

# MORETON BAY *triathlon*

## EVENT MANUAL

**14 APRIL 2019**

**PELICAN PARK, CLONTARF**





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The Moreton Bay Region



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# EVENT SPONSORS

Moreton Bay Triathlon is proudly supported by the below organisations:

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# I'VE ENTERED, WHAT HAPPENS NOW?

Race numbers (eKit) and Event Information emails will be emailed out on Wednesday of race week. For all other information before this time, please read this event manual completely and check out both our website and our Facebook page for latest info.

## COLLECTION OF YOUR RACE PACK

Once you receive your race number, simply save a screenshot of your race number and bring this with you on Saturday or Sunday during Event Check-In times - this number is what you need to collect all your event gear. If you haven't received it, don't panic, just check out the alphabetical list on the Event Information board at the event site. If you still can't find your entry, simply pop along and see our team at the Help Desk and we'll get this sorted for you.

## DISTANCE AND LAPS

	<b>SWIM</b>	<b>CYCLE</b>	<b>RUN</b>
<b>OLYMPIC</b> 15yrs+	1500M 2 laps	40KM 4 laps	10KM 4 laps
<b>SPRINT</b> 14yrs+	750M 1 lap	20KM 2 laps	5KM 2 laps
<b>ENTICER</b> 12yrs+	300M 1 lap	10KM 1 lap	2.5KM 1 lap
<b>KOOL KIDS</b> 7-14yrs	100M 1 lap	2KM 1 lap	500M 1 lap

*Please check the Event Information board on race morning for any last minute course changes*

## AGE GROUP - EVENT TIMETABLE

SATURDAY 13 <sup>TH</sup> APRIL	
Time	Activity
2:00-4:00pm	Event Check In (optional but highly recommended)
2:00-4:00pm	Bike Racking (optional but highly recommended)
SUNDAY 14 <sup>TH</sup> APRIL	
5:15am	Event Check In & Bike Racking Opens - all distances
6:15am	Olympic Distance Check In closes
6:30am	Olympic Distance Bike Racking closes
7:20am	<b>Olympic Distance Race Start</b>
7:20am	Sprint, Enticer and Kool Kids Check In closes
7:30am	Sprint, Enticer and Kool Kids Bike Racking closes
8:20am*	<b>Sprint Distance Race Start</b>
8:40am*	<b>Enticer Race Start</b>
9:10am*	<b>Kool Kids Race Start</b>
10:15am	Transition Opens
13:30am*	Event Presentation

## OTU OCEANIA CHAMPIONSHIPS - EVENT TIMETABLE

SATURDAY 13 <sup>TH</sup> APRIL	
Time	Activity
2:00-3:00pm	Compulsory Event Check In and Uniform Check
2:00-3:00pm	Optional Bike Racking (highly recommended)
3:00pm	Compulsory Race Briefing
SUNDAY 14 <sup>TH</sup> APRIL	
5:15am	Transition Opens
5:45am	Transition Closes
6:10am	<b>OTU Oceania Championships - Men Race Start</b>
6:12am	<b>OTU Oceania Championships - Women Race Start</b>
10:30am*	Event Presentation

\* Times subject to change

# GENERAL EVENT INFORMATION

## THE VENUE AND PARKING:

Parking is available in Young Street, Thomas Street, Laura Street, Yacht Street, Maine Road, Thompson Crescent, but you must walk to Pelican Park.

## ROAD CLOSURES

- Please be aware that ONLY one direction of Hornibrook Esplanade is closed, so you must follow traffic flows and marshal instructions.
- Please DO NOT PARK on the southbound side of Hornibrook Esplanade, as you will be on Cycle Course and your car will be towed.

**EVENT CHECK IN & HELP DESK** is a large white marquee located inside Pelican Park. When coming to registration please have your Race Number printed out or open on your phone. The Help Desk is where you go if you would like to submit a late entry (subject to availability), change your event category or ask any last minute questions.

**WAVE STARTS** determine the official start time of each age group within each race distance. Please make sure you check your wave start and swim cap colour and know this prior to event weekend. Wave Starts will also be posted on the event information board near the registration tent over the event weekend. **All Race Wave Starts will be posted on the website on Thursday of Race Week.**

**TRIATHLON AUSTRALIA** is the sanctioning body of the Moreton Bay Triathlon and therefore all Triathlon Australia rules apply. It the responsibility of each participant to know and follow these rules in full. [Please click here to see a full list of the Triathlon Australia rules.](#)

## WHAT TO BRING

<b>SWIM</b>	<ul style="list-style-type: none"><li>• Goggles</li><li>• Swim cap (provided in race kit)</li><li>• Swim suit / tri-suit</li></ul>	<ul style="list-style-type: none"><li>• Timing chip (provided in race kit)</li><li>• Sunscreen</li></ul>
<b>BIKE</b>	<ul style="list-style-type: none"><li>• Bike</li><li>• Bike shoes or running shoes</li><li>• Helmet</li><li>• Drink bottle</li></ul>	<ul style="list-style-type: none"><li>• Bike hand held pump</li><li>• Spare tube / tyre lever (if you have them)</li><li>• Bike gloves (optional)</li></ul>
<b>RUN</b>	<ul style="list-style-type: none"><li>• Running shoes</li><li>• Socks</li><li>• Cap / visor / sunglasses</li></ul>	<ul style="list-style-type: none"><li>• Race number bib (provided in race kit)</li><li>• Race belt or pins to attach bib</li></ul>

## WHAT NOT TO BRING

Please leave all ipods and headphones at home - not only is it more fun to cheer on the participants around you but we also have an insurance and safety requirement that you can hear event marshals and volunteers at all times. Headphones will be removed if seen.



## TEAM INFORMATION

- All team members need to wear the provided timing chip on the left ankle.
- Change over point for the timing chip is at the cyclist's bike. After the swimmer has passed the chip to the cyclist, the cyclist must attach to their ankle before removing the bike from the rack. After finishing the cycle leg, the cyclist must rack their bike before handing the timing chip to the runner.
- The race number bib is to be worn by the runner only.

## TRANSITION ACCESS

Transition is where you need to place your bike and change over between the swim / bike / run.

**Setup in Transition:** find the bike rack allocated for your category, place your bike on the rack and set up your race equipment to the right (chain side) of your bike. Ensure you remove any non-race equipment away from the bike racks to the gear storage at registration (open from 6.30am in the check in tent).

**Familiarise Yourself:** check the start & finish points to transition. Check the course maps so you know where to go. Failure to follow direct designated course may result in personal injury or accident, you do so at your own risk and may result in disqualification.

**Transition Access:**

- Saturday between 2:00PM and 4:00PM. Sunday between 5:15AM and 7:30AM (please check the event timeline for relevant distance closures).
- Only competitors are allowed in transition area (one parent allowed for Kool Kids during set up and pack down only. No parents are permitted in transition during the event)
- Jumping any transition fences will lead to disqualification.
- Competitors must wait for the announcement to gain access to their bikes after their race. This announcement will be made at approximately 9.50am.



# EVENT BRIEFING - AGE GROUP ATHLETES ONLY

The information below is considered your event briefing - please check the notice board in the park for any last minute course changes and pay attention to the swim starter before your race to receive any critical event information.

<b>SWIM</b>	If you are a slow or not a confident swimmer, please start at the back of the pack. The course is clearly marked with buoys. If you need any assistance during your swim leg, please raise your hand and call for one of the lifeguards. If you choose to warm up before your race you must do this behind the start line.
<b>BIKE</b>	<ul style="list-style-type: none"><li>• Roads will be closed for the cycle leg; however you must stay alert as official and emergency vehicles may need to use the roads. Please be cautious around other cyclists and keep left at all times unless overtaking. This is a non-drafting event.</li><li>• NO BLOCKING – “A competitor who has completed a pass and is not passing another competitor or motorcycle or vehicle and who fails to move safely and immediately to the left of the cycle lane will receive a Blocking penalty.” Triathlon Australia, Rule 3.8</li><li>• NO DRAFTING – “For all events with a cycling distance up to and including standard distance event, the bicycle or motorcycle draft zone is a distance of seven metres. The front edge of the front bicycle or motorcycle wheel defines the start of the draft zone. Competitors have 15 seconds to pass through this zone.” Triathlon Australia, Rule 3.9a.</li><li>• Upper torso must be covered at all times during the ride.</li><li>• Helmet must be on and done up before you touch your bike and you must rack your bike before undoing your helmet.</li></ul>
<b>RUN</b>	<ul style="list-style-type: none"><li>• There are drink stations along the run course so please make use of these to ensure proper hydration.</li><li>• Please keep left on the run course at all times unless overtaking.</li><li>• Upper torso must be covered at all times during the run.</li></ul>

## CODE OF CONDUCT - PARENTS

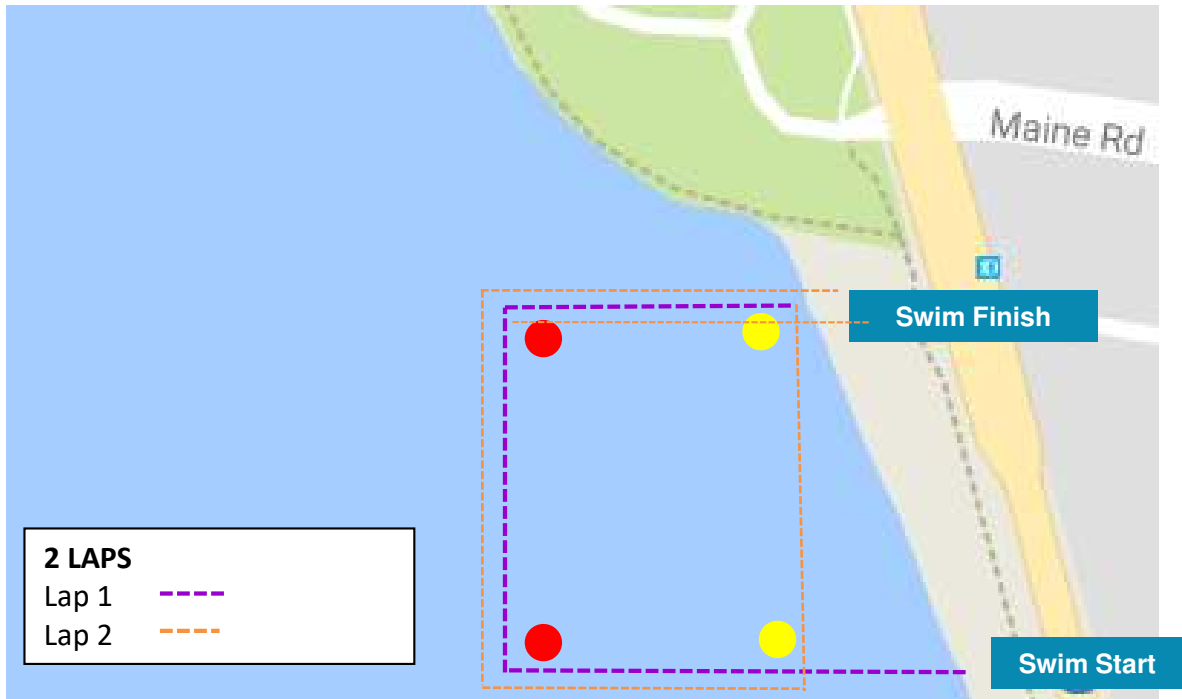
In order to secure and maintain a safe, fun and enjoyable atmosphere for our participants, the Moreton Bay Triathlon has implemented a code of conduct for parents. Repeated or serious breaches of this code may result in disciplinary actions including the exclusion of the parent at future events and the disqualification of your child.

By entering your child, you are agreeing to these behaviour codes and understand the expected behaviour. Our full code of conduct is clearly displayed on our website.

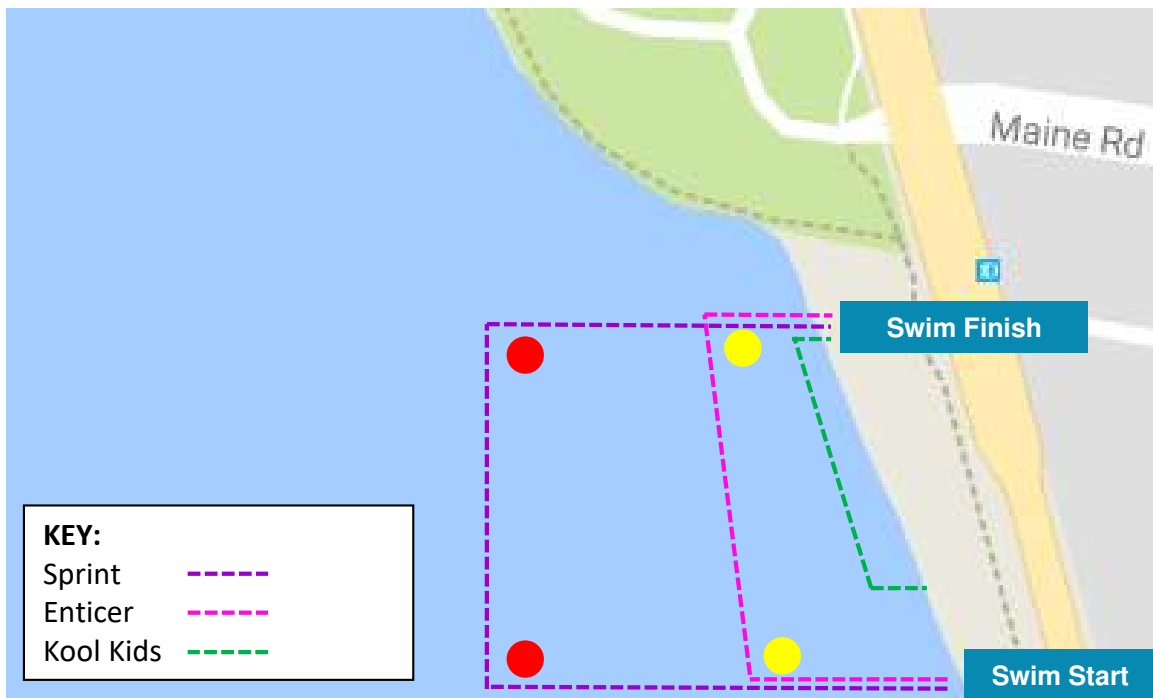
# VENUE LAYOUT



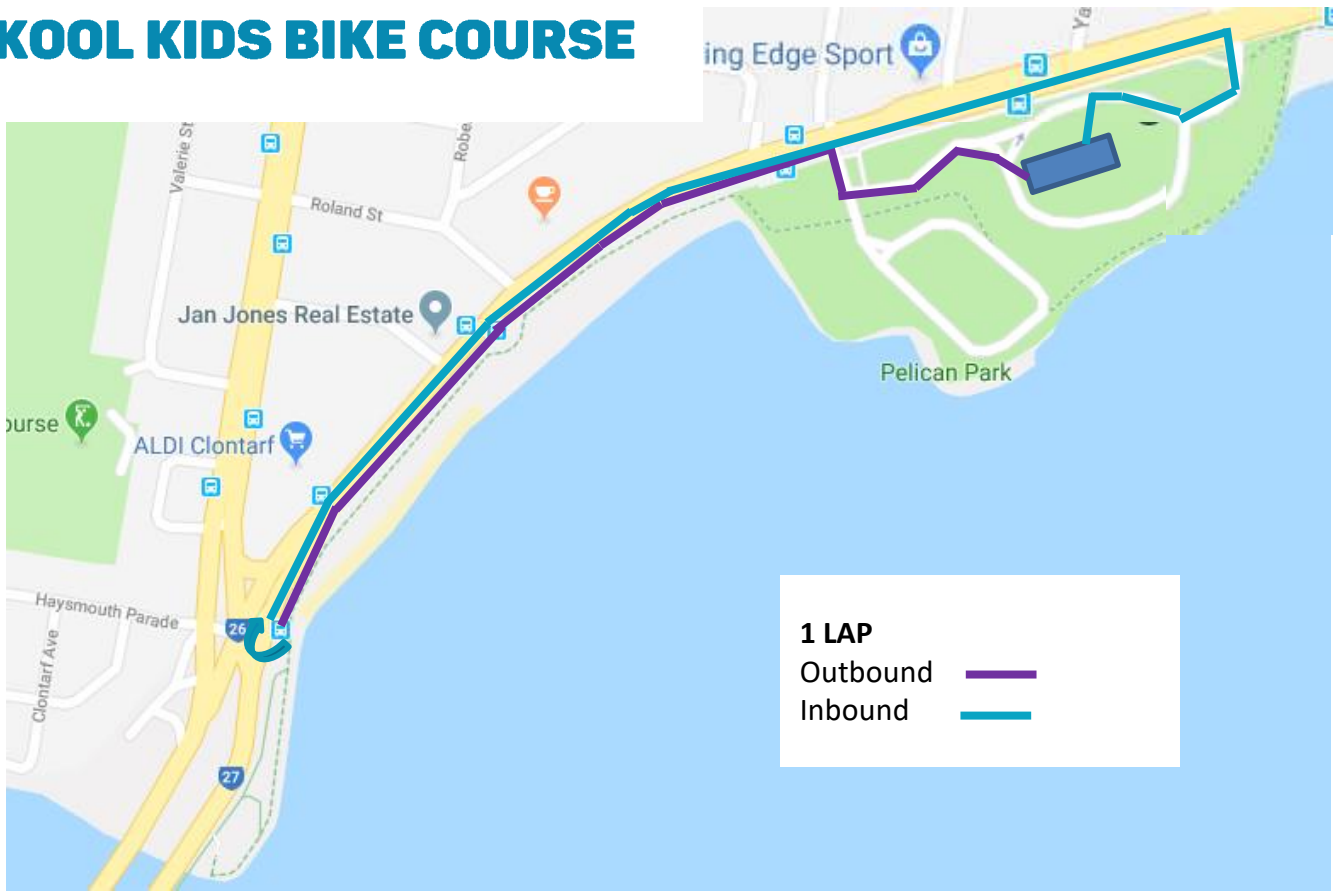
# SWIM COURSE - OLYMPIC



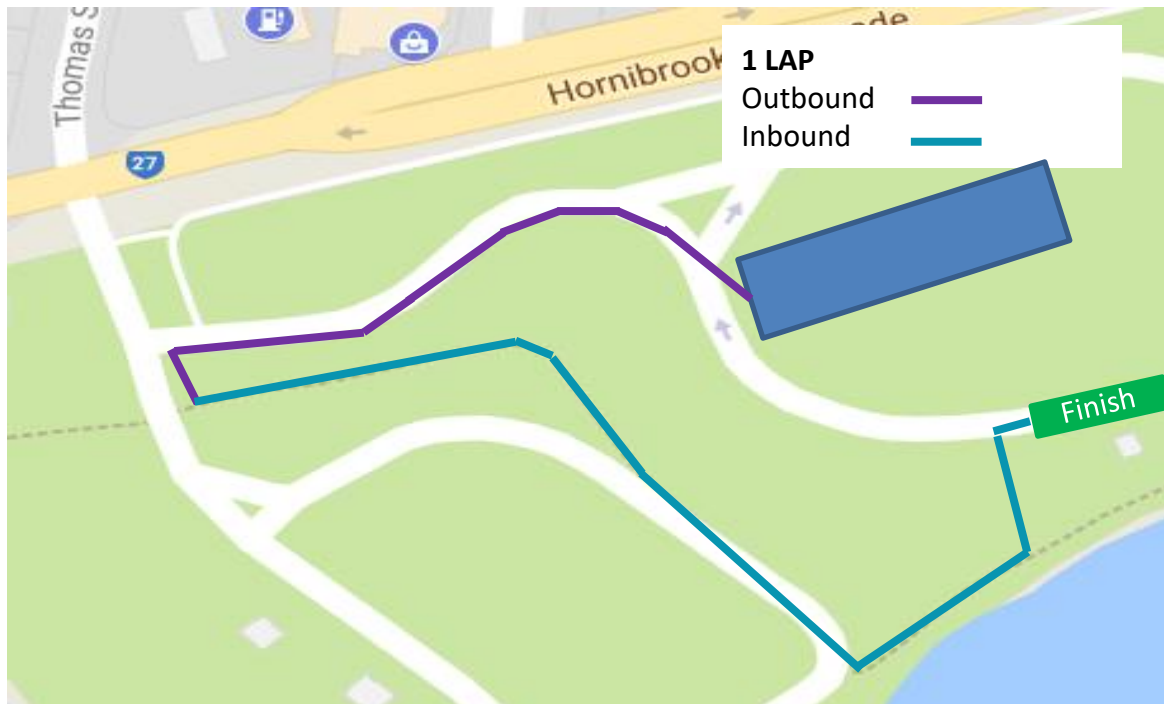
# SWIM COURSE - ALL OTHER DISTANCES



# KOOL KIDS BIKE COURSE



# KOOL KIDS RUN COURSE



# ENTICER / SPRINT / OLYMPIC BIKE COURSE



# ENTICER / SPRINT / OLYMPIC RUN COURSE

