



BananaMan

TeamTimeTrial - 12 July 2009

Starts at 10.30am:
800m swim, 30.6km bike, 7.5km run

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At registration, you will receive:

- **Three** swim caps and **three** race numbers: one race number per team member to be worn on the front.
- **ONE** timing chip: the **TEAM CAPTAIN** should wear the timing chip around the **ankle** throughout the entire race.
- **Six** sticky numbers: **three** for your bikes and **three** for your helmets.

We request team members to wear the same race kit as each other if at all possible. You will look more like a team!

SWIM: 800m swim - two-laps.

BIKE: 30.6km bike - six-laps.

NB: *Teams can draft from each other, but NOT other teams.*

RUN: 7.5km run - three-laps.

ALL THREE TEAM MEMBERS MUST FINISH TOGETHER OR YOUR RESULT WILL BE VOID. THE RACE IS ABOUT TEAM SUPPORT.

We are encouraging a Club/team Gazebo/tent area where you can meet your club members after the race.

This area is on the grass behind the very large marquee.

Prizegiving is as you cross the line.

Prizes will be awarded to first 3 female teams and first 3 male/mixed teams.