

# MORETON BAY MULTISPORT FESTIVAL

18 & 19 MAY 2024



# ***Acknowledgment of Country***



The Event Crew acknowledges the Jinibara, Kabi Kabi, and Turrbal peoples and pays respect to their Elders, past, present and emerging.

We acknowledge the ongoing connection that Aboriginal people have to this land and recognise Aboriginal people as the original custodians of this land on which we host our event.

## ***Welcome to the Moreton Bay Multisport Festival from City of Moreton Bay Mayor, Peter Flannery.***

A huge City of Moreton Bay welcome to the many athletes, their families and supporters to our scenic foreshore at Pelican Park for the annual Moreton Bay Multisport Festival.



In City of Moreton Bay, we fully embrace a culture of sport and fitness. As a Council, we continue to invest heavily in sporting infrastructure, recognising the importance it has to the wellbeing of our whole community. Plus, through initiatives such as the Healthy and Active Moreton program, we ensure that sports and recreational activities are accessible to all.

I applaud the commitment and determination of all festival competitors who push themselves to conquer triathlons, half-marathons and endurance sports. It's especially gratifying to see this event expanded to include kids and youth participation this year.

I hope you enjoy the scenic course and take some time to experience the beautiful Redcliffe Peninsula further by soaking up the atmosphere while you're here. I am sure you'll find the food and hospitality second to none and, if you're feeling adventurous, I encourage you to explore our scenic hinterland as well.

Enjoy your stay in our vibrant city and best of luck to all competitors.

Mayor Peter Flannery  
City of Moreton Bay

# EVENT TIMETABLE

SATURDAY 18 MAY	
Time	Activity
2:00-4:00pm	Event Check In for Running Festival and Triathlon
2:00-4:00pm	Bike Racking (optional)
3:30pm	Half Marathon Individual and Relay start (7pm cut off)
4:15pm	5km and 10km start
5:15pm	1.5km start
SUNDAY 19 MAY	
5:15am	Event Check In & Bike Racking Opens - all distances
6:00am	Classic & Club Distance Check In closes
6:10am	Classic & Club Distance Bike Racking closes
6:20am	<b>Classic Distance Race Start</b>
7:05am	Enticer and Kids Check In closes
6:45am	<b>Club Distance Race Start</b>
7:15am	Enticer and Kids Bike Racking closes
8:15am	<b>Enticer Race Start</b>
9:00am	<b>Kids Race Start</b>
10:25am	Event Presentation

## DISTANCE AND LAPS

	SWIM	CYCLE	RUN
<b>CLASSIC TRIATHLON</b> 18yrs+	2000M 2 laps	60KM 6 laps	15KM 2 laps
<b>CLUB TRIATHLON</b> 15yrs+	1000M 1 lap	30KM 3 laps	7.5KM 1 laps
<b>ENTICER TRIATHLON</b> 12yrs+	300M 1 lap	10KM 1 lap	2.5KM 1 lap
<b>KIDS TRIATHLON</b> Non-Competitive 7-14yrs	100M 1 lap	2KM 1 lap	500M 1 lap
<b>RUNNING FESTIVAL</b> Cut off time 7pm all distances	1.5KM & KM 1 Lap	10KM 2 laps	21.1KM 2 laps



## THANKS TO OUR EVENT PARTNERS

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MORETON BAY**

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**AUS  
TRIATHLON**

# EVENT INFORMATION

## **KIDS EVENTS**

Kids Events are non-competitive kids distances – all participants will receive an event gift, race bib, event timing and a finishers medal. There are no awards or prize giving for this event.

## **DRINK STATIONS**

There are three drink stations on the run course and you will pass each drink station twice on each lap. Please view the course maps for what is provided at each station.

## **CUT OFF TIMES - CLASSIC TRI**

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 9:09am).

## **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.

## **TRIATHLON WAVE STARTS**

These 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.

## **EVENT PARKING**

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

## **EVENT MERCHANDISE**

On race day, every competitor will receive a timing chip, event gift and race bib at event check in. All Kids Tri, Classic Tri and Moreton Bay Running Festival participants will receive a finisher's medal in addition to this.

## **EVENT PHOTOGRAPHY**

post race are our official event photography partner for the event weekend. All photos will be made after the event and can be accessed via your individual results or through <http://postrace.com.au>.

## **TRIATHLON 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. The race number bib is to be worn by the runner only.

## **HALF MARATHON RELAY**

The 2x10.55km relay starts at the same time as the individual Half Marathon. Each runner will complete their full 10.55km loop and then tag the next runner at the change over point located just past the start line. Each runner will receive their own race number to be worn through the event. All runners will receive a medal at the finish line - if you are one of our earlier relay runners, please head to the finish line to receive yours.

## **BAG STORAGE**

Participants will receive a numbered bag tag coinciding with your race number in your Participant Pack which must be fixed to your bag before dropping it off. We also advise that though we provide this service for your convenience, you leave your belongings at your own risk. The Event Crew takes no responsibility for any lost or stolen items

## **TRIATHLON 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 of your bike. Please remove any non-race equipment.

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

### **Transition Access:**

- Only competitors are allowed in transition (one parent allowed for 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.

## **CODE OF CONDUCT**

In order to secure and maintain a safe, fun and enjoyable atmosphere for our participants we have implemented a code of conduct for coaches and parents. Repeated or serious breaches of this code may result in disciplinary actions including the exclusion of the individual at future events and the disqualification of your child / athlete. By attending this event, you are agreeing to these behaviour codes and understand the expected behaviour. Our full code of conduct is on our website.

## **WETSUITS**

We can confirm that wetsuits have been approved for this event and are optional for all age groups and categories.

## **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</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 bib (provided in race kit)</li><li>• Race belt or pins to attach bib</li></ul>

## **IPODS / HEADPHONES**

The use of ipods or headphones during any part of the triathlon is against the rules and you will be disqualified.

Participants in the Running Festival events are permitted to use them however we do discourage this on the basis of safety. If you must run with them we ask that they are in one ear only and at low volume.



## 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.

### COMPETITION RULES

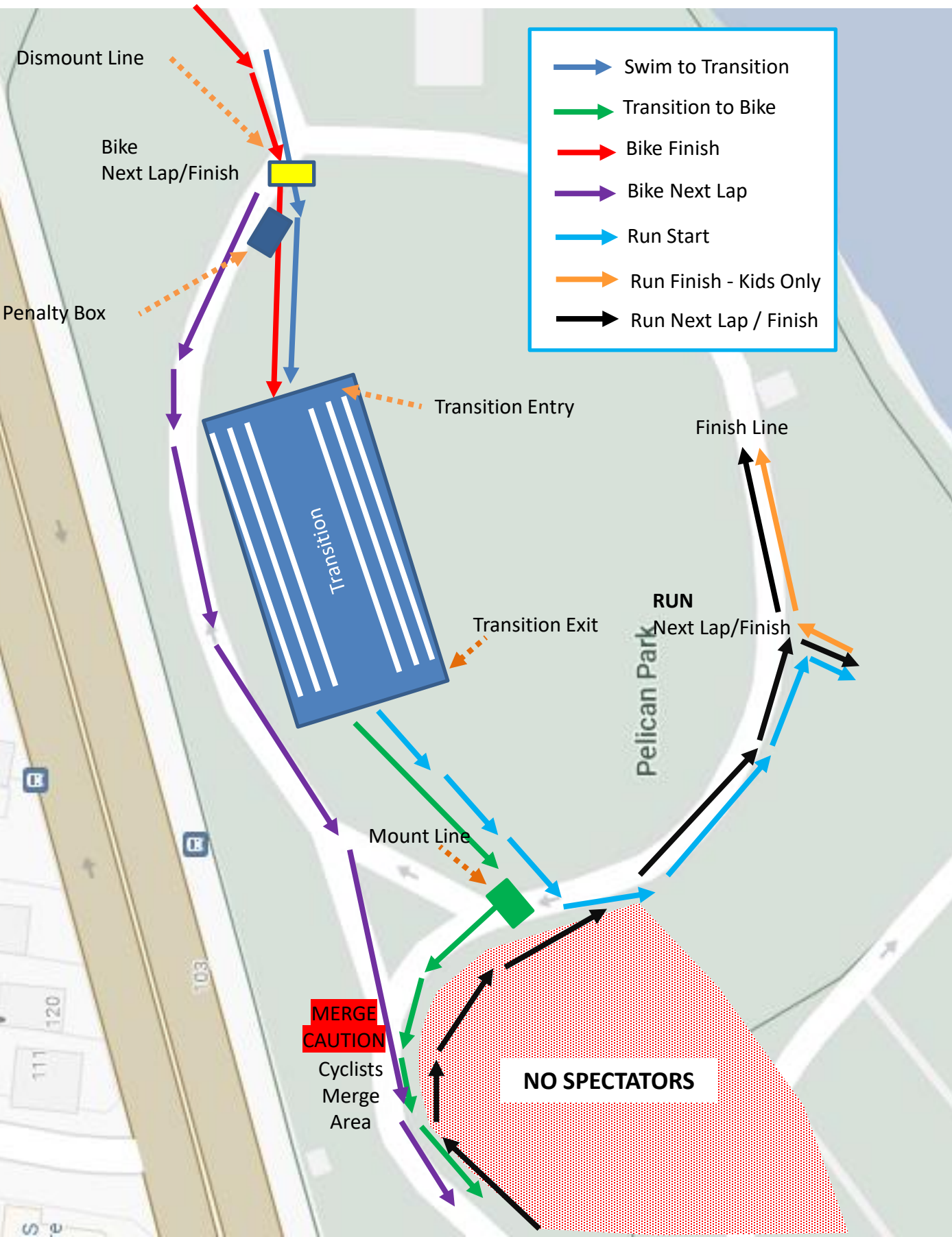
AusTriathlon is the sanctioning body of this event and therefore all AusTriathlon rules apply. [Please click here to see a full list of the Race Competition rules.](#)

<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 in an area clear of the start line.
<b>BIKE</b>	<ul style="list-style-type: none"> <li>• Roads will be closed for the cycle leg; however please 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>• 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>

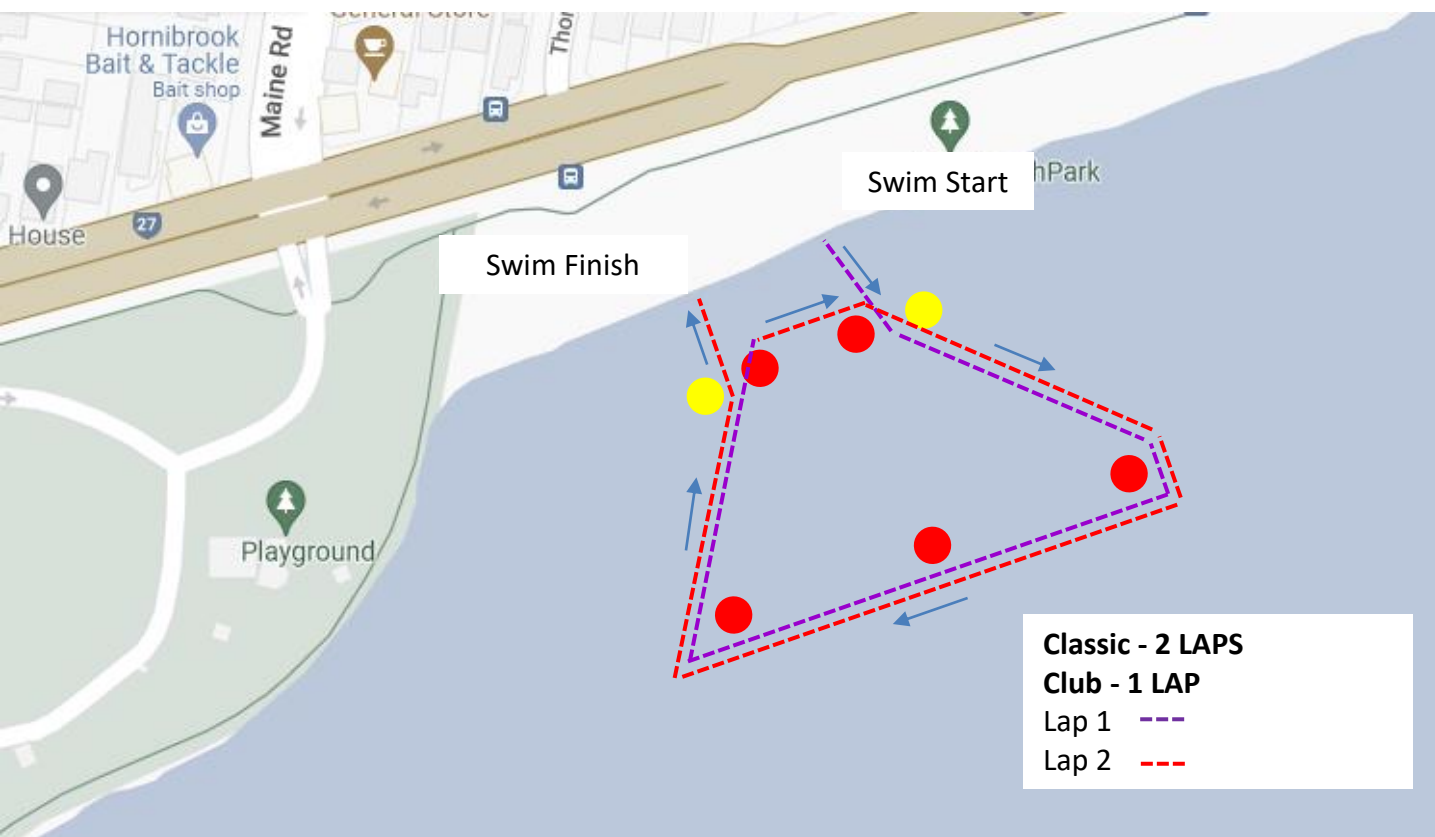




# TRIATHLON TRANSITION FLOW



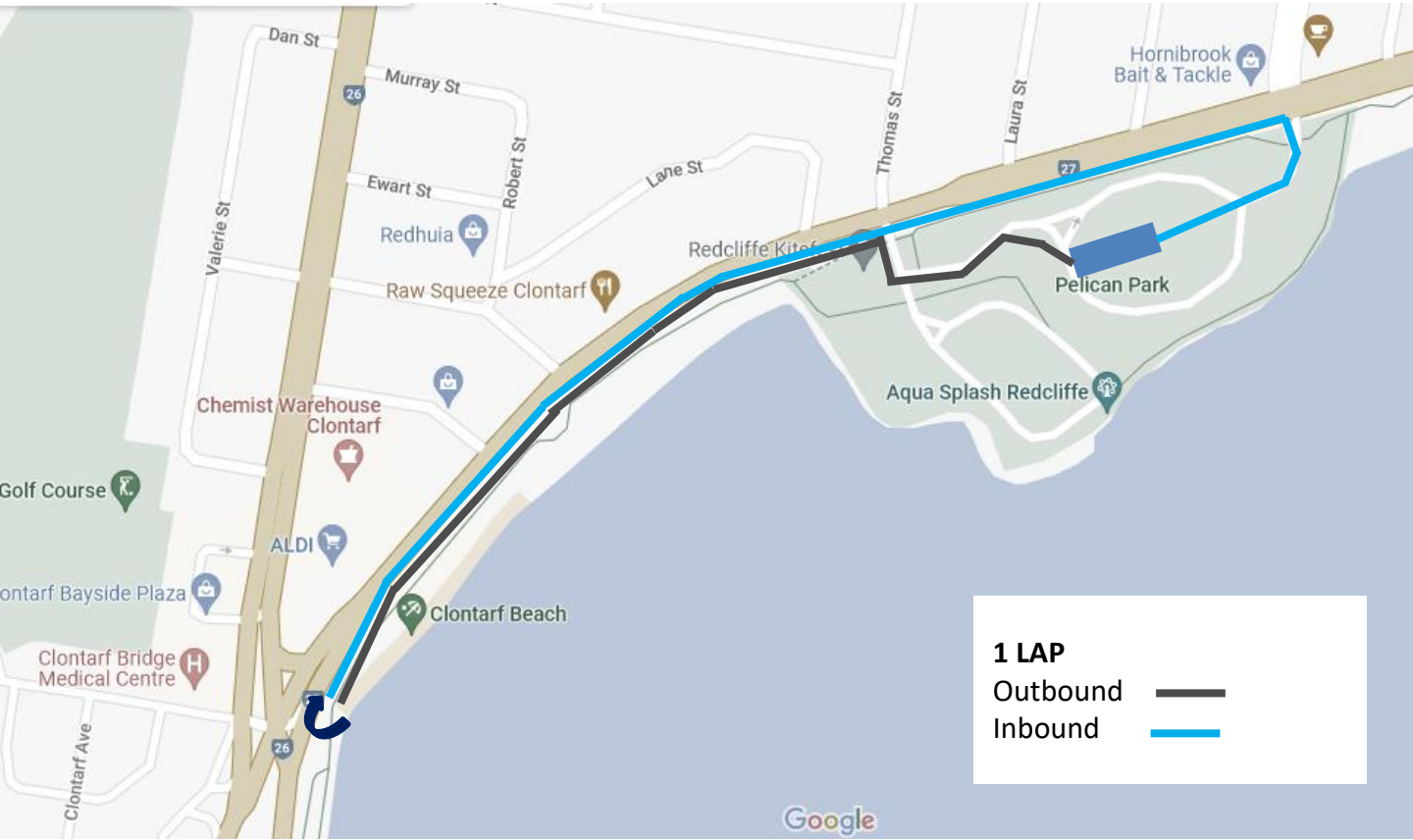
# SWIM COURSE - CLASSIC & CLUB



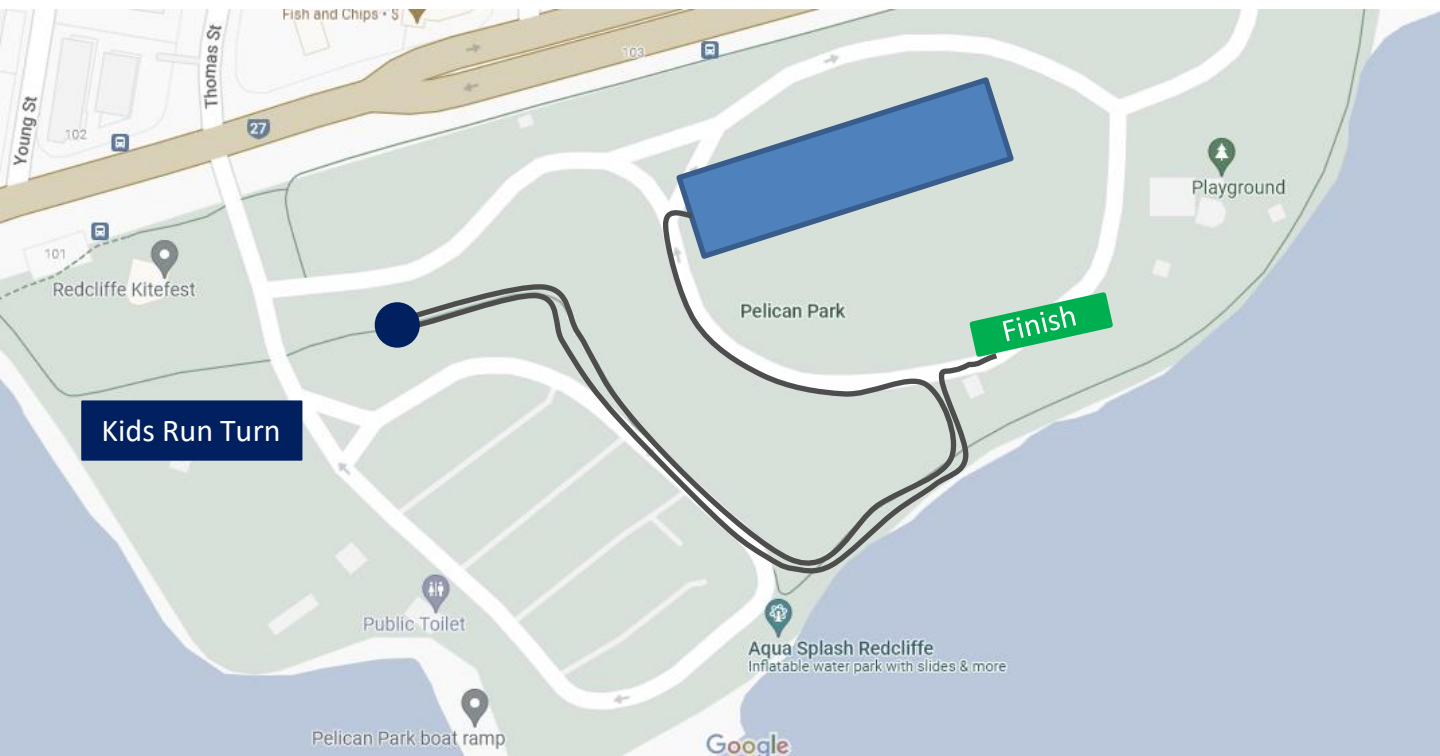
# SWIM COURSE - ENTICER & KIDS



# KIDS BIKE COURSE



# KIDS RUN COURSE



# CLASSIC / CLUB / ENTICER BIKE COURSE



**ENTICER 1 LAP**  
**CLUB 3 LAPS**  
**CLASSIC 6 LAPS**

Outbound   
Mid Course   
Next Lap   
Bike Finish 

# CLASSIC / CLUB / ENTICER RUN COURSE



# THANKS TO OUR EVENT PARTNERS



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