

# Athletes Guide

## Olympic TRIATHLON BARGARA



22 October 2023

## **MULTISPORT WEEKEND TIMETABLE:**

(Event registration closes: Friday 20 October 2023 at 5pm)

<b>Date</b>	<b>Time</b>	<b>Location</b>
<b>Pack Pick Up for Olympic Triathlon Bargara (NO pack pickup on race day)</b>		
21 October	2pm to 5:30pm	Pack Pick Up at Club Bargara, 120 Miller St Bargara 4670 Qld
<b>Olympic Triathlon Bargara</b>		
22 October	5:45am	Transition <b>Open</b>
	6:30am	Transition <b>Closed</b>
	6:45am	Race Briefing at swim start
	7:00am	Race start Olympic Male & Teams
	7:05am	Race start Olympic Female
	7:30am	Race start Sprint - Male & Female
	7:40am	Race start GIAT - Male & Female
	8:20am to 8:50am	Junior Transition open
	8:55am	Hatchlings and All Abilities
	9:05am	<u>Milbi</u> Start
	9:20am	Turtles start
	10:15am	Awards (Crawford Park)
	11:00am	Transition open

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

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

Juniors (Hatchlings, Milbis, Turtles & All Abilities):  
Transition will open at 8:30am and close at 8:50am  
Race Brief @ 8:45am

## **DISTANCES & LAPS**

	<b>SWIM</b>	<b>BIKE</b>	<b>RUN</b>
Olympic (individuals and Teams)	1500m 1 Lap	40km 4 Laps	10km 2 Lap
Sprint	750m 1 Lap	20km 2 Laps	5km 1 Lap
Give It A Try	400m 1 Laps	10km 1 Laps	2.5km 1 Lap
Turtles	200m 1 Lap	3km 3 Laps	500m 1 Lap
<u>Milbi</u>	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

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 to 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 Infinite 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 to commence a lap before 9:00am. 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.**

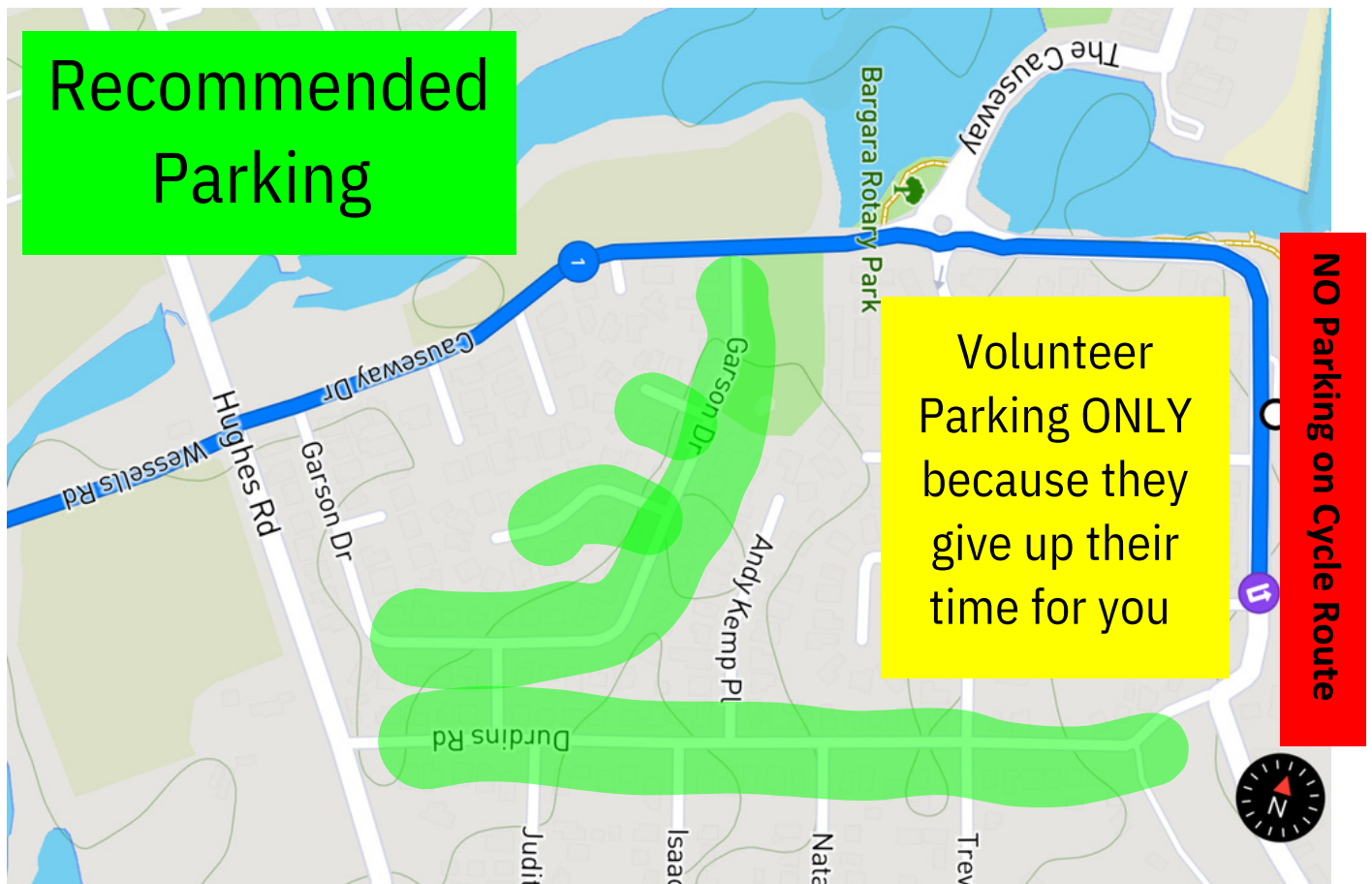
Saturday 21/10/2023 - 2pm to 5:30pm. Club Bargara. 120 Miller St. Bargara.

## Road Closures

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

## Event Photography

Unfortunately no event Photographers will be on course some photos may be available via social media





## 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 wetsuit permitted (you may wear a wetsuit if the water drops below 22c, which is unlikely)
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

# Olympic Distance Triathlon Bargara - Swim Map





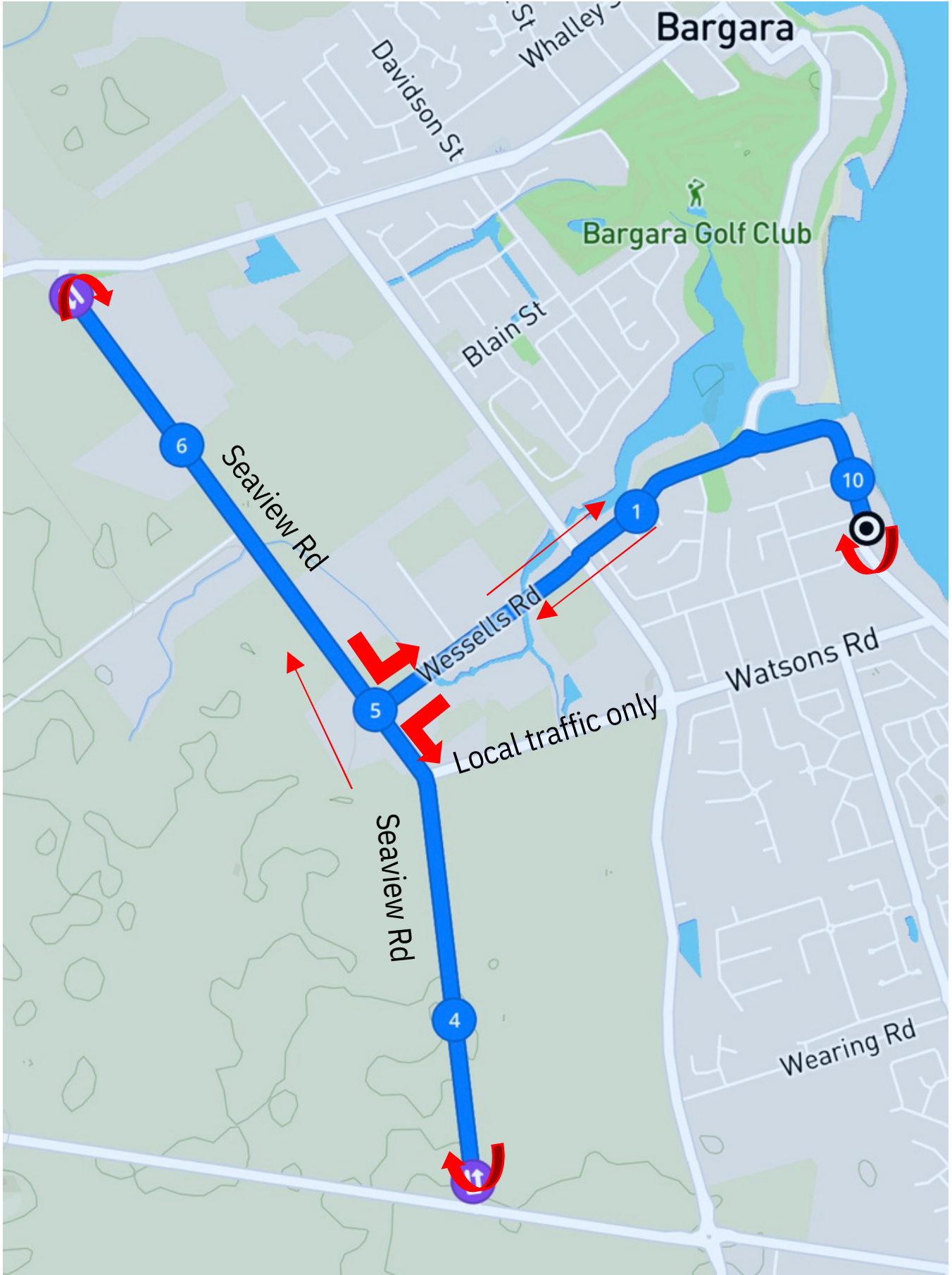
# Sprint Distance Triathlon Bargara - Swim Map



# GIAT Distance Triathlon Bargara - Swim Map



# Bike route 25 June Triathlon Bargara - Cycle Map





# Olympic & Sprint Run

Keep Left on the Path at all times

Controlled traffic flow

Drinks Station

The BASIN

GIAT Turn Around

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

Olympic: 2 laps  
Sprint: 1 Lap  
GIAT: 1 Lap (refer GIAT turnaround)

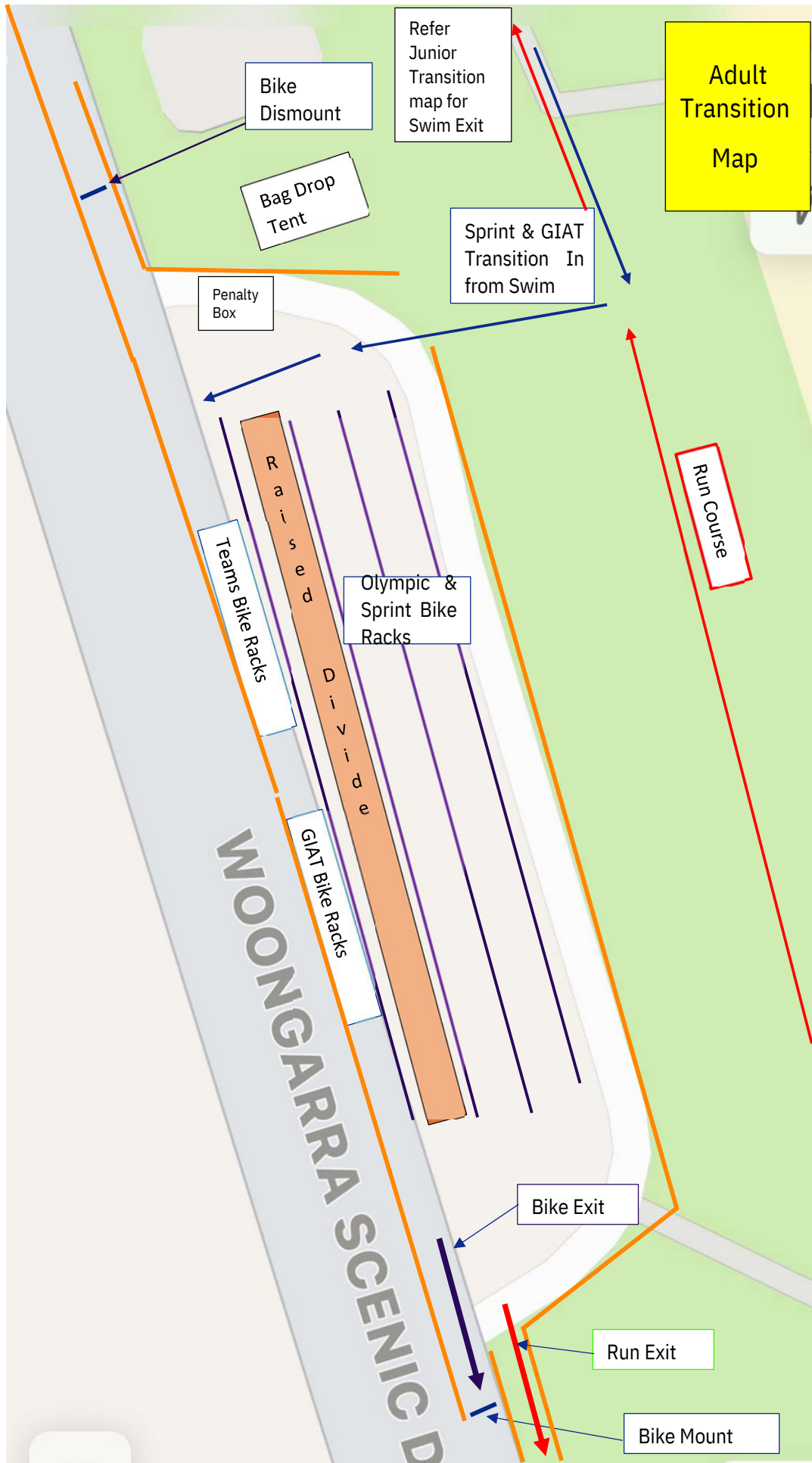
Note: The water will be ankle depth at the point of crossing from swim

Finish Chute

Transition

Road is open to traffic. Run on footpath only







Finish Area Map



# 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

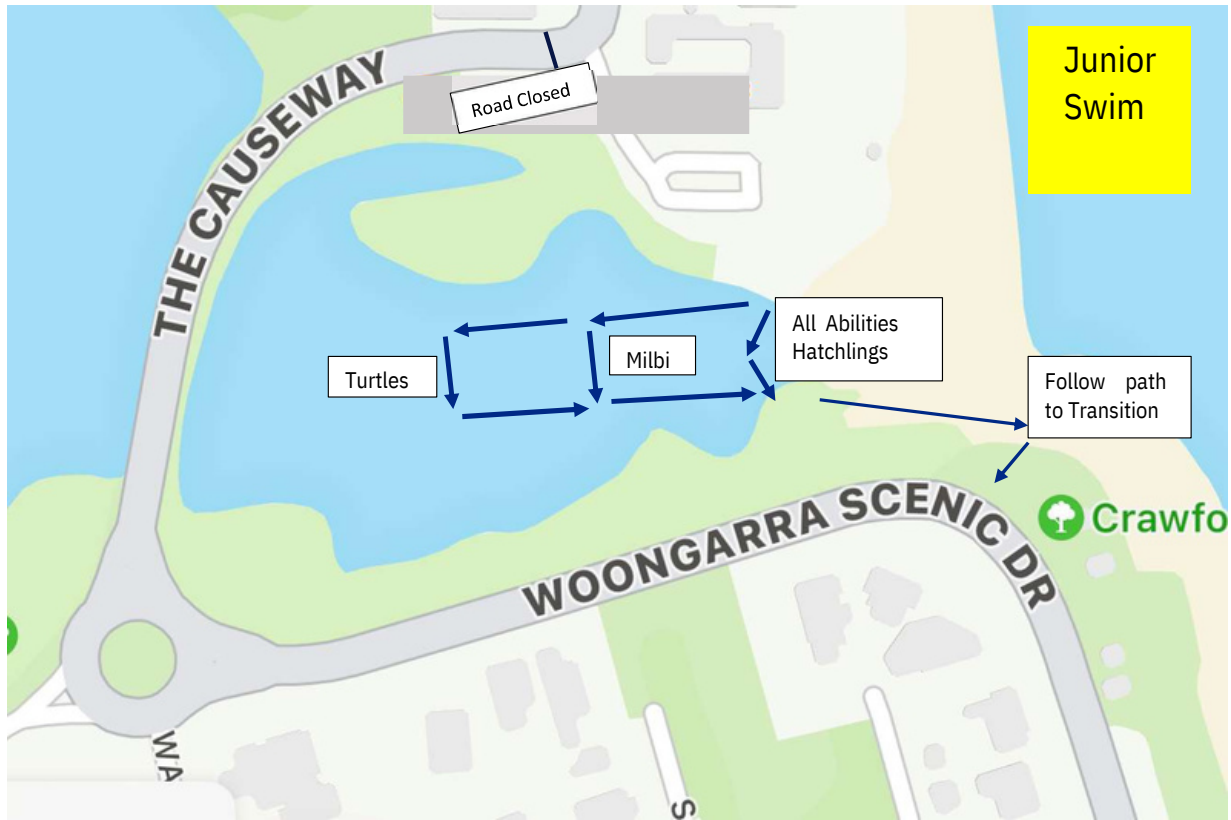
Finish Chute

Transition

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# Junior Race Maps



**Junior Transition & Bike**

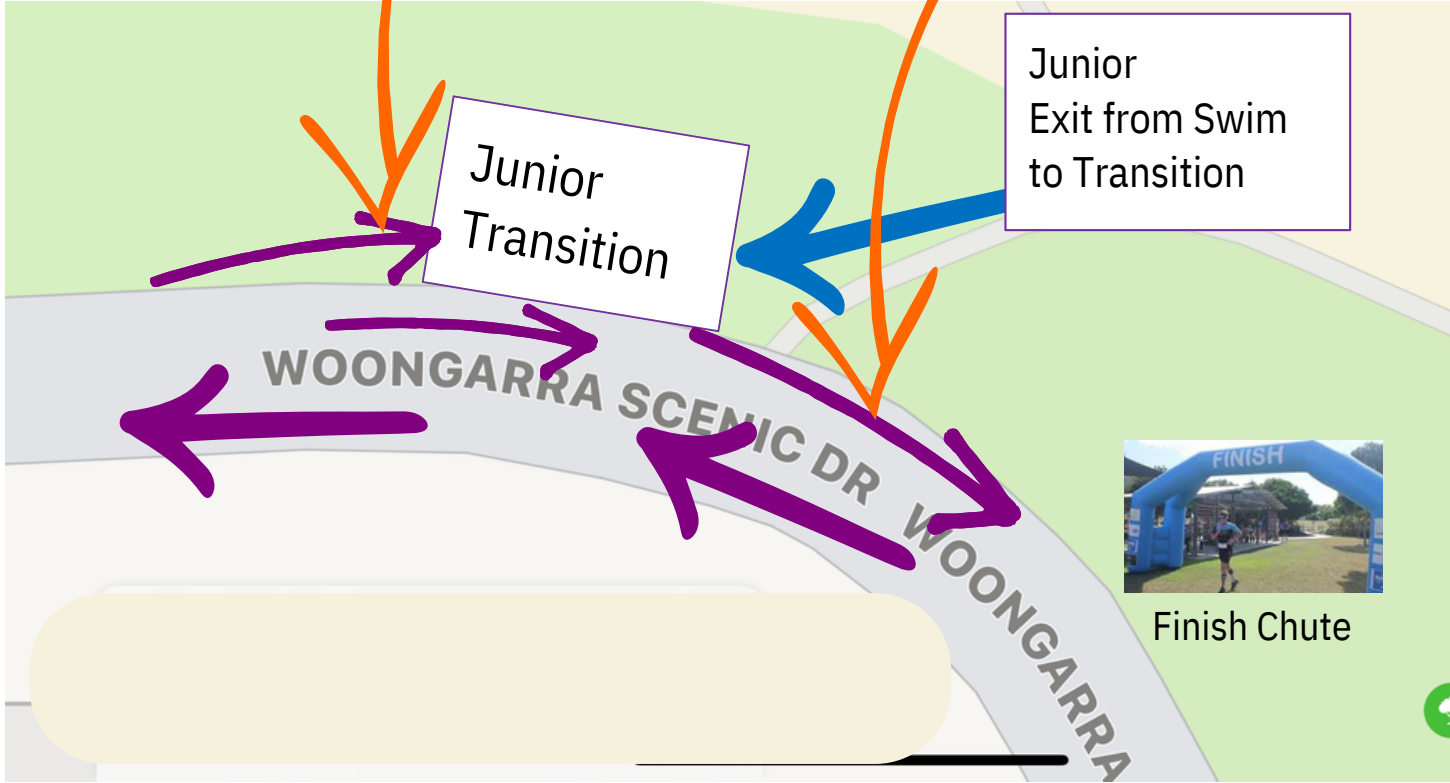
Bike Entry to Transition

Hatchlings: 1 Lap  
Milbi & All Abilities: 2 Laps  
Turtles: 3 Laps

Bike exit & multiple loops

Junior Exit from Swim to Transition

Junior Transition



Finish Chute

# Junior Bike



- Hatchlings 1 x laps (500m)
- All Abilities 2 x laps (1km)
- Milbi 2 x laps (1km)
- Turtles 3 x laps (1.5km)

**NO parking on Cycle Route**



# Junior Run

Run Exit to turnaround

Run to Finish chute

Junior Transition

Bike Entry to Transition

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Finish Chute

Hatchlings 1 x lap (150m)

Milbi 1 x lap (300m)

All Abilities 1 x lap (300m)

Turtles 1 x lap (500m)

# Junior Run



# Great BIG thanks to our Event Sponsors



**Bargara Headlands**

Community - Connection - Environment

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

