

# MORETON BAY *triathlon*

## EVENT MANUAL

9 MAY 2021

PELICAN PARK, CLONTARF





# Visit & Explore

The Moreton Bay Region



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



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# WELCOME TO MORETON BAY

## Welcome message from the Mayor Peter Flannery



*Welcome to the glistening waters of Moreton Bay Region for the 2021 Moreton Bay Triathlon!*

*Moreton Bay Regional Council is proud to support this event as a showcase of our vibrant lifestyle.*

*This event isn't just for fitness enthusiasts, it's a family friendly day promoting healthy competition and providing entertainment throughout the day.*

*Please take the time while you're here to explore not only our iconic waterfront locations, but also discover our spectacular*

*hinterland and the many thriving community hubs that make this such a great place to live, work, and play.*

*Thank you to all the organisers and volunteers for their efforts in delivering this event - it simply wouldn't be possible without you!*

*And good luck to everyone competing on Sunday!*

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# EVENT TIMETABLE

SATURDAY 8 MAY	
Time	Activity
2:00-4:00pm	Event Check In (optional)
2:00-4:00pm	Bike Racking (optional)
SUNDAY 9 MAY	
5:15am	Event Check In & Bike Racking Opens - all distances
6:15am	Classic & Club Distance Check In closes
6:20am	<b>Classic Distance Race Start</b>
7:50am	Enticer and Kool Kids Check In closes
8:00am	Enticer and Kool Kids Bike Racking closes
7:15am	<b>Club Distance Race Start</b>
8:00am	<b>Enticer Race Start</b>
9:20am	<b>Kool Kids Race Start</b>
10:10am	Event Presentation

# DISTANCE AND LAPS

	SWIM	CYCLE	RUN
<b>CLASSIC</b> 15yrs+	2000M 2 laps	60KM 6 laps	15KM 2 laps
<b>CLUB</b> 14yrs+	1000M 1 lap	30KM 3 laps	7.5KM 1 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*

# DRINK STATIONS

There are three drink stations on the run course and you will pass each drink station twice on each lap so 400m, 900m, 3.75km (Bridge Turn) 5km, 7.2km of each lap.

- 900m and 5km stations will have sports drink (2/3s strength Powerade) and Coke as well as Water. This station will also offer ½ Bananas.
- 400m and 7.2km stations have water only (this aid station is located in the park). Classic Distance participants are allowed to place special needs (eg food or a special drink) at this aid station located in the park prior the event start which can be accessed when passing on any of the laps.
- 3.75km Turn Station near the far end of the bridge will offer Coke and Water.

# CUT OFF TIMES - CLASSIC DISTANCE

Cut off for the Classic distance swim is 60mins. You then need to have completed both the swim and 50km of the bike in 2hr 45mins (which translates to being on last lap of the bike by 9:05am).

# WETSUITS

We can confirm that we have had early approval from Triathlon Queensland that Sunday's event will be a wetsuit optional swim for all events across the morning.

# RACE INFORMATION

## RACE PACK COLLECTION

You will be emailed your number in race week - save a screenshot of your race number and bring this with you on Saturday or Sunday during Event Check-In

**WAVE STARTS** will be posted on the website on Thursday of race week and will be on the event information board in the park.

## 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.

# 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:**

- 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.

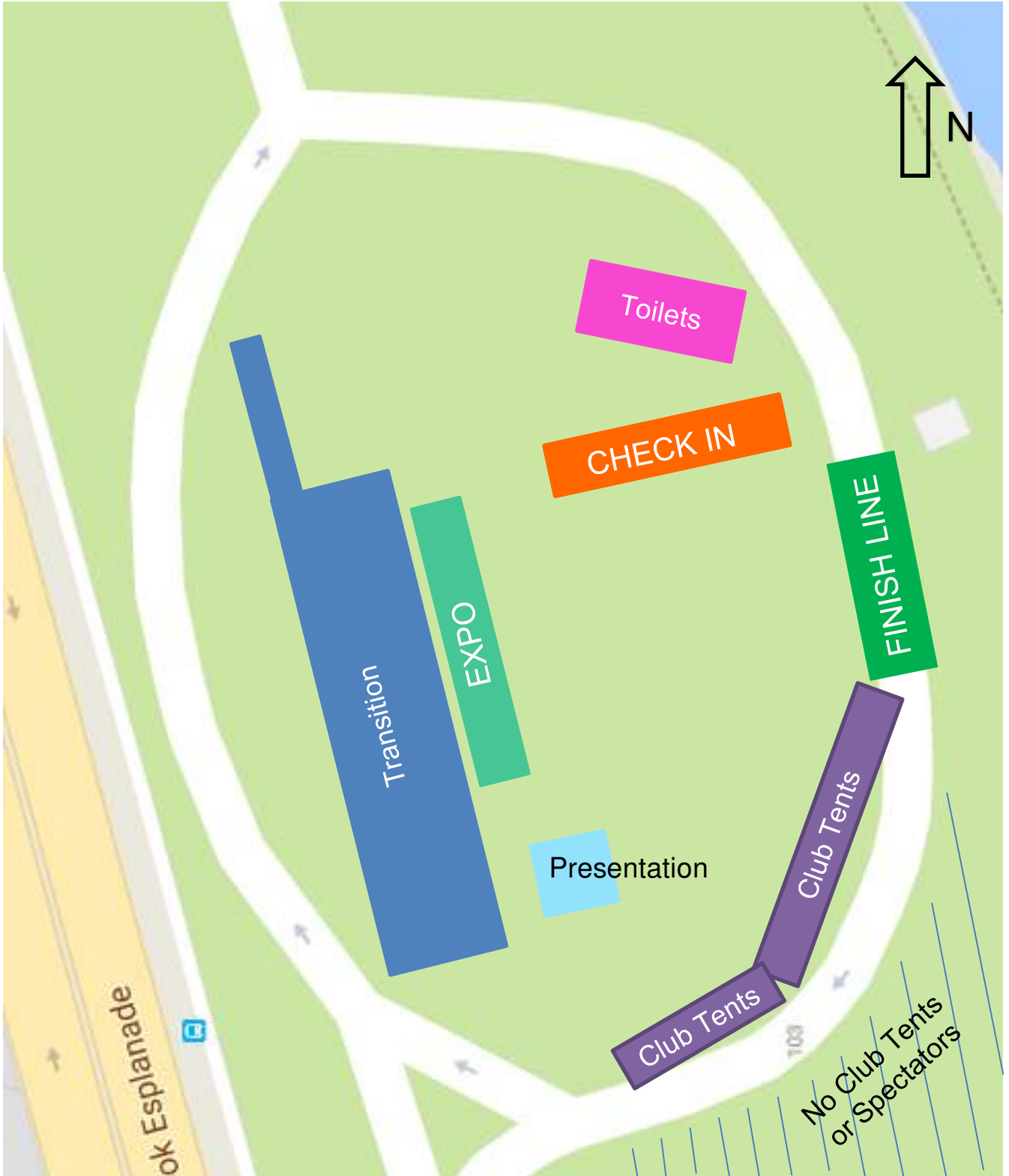
<b>SWIM</b>	If you are a slow or not a confident swimmer, please start at the back of the pack. The course is clearly marked with buoys. If you need any assistance during your swim leg, please raise your hand and call for one of the lifeguards. If you choose to warm up before your race you must do this 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 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.</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.

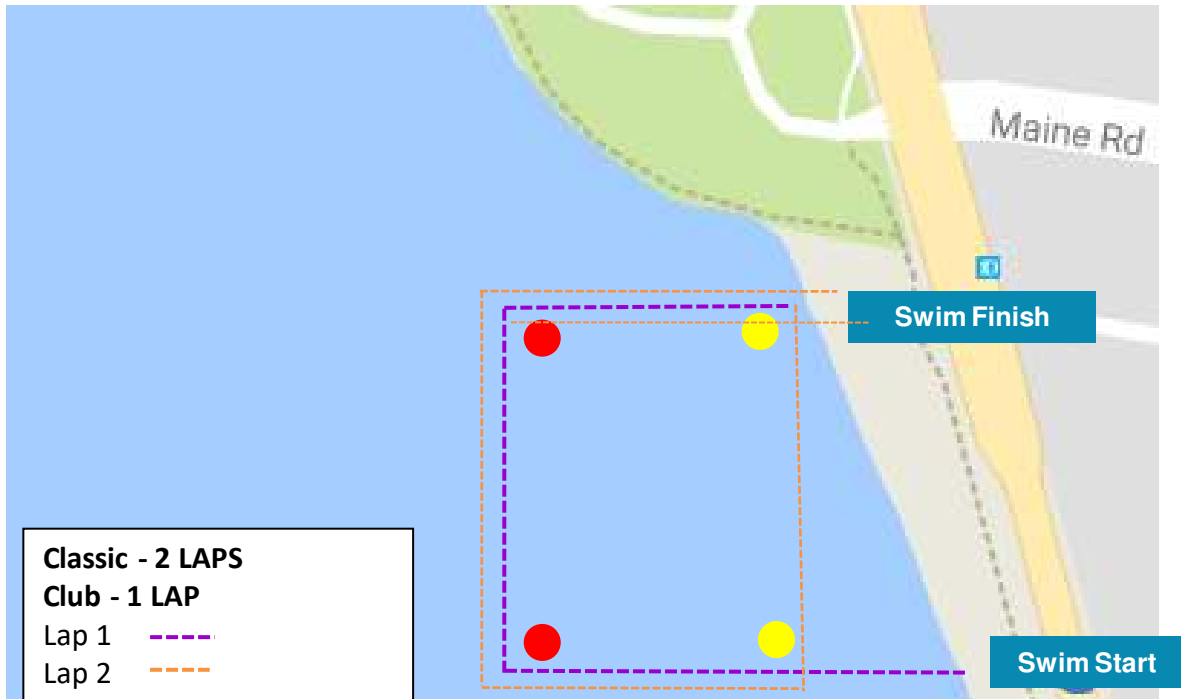
By entering your child, you are agreeing to these behaviour codes and understand the expected behaviour. Our full code of conduct is clearly displayed on our website.

# VENUE LAYOUT

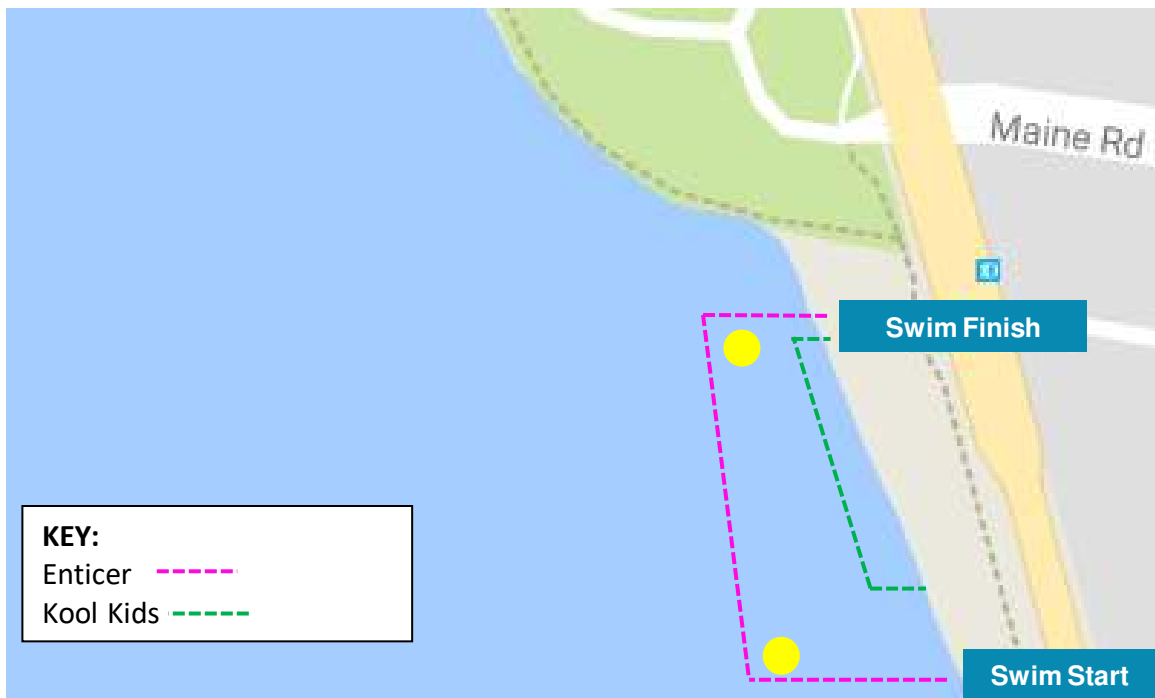




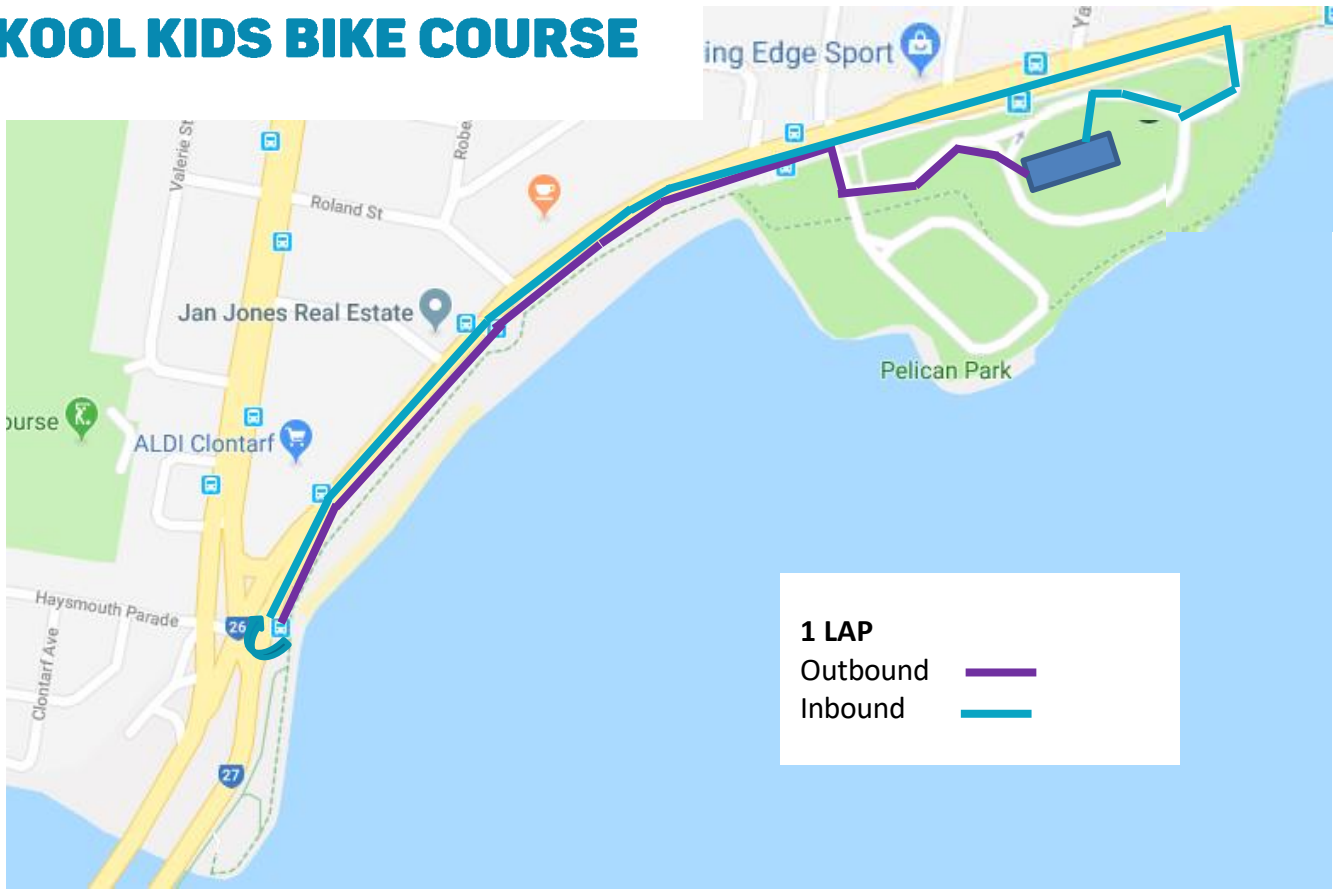
# SWIM COURSE - CLASSIC & CLUB



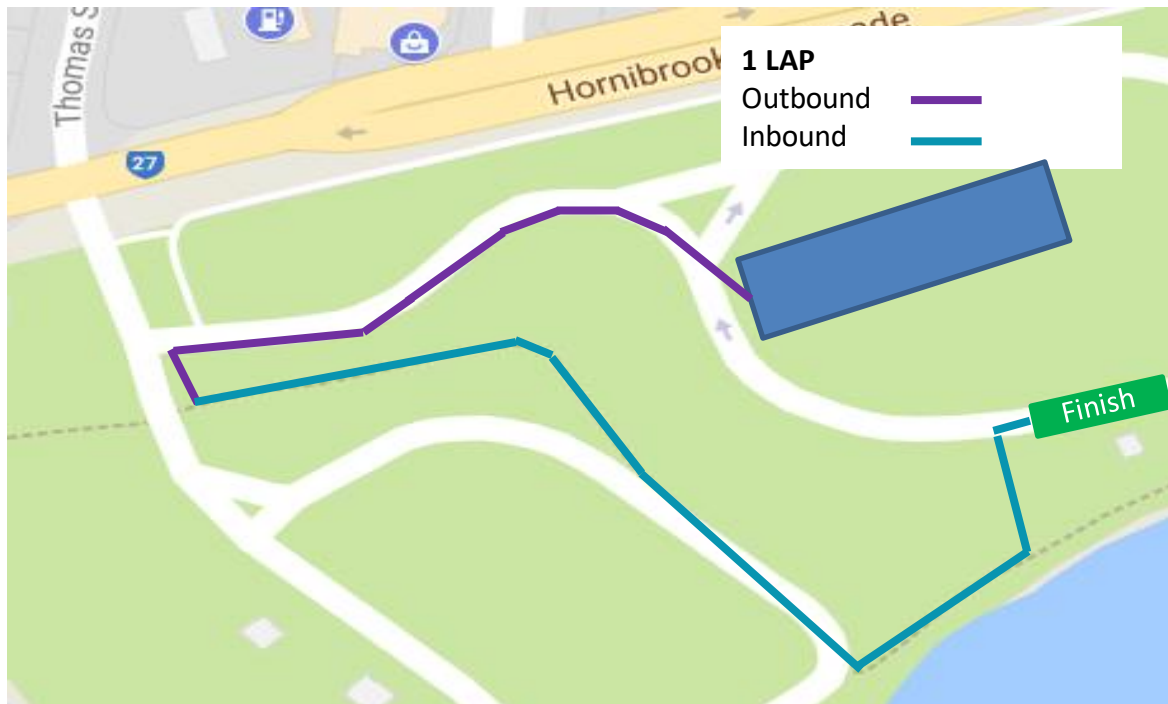
# SWIM COURSE - ENTICER & KIDS



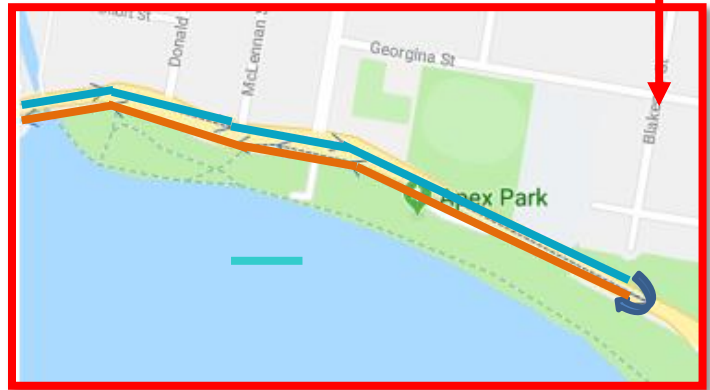
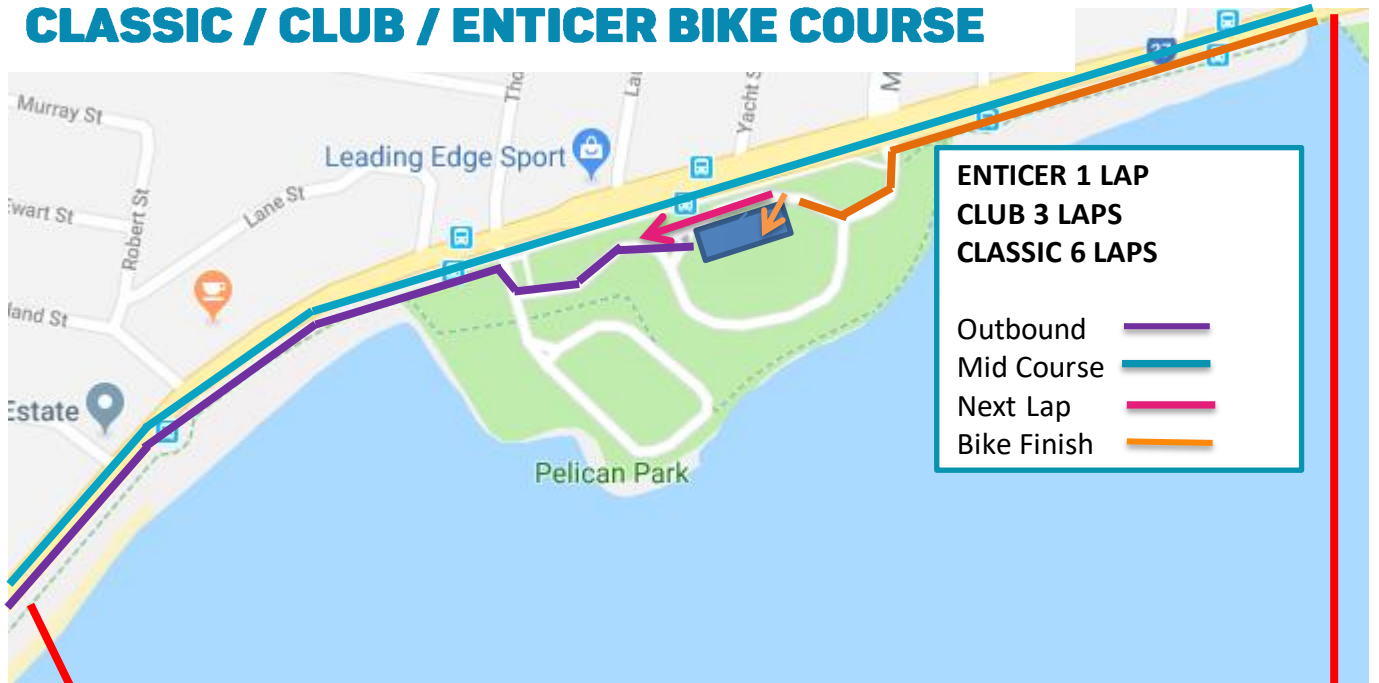
# KOOL KIDS BIKE COURSE



# KOOL KIDS RUN COURSE



# CLASSIC / CLUB / ENTICER BIKE COURSE



# CLASSIC / CLUB / ENTICER RUN COURSE

