



SPRINT TRIATHLON  
BARGARA

Athletes Guide

30 April 2023





## Mayor's Message

Bundaberg Regional Council would like to welcome all competitors from near and far to the Auswide Bank Sprint Triathlon Bargara event.

While your swimming, running and biking through the courses, it's the perfect opportunity to take in the beauty of what our wonderful region has to offer.

From our amazing beaches, beautiful parks, fantastic tourism operators and more, there is plenty to see while competing and much to explore if you choose to stay a while.

Council is proud to provide strong support of the Auswide Bank Sprint Triathlon Bargara event through the Sports Championship Funding Program.

It's these types of events that provide so many benefits to health and fitness while also giving many an opportunity to be part of a great community.

The Bargara Triathlon Club is a vibrant and very active club which conducts training programs and events throughout the year.

Good luck to all of those competing in the Auswide Bank Sprint Triathlon Bargara event!

**Jack Dempsey**  
Bundaberg Region Mayor



Welcome to the Auswide Bank Bargara Sprint Tri! We are excited to welcome you to our home in this fantastic part of Wide Bay. We are the only ASX listed Bank in Australia that calls a regional town home and maintains its head office supporting the local regional economy.

Known for our support to the communities we serve we are the proud main sponsor for the Queensland Maroons and numerous other sports and clubs.

However, we are proud today to be the main sponsor of this fantastic triathlon event. I'm sure you will love our fantastic ocean swim and the flat course for the cycle and run.

Welcome and Goodluck!



## EVENT TIMETABLE: (Event registration closes: Wednesday 26 April 2023)

Date	Time	Location
Pack Pick Up for Auswide Bank Sprint Triathlon Bargara		
28 April	9am to 6pm	FootMotion, 6/1 Heidke St Avoca Qld 4670
Best Practice Software Pub to Club Ocean Swim Race Bargara		
29 April	6am – 8:30am	Best Practice Software Pub to Club; Bundaberg SLSC 2 Fred Courtice Ave, Bargara QLD 4670
	6am – 6:45am	Pack pickup (registration closes 25 April 2023)
	6:45am to 6:55am	Race briefing
	7:00am	3km Start Best Practice Software Pub to Club, from SLSC
	7:20am	1.6 km Start Best Practice Software Pub to Club, from Bargara Boat Ramp (10 min easy walk after race briefing)
Pack Pick Up for Auswide Sprint Triathlon Bargara (NO pack pickup on race day)		
29 April	9am to Noon	FootMotion, 6/1 Heidke St Avoca Qld 4670
	2pm to 5:30pm	Club Bargara, 120 Miller St Bargara 4670 Qld
Social Dinner at Club Bargara, 120 Miller St Bargara 4670 Qld		
	5:30pm to 7:00pm	Prepaid Dinner or come try your luck to get a table
Auswide Bank Sprint Triathlon Bargara		
30 April	5:45am	Adult (including Teams and GIAT) transition open
	6:30am	Adult (including Teams and GIAT) transition Closed
	6:35am to 6:45am	Race Briefing at swim start
	6:45am to 6:50am	Race start (20 to 29yrs Male & Female)
	6:55am to 7:00am	Race start (14 to 19yrs Male & Female & Teams)
	7:05am to 7:10am	Race start (30 to 39yrs Male & Female)
	7:15am to 7:20am	Race start (40+ yrs Male & Female)
	7:25am to 7:30am	Race start (GIAT All Male & Female)
	8:10am to 8:30am	Junior Muster Rotary Park & Race Brief
	8:30am to 8:50am	Junior Transition open
	8:55am	Turtles start
	9:05am	Milbi Start
	9:20am	Hatchlings and All Abilities
	10:15am	Awards (Crawford Park)
	11:00am	Transition open

# Distances and Laps

	Swim	Cycle	Run
Sprint (Individual & Teams)	750 m 1 lap	20km 4 laps	5km 1 lap
Give-It-A-Try (GIAT)	400m 2 laps	10km 2 laps	2.5km 1 lap
Turtles	200m 1 lap	3km 3 laps	500m 1 lap
Milbi	100m 1 lap	2km 2 laps	300m 1 lap
Hatchlings	30m wade 1 lap	1km 2 laps	150m 1 lap
All Abilities	50m wade 1 lap	2km 4 laps	300m 1 lap



## START TIMES & CAP COLOURS

Start Time	Cap Colour	Gender	Age Group
6:45am	Red	Male	20 to 29 yrs
6:50am	Pink	Female	20 to 29 yrs
6:55am	Yellow	Male & Teams	14 to 19 yrs (+ All Teams)
7:00am	Green	Female	14 to 19 yrs
7:05am	Black	Male	30 to 39 yrs
7:10am	Orange	Female	30 to 39 yrs
7:15am	Blue	Male	40+
7:20am	Pink	Female	40+
7:25am	Orange	Male	Give It A Try (GIAT) 13yrs +
7:30am	Pink	Female	Give It A Try (GIAT) 13yrs +
Juniors			
8:55am	Turtles	All	10 to 12 yrs
9:05am	Milbi	All	7 to 9 yrs
9:20am	Hatchlings & All Abilities	All	Hatchlings 2 - 7 yrs All Abilities 2 – 14 yrs

### TRANSITION TIMES - No pack collection on race day

Give It a Try, Sprint Individuals & Teams: Transition will open at 5:45am and close at 6:30am

Juniors

Hatchlings, Milbis, Turtles & All Abilities:

Muster in Rotary Park from 8:10am with Race Brief

Juniors Move to Transition at 8:30am (after last Adult rider has finished) close at 8:50am

## DISTANCES & LAPS

	SWIM	BIKE	RUN
Sprint	750m 1 Lap	20km 4 Laps	5km 1 Lap
Teams	750m 1 Lap	20km 4 Laps	5km 1 Lap
Give It A Try	500m 1 Lap	10km 2 Laps	2.5km 1 Lap
Turtles	200m 1 Lap	3km 3 Laps	500m 1 Lap
Milbi	100m 1 Lap	2Km 2 Lap	300m 1 Lap
Hatchlings	30m Wade 1 Lap	1km 2 Laps shorter course	150m 1 Lap
All Abilities	50m Wade 1 Lap	2Km 4 Lap shorter course	300m 1 Lap

## EVENT INFORMATION

Juniors Events (Hatchlings, Milbis, Turtles, All Abilities)

Juniors Events are non-competitive - all finishing participants will receive a finisher's medal. No prizes or placement awards

Juniors to muster in the Rotary Park (beside the roundabout near the Causeway) from 8:30am for race brief

and

move to transition after the last Adult cyclist has finished.

Permissible bike formats include training wheels and three wheel bikes.

No adults/parents/guardians in Transition or on course during competition for Hatchlings, Milbis and Turtles.

All Abilities parents/guardians permitted to standby/assist in Wade and Transition. Parents/guardians not permitted on course for Ride and Run.

Drink Stations (Adults)

There are two drink stations on course, One at GIAT turnaround and the second at the T intersection on the course. Refer course maps. Drinks available will be Inifinit Speed mix and water (ice if it is excessively hot weather)

Cut Off Time (14+ Sprint, Teams, GIAT)

Adults must have passed the bike dismount line before 8:40am to commence the next lap. After this time riders will be directed to rack their bike and commence the run leg.

Registration/Pack pickup- No pack collection on race day.

Friday 28/04/2023 - 9am to 6pm, FootMotion, 6/1 Heidke St Avoca, 4670

Saturday 29/04/2023 - 9am to 12pm, FootMotion, 6/1 Heidke St Avoca, 4670

Saturday 29/04/2023 - 2pm to 5:30pm, Club Bargara, 120 Miller St, Bargara.

### Road Closures and Parking

Do NOT Park on the cycle course, refer map for permitted parking zone.

The cycle course roads are closed with controlled traffic crossing at Trevor Rd, Andy Kemp Place and Watsons Road Roundabout. If traffic is on course, for your own safety please give way and notify officials at the next available opportunity. Parking is in the surrounding streets as shown below.



### Event Merchandise

The first 150 registrants in Sprint, Teams and GIAT, will receive an event TShirt. A limited number of event shirts are available for purchase, from the FootMotion Merchandise tent.

### Event Photography

Photographers will be on course and photos will be available via social media

### Bag Storage

Will be available near transition entry. Please ensure your bag is clearly marked with your race number. We also advise that though we provide this service for your convenience and take all care, you leave your belongings at your own risk. The event volunteers take no responsibility for any lost or stolen items.

## What To Bring

Swim	Goggles, Swim suit/Tri-Suit, Swim Cap and Timing Chip (provided in the race pack), Sunscreen It is anticipated the swim will not be a wetsuit permitted however, you may bring a wetsuit to wear if the water drops below 24.5C
Ride/Bike/Cycle	Bike, appropriately fitting Bike helmet, cycle shoes or running shoes, drink bottle with suitable fluids, Tri-Suit or cycle shirt to cover chest, hand held bike pump, spare tube & tyre levers.
Run	Running shoes, Race bib (provided in race pack), race belt or pins to attach race bib, Tri-Suit or shirt to cover chest. Optional: socks, Cap /visor/sunglasses

## Race Rules

This race is run under the rules of Triathlon Australia,  
[https://www.triathlon.org.au/Technical/Race\\_Competition\\_Rules.htm](https://www.triathlon.org.au/Technical/Race_Competition_Rules.htm)

Some of the rules to be aware of are:

- Chest to be covered on Bike and Run legs, no nudity or bare chests
- Race numbers (provided in the race pack) must be worn on the Cycle and Run
  - Helmet to be on and buckled before the bike is removed from the rack to commence bike leg. After the bike leg
- Bike to be racked before helmet can be unbuckled
- Keep to the left, pass on the right
- No passing on the left
- No Drafting (refer above link to Triathlon Australia Race Rules)
- No blocking of other race competitors
- No outside/spectator assistance
- No headphones /ipods
- No communication devices while competing
- Dispose of rubbish only in waste bins
- Obey directions from Triathlon Australia Officials
- Be familiar with race distances, maps and laps, athletes are responsible to count their own laps



## Other points to Note

Swim	<p>If you are a slow or not a confident swimmer, please start at the back of your wave start. The course will be marked by buoys and described at the swim start. If you require assistance during the swim leg, raise your hand to attract the attention of Lifeguards. If you choose to warm up before the race please do this outside the swim area.</p> <p>It is the athletes' responsibility to be at their appropriate swim start per the Race Start Times shown above. It is also the athletes responsibility to be familiar with the course for their competition and to complete that course in full</p>
Bike	<p>The race Bib (race number) must be worn on the Bike &amp; Run.</p> <p>The Roads will be closed for the cycle leg; however please stay alert for stray vehicles, officials or emergency service vehicles.</p> <p>It is the athletes responsibility to be familiar with the course for their competition and to complete that course in full</p> <p>Be cautious around other cyclists and keep left unless passing. This is a non-drafting event, refer Triathlon Australia link for the rules related to drafting.</p> <p>Upper torso must be covered at all times during the cycle leg</p>
Run	<p>The race Bib (race number) must be worn on the Bike &amp; Run.</p> <p>There are drink stations along the run course, please ensure you use these to remain appropriately hydrated</p> <p>It is the athletes responsibility to be familiar with the course for their competition and to complete that course in full</p> <p>Keep left on the run course at all times unless overtaking</p> <p>Upper torso must be covered at all times during the run leg.</p>

## GENERAL CONDUCT

These rules of General Conduct apply across the entire course.

### 1.1. Competitors must:

- a. practise good sports conduct at all times;
- b. be responsible for their own safety, the safety of their own equipment and be considerate of the safety of others;
- c. Ensure that the equipment to be used in the race complies with the relevant safety standards and it is in proper condition
- d. be responsible for understanding and following the TA Race Competition Rules, and any Special Rules and conditions applicable to the event;
- e. obey instructions from event officials;
- f. obey traffic regulations unless otherwise instructed by an event official;
- g. treat other competitors, officials, volunteers and spectators with respect and courtesy;
- h. avoid the use of abusive language;
- i. be responsible for keeping on the designated course;
- j. not wear, use, or carry items deemed to be a hazard to self or others, e.g. a hard cast, jewellery, glass/metal containers or mirrors (reference to mirrors does not apply for athletes with a disability using a hand-cycle);
- k. not use any equipment that will distract the athlete from paying full attention to their surroundings: Athletes may not use communication devices of any type, including but not limited to mobile phones, smart watches, headphones and two-way radios, in any distractive manner during the competition. A “distractive manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs. Using a communication device in a distractive manner during the competition may result in disqualification;
- l. not obstruct or interfere with the forward progress of another competitor, or jeopardise the safety and welfare of another competitor, race official, spectator, or member of the public;
- m. not accept assistance from anyone, except as defined in Section 1.4; TA Race Competition

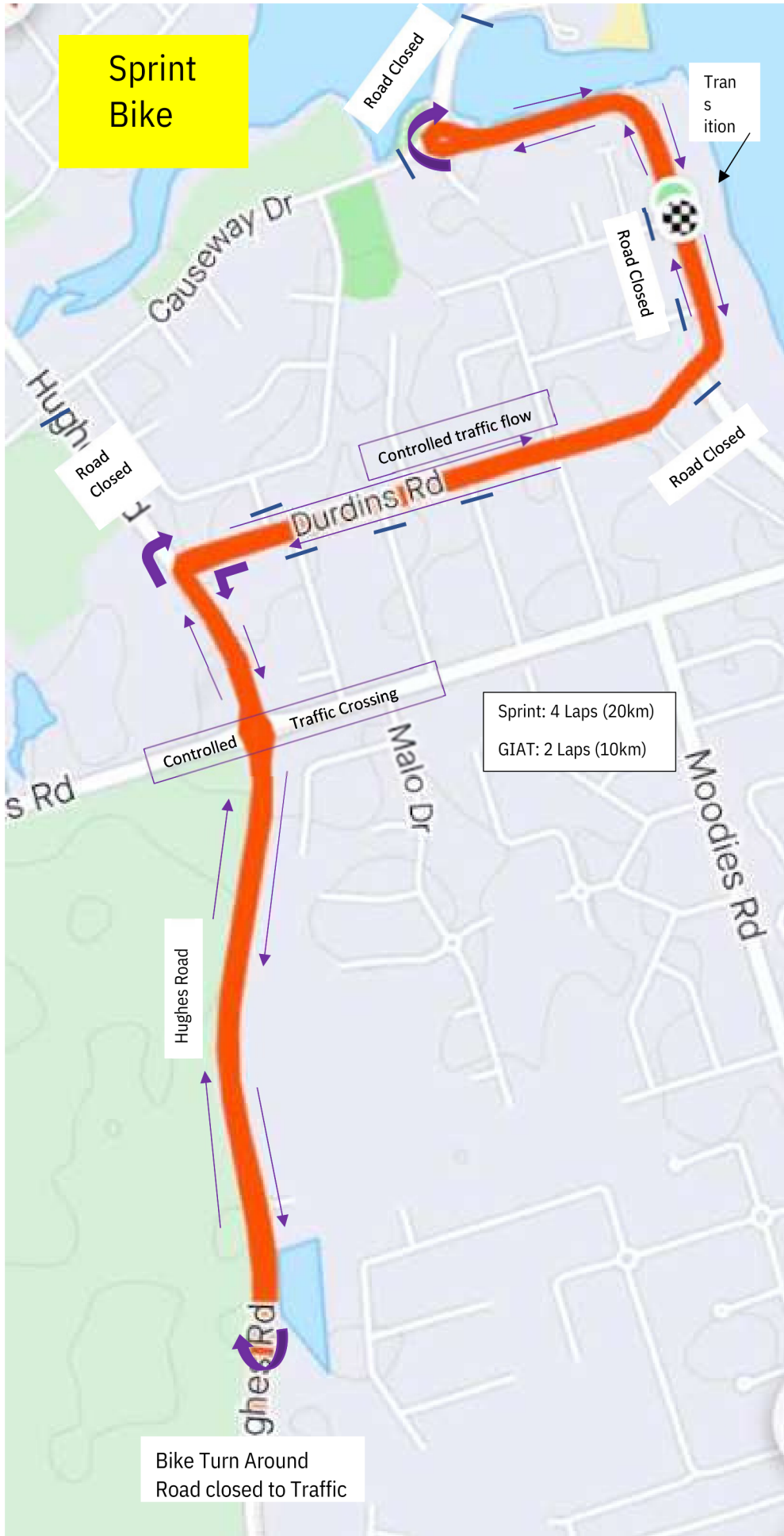
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- n. not discard any equipment on the course, except at the approved dedicated locations;
- o. not cause offence to others through deliberate acts of nudity, or personal toilet which might be seen in public;
- p. Wear a suit which complies with the definition of a Race Suit

# Auswide Bank Triathlon Bargara - Course Maps



Sprint  
Bike





**Sprint Run**

Keep Left on the Path at all times

Controlled traffic flow

Drinks Station

GIAT Turn Around

Sprint: 1 Lap  
GIAT: 1 Lap (refer GIAT turnaround)

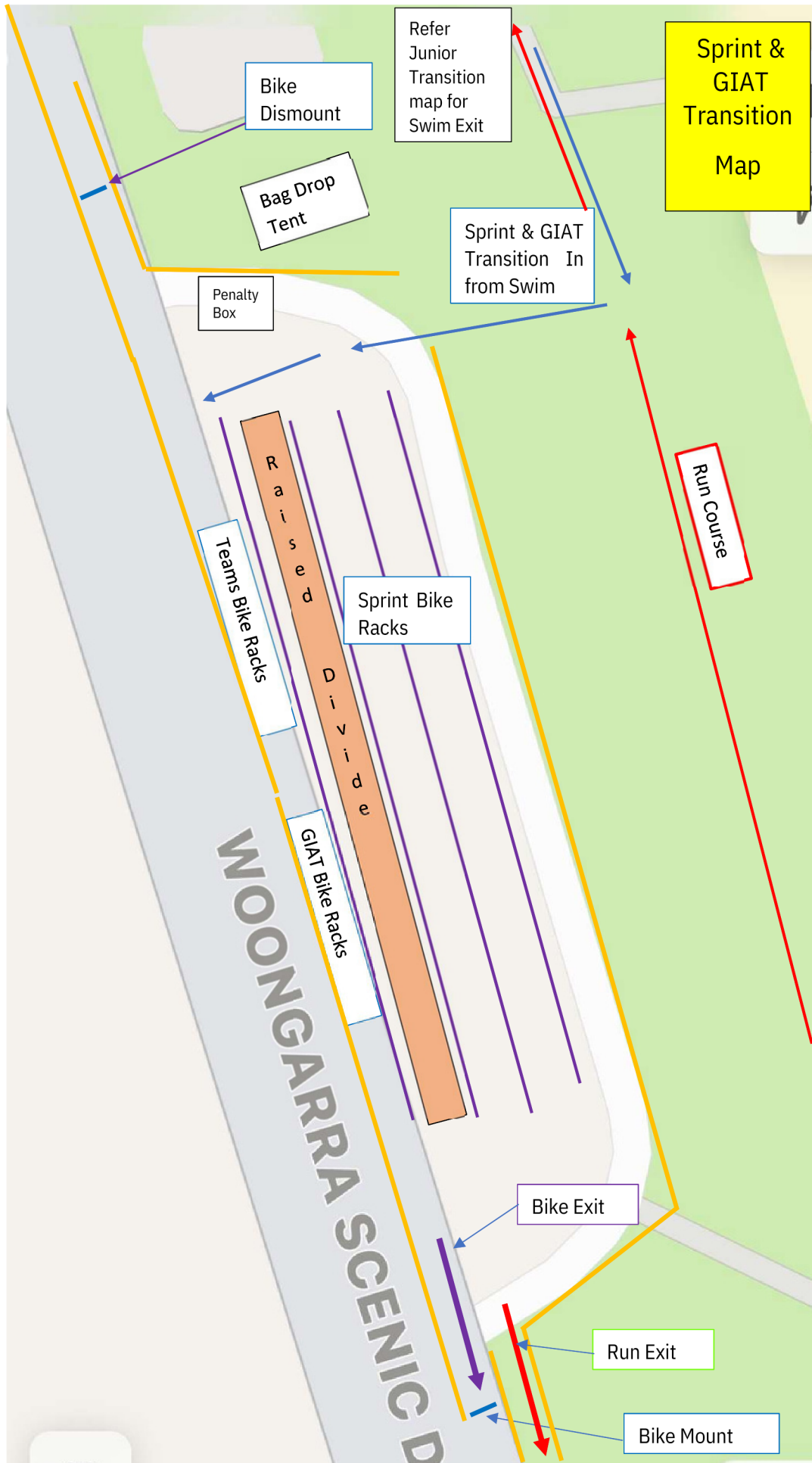
Note: The Run Course follows the footpath.  
Keep left on the path.

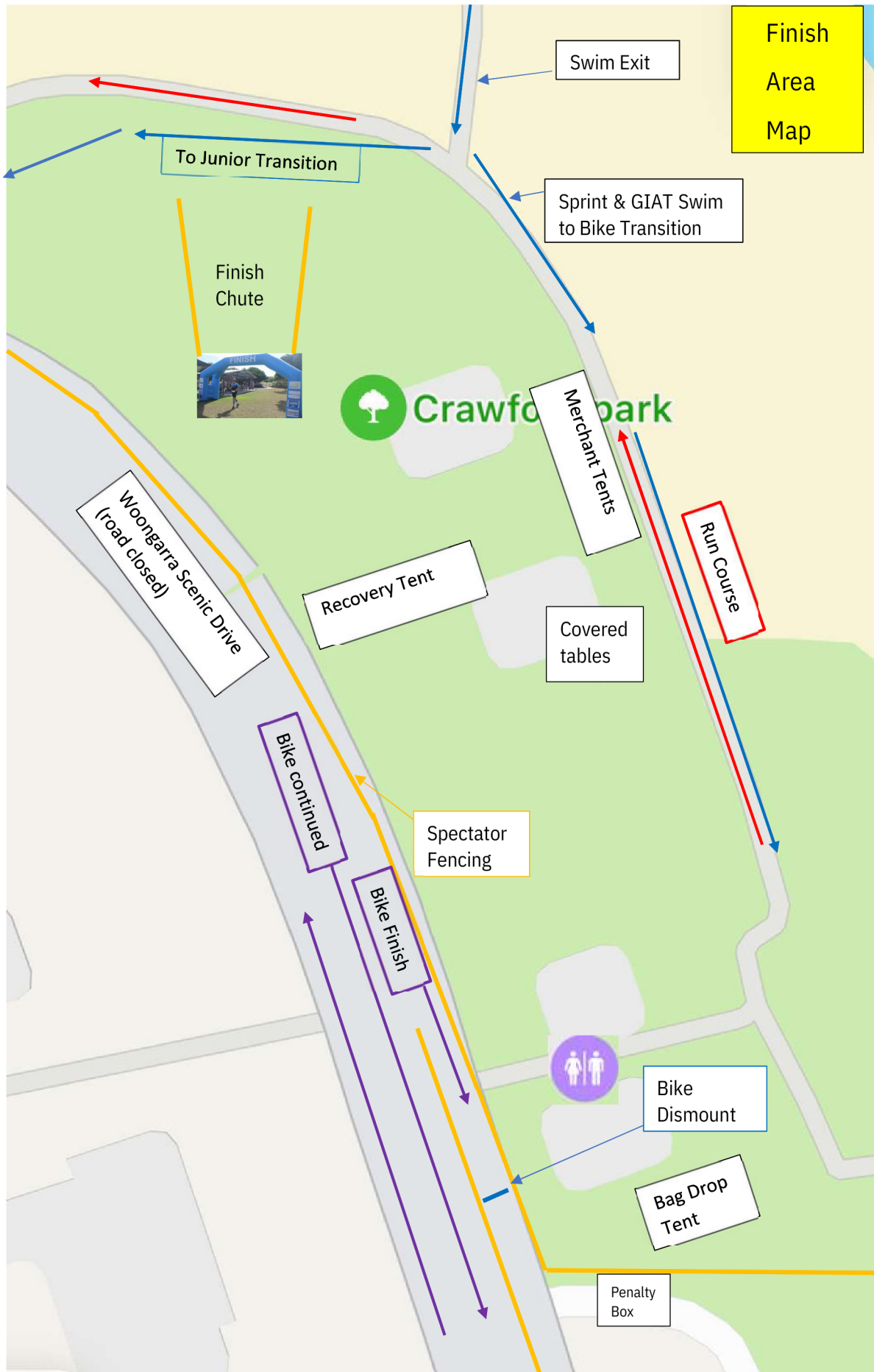
Note: The water will be ankle depth at the point of crossing from swim

Finish Chute

Transition

Road is open to traffic. Run on footpath only





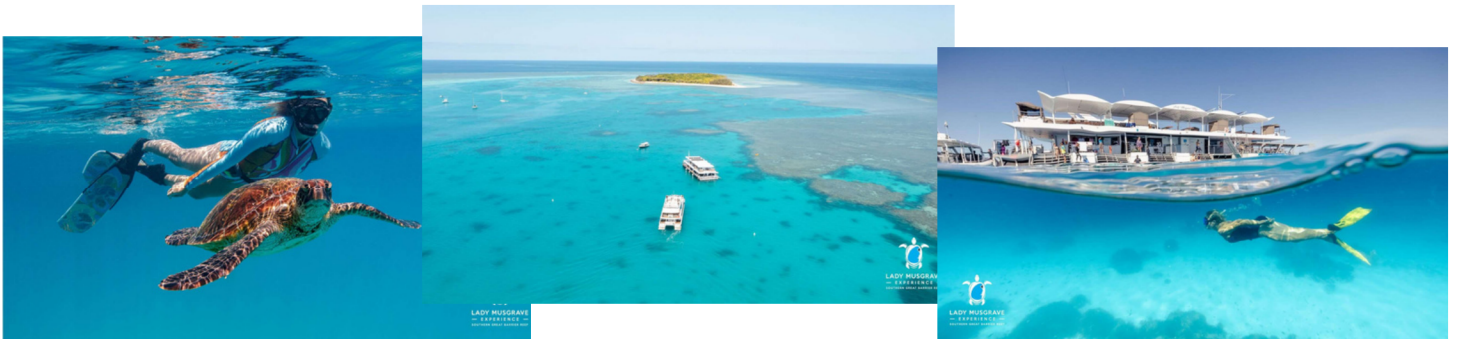
## Random draw Prizes

Lady Musgrave Experience has donated a Full Day VIP Tour for 2 to Lady Musgrave Island. Inclusive of luxury catamaran transfer in the Captains Premium Lounge, access to Lady Musgrave HQ pontoon, all meals, snorkelling & wetsuit hire. Valued at \$667.

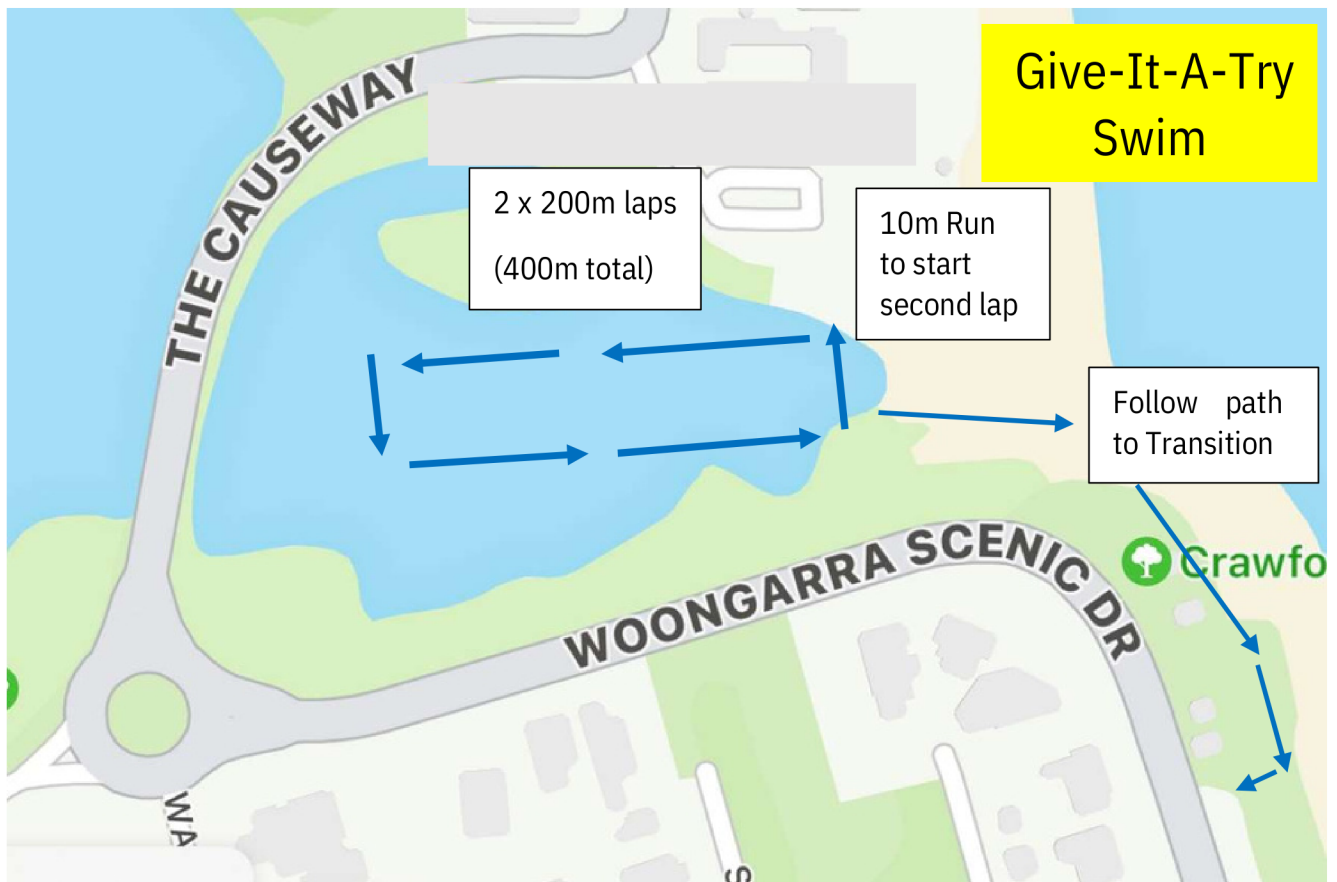
Lady Musgrave Experience is an award winning, advanced eco-certified tour operator departing daily from Bundaberg. The flagship experience is a full day tour to Lady Musgrave Island Lagoon offering something for everyone in a day trip packed with nature and wildlife from our new pontoon.

Lady Musgrave Island is surrounded by a 3,000-acre navigable reef lagoon brimming with marine life and colourful coral and known for its resident turtles and reef fish.

Guests can immerse themselves in this spectacular underwater world straight from Lady Musgrave HQ pontoon to go snorkelling or diving. Enjoy the glass bottom boat tour and informative guided island walk.

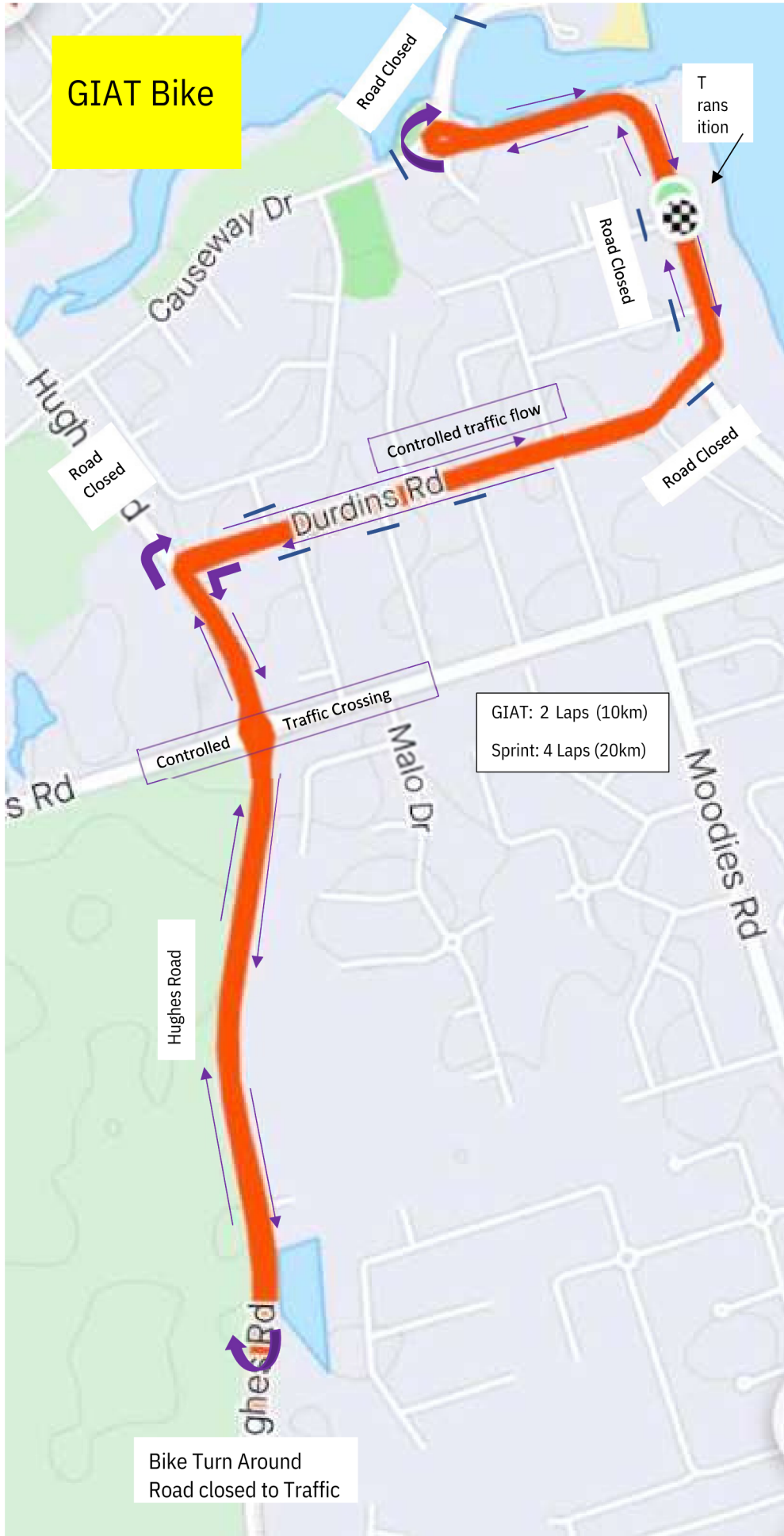


## Give It A Try Race Maps (GIAT)





GIAT Bike



# GIAT Run

GIAT Turn Around

Note: The Run Course follows the footpath.  
Keep left on the path.

GIAT: 1 Lap (refer  
GIAT turnaround)

Road is open to traffic. Run on footpath only

Finish Chute

Transition

useway Dr



# Junior Race Maps



Junior Ride



Junior Run



# Great BIG thanks to our Event Sponsors



# FOOTMOTION



**Bargara Headlands**

Community - Connection - Environment

[bargaraheadlands.com.au](http://bargaraheadlands.com.au)

