

Event and Contact Information:

Name of Event:	Oceania U 23 Championships
Date:	SUNDAY January 30 th 2005
Name of contact	Triathlon NSW (Cris Ashcroft/Kim Mason)
Telephone:	61 2 9518 7766
Fax:	61 2 9518 7233
Email:	info@trinsw.org.au
Web site:	www.trinsw.org.au
Mail Address:	PO Box 822, Glebe NSW 2037 Australia

Event details:

Entry fee:	\$AUS75-00
Prize money:	Nil
Athlete Briefing Time	6:00pm Preceding day – Panthers Club– final brief before race
Start times:	12:00PM (Noon) Women 2:45PM Men
Start Mechanism:	Deep water start
Swim Conditions:	Regatta centre (lake) fresh water
Water Temperature	Prediction on wetsuits (23/25C)
Cycle Course	Flat to mildly undulating multi-lap course with some technical corners (Laps to be decided on final course make up)
Run Course	Flat to mildly undulating multi-lap course with some technical turnarounds (as above on laps)
Post-Race Party	Time: 19:00 or 1930 hrs Place: Lone Star Café, Penrith or similar...

Media Information:

Name of Media Contact:	Nick Munting/
Address for Media	nick@trinsw.org.au
Credentials request:	PO Box 271, Collaroy NSW 2097 Australia
Location of Media Centre and hours of operation:	Penrith International Regatta Centre, Penrith NSW 10:00am – 18:00pm on day of race
Time and place where media kit can be pick-up:	10:00am at Race HQ, Penrith International Regatta Centre, Penrith NSW

Travel and accommodations:

Closest airport:	Mascot International, Sydney NSW Australia
Local transportation provided	LOC can arrange Buses at cost, or train direct to Penrith from the airport
Name and contact details of the host hotel	Nil
Home stay or accommodations provided	Nil, but LOC can provide accommodation data for local area – and budget pricing.

Special Functions

Press conference:	Friday – Venue TBA
Awards celebration:	Venue TBA
Carbo meal:	Friday night...
Special dignitaries present:	Layne Beachley, Surfer, Melissa Ashton, Triathlete and winner, Sydney Marathon, Jackie Fairweather, 1994 World Champion, Head AIS Triathlete Coach, ITU rep in waiting.
Tourism activities:	As required – LOC can arrange through local Council Tourism Centre (Blue Mountains tour etc)

Event Schedule**Date**

Time	Activity
Noon	Women's Race

Date

Time	Activity
2:45pm	Men's Race

Date:

Time	Activity