



AUSWIDE
BANK

SPRINT TRIATHLON
BARGARA

Athletes Guide

28 April 2024





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: Thursday 25 April 2024)

Date	Time	Location
Best Practice Software Pub to Club Ocean Swim Race Bargara		
27 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 2024)
	6:45am to 6:55am	Race briefing
	7:00am	3.2km 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)		
27 April	2pm to 6pm	Club Bargara, 120 Miller St Bargara 4670 Qld
Social Dinner at Club Bargara, 120 Miller St Bargara 4670 Qld		
	6:00pm to 7:30pm	Come join with fellow competitors over a meal (order & pay on the night)
Auswide Bank Sprint Triathlon Bargara		
28 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 finish line
	7.00am	Race start - Wave 1
	7:10am	Race start - Wave 2
	7:15am	Race start - Wave 3
	7:20am	Race start - Wave 4
	7:50am	Race start (GIAT All Male & Female)
	8:30am to 8:50am	Junior Transition open/closed
	8:55am	Junior Race Brief
	9:00am	Hatchlings and All Abilities
	9:10am	Milbi Start
	9:20am	Turtles start
	10:00am	Awards (Crawford Park)
		Adult Transition opening to be Advised by RD

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	30m wade 1 lap	2km 4 laps	300m 1 lap



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:

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

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 Infinit 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.

Saturday 27/04/2024 - 2pm to 6:00pm, 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

A limited number of event shirts were available for purchase at registration.

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

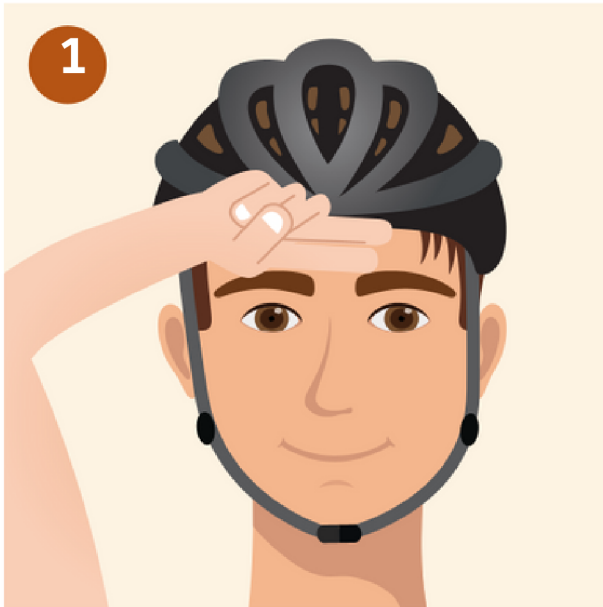
Race Rules

This race is run under the rules of Triathlon Australia:

https://www.triathlon.org.au/wp-content/uploads/2024/02/AusTriathlon_Race-Competition-Rules_2023_Version-1.1-Feb-2024-FINAL-1.pdf

Some of the rules to be aware of are:

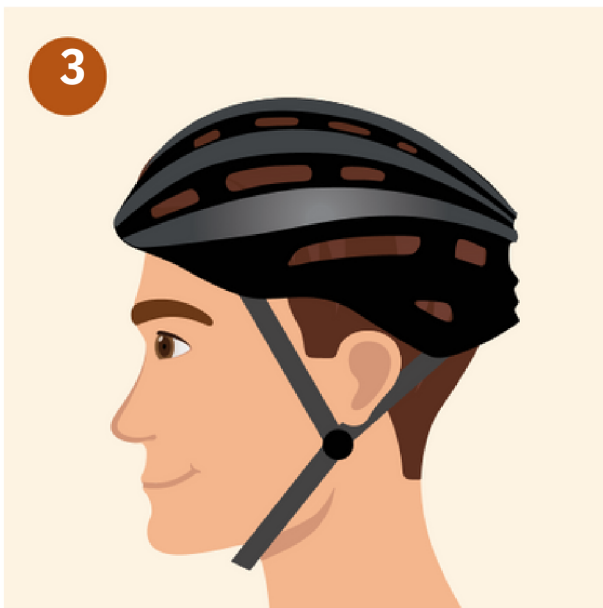
- Chest to be covered on Bike and Run legs, no nudity or bare chests
- Race numbers (provided in the race pack) must be worn on the Cycle and Run
 - Helmet to be on and buckled before the bike is removed from the rack to commence bike leg. After the bike leg
- Bike to be racked before helmet can be unbuckled
- 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



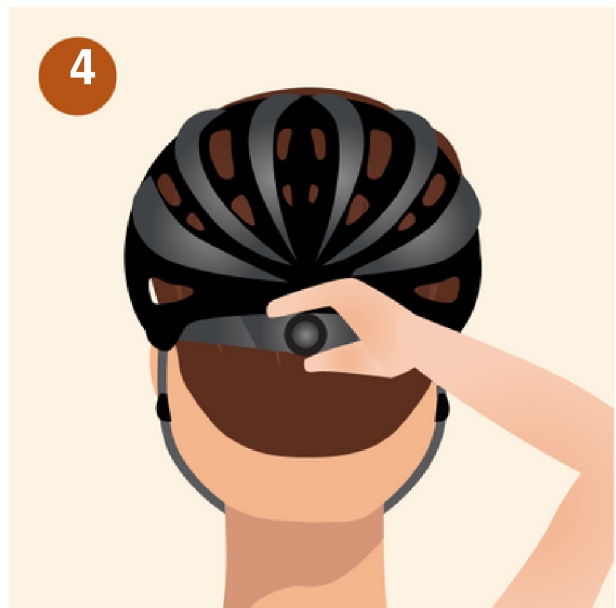
1
Position the helmet so that it protects your forehead. (1-2 fingers above your eyebrows).



2
Fasten the clip on the strap under your chin. Then tighten the strap so you can still fit one finger between it and your chin to ensure it isn't too tight.



3
Slide the plastic clips on each side of the strap upwards so the strap forms a triangle just below your ears.



4
Use the rear adjuster to ensure a snug, comfortable fit. Your helmet should touch on all sides and not slide forwards, backwards or from side-to-side.

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 & 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 & 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

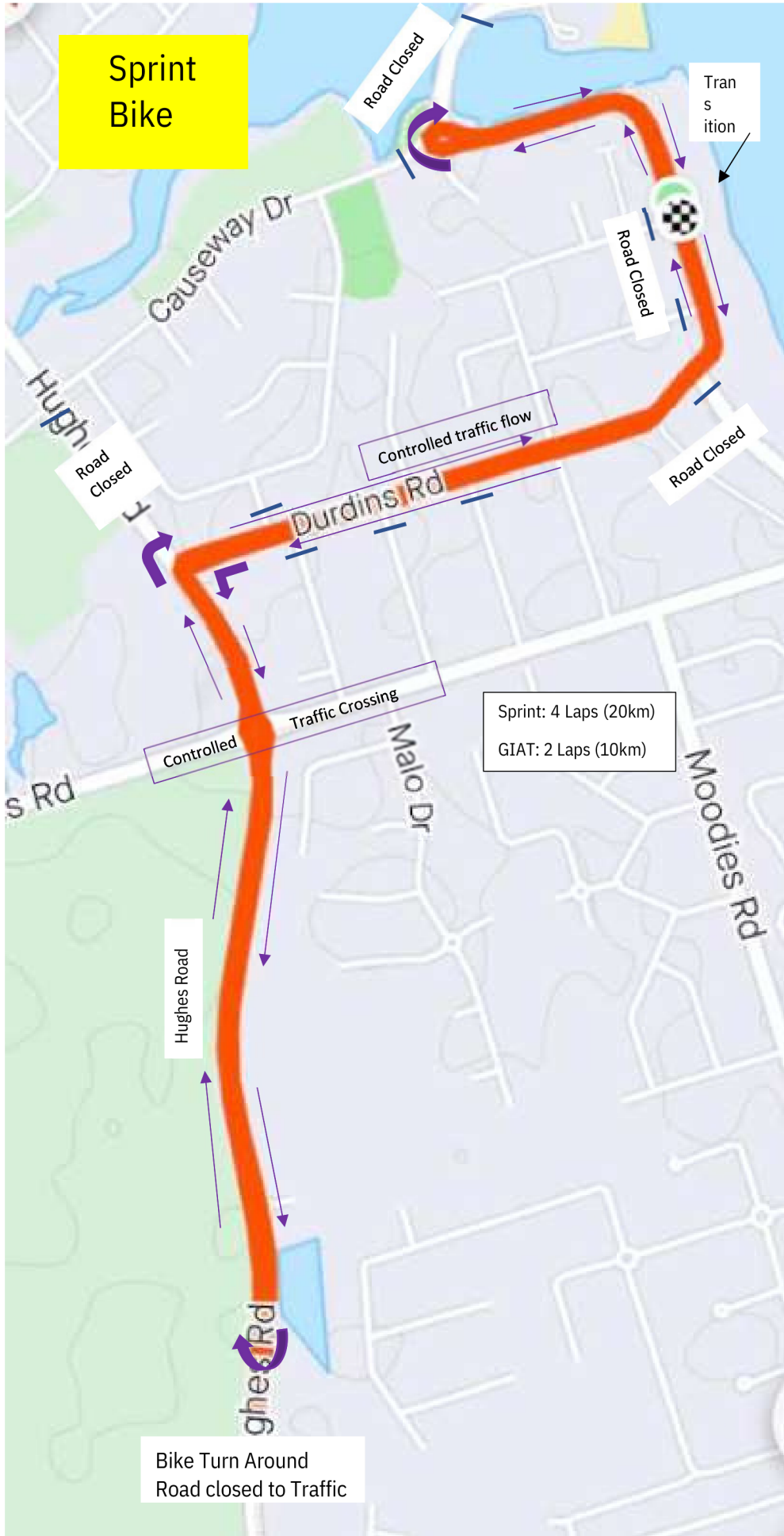
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- n. not discard any equipment on the course, except at the approved dedicated locations;
- o. not cause offence to others through deliberate acts of nudity, or personal toilet which might be seen in public;
- p. Wear a suit which complies with the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

Auswide Bank Triathlon Bargara - Course Maps



Sprint
Bike



Sprint: 4 Laps (20km)
GIAT: 2 Laps (10km)

Bike Turn Around
Road closed to Traffic



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



Bike Dismount

Refer Junior Transition map for Swim Exit

Sprint & GIAT Transition Map

Bag Drop Tent

Sprint & GIAT Transition In from Swim

Penalty Box

Run Course

Teams Bike Racks

Sprint Bike Racks

GIAT Bike Racks

MOONGARRA SCENIC DRIVE

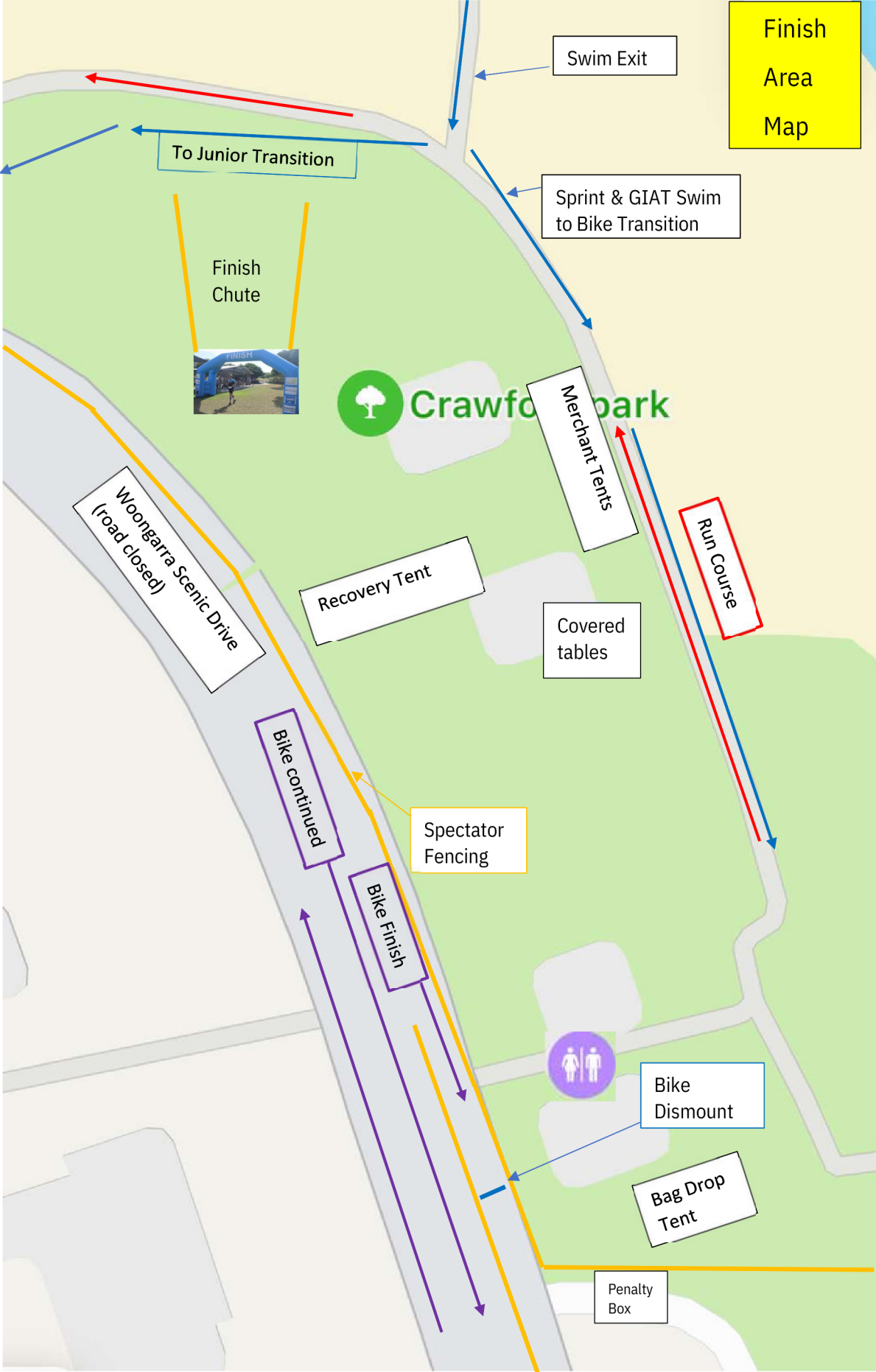
Raised Divide

Bike Exit

Run Exit

Bike Mount

Finish Area Map



Random draw Prize for Competitors and Volunteers

Splitters Farm has donated a \$600 voucher for Accommodation

The farm can be explored via a SELF-GUIDED EXPERIENCE 7 days and GUIDED FARM TOURS operate during school holiday periods and most weekends at 10:30am. Bookings are essential. Set amongst lush tropical bushland, Spliters Farm is a 160 acre property bordered by Spliters Creek, a fresh water nature reserve that feeds into Bundaberg's beautiful Burnett River.

Spliters Farm offers a unique rural camping & farm stay experience, while being a fantastic location to use as a base to explore the wider Bundaberg region and the Southern Great Barrier Reef.

Spliters Farm first started in 2017 as a safe haven and sanctuary for rescued farm animals who had been neglected, abused or the victims of their owners change of circumstances. Most however, have come to Spliters Farm as the result of the drought and the subsequent financial burden for farmers to feed their livestock.

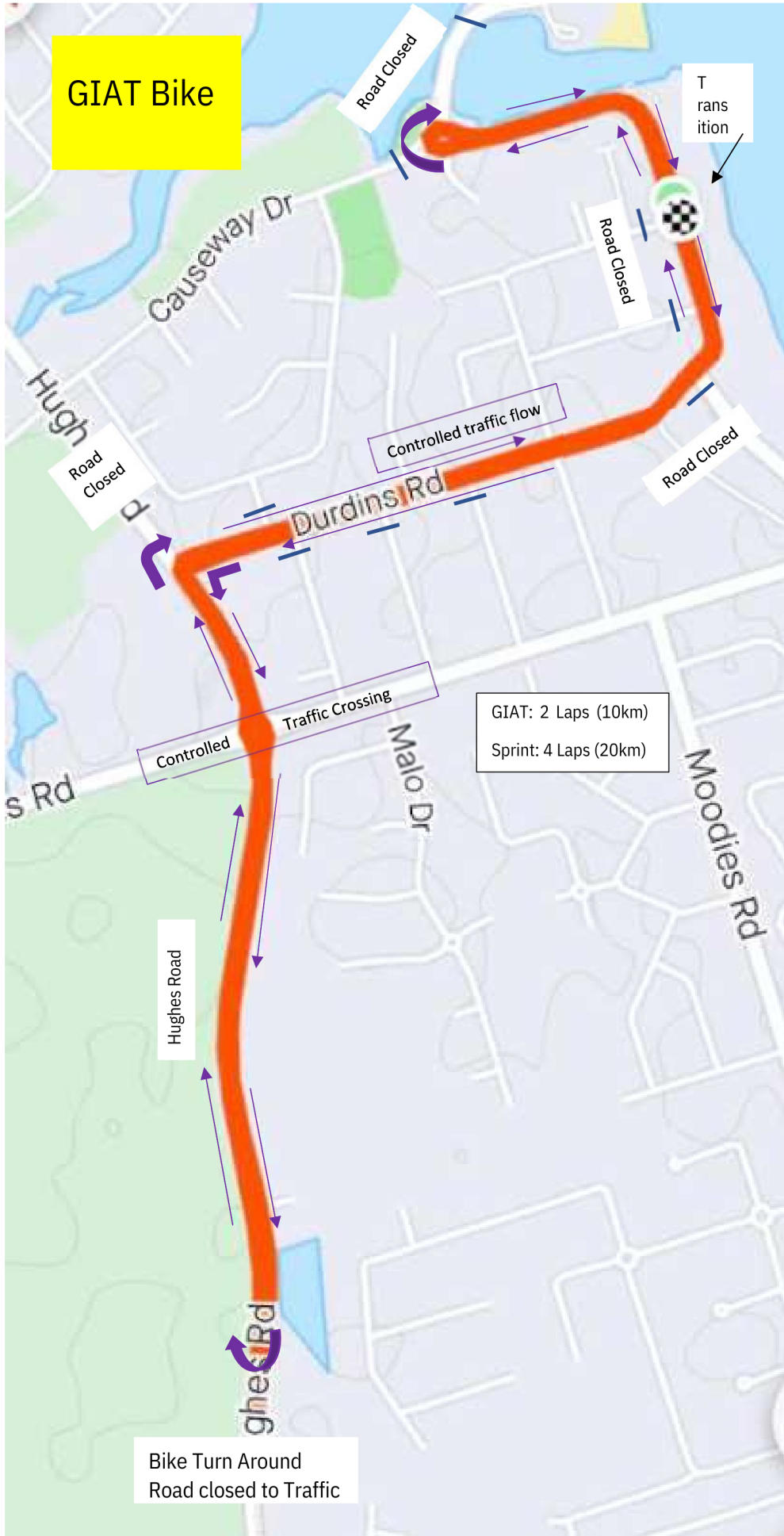
The acreage is also working farm and, in addition to its rescued barnyard animals, is also home to native Australian animals including wallabies, platypus, barramundi, prehistoric lung fish and boasts over 150 documented species of Australian bird life.

Spliters Farm is a 10 minute drive north of Bundaberg's bustling CBD, or 4 hours drive north of Brisbane Queensland. Qantas Airways also fly into Bundaberg from Brisbane on a 30min flight daily.

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

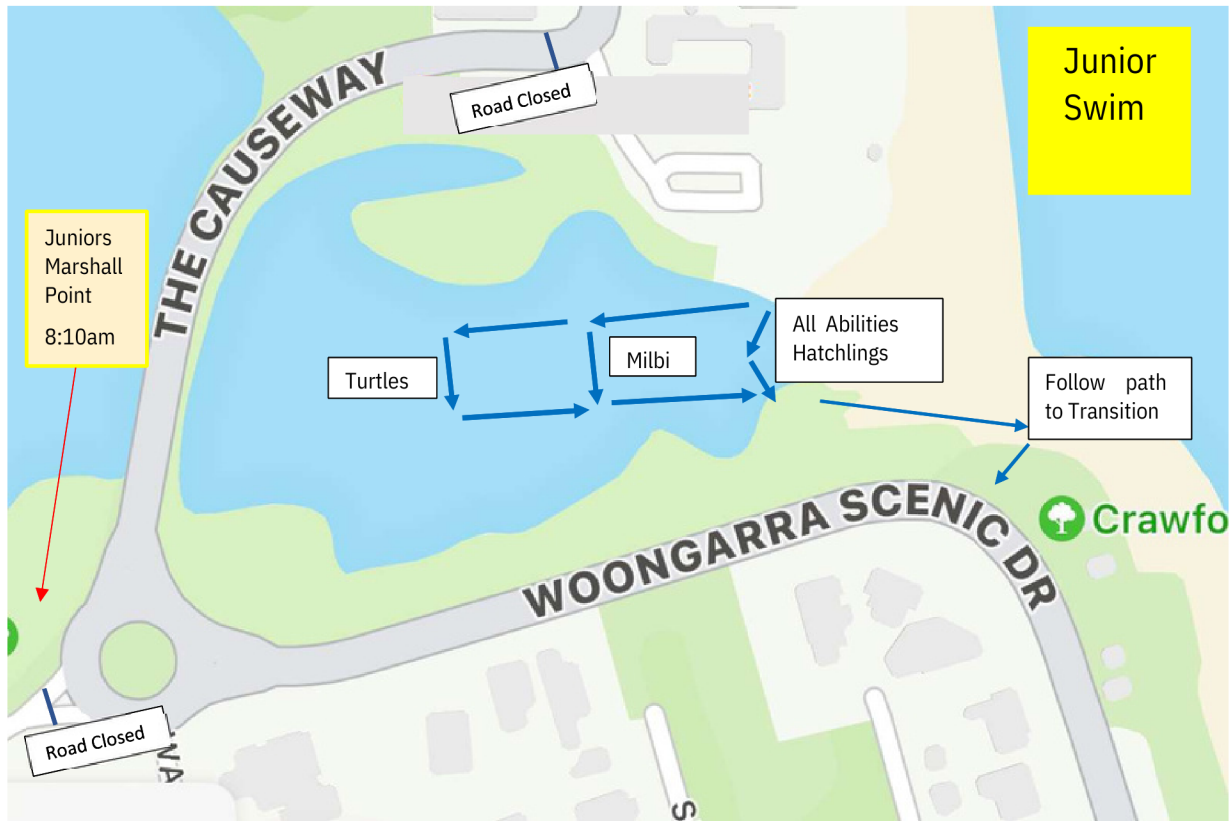
Finish Chute

Transition

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Junior Race Maps



Junior
Ride



Junior Run



Great BIG thanks to our Event Sponsors



Bargara Headlands

Community - Connection - Environment

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