



# EVENT INFO

## BRISBANE

SLEEMAN SPORTS COMPLEX



**28  
NOV  
2021**



*Triathlon*  
**PINK**



# THANKS TO OUR EVENT PARTNERS



# 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.

## HOW DOES THE EVENT WORK?

SETUP	<ul style="list-style-type: none"><li>After collecting your race pack, put all your stickers from your race pack on your bike and helmet and head in to transition to set up your gear. Ask one of the officials in transition if you are unsure what to do.</li></ul>
SWIM	<ul style="list-style-type: none"><li>Enter the pool one at a time and swim around the buoys in a zig-zag fashion.</li><li>Your timing chip is activated as you cross the timing mat upon pool entry.</li><li>If you want to stay with your friends, just line up directly behind each other as you get into the pool.</li><li>It can take some time getting participants in the pool, so we recommend you sit in the shade while you wait.</li><li>If you are a slow swimmer, we suggest you start at the back of the line.</li><li>For assistance during the swim leg, raise your hand and call for a lifeguard.</li><li>If you need a rest, simply hold onto the edge at the end of the pool.</li><li>You can swim with a pool noodle for added buoyancy if you wish.</li></ul>
BIKE	<ul style="list-style-type: none"><li>After your swim, head to transition and put on your helmet.</li><li>Take your bike off the rack and walk it to the mount line. <b>Please don't ride your bike in transition or on the way to the mount line.</b></li><li>Once you pass the mount line, get on your bike and ride your allocated number of laps.</li><li>Always ride single file and keep to the left at all times unless overtaking.</li><li>We recommend having a drink bottle on your bike to stay hydrated.</li><li>Make sure your helmet is secured from the time you remove your bike from the rack until you put your bike back on the rack.</li></ul>
RUN	<ul style="list-style-type: none"><li>After your bike leg, get off your bike at the dismount line and <b>walk</b> your bike back to transition</li><li>Rack your bike then remove your helmet and get ready for the run.</li><li>When ready, head towards the run start flag in transition to begin your run.</li><li>Complete your allocated laps then head down the finish line on your final lap.</li><li>There are drink stations along the run course so please make use of these to ensure proper hydration.</li><li>Please <b>keep left</b> on the run course at all times unless overtaking.</li></ul>



# TRIATHLON PINK AND CHARITY

Triathlon Pink has been supporting breast cancer charities since the series started in 2007, and has raised over \$2.3 million for breast cancer research, support and care. Your entry fee covers event costs, so to support the National Breast Cancer Foundation you'll need to fundraise additionally or donate via our registration system.

Help the National Breast Cancer Foundation move towards their goal of zero deaths from breast cancer by 2030 through these fundraising activities:

- Making an optional donation as you enter
- setting up a fundraising page
- or sponsoring a friend's fundraising!

## ABOUT THE NATIONAL BREAST CANCER FOUNDATION

The National Breast Cancer Foundation (NBCF) is the leading community-funded organisation in Australia bringing together the community to fund research into the prevention, detection, treatment and cure of breast cancer. Since NBCF was established in 1994, over \$184 million has been awarded to 574 Australian-based research projects to improve the health and wellbeing of those affected by breast cancer. For more information, visit [www.nbcf.org.au](http://www.nbcf.org.au)



# DISTANCE AND LAPS

TRIATHLON PINK	SWIM	CYCLE	RUN
ULTRA	600m 2 laps	16km 8 laps	6km 6 laps
LONG	300m 1 lap	8km 4 laps	3km 3 laps
MEDIUM	200m 1 lap	6km 3 laps	2km 2 laps
SHORT	100m 1 lap	4km 2 laps	1km 1 lap
KIDS 10-13	100m 1 lap	4km 2 laps	1km 1 lap
KIDS 7-9	50m 1 lap	1.7km 1 lap	500m 1 lap
FUN RUN PINK	6km 6 laps	3km 3 lap	Kids 1km 1 lap

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

## WHAT TO BRING

SWIM	<ul style="list-style-type: none"> <li>Goggles</li> <li>Swim cap (provided in race kit)</li> <li>Swim suit / tri-suit / pink gear!</li> </ul>	<ul style="list-style-type: none"> <li>Timing chip (provided in race kit)</li> <li>Sunscreen</li> </ul>
BIKE	<ul style="list-style-type: none"> <li>Bike (any functional bike will do!)</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>
RUN	<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 ladies around you but we also have an insurance and safety requirement that you can hear event marshalls and volunteers at all times. Headphones will be removed if seen.

# WHAT SHOULD I WEAR?

One of the most frequently asked questions we get! Basically anything goes when it comes to Triathlon Pink - just wear whatever you are most comfortable in and what gives you the most confidence on event day.

Most ladies wear a swimsuit in the pool (often with some kind of supportive bra or additional top underneath) and then add additional clothing such as pants and singlets when they get to their bike.

The photos below illustrate perfectly that it really is all about personal style and comfort!





# EVENT TIMETABLE

## SATURDAY 27 NOVEMBER

TIME	ACTIVITY	LOCATION
2:00PM	Event Check-In opens (all events)	Check In Area
3:00PM	Tips and Tricks Clinic	Meet at Finish Line
4:00PM	Event Check-In closes (all events)	Check In Area

## SUNDAY 28 NOVEMBER

TIME	ACTIVITY	LOCATION
6:00AM	Event Check-In opens (all events)	Check In Area
6:00AM	Transition Opens (all events)	Transition Area
6:45AM	Kids 7-9 Transition Closed	Kids 7-9 Transition Area
6:50AM	Kids 7-9yrs Course Briefing	Pool Area
7:00AM	<b>Kids 7-9yrs Triathlon Start</b>	Pool Area
7:05AM	Ultra Transition closed	Adult & 10-13yr Transition Area
7:10AM	Ultra Course Briefing	Pool Area
7:20AM	<b>Ultra Course Start</b>	Pool Area
7:20AM	Fun Run Briefing	Fun Run Start
7:30AM	<b>1km Fun Run Start</b>	Fun Run Start
7:40AM	<b>3 &amp; 6km Fun Run Start</b>	Fun Run Start
7:45AM	Long Course Transition closed	Adult & 10-13yr Transition Area
7:50AM	Long Course Briefing	Pool Area
8:00AM	<b>Long Course Start</b>	Pool Area
8:15AM	Medium Course Transition Closed	Adult & 10-13yr Transition Area
8:20AM	Medium Course Briefing	Pool Area
8:30AM	<b>Medium Course Start</b>	Pool Area
8:45AM	Short Course & Kids 10-13 Transition closed	Adult & 10-13yr Transition Area
8:50AM	Short Course & Kids 10-13 Briefing	Pool Area
9:00AM	<b>Short Course Start</b>	Pool Area
9:05AM	<b>Kids 10-13yrs Start</b>	Pool Area
10:00AM	Event Completion	Time to celebrate!

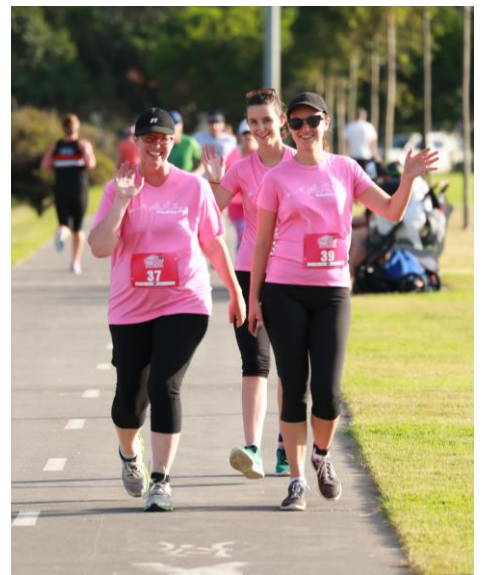
- Please note that registration closes 20 minutes before the start time of your event.
- *Times subject to change*

# TIPS AND TRICKS FOR BEGINNERS

If you are new to the sport of triathlon or would just like some additional information about the event, please come to our Tips and Tricks Clinic at 3pm on Saturday during optional event registration.

This clinic will run you through the event step by step and give you all the basics you need to enjoy the event the following day. You can also ask questions at the clinic to clarify anything you are unsure of.

It's a great way to not only reduce some of the nerves about the event the following day, but also means you will see some familiar faces out on course and enjoy it even more!





# GENERAL EVENT INFORMATION

**GETTING TO THE VENUE AND PARKING** - The venue is located at Sleeman Sports Complex, Chandler. Access to this location can be made via Old Cleveland Road. For parking, please see the parking map.

**ROAD CLOSURES** - Ring Road (within the Sleeman Sports Complex) will be closed from 6:00-9:30am.

**EVENT PHOTOGRAPHY** is provided at each event weekend. A link to photos will be sent Tuesday or Wednesday following the race. Whilst we endeavour to capture an image of everyone participating, unfortunately this is not always possible.

**EVENT CHECK IN** - Please see Venue Map for Check In location. When coming to Check-In, please ensure you have your race number printed out or open on your phone. If you haven't received this in race week, please check the alphabetical list on the Event Information Board. For any questions, visit the Help Desk (located in the Event Check-In area).

## TRANSITION

Transition is where you place your bike and change over for the swim-bike and bike-run legs of the race.

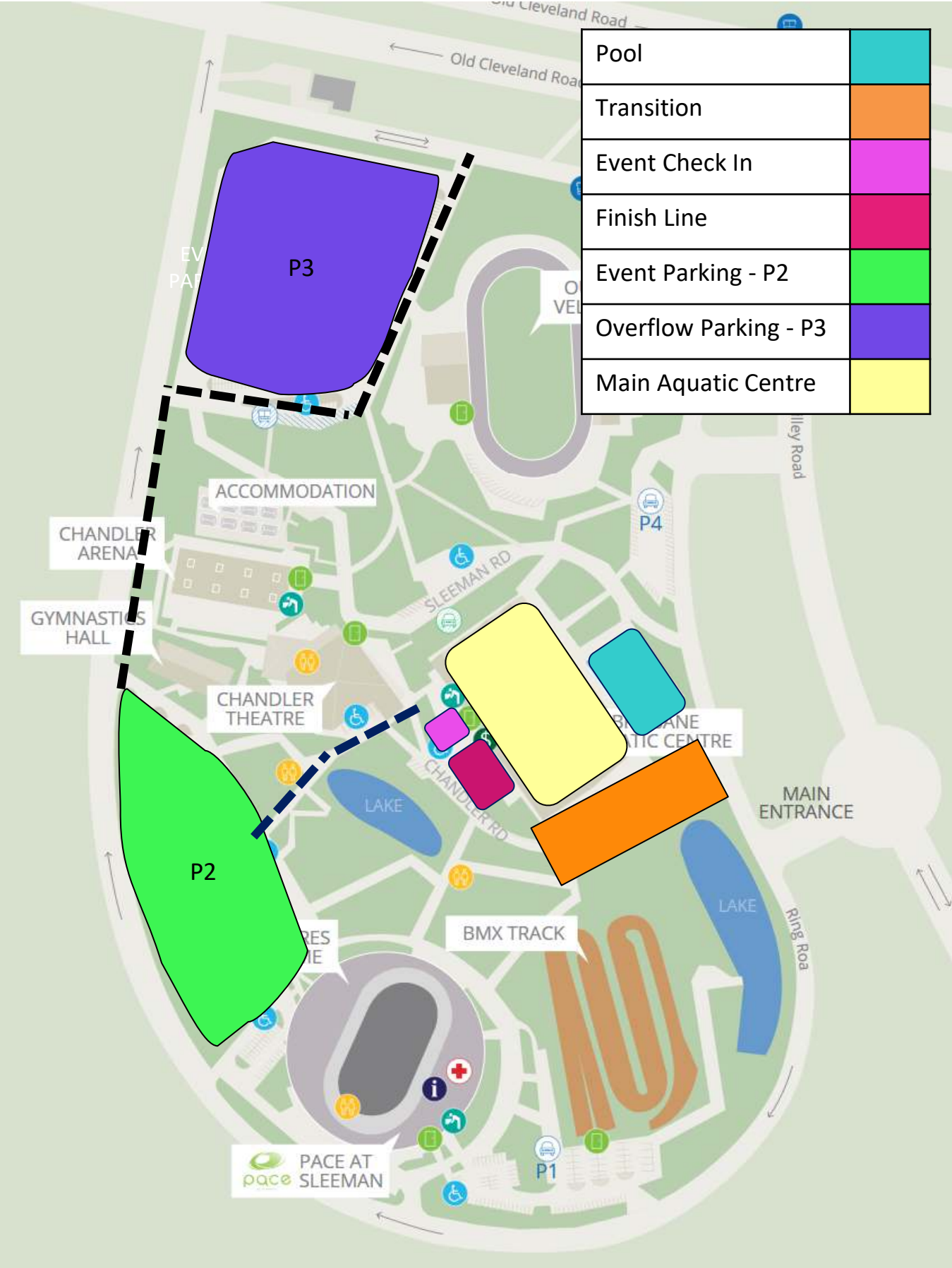
- **Set-up in transition:** Find the bike rack allocated to your distance category, place your bike on the rack and set up your race equipment to the right (chain side) of your bike. Be sure to take any non-race equipment to the Bag Storage area at the registration desk (open from 6:30am).
- **Familiarise yourself:** Check the start and finish points to transition. Make sure you know the course before you come to the event. Failure to follow the 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 is allowed in transition to help their children set up prior to the Kids Triathlon only. No parents allowed in transition during the event)
- After your event finishes, to make the day safe and fair for all, bike collection will only be available when there is a break in the participants coming through transition from the pool. Please listen for announcements for times that bike collection is available.

## TEAM INFORMATION

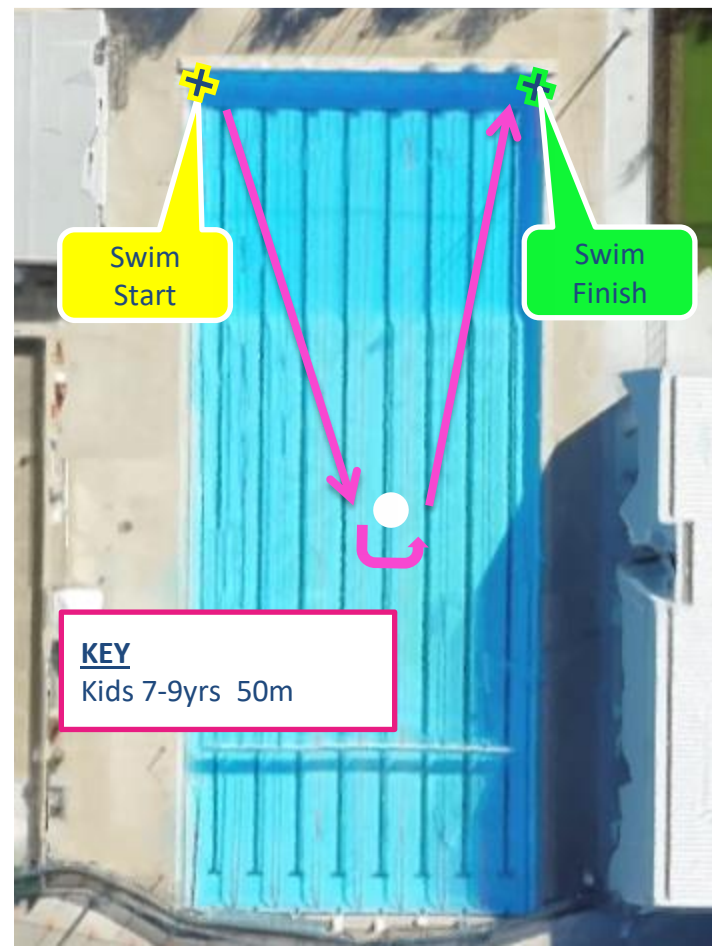
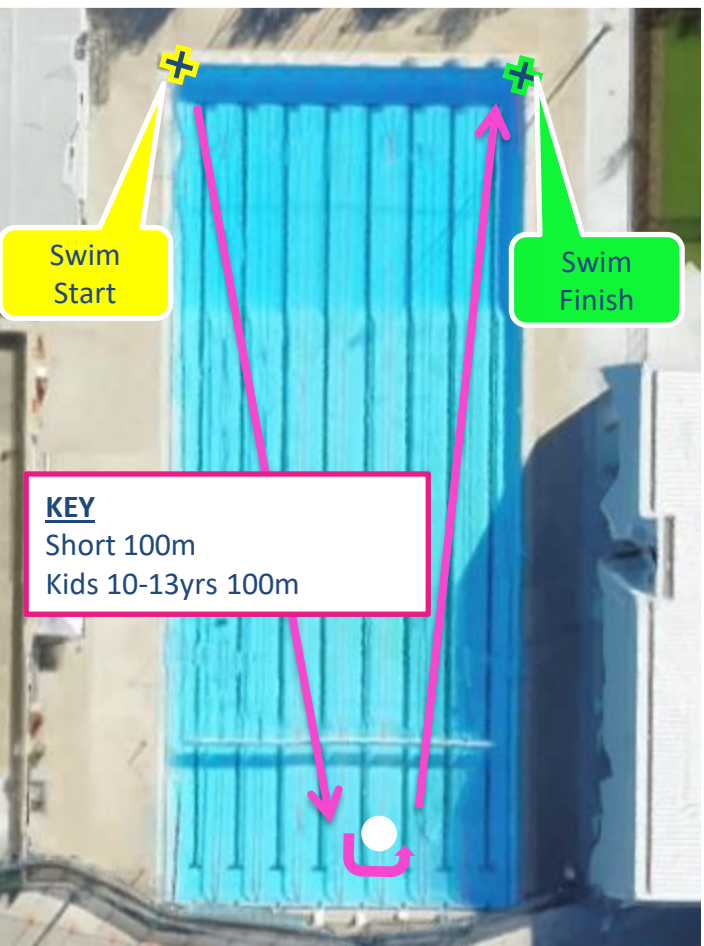
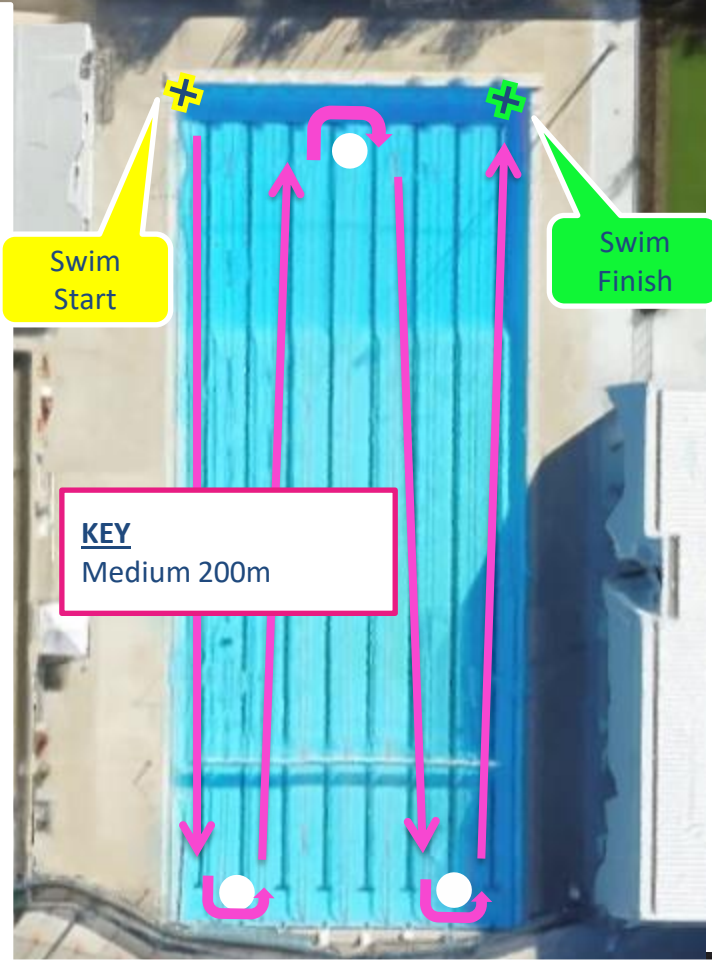
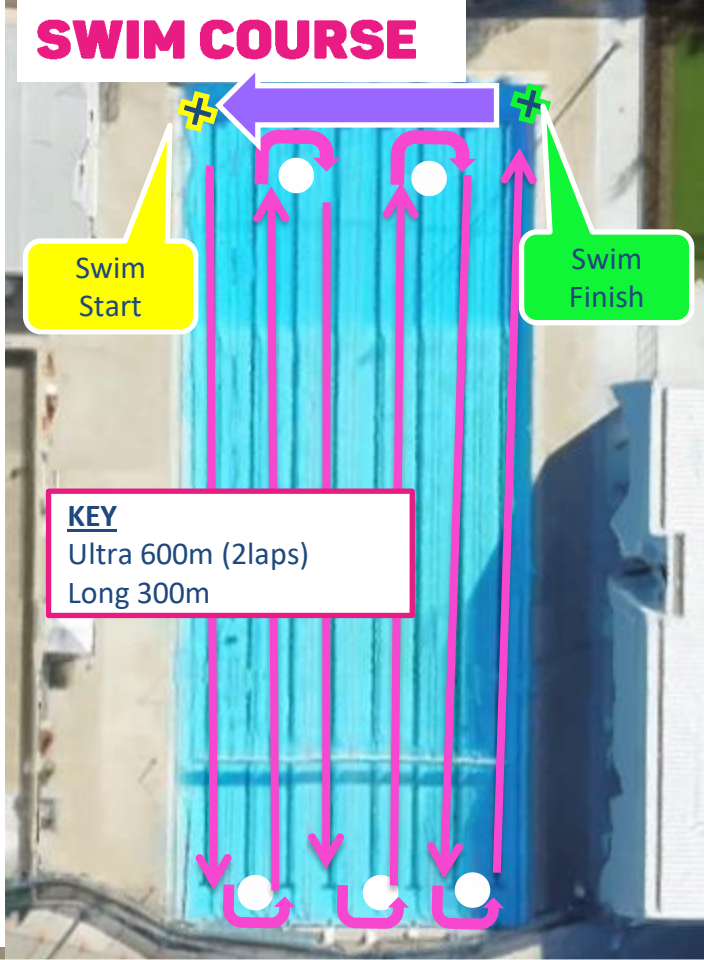
To form a team you need a minimum of 2 and a maximum of 3 participants. One person swims, one person rides and one person runs. If one person wants to do two legs that is fine - if you and your friend want to participate in the whole distance side by side you need to enter as individuals.

- Race number bib to be worn by runner only.
- Change over point is at the cyclist's bike. The swimmer must give the cyclist the timing chip before the cyclist removes bike from rack. The cyclist must rack their bike and then give the runner the timing chip before the runner begins the run.
- Timing chip is to be worn by all team members on the left ankle or the team may not receive a time.

# VENUE / PARKING MAP



# SWIM COURSE





# ADULT & 10-13YRS BIKE COURSE

## KEY

Ultra 16km: **8 laps**

Long 8km: **4 laps**

Medium 6km: **3 laps**

Short 4km: **2 laps**

Kids 10-13yr 4km: **2 laps**



# 7-9YRS BIKE COURSE

## KEY

Kids 7-9yr 1.7km: **1 lap**



# RUN COURSE

## KEY

Ultra 6km: **6 laps**

Long 3km: **3 laps**

Medium 2km: **2 laps**

Short 1km: **1 lap**

Kids 10-13yr 1km: **1 lap**

Kids 7-9yr 500m: **1 lap**

