound facilities where recovery products will be served.

WHAT HAPPENS IF YOU DNF

If you have the misfortune of having to withdraw at any stage of the race, you (or someone representing you, such as a parent) must report to the drop out clerk that is located at the finish line. This ensures that the event officials are not searching for you.

BIKE COLLECTION

Athletes will be advised when bikes can be removed from Transition. This will occur once the last individual athlete is off the bike course, no later than 12.30pm. No exceptions. This time is subject to change. You must be wearing your race bib number or wristband to remove any bike or equipment from Transition. Any person who removes their bike over the transition fence will face disqualification.

PHOTOS

Official Photographer Boss Fotos will be at the finish line on race day. Try to remember in the finish chute the photographer will be there to capture your finish, so put on your best SMILE! Make sure your race number is properly displayed on your front. Photos will be available from www.bossfotos.com/customer/events the week after the race. Athletes who have purchased Boss Foto packs during registration will be emailed by the company directly with a link to download your images.

LOST PROPERTY

You should identify all your personal gear and property. Mark it with your name and address if possible. If it is misplaced, it will most likely be handed in to event staff. Please note that the race organiser does not take responsibility for lost property.

ON RACE WEEKEND

Any lost property handed in on race day will be available for collection from the Drop Out Clerk desk located near Bag Drop.

AFTER RACE WEEKEND

Sometimes, items that are lost on the course (especially out in the forest) are only found when our staff pack up the event. In this case, lost property will be taken to the Triathlon WA office in Floreat, WA. To see if your lost property has been located, please send an email to admin@wa.triathlon.org.au with a description of what you have lost (item type, brand, colour, size, any distinguishing marks).

After 1 June 2025, any unclaimed lost property will be donated to charity or disposed of.



BUSSELTON KIDS TRIATHLON SHORT DISTANCE



WESTERN AUSTRALIA



WA TRIATHLON



100M SWIM



2KM BIKE



500M RUN



BUSSELTON KIDS TRIATHLON LONG DISTANCE



WESTERN AUSTRALIA



WA TRIATHLON



200M SWIM



4KM BIKE



1KM RUN

CAR PARKING

Parking will be available at Churchill Park, with entry off Adelaide Street only for ALL DAYS:

- Saturday 3 May 2025: 5am – 9pm
- Sunday 4 May 2025: 5am – 5pm

Please utilise Churchill Park for free event parking and do not park on verges around Marine Terrace or on Adelaide Street. Parking inspectors will be out and about, and you will get a ticket.

There are also plenty of council-managed carparks around the Foreshore area. Please be mindful of road closures.

ELECTION VENUE NOTICE: The Federal Election will be held on Saturday 3 May 2025, and the local polling booth close to Churchill Park will open at 9am. Please ensure if you are using the Churchill Park parking area that you arrive BEFORE 9am to avoid peak traffic.

MORE PARKING OPTIONS: Additional free parking options can be found on the City of Busselton website here: www.busselton.wa.gov.au/resident/transport-and-parking/parking-around-town

EVENT PARKING 2025





Parking Limit

- █ All Day
- █ 3 Hours
- █ 2 Hours
- █ 1 Hour
- █ 1/2 Hour
- █ 1/4 Hour

- █ No Parking
- █ No Stopping
- Toilet
- Caravan Parking
- Bike Rack



Busselton Foreshore and City Centre Parking (City Managed)

ROAD CLOSURES

To view detailed road closure information and an interactive map, please visit

<https://www.busseltonfestivaloftriathlon.com.au/roadclosures/>.

Wednesday 30 April to Tuesday 6 May 2025

Road Closure (both directions)	Road Closure Time	Road Reopen Time	Closure From	Closure To
Geographe Bay Rd	8:00am	5:00pm	Foreshore Pde	Carey St
Milne St	8:00am	5:00pm	Marine Tce	Geographe Bay Rd

Saturday 3 May 2025

Kids Triathlon, Foreshore Triathlon

Road Closure (both directions)	Road Closure Time	Road Reopen Time	Closure From	Closure To
Foreshore Pde	6:30am	12:30pm	Goose Carpark	Brown St
Marine Tce	6:30am	12:30pm	Stanley St	Carey St
Geographe Bay Rd	6:30am	12:30pm	Brown St	Guerin St
Guerin St	6:30am	12:30pm	Marine Tce	Geographe Bay Rd
Brown St	6:30am	12:30pm	Adelaide St	Geographe Bay Rd
Milne St	6:30am	12:30pm	Adelaide St	Marine Tce
Carey St	6:30am	12:30pm	Adelaide St	Geographe Bay Rd

Resident access notes:

Residents on Marine Tce and Geographe Bay Rd who require access during the above road closures are encouraged to move their vehicles to adjoining streets which are not impacted by the road closures or to the free event parking on Churchill Park. Property access will be limited whilst the above road closures are in place.

Detours and traffic management will be in place to guide motorists around the area during the events. Triathlon WA respectfully requests cooperation in the efficient management of patrons to and from their property on the day and apologises for any inconvenience caused.

Please note, if required emergency vehicles will be able to access your premises. There may be parking restrictions in place along the road closure routes.

Noise notification: The Busselton Festival of Triathlon will have a public address system operating at the event site. All noise will be kept to the acceptable levels.

Sunday 4 May 2025 - Busselton 100

Road Closure (both directions)	Road Closure Time	Road Reopen Time	Closure From	Closure To
Geographe Bay Road*	5:30am	4:00pm	Brown St	Guerin St
Foreshore Pde	5:30am	1:30pm	Goose Carpark	Brown St
Marine Tce	5:30am	1:30pm	Stanley St	Georgette St
Carey St	5:30am	1:30pm	Peel Tce	Marine Tce
Brown St	5:30am	1:30pm	Peel Tce	Marine Tce
Peel Tce	5:30am	1:30pm	Cammilleri St	Ford St
Layman Rd	5:30am	1:30pm	Ford Rd	Tuart Dr
Tuart Dr	5:30am	1:30pm	Layman Rd	Bussell Hwy

Crossing points – The following vehicle crossing points will be operational from 5:30am to 1:30pm:

- Adelaide St and Carey St
- Adelaide St and Brown St
- Kent St and Carey St
- Kent St at Brown St

Resident access notes:

- *Residents on Geographe Bay Rd can access their properties by traveling westbound only. They must only turn left into Geographe Bay Rd and must exit their property and turn left and will then be directed to turn left at the next available street.
- Residents on Ford Rd, Atkinson St, Wakeford St, Herring St, Mann St, Russell St and Morgan St will have access during the road closure times. Access will only be via Marine Tce.
- Residents on Marine Tce, Brown St and Carey St who require access during the above road closures are encouraged to move their vehicles to utilise the free event parking on Churchill Park or to adjoining streets which are not impacted by the road closures. Property access will be limited whilst the Busselton 100 bike course is operational.
- Access into Busselton Tennis Club will remain open from Marine Tce in a westbound direction under the control of traffic controllers.
- **Residents requiring access into Busselton via Layman Road between Navigation Way and Lockville Road will receive an additional notice direct to their letterbox with detailed instructions on access restrictions and requirements.**



LEGEND

- Brown St, Carey St, Peel Tce, Layman Rd, Tuart Dr Closed: 5:30am - 1:30pm Sun 4 May 2025
- Marine Tce, Carey St, Georgette St Closed: 6:30am - 12:30pm Sat 3 May 2025
5:30am - 1:30pm Sun 4 May 2025
- Traffic Crossing Point: Operational 5:30am - 1.30pm Sun 4 May 2025
- Geographe Bay Rd Closed: 8:00am Wed 30 April to 5:00pm Tues 6 May 2025
- Geographe Bay Rd Closed: 6:30am - 12:30pm Sat 3 May 2025
5:30am - 4:00pm Sun 4 May 2025

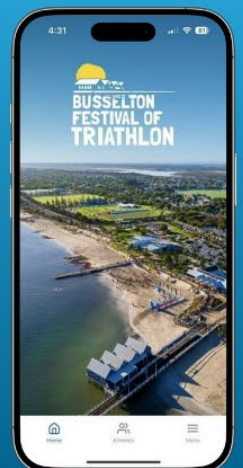


EVENT PARKING ENTRANCE OFF ADELAIDE ST



SEARCH IN THE APP STORE

- LIVE TRACKING
- INTERACTIVE COURSE MAPS
- ESSENTIAL INFO & MORE



SPECTATOR INFORMATION

Spectators are very welcome, and we encourage you to bring along pom-poms, signs, and noise makers to help cheer our athletes on. We would appreciate your help in cheering for ALL athletes, not just your friend or family member. This helps bring a fun, friendly atmosphere and makes the experience more memorable for our participants. Thank you!

CROSSING POINT ETIQUETTE:

Do not try to cross the course at random spots, block the swim exit, or cut in front of runners/cyclists – even if you think it's safe to do so. Please do not trample the dunes or hop fences. Instead use the crossing points provided. These are marked on the event map.

Please be patient with and kind to our volunteers managing the crossing points. It is a hard job, and a long day. They are simply keeping our spectators and athletes safe and doing their best to help you get where you need to go. Please thank them as you cross.

DO NOT UNDER ANY CIRCUMSTANCES:

- Bike, drive, or run beside an athlete on any part of the course. This is outside assistance and can lead to disqualification of that athlete.
- Run down the finish chute with your athlete, this includes (non-competing) kids running with their parent. The athlete will be disqualified if any spectator, friends, or family enter the chute with them.
- Allow your children or pets to play on the course or interfere with athletes, bikes, or any event infrastructure.

KIDS AND BABIES:

- Children and babies must be supervised by a parent or guardian at all times while attending the event.
- DO NOT allow children or babies to wander on to the course at any time, other than when using crossing points with a parent/guardian.
- Kids (who are not racing at the time) and babies must not be in athlete recovery, the finish chute, or transition at any time.
- Please ensure kids have adequate sun protection (slip, slop, slap, seek and slide) and a filled water bottle. It can be a long day for little ones.
- If your child gets lost during the event, please find a team member wearing a radio so we can help you locate the child ASAP. The emergency phone number for our event team is in the key contacts section of this document.

PETS:

- Dogs must stay leashed (fixed length leash) with a harness and must be supervised at ALL TIMES. Please leave reactive, nervous, or aggressive dogs and other animals at home. Ours is a busy event with thousands of people, and lots of young children. Owners must provide their own poop bags, and immediately pickup and safely dispose of any pet poo or mess made.
- Please bring water and food for your pet as it is a long day and can be very hot.
- No other animals are permitted.
- DO NOT let your dog on the course at any time, other than when using crossing points. Animals must not be in athlete recovery or transition at any time.



TRIATHLON WA!

READY, SET, GO, RECOVER!



READY...



3-4 hours start to build you energy stores (e.g. muesli, porridge, eggs on toast.)



Be SunSmart when the UV is 3 or above. Check the UV at www.myuv.com.au



Apply SPF30 (or higher) sunscreen at least 20 minutes before heading outside. Aim for 1 teaspoon per limb.

SET...



1-2 hours top up energy stores with a snack or small meal (e.g. crumpets with honey, tetra pack milk, small smoothie.)



Pack a hat, sunscreen, healthy snack and water ready for when you cross the finish line.



Make sure you are warmed up to be your best.

GO...



Enjoy a quick healthy snack and hydrate with water while you transition.



Remember to re-apply sunscreen every 2 hours and hydrate with water regularly.

RECOVER!



Recovery is key! To get the best response aim to cool down safely, refuel your nutrition, rehydrate with water and celebrate with others.

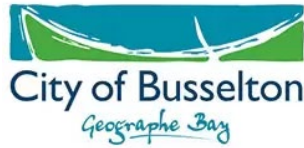
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