

Athletes Guide

Fathers Day Duathlon

BARGARA

FINISH



3 Sept 2023



KALKI MOON FATHERS DAY DUATHLON TIMETABLE

Date	Time	Location
03 Sept	6.00am to 6.45am	Pack Pick Up from Mary Kinross Park
<u>Kalki Moon Fathers Day Duathlon Bargara</u>		
03 Sept	6.00am	Transition Open - Sprint & GIAT (including Individuals & Teams)
	6:45am	Transition Closed - Sprint & GIAT (including Individuals & Teams)
	7:00am to 7:08am	Sprint & GIAT Race Briefing
	7:10am	Race start Sprint
	7:15am	Race start GIAT
	8:00am to 8:45am	Junior Pack Collection & Transition Open/Close
	9:00am	Hatchlings and All Abilities - Race Briefing & Start
	9:15am	<u>Milbi</u> - Race Briefing & Start
	9:30am	Turtles - Race Briefing & start
	10:00am	Awards at Start Finish line

DISTANCES & LAPS

	RUN	BIKE	RUN
Sprint (individuals & Teams)	5km 2 Lap	18km 3 Laps	5km 2 Lap
Give It A Try (individuals & Teams)	2.5km 1 Lap	12km 2 Laps	2.5km 1 Lap
Hatchlings	300m 1 Lap	1km 2 Laps	150m 1 Lap
All Abilities	300m 1 Lap	2Km 4 Lap	150m 1 Lap
<u>Milbi</u>	600m 2 Lap	2Km 4 Lap	300m 1 Lap
Turtles	1400m 2 Lap	3km 6 Laps	700m 1 Lap

Sponsored by:



EVENT INFORMATION

On Course

Permissible bike formats include training wheels and three wheel bikes.

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

Parents/guardians not permitted to run along side (Milbis & Turtles) on course for Ride and Run.

Parents/guardians **are permitted to count laps and advise** for (Hatchlings, Milbis & Turtles) on course for Ride and Run.

Hatchlings & All Abilities parents/guardians permitted to standby to assist in Transition.

Drink Stations (Adults)

There are two drink stations on course, one at the turnaround and the second near transition. Refer course maps. Drinks available will water & Soft drink (ice if it is excessively hot weather)

WHAT TO BRING

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

Prizes on offer

There are random draw prizes on offer for competitors and volunteers.

Sprint Individual: Male & Female 1st, 2nd, 3rd placement Certificates by time.

Sprint Teams: Male, Female & Mixed teams will receive a Certificate for 1st only.

Juniors and GIAT (Individuals and Teams) will receive a medal on completing the full course.

RACE RULES

This race is run under the rules of Triathlon Australia,

https://www.triathlon.org.au/Technical/Race_Competition_Rules.htm

Some rules to be aware of are:

- Chest to be covered on Bike and Run legs, no nudity or bare chests
- Helmet to be:
 - o On and buckled before the bike is removed from the rack to commence bike leg.
 - o After the bike leg, Bike to be racked before helmet can be unbuckled
- No riding in Transition
- 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 RACE NOTES

Bike	Roads will be semi closed for the cycle leg (Sprint & GIAT); so please stay alert for stray vehicles, officials or emergency service vehicles. It is the athletes responsibility to be familiar with the course for their competition and to complete that course in full 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. Upper torso must be covered at all times during the cycle leg
Run	There are drink stations along the run course, please ensure you use these to remain appropriately hydrated It is the athletes responsibility to be familiar with the course for their competition and to complete that course in full Keep left on the run course at all times unless overtaking Upper torso must be covered at all times during the run leg.

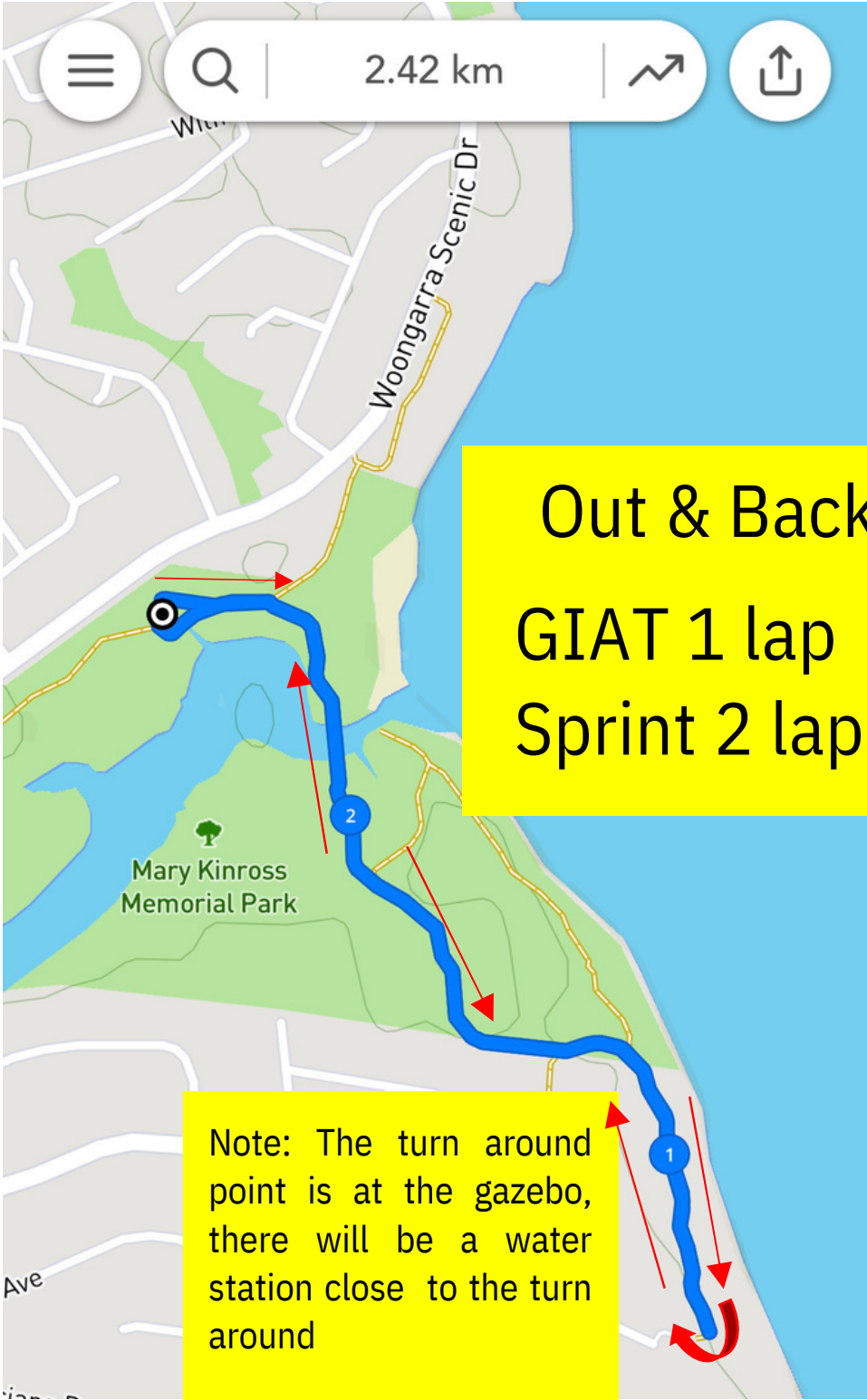
GENERAL CONDUCT

These rules of General Conduct apply across the entire course.

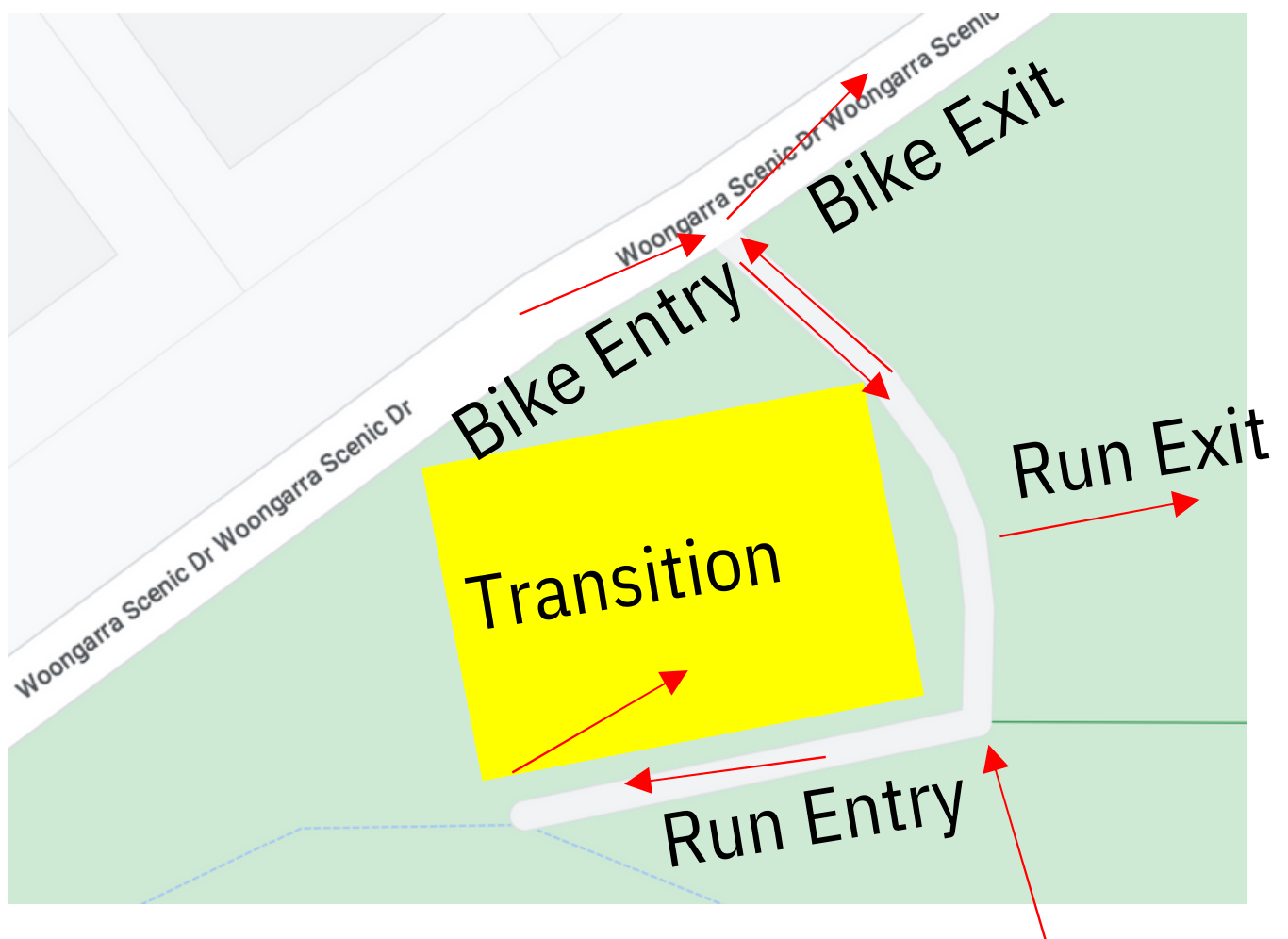
1.1. Competitors must:

- 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 Rules, July 2022 - Page 7](#)
- 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

Sprint & GIAT Distance Duathlon - Run 1



Sprint & GIAT Distance Duathlon Transition Flow

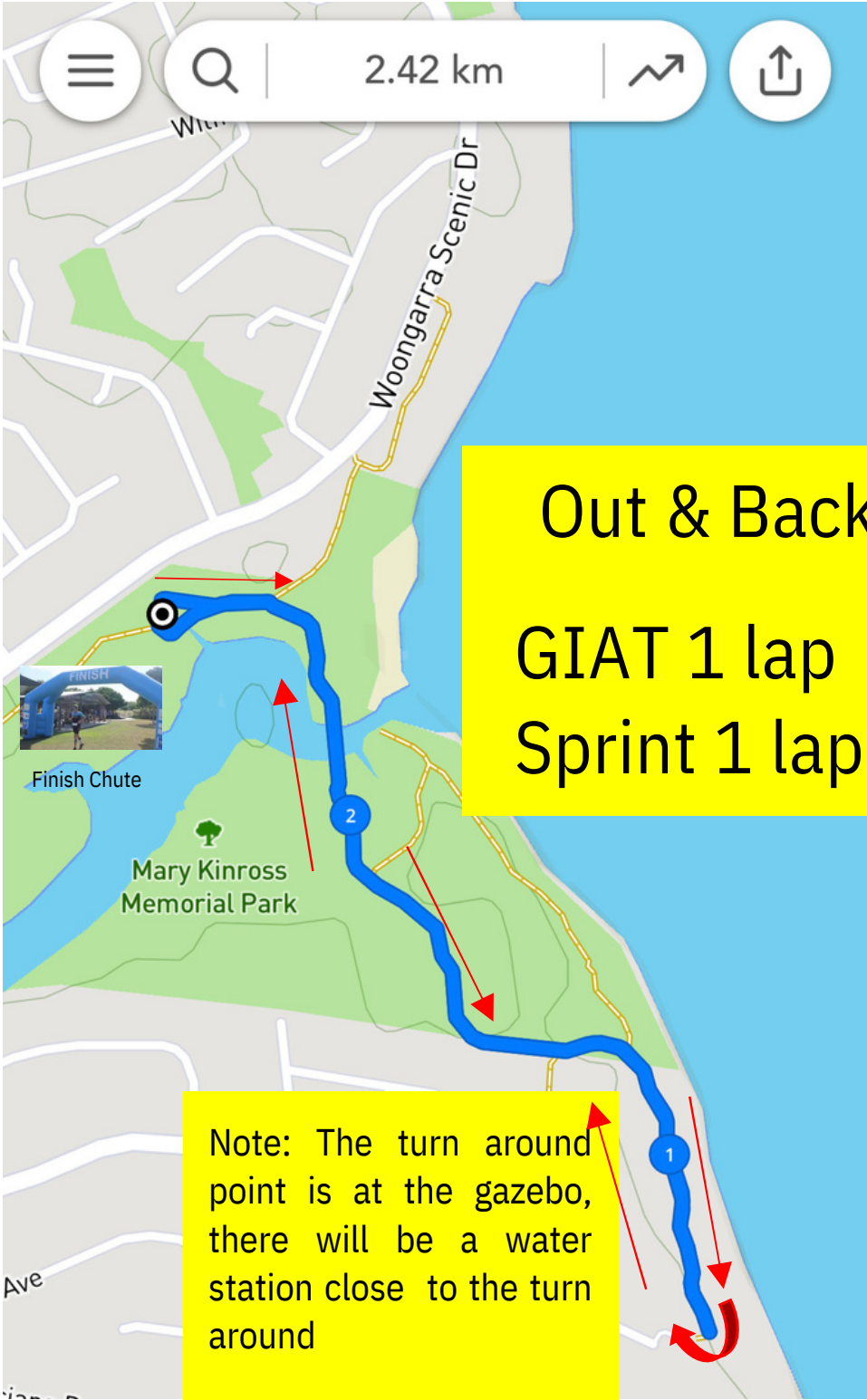


Note: Once on the bike course:
Stay to the left of orange cones as these have been placed for your safety

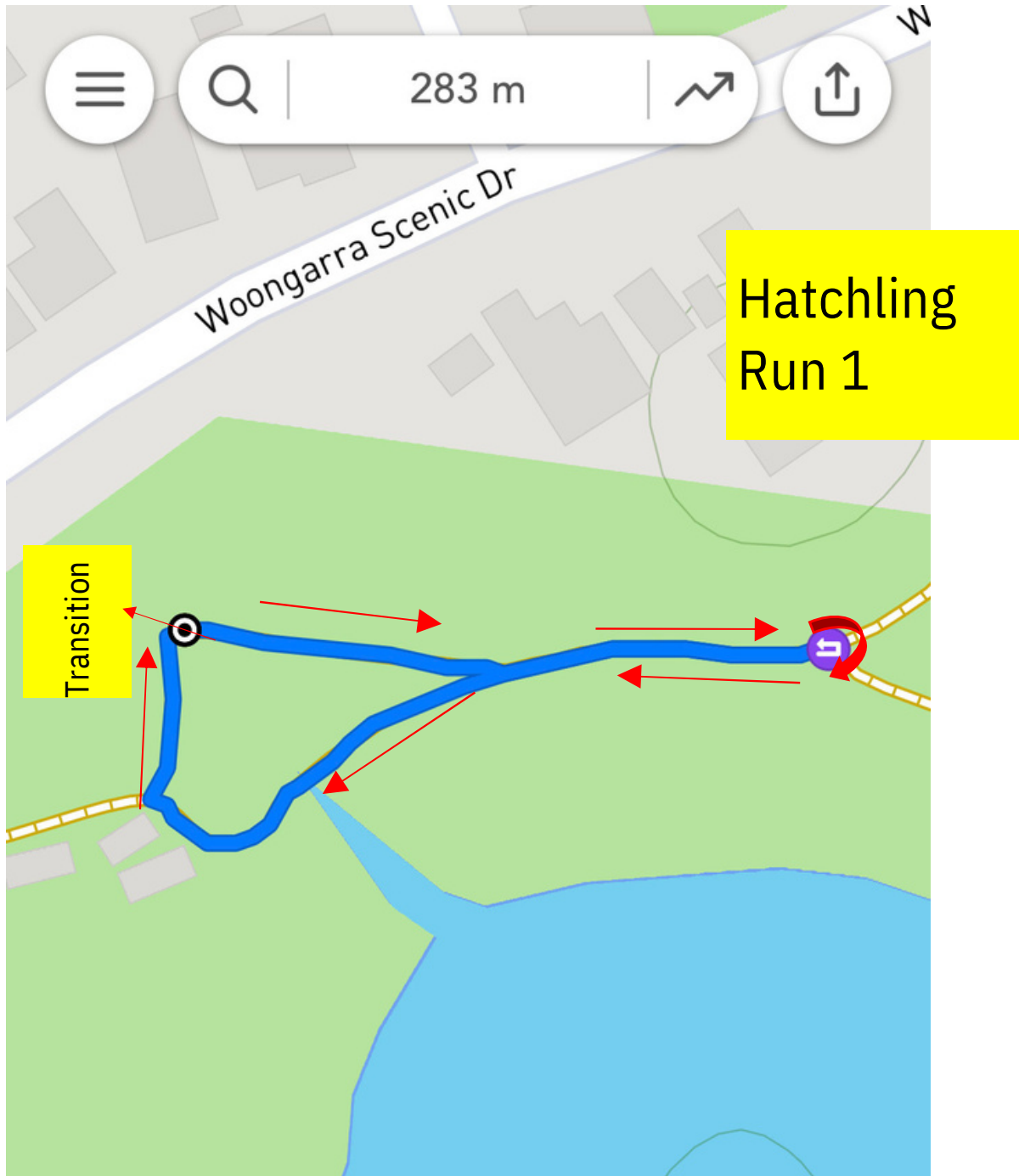
Sprint & GIAT Distance Duathlon - Ride



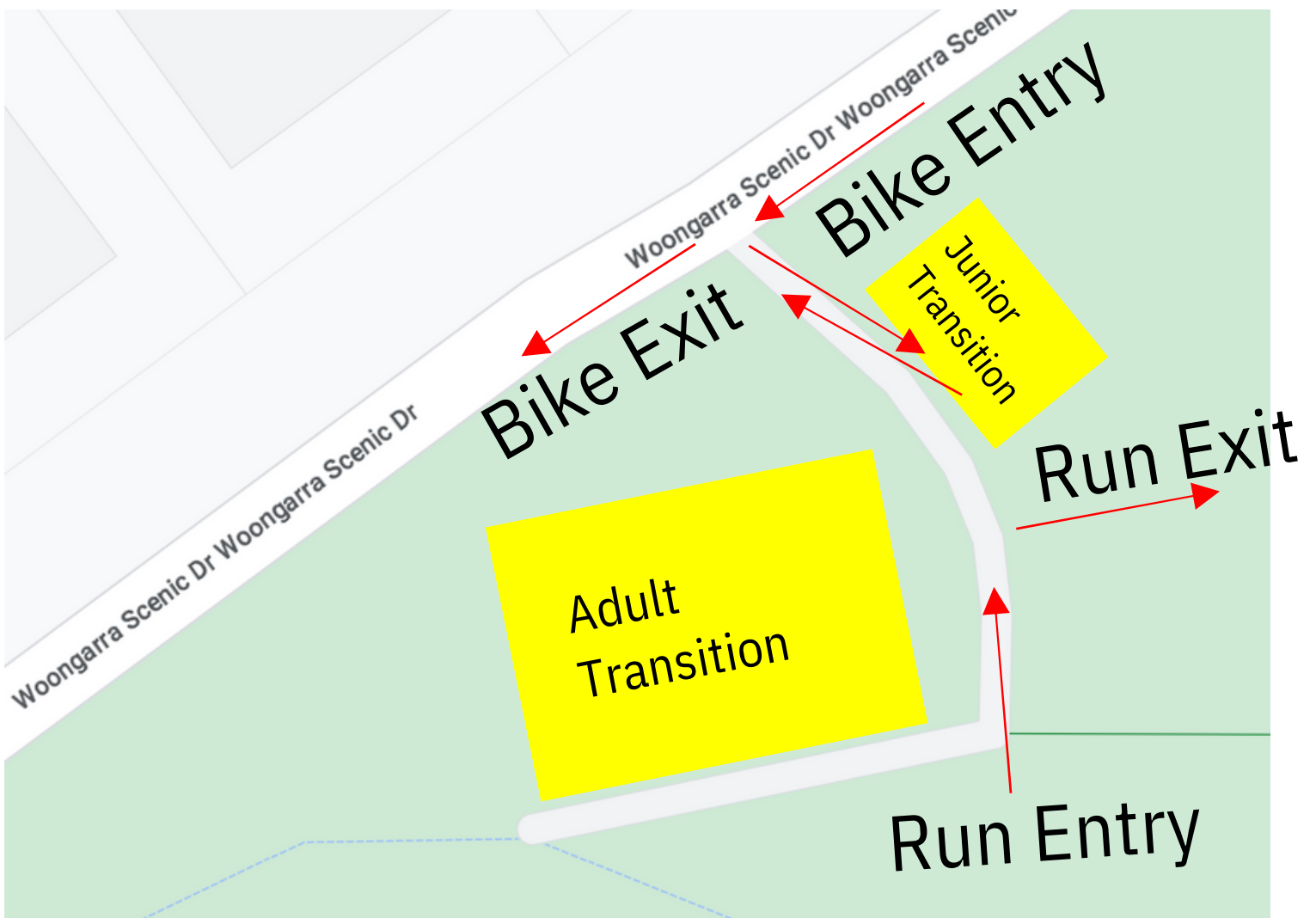
Sprint & GIAT Distance Duathlon - Run 2



Hatchlings - Run 1 Map



Hatchlings - Transition Flow

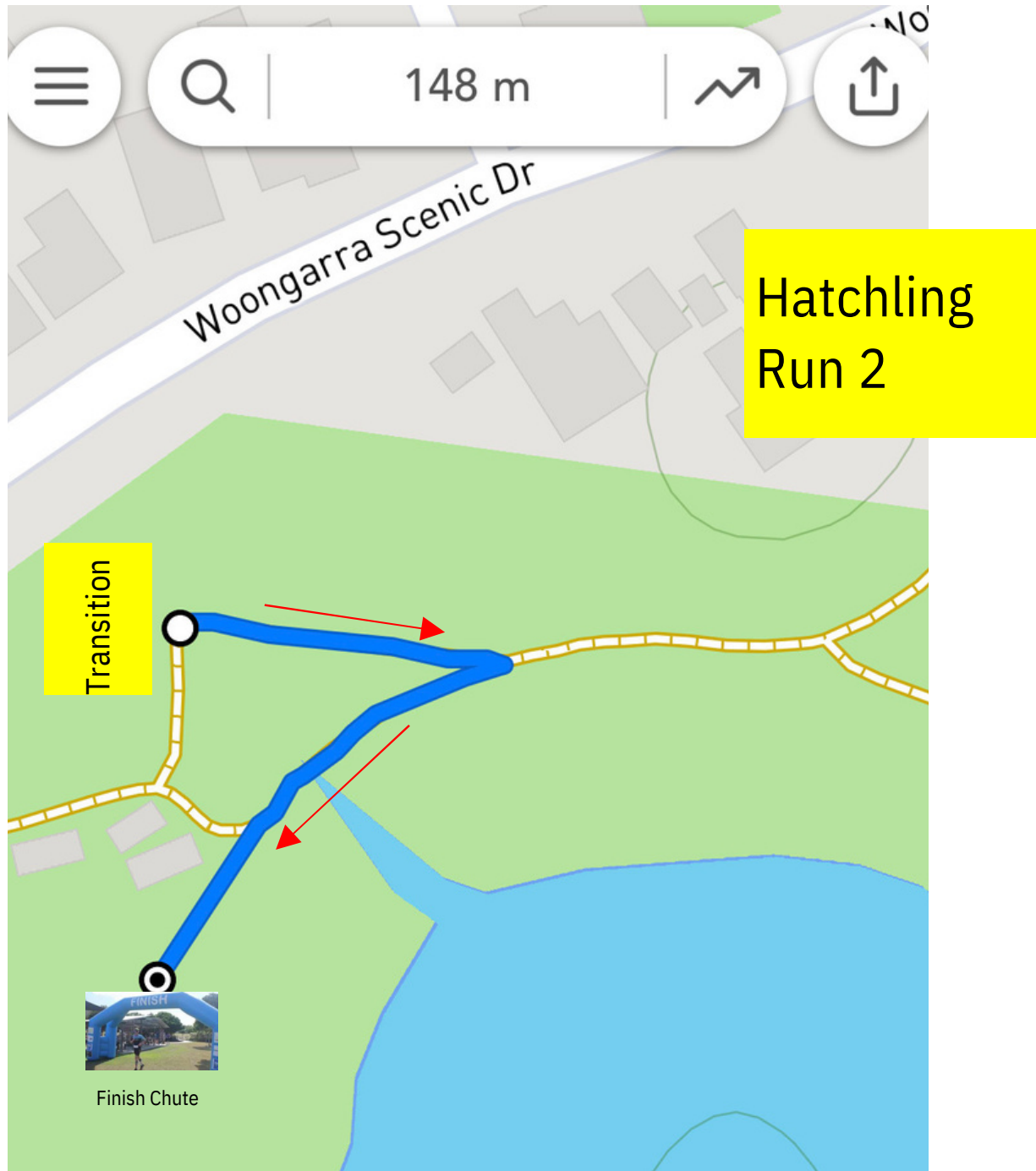


Hatchlings - Ride Map

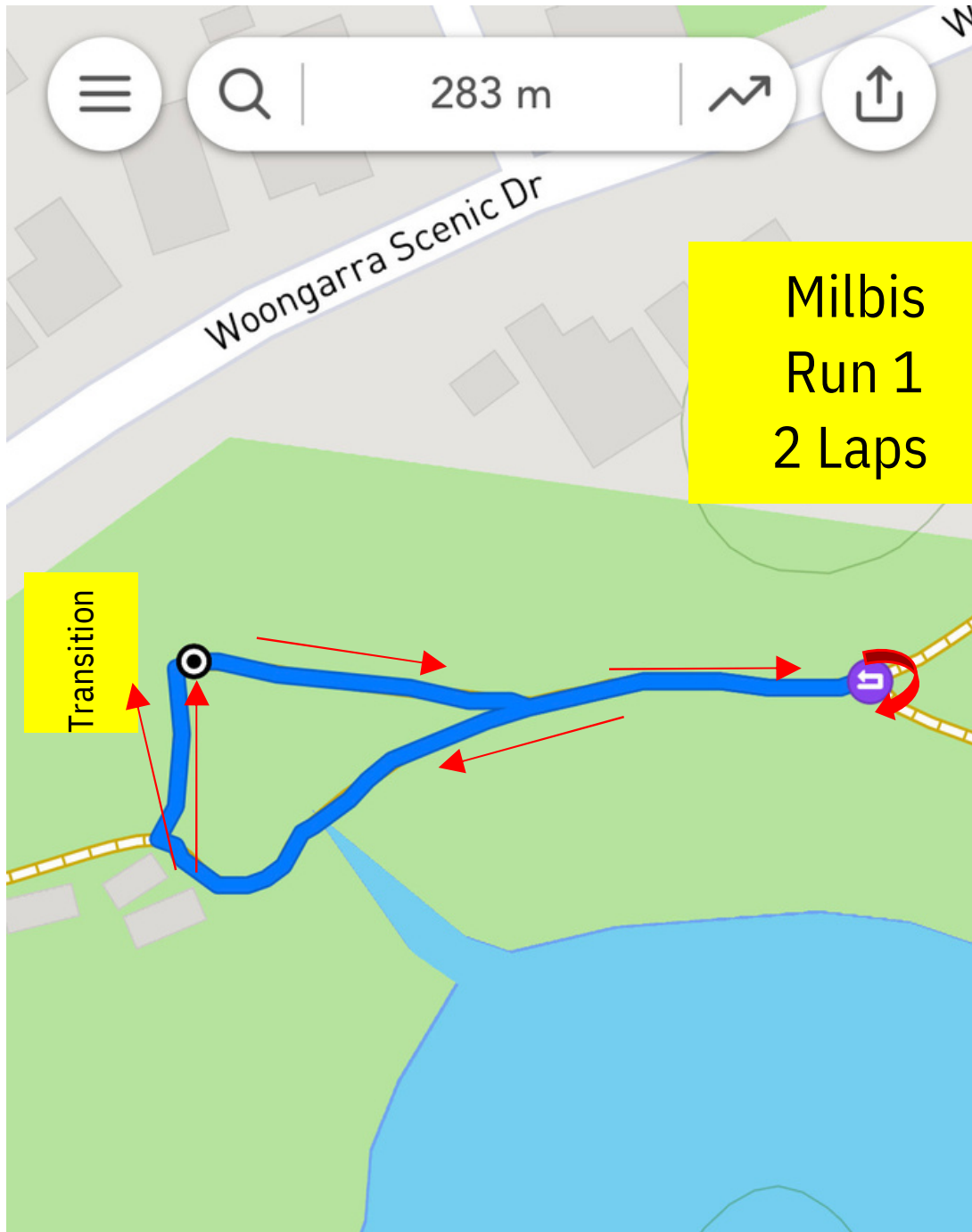


Hatchling Ride- 2
Laps
Enter transition on
lap 2

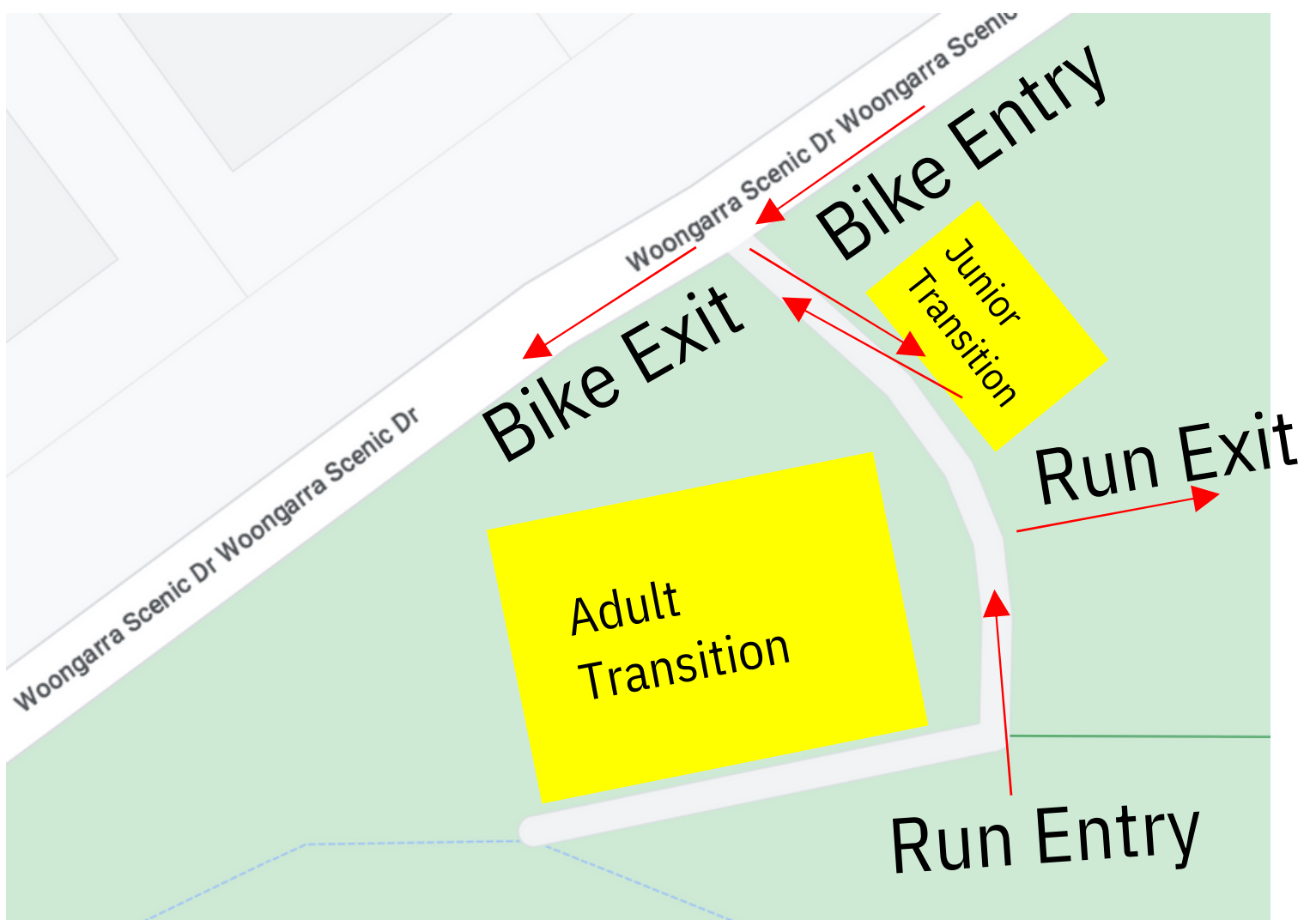
Hatchlings - Run 2 Map



Milbis - Run 1 Map



Milbis - Transition Flow



Milbis - Ride Map



Milbis Ride-
4 Laps

Milbis - Run 2 Map



Milbis
Run 2
1 Lap

Transition

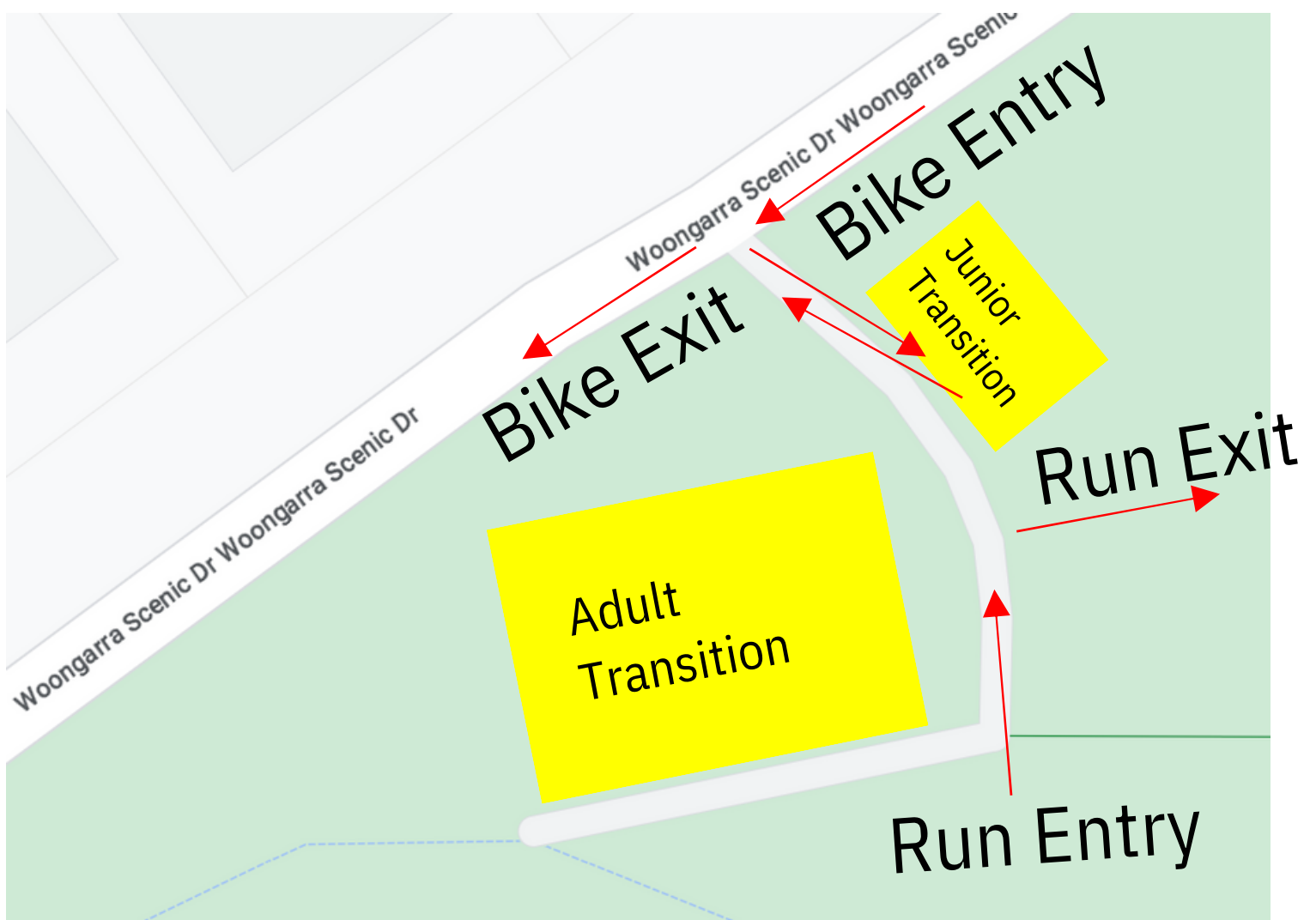


Finish Chute

Turtles - Run 1 Map



Turtle - Transition Flow



Turtles - Ride Map



Turtles Ride
6 Laps

Turtles - Run 2 Map



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