



MORETON BAY *triathlon*

EVENT INFORMATION



15 MAY 2022

EVENT TIMETABLE

SATURDAY 14 MAY	
Time	Activity
2:00-4:00pm	Event Check In (optional)
2:00-4:00pm	Bike Racking (optional)
SUNDAY 15 MAY	
5:15am	Event Check In & Bike Racking Opens - all distances
6:15am	Classic & Club Distance Check In closes
6:20am	Classic Distance Race Start
7:50am	Enticer and Kool Kids Check In closes
8:00am	Enticer and Kool Kids Bike Racking closes
7:15am	Club Distance Race Start
8:00am	Enticer Race Start
9:20am	Kool Kids Race Start
10:10am	Event Presentation

DISTANCE AND LAPS

	SWIM	CYCLE	RUN
CLASSIC 15yrs+	2000M 2 laps	60KM 6 laps	15KM 2 laps
CLUB 14yrs+	1000M 1 lap	30KM 3 laps	7.5KM 1 laps
ENTICER 12yrs+	300M 1 lap	10KM 1 lap	2.5KM 1 lap
KOOL KIDS 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

RACE INFORMATION

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).

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.

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.

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.

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 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.

Familiarise Yourself: check the start & finish points of transition. Check the course maps so you know where to go.

Transition Access:

- Only competitors are allowed in transition (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 (varies by venue but usually around 10am).



WHAT TO BRING

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

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

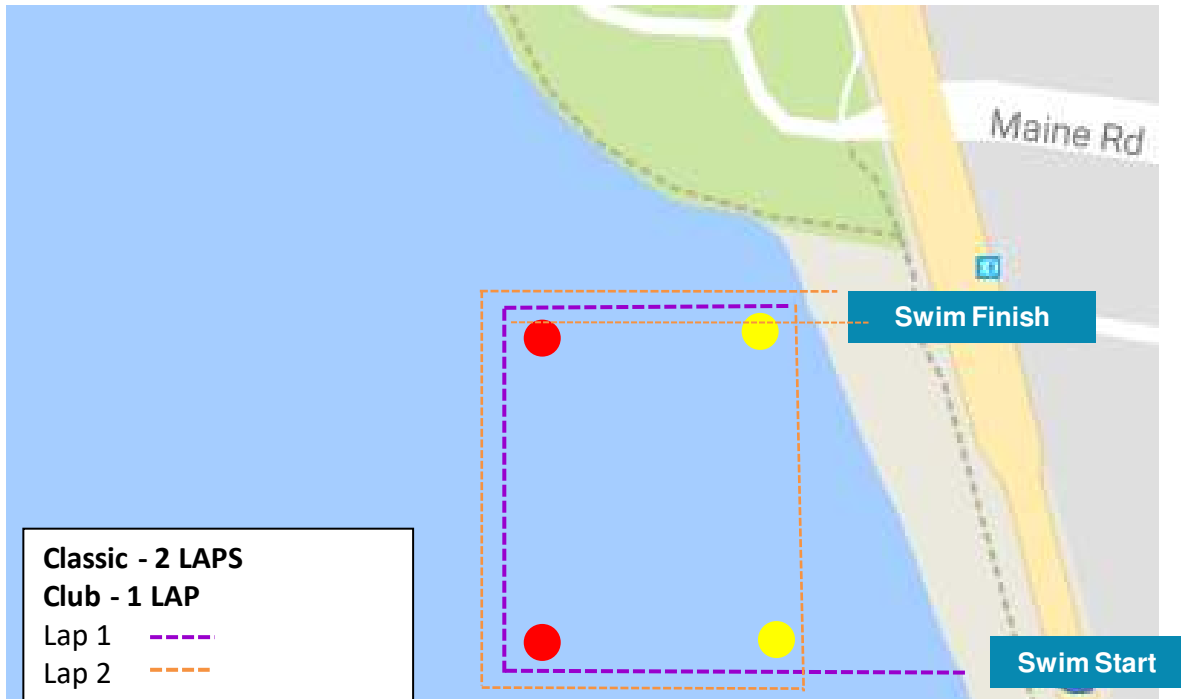
In order to secure and maintain a safe, fun and enjoyable atmosphere for our participants, the Moreton Bay Triathlon has implemented a code of conduct for parents. Repeated or serious breaches of this code may result in disciplinary actions including the exclusion of the parent at future events and the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

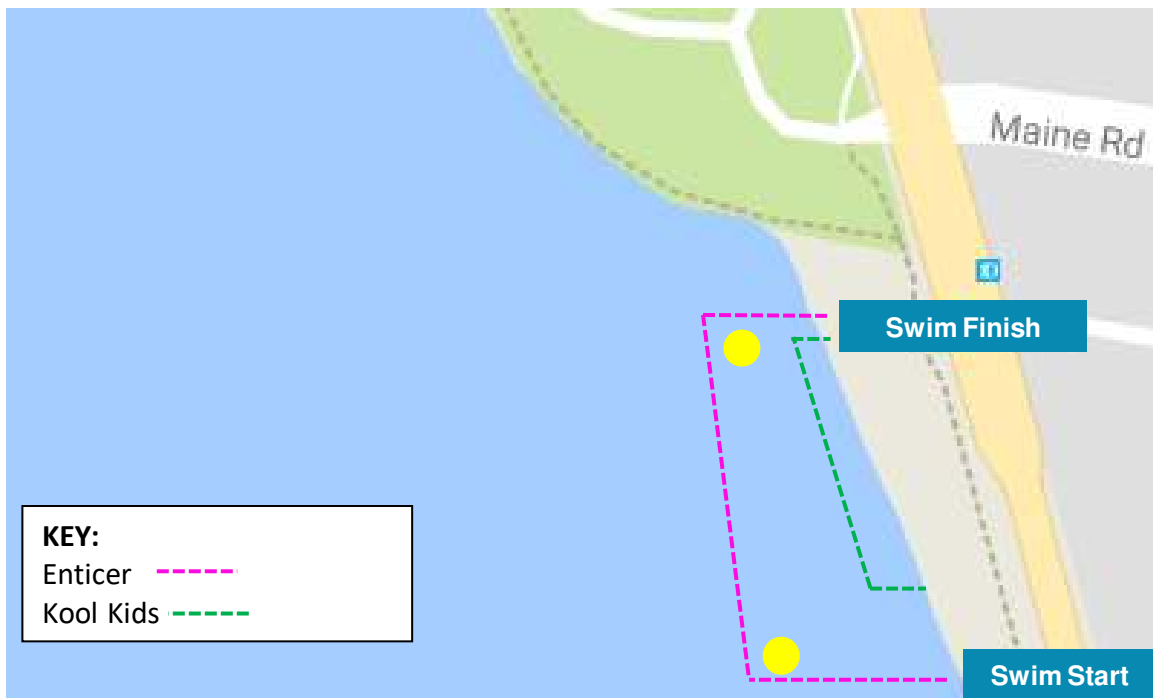
VENUE LAYOUT



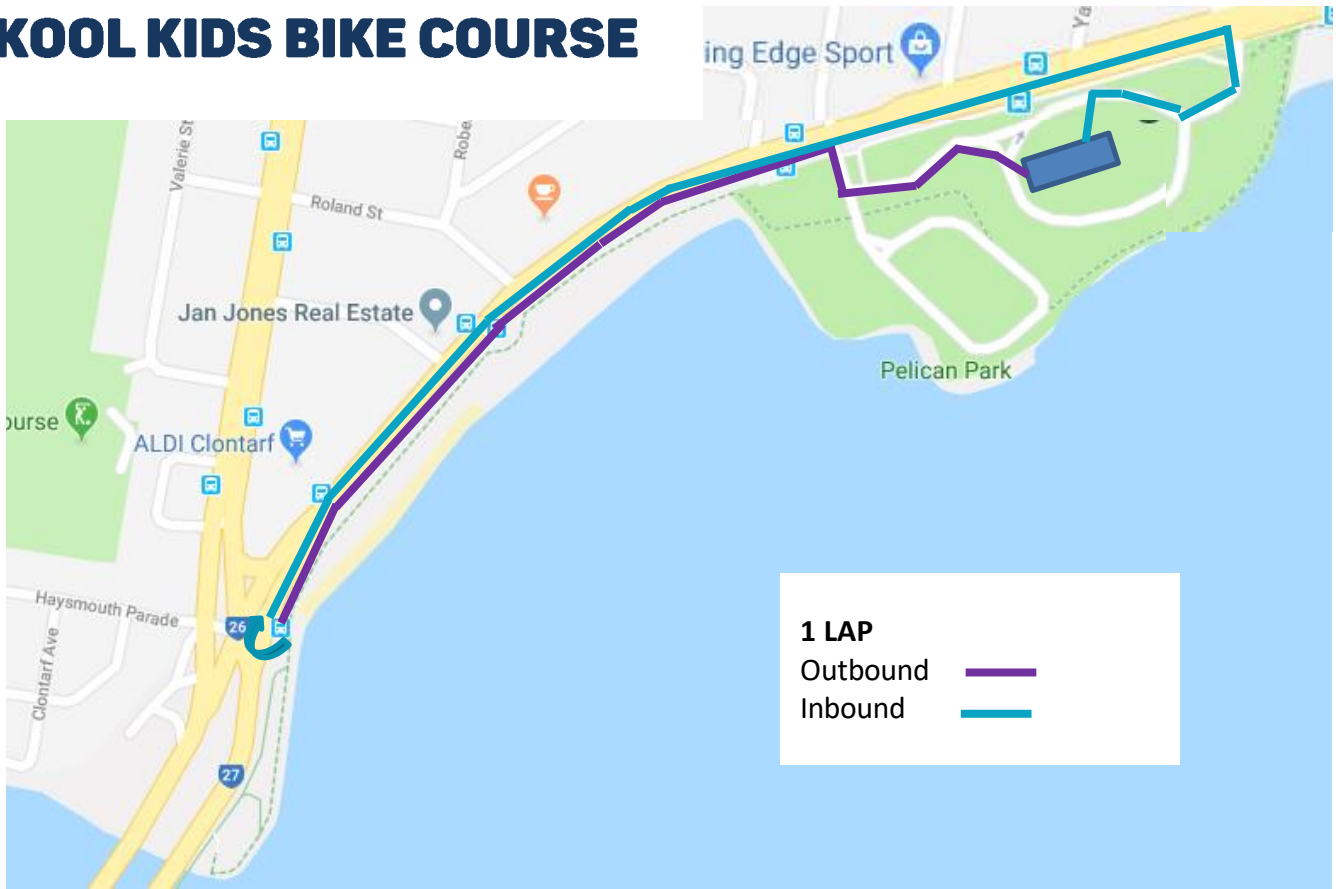
SWIM COURSE - CLASSIC & CLUB



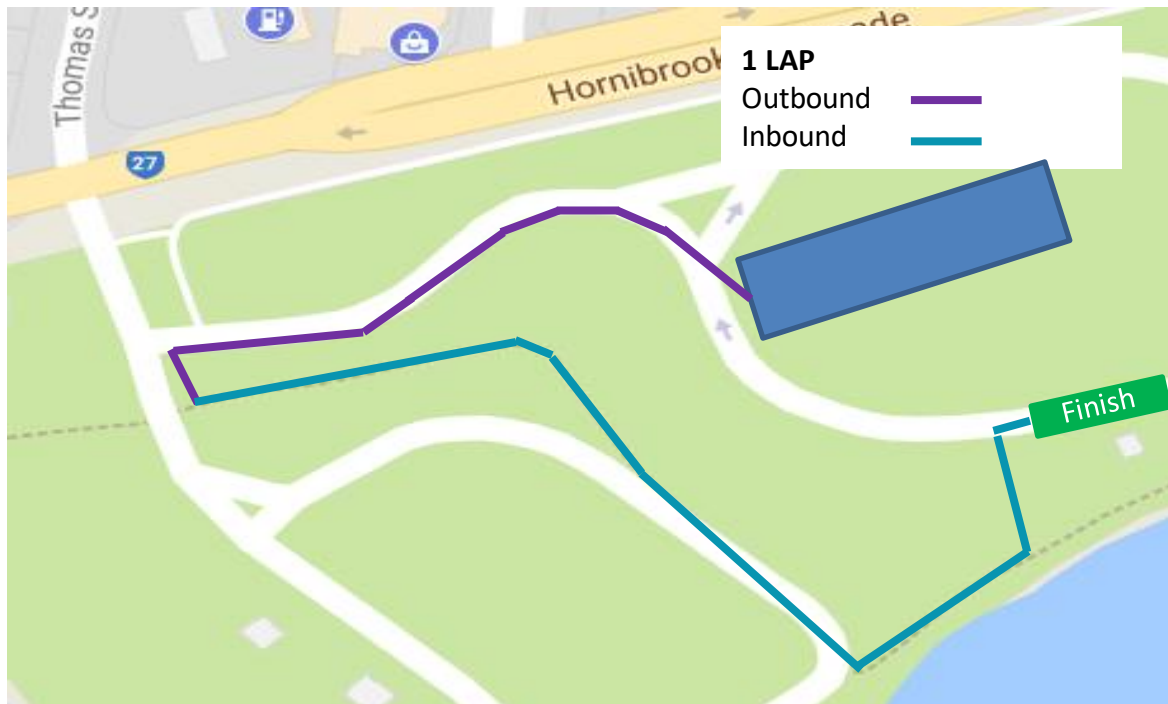
SWIM COURSE - ENTICER & KIDS



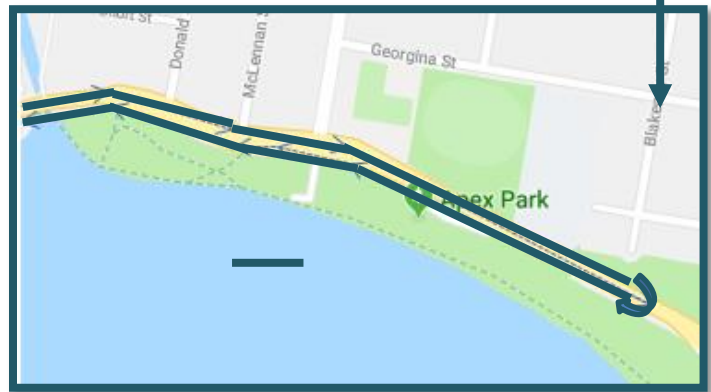
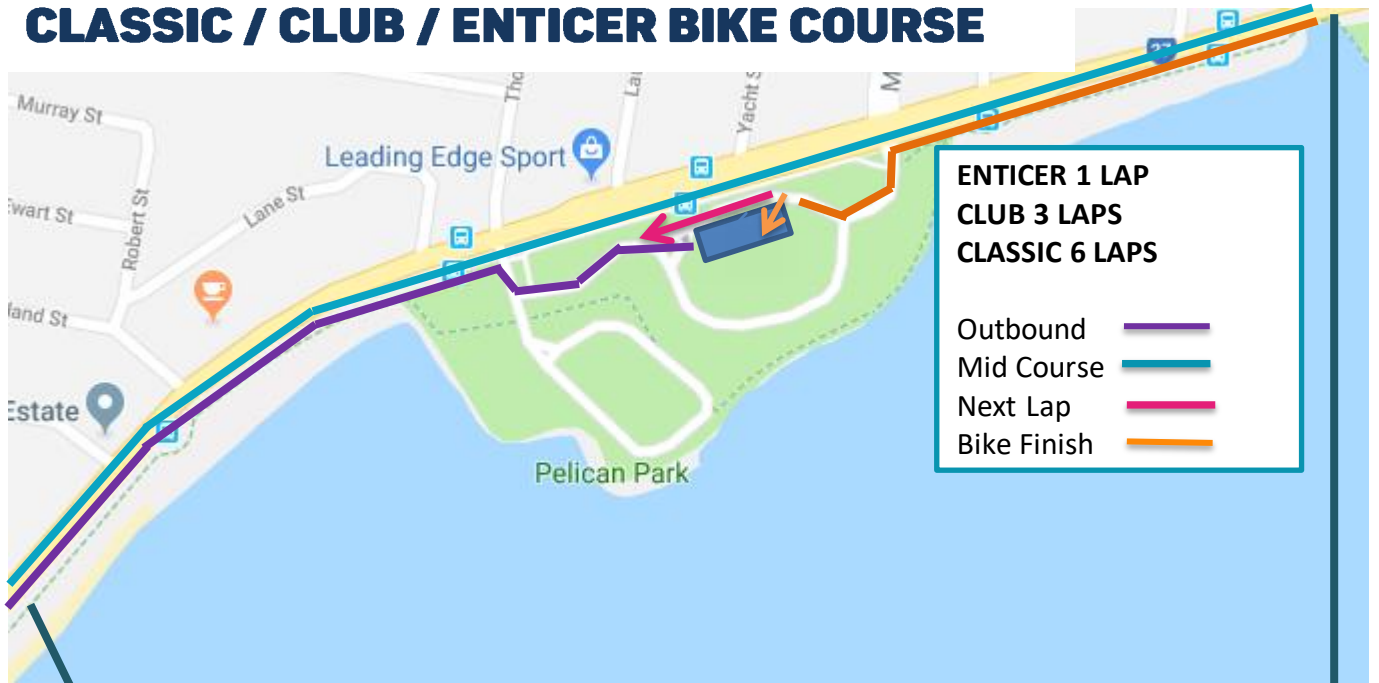
KOOL KIDS BIKE COURSE



KOOL KIDS RUN COURSE



CLASSIC / CLUB / ENTICER BIKE COURSE



CLASSIC / CLUB / ENTICER RUN COURSE

