

GOLD COAST TRIATHLON

LUKE HARROP MEMORIAL

EVENT MANUAL

11 APRIL 2021

ROBINA PARKWAY, ROBINA



EVENT PARTNERS



EVENT TIMETABLE

* Times subject to change. Published Wave Starts are the final start times.

SATURDAY 10 APRIL	
Time	Activity
2:00pm	Registration Opens
2:00pm	Optional bike racking open
4:00pm	Registration Closes
4:00pm	Optional bike racking close
SUNDAY 11 APRIL	
5:15am	Registration Opens
5:15am	Transition Opens
6:00am	Roads Closed
6:00am	Expo Opens
6:15am	Registration Closes
6:30am	Transition Closes
6:45am *	Kids Race Start
7:05am *	Enticer Race Start
7:30am*	Sprint Race Start
9:15am*	Early Bike Exit
10:00am	Transition Opens
Presentation - we intend to trial rolling presentations where possible throughout the morning. Listen out for the announcements from our commentators.	

DISTANCE AND LAPS

	SWIM	CYCLE	RUN
SPRINT 14yrs+	750M 1 lap	20KM 3 laps	5KM 2 laps
ENTICER 12yrs+	300M 1 lap	6.7KM 1 lap	2.5KM 1 lap
KOOL KIDS 7-14yrs	100M 1 lap	2KM 1 lap	500M 1 lap

WQE SELECTION RACE



The Gold Coast Triathlon is a WQE Selection Race for the 20/21 Australian Age Group Triathlon Team - Standard Distance.

Those gunning for World Championship qualification selection points need to ensure they are a current financial Triathlon Australia member by midnight Thursday night prior to the event. For membership information see: <http://bit.ly/triausmember>

GENERAL EVENT INFORMATION

THE VENUE AND PARKING

The Venue is located at the Boowaggan Road and Robina Parkway Roundabout. Access to this location can be made via Boowaggan Road from the North or Robina Parkway from the South. (NOTE: Robina Parkway will be closed from Boowaggan Road to Gooding Drive from 1PM Saturday). For Parking details please see the Map below.

ROAD CLOSURES

- Robina Parkway (Between Gooding Drive Roundabout & Boowaggan Road) 1PM SAT - 1PM SUN
- Robina Parkway (Between Boowaggan Road and Markeri Street) 6:00AM - 10:15AM SUN.
- Boowaggan Road (Between Gooding Drive and Robina Parkway) 6:00Am - 10:15AM SUN.

Please take into consideration these road closures when parking if early exit is required.

PRESENTATIONS - we intend to trial rolling presentations where possible throughout the morning. Listen out for the announcements from our commentators.

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. **Race Wave Starts will be posted on the website on Thursday of Race Week.**

COURSE MAPS AND LAPS it is the responsibility of the participant to know the full triathlon course and laps for each leg.

TRIATHLON AUSTRALIA is the sanctioning body of this event 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.](#)

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.

WHAT TO BRING

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

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.

Transition Access:

- 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

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.

SWIM	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.
BIKE	<ul style="list-style-type: none">• 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.• 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• 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 10 metres. The front edge of the front bicycle or motorcycle wheel defines the start of the draft zone. Competitors have 20 seconds to pass through this zone.” Triathlon Australia, Rule 3.9a.• Upper torso must be covered at all times during the ride.• Helmet must be on and done up before you touch your bike and you must rack your bike before undoing your helmet.
RUN	<ul style="list-style-type: none">• There are drink stations along the run course so please make use of these to ensure proper hydration.• Please keep left on the run course at all times unless overtaking.• Upper torso must be covered at all times during the run.

CODE OF CONDUCT - PARENTS

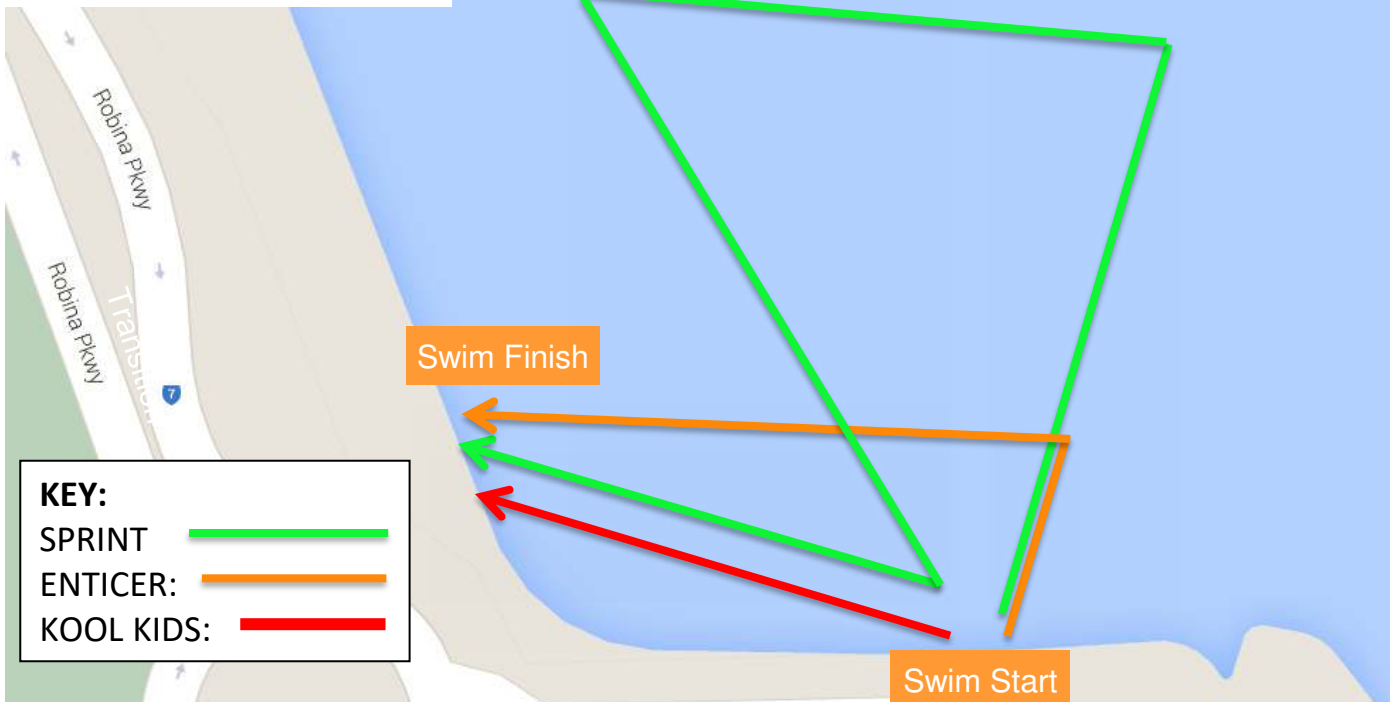
In order to secure and maintain a safe, fun and enjoyable atmosphere for our participants, The Event Crew has implemented a code of conduct for parents. Repeated or serious breaches of this code may result in disciplinary actions including the exclusion of the parent at future events and the disqualification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




KOOL KIDS TRANSITION



KEY:

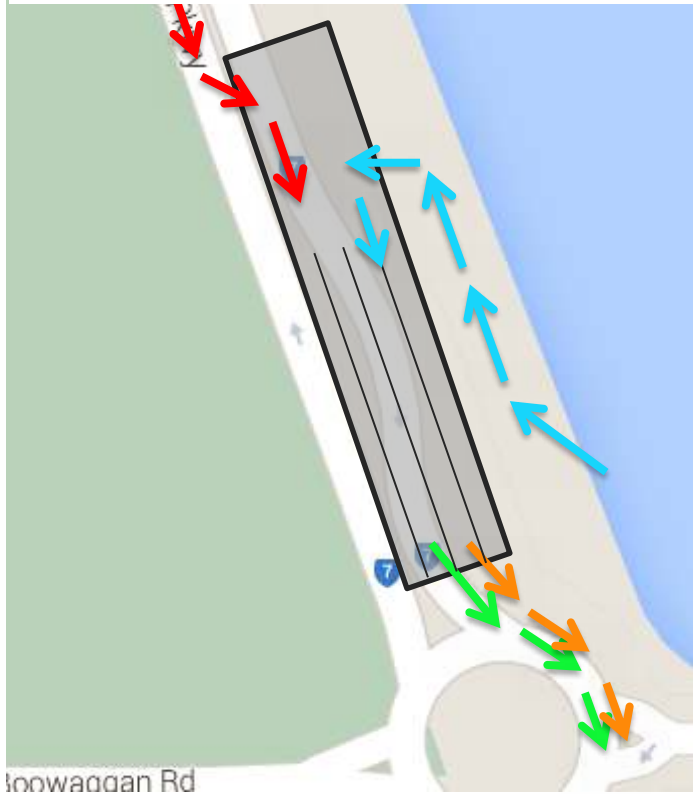
SWIM FINISH: 

BIKE START: 

BIKE FINISH: 

RUN START: 

ALL OTHER TRANSITION

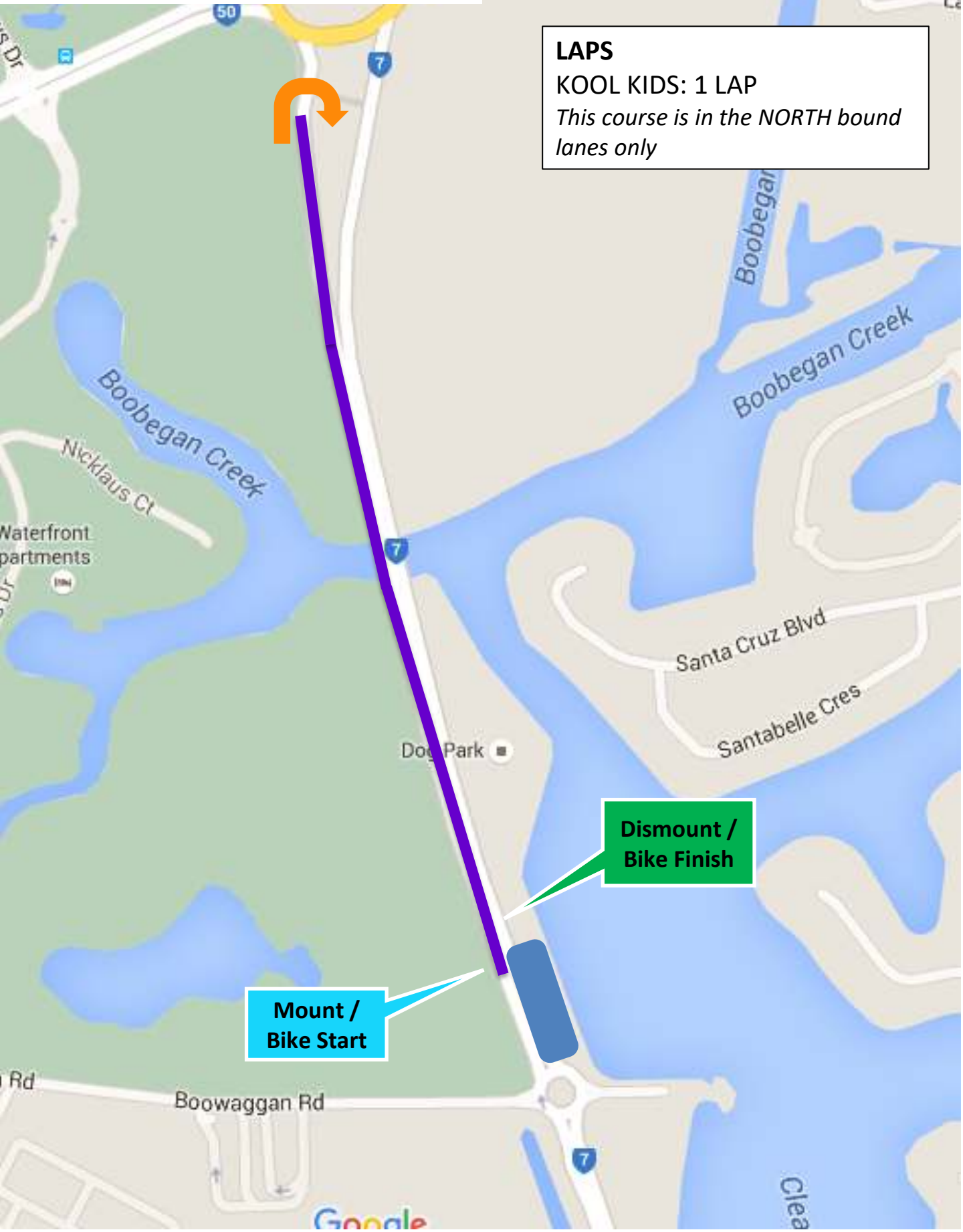


KOOL KIDS BIKE COURSE

LAPS

KOOL KIDS: 1 LAP

This course is in the NORTH bound lanes only



**Mount /
Bike Start**

**Dismount /
Bike Finish**

ENTICER & SPRINT BIKE COURSE

LAPS

SPRINT: 3 LAPS

ENTICER: 1 LAP



- Bike Course goes in a clockwise direction.
- Section North of Boowaggon Road is out and back in the Northbound Lanes.
- When mounting your bike please keep left and watch for merging cyclists on your right.
- There will be a 'NO PASSING' section for 20M through the dismount line. This will be for Southbound cyclists only.
- Please take caution and reduce speed through the Boowaggon Road/Robina Parkway Roundabout as this is a tight technical section from all approaches.

RUN COURSE

KEY

SPRINT: 2 LAPS

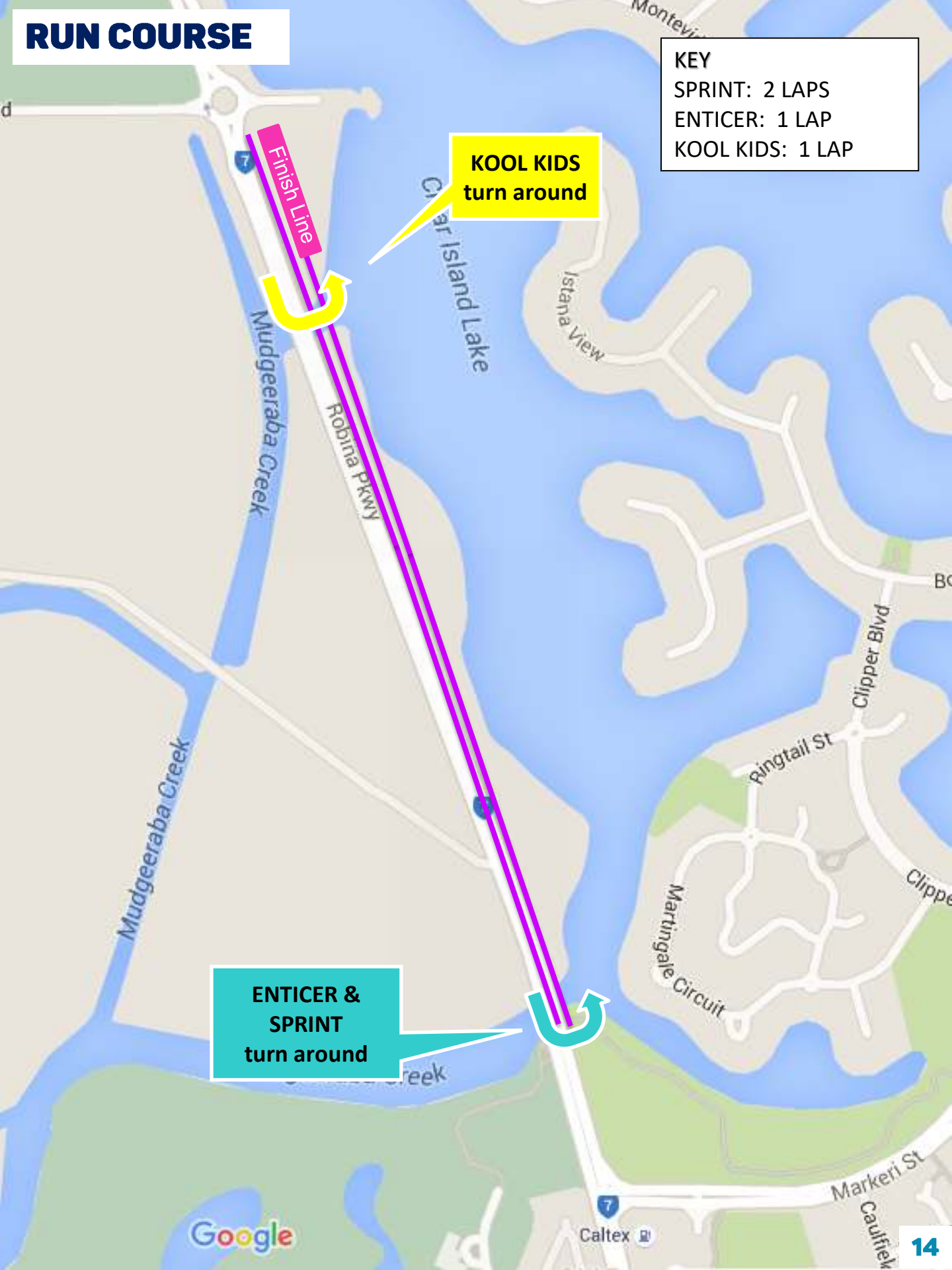
ENTICER: 1 LAP

KOOL KIDS: 1 LAP

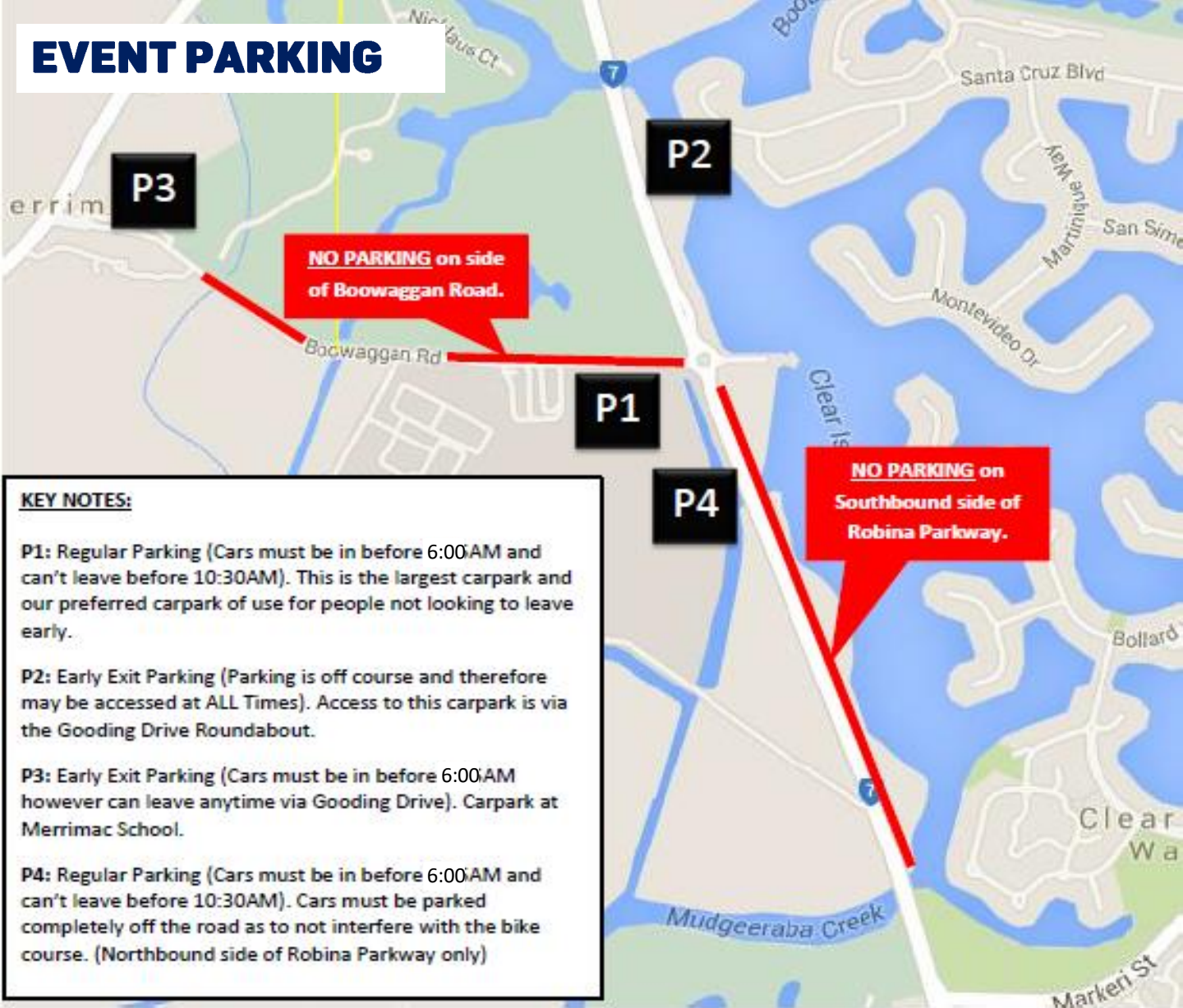
KOOL KIDS
turn around

**ENTICER &
SPRINT**
turn around

Finish Line



EVENT PARKING



KEY NOTES:

P1: Regular Parking (Cars must be in before 6:00AM and can't leave before 10:30AM). This is the largest carpark and our preferred carpark of use for people not looking to leave early.

P2: Early Exit Parking (Parking is off course and therefore may be accessed at ALL Times). Access to this carpark is via the Gooding Drive Roundabout.

P3: Early Exit Parking (Cars must be in before 6:00AM however can leave anytime via Gooding Drive). Carpark at Merrimac School.

P4: Regular Parking (Cars must be in before 6:00AM and can't leave before 10:30AM). Cars must be parked completely off the road as to not interfere with the bike course. (Northbound side of Robina Parkway only)