

Welcome

Welcome to the 2019 Townsville Triathlon Festival Athlete Information Guide.

Please note this will be your race briefing and it is your responsibility to read this information prior to the race.

A printable pdf version of the booklet is available; we simply ask that you consider the environment before printing.

Congratulations on getting this far, we trust your preparation and hard work will ensure you have an excellent race and thank you for taking part in the Townsville Triathlon & Multisport Festival.

Whether you are returning, or it is your first time at the Townsville Triathlon & Multi Sport Festival, we have provided the below check list for convenience to make sure everybody is prepared to have a great event.

- Read the Athlete Information Guide (AIG) in its entirety
- Familiarise yourself with the Event Schedule
- Book flights and accommodation ensuring you arrive in time for Athlete Check In
- Ensure you have Photo Identification
- (Drivers Licence, Passport, etc) and bring to Check In.
- No Photo ID = No Check In
- Confirm your emergency contact is available on the day (and not racing) and ensure their correct and full number is provided
- Familiarise yourself with the course – it is your responsibility to know this on race day

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EVENT SCHEDULE

Friday, 16th August 2019

2.00pm-7.00pm	Race Pack Collection and Late Registration
3.00pm-7.00pm	Bike Racking for Duathlon, Classic, Sprint and Enticer
6.30pm-10.00pm	Optus Dinner with the Stars

Saturday, 17th August 2019

5.30am-6.45am	Transition Open/Close Late Race Pack Collection
7.00am	Race Brief Session
7.15am	GNM Duathlon - National Championship
7.45am	Mater Olympic Distance
8.15am	Mater Sprint Distance
8.45am	Mater Enticer Distance
11.00am	Presentations
11.30am-12.00pm	Transition Re-opens
12.30pm-5.00pm	Race Pack Collection and Late Registration Kids, Women's and Teams
6.30am-5.00pm	Lifestyle Market

Sunday, 18th August 2019

6.30am-7.30am	Transition Open Kids, Women and Teams
7.30am	Race Brief Session
7.35am	Colliers Elite Mile
7.45am	Triple M Kids Tri
8.00am	Kwik Kopy Tri4Women
9.00am-9.30am	Transition Opens Kids and Women
9.00am	TP Human Capital Corporate Teams Tri
11.30am	Presentations
12.00pm	Transition Opens
6.00am-1.00pm	Lifestyle Market

PRE-RACE

Triathlon Australia Membership Requirements

Have you organised your triathlon Australia membership?

Every entrant is required to hold a valid membership to Triathlon Australia or any other national triathlon federation in order to participate in the 2019 TTF. You will be required to show proof of your membership at race registration so please ensure that you take any appropriate action before race registration.

- Annual Members – If you hold a valid annual membership to Triathlon Australia for the 2019-20 season then please bring your membership ID card (or printed/electronic confirmation email if your card has not yet arrived) and photo ID to show at race registration.
- One Day Members (ODM) – If you are not a member you have purchased a one-day membership to Triathlon Australia in your registration fee already. This applies to all TEAM competitors.

For more information about membership, please go to the triathlon Australia website—www.competitions.org.au

Check In

When Friday 16th August 2pm-8pm

Olympic/Sprint/Enticer and Saturday 17th August 1pm-5pm - Sunday Funday

All race check ins need to be completed within allocated times as per event schedule. If you do not check-in during these designated check-in times you will not

be able to race. We cannot take responsibility for late arrivals so allow extra time when making travel arrangements.

Where Strand Park – The Strand, Townsville

What you will need you must show your receipt of payment, your Triathlon Australia membership details and/or photo identification – i.e. Drivers licence, passport etc.

You must pick up your race kit at check-in. No one else will be able to pick it up for you. Please note it is illegal for someone else to compete under your name or for you to compete under someone else's name, this will result in suspension from your state triathlon association and banning of both parties from future events races.

When checking in please do not take your bike into the check-in queue as this congests the area and makes it dangerous for other competitors. Please use the bike racks available in Park to avoid congestion in the check- in area.

Teams Check In: It is only necessary for one team member to check in for their team, however they must be able to pass on the team kit to the other team members before the race start. A team member must rack the team bike during racking times 8am-5pm Saturday 18th August.

Your Race Kit includes:

- Bike seat post number sticker (for cyclist)
- Helmet number sticker (for cyclist)
- Security bike number (for cyclist)
- Arm Tattoo (for runner)
- Timing chip
- Event singlet (if registered by deadline)
- Swim Cap
- Event sponsor goodie pack

Timing

Your timing chip will be included in your race kit that you will receive at check-in. Timing chips must be worn on the left ankle (if it's on your wrist you won't get a time).

On race morning you must wear your timing chip to enter transition and volunteers will be checking this. Please remember that we are recording your time through each chute so come through in an orderly fashion.

Timing results will include swim split, cycle split, run split and finish time—overall and category results.

If you do not start the race or pull out of the race for any reason you must return the timing chip to the athlete help desk or information booth or return it to a race official.

If your timing chip is not returned or is lost, you will be charged \$150 for a replacement.

Teams – Important Timing Info

The swimmer, cyclist and runner must wear the timing chip. The swimmer must transfer the chip to the cyclist and the cyclist must transfer the chip to the runner within transition. The runner then wears it from the time they leave transition until they cross the finish line.

No timing chip = no time*

PRE-RACE

Compulsory Bike Check In

When

Friday 16th August 3pm-8pm (for Saturday racing)
and Saturday 17th 1pm-5pm (for Sunday racing)

All race check ins need to be completed within allocated times as per event schedule. If you do not check-in during these designated check-in times you will not be able to race. We cannot take responsibility for late arrivals so allow extra time when making travel arrangements.

Where

The Strand Park, The Strand. You must check-in at the Strand Park prior to checking your bike in.

Bike Transition Access

Your bike must display your seat post sticker, and you must be wearing your corresponding numbered ID wristband found in your race kit. If you do not have either of these, you will not be allowed into transition.

Your bike will be visually inspected by a Triathlon Australia official and no bike will be accepted unless it passes the inspection. This is an extra service for competitors and is not a guarantee of safety. Competitors are responsible for their bikes being in safe working order. You should ensure your bike, as well as your helmet, is in safe working order before presenting it at bike check-in to avoid rejection. TA officials will be checking for such things as:

- End plugs on handlebars
- Tyres in reasonable condition
- Cables in reasonable condition
- At least one water bottle cage
- Brakes in working order

Compliance with triathlon Australia race competition rules.

Security will be on patrol on Friday and Saturday night and Sunday morning, although lock and chain are recommended – remember to bring the key on race morning! Memorise the position of your bike in transition. The end of the racks will be numbered.

Transition

Please take the time to go through the layout of

transition. More information on the transition procedures is provided under the 'cycle course' and 'run course section on this booklet.

Technical Support

Bike mechanic will be on site Friday, Saturday and Sunday for all bike mechanic services. A limited 'emergency service' will be available at the park on Saturday between 10am – 5pm and Sunday from 4:45am – 9am if you require assistance.

Pre-Race Training

When you are on the road cycling or running, remember the rules of the road. Do not ride two abreast on narrow road sections and obey all traffic rules. Being a competitor does not exempt you from the law. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Queensland and Police can issue on the spot fines for breach of this law. Make sure you lock your bike whenever you leave it.

Medical Info

It is strongly advised that you take out personal medical insurance for the duration of your stay, especially International competitors. Under the Australian health act, non- Australians are not covered financially for personal injury. If you do have an accident you must pay for your own medical expenses.

Therefore, it is essential for you to obtain adequate personal medical insurance. We advise Australian residents to notify TTF of their Medicare number prior to the event which can be updated through your registration personal information page.

Individual & Team Changes

Registration Details

Individual & team changes need to be correct as of 5pm Friday 16th August, which includes changes to category, team members, swap of legs, etc. (There will be a \$50 administration fee applied after this date and changes can only be made on-site at check-in help desk.

RACE DAY

Transition Area

Transition Signage is located on all racks, Transition is broken up via event, sex and age group.

You are not allowed into any area that you are not competing in.

Please have your helmet on and done up before you enter transition so they can be checked by Triathlon Australia officials. Officials will be looking for a well-fitting, uncompromised helmet in good condition.

Ensure your helmet sticker (in your race kit) is on the front of your helmet.

Wind trainers are not allowed in the transition area.

Any wind trainers found in the transition area will be confiscated by race officials.

We must ensure teams transition is as clear as possible during race times for the safety of all competitors.

- Team swimmers must not remove the timing band until within the transition area.
- The team cyclist must remain in their position with their bike racked until the swimmer has tagged the cyclist and the cyclist has the timing chip secure around their ankle.
- Once returned to transition the team cyclist must rack their bike before the timing band can be exchanged.

Competitor Arm Tattoos (compulsory for all competitors for Runner of team ONLY) Wearing your arm tattoo is compulsory for the entire race. Your number must be displayed on your bicep with the logo located at the top.

The number can be easily applied by placing the number face-down on your body, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper. Your wave start tattoo must be on your right calf. This is the single alphabetical letter in your race pack.

Gear Tent

The gear tent will be in the Strand Park on race day. It will be open from 5.00am –12.00pm on race days.

This facility is provided because bags are not allowed to be stored in the transition area. Only necessary equipment can be left in the transition area. Please make sure your gear is clearly identified. It is also advisable to place some form of identification on all your personal property; this enables easy identification if it is misplaced and returned to officials. Please note that no responsibility or liability is taken by TTF.

All large pumps will be tagged and stored separately to your bag. You will not be allowed to attach your pump to your bag or have it protruding from your bag when you take it to the gear tent.



POST RACE

Recovery Area

As you cross the finish line you will be directed to the recovery area in Strand Park. Volunteers will be on hand to take off your timing chip (any unreturned timing chips will be charged at \$150per chip). There will be medical personnel available if you require treatment otherwise you will be able to proceed to the recovery area where there will be water, Powerade and fruit available. This is an athlete only area and family members will need to wait outside of the recovery area for the athletes.

Massage Area

Massages will be available from The Physio Movement within the Lifestyle Market.

Finish Line

Friends and family members, including children are not permitted in the finish chute or finish area. We ask that all athletes respect the finish line area and other athletes.



FAQ's

How do I enter the triathlon? All individual and team entries are conducted online via the Townsville Triathlon Festival Register Page. Simply follow the prompts to enter.

How do I join a team? (Corp Team) Team entries are still conducted online via the Townsville Triathlon Festival Entry page. Please note, teams are limited to a minimum of two people (one person must complete two legs of the triathlon) and maximum of three participants per team.

Can I transfer my spot to someone else? No. All registered entries are non-transferrable.

What are the 2019 entry fees? View all Triathlon and Festival Entry Fees.

www.townsvilletrifestival.org.au

Does my race kit get mailed to me? No. You will collect your race kit when you Check-In for the event. See Timetable for Check in times. Your race kit will include race number, timing chip, swim cap, arm tattoo, helmet and bike stickers. You will also receive an event bag with your official 2019 Townsville Triathlon Festival athlete bag. You will also receive your event singlet (if you registered early enough to guarantee yourself one).

I want to change categories. What are my options?

All changes to your race entry must be made by logging into your registration prior to 5pm, Tuesday 13th August 2019. Any changes to your individual or team registration after 5pm, Friday 16th August 2019 can be made at the Athlete Help Desk located at the Check-In Tent during Check-In times.

I am injured/ unable to race. What do I do? If you wish to withdraw from the event you must do so in writing, IA email to events@townsvilletrifestival.org.au The following cancellation policy will apply:

- A 50% cancellation fee will be incurred if you withdraw up until 5pm Friday 3rd August 2019
- A 75% cancellation fee will be incurred if you withdraw up until 5pm Friday 9th August 2019
- No refunds will be offered from 5pm Friday 9th August 2019

A transfer to 2020's Festival is also an option. If you withdraw on race day prior to the race start, please advise the Athlete Help Desk near Transition and hand in your timing band. If you withdraw during the race, please report to the Festival Information Centre and advise them you have

withdrawn and hand in your timing band. If you do withdraw please DO NOT cross the finish line area.

Are wetsuits allowed? Triathlon Australia rules apply. Go to www.triathlon.org.au to view the race competition rules. Yes - Wetsuits are allowed for the 2019 Townsville Triathlon Festival.

Is drafting allowed? No. Drafting off another bicycle or motor vehicle or motorcycle is forbidden. Experienced technical officials will be on the course and penalty boxes will be in use.

Can I use a mountain bike? Yes. Your bike will be visually inspected by Triathlon Queensland officials. If your bike is accepted and passes inspection, you will be eligible to ride.

How do I use a number belt? A number belt means that you do not have to put safety pins through your new triathlon clothing. You simply attach your number to the race belt and then put the race belt around you. If you plan to use a race belt, then it will be necessary to ensure the complete race number is displayed.

Can I listen to a personal music player while racing? No.

Where do I park at the event? As transition is located on one of the main areas of Strand Park, parking close to the event arena is limited, so please allow plenty of time.

Please be aware all parking regulations will still apply throughout the Festival. Refer to council parking signs for more details. There are public car parks located close to strand Park at Leichardt Street Car Park.

I have a flight to catch, can I get my bike out of transition early? Transition times are as per the 2019 event schedule

It will be at the Transition Directors discretion on the day to let competitors remove their bike outside of the designated times.

When do I collect the Triple M Kids Tri Pack? All Kids registered MUST collect their race packs and rack their bikes Saturday 17th August between 1pm - 5pm.

Where can I get information on the NQ Club Championships? The Townsville Triathlon Festival is the proud home of the NQ Club Championships - Please refer to the Triathlon Queensland Page for rules and regulations.



PRESENTATIONS

Presentations will be held as per the race schedule.

If you are a place-getter in your category and are unable to stay for presentations, you will need to contact the TTMF within 60 days of the event to arrange collection of your medal. You will be able to collect your medal from the TTMF of Race or alternatively have your medal posted to you at a surcharge of \$5.00. Similarly, any product prizes can be collected or posted out to you. The postage charge will be dependent upon the item that you have won. Random draw prizes will be presented at the awards ceremony.

COURSE SUMMARY

Mater Olympic Distance Triathlon



Swim Course Summary

The swim is 1500m in a sheltered ocean swim adjacent to the Strand. The swim start will be a Beach start. Competitors are to keep the swim start area clear. Swim warm-up if required must take place behind the start line or off to the right of the swim course. All competitors to be at the swim marshalling area prior to 15mins from their wave start. You must follow the swim buoys precisely. Any short cuts will result in disqualification. Swim Rules summary (rules at www.triathlon.org.au)

- All competitors must wear the swim cap that has been provided in your race kit.
- Any other swim equipment is prohibited including iPods / MP3 Players.
- Do not discard your swim cap on the course, as it will be considered littering, please place it in transition with your gear.
- Competitors must not use gloves or socks (including but not limited to compression socks)

Speed suits may be worn at any time during an event. Please note the Triathlon of a speed suit. A speed suit must be comprised of 100% textile material such as nylon or lycra and must not include rubberised material such as polyurethane or neoprene. The speed suit may contain a zipper.

Wetsuits will be allowed. The wetsuit thickness must not exceed 5mm for all competitors.

Mater Olympic Distance Triathlon



Bike Course summary

It is 10.5k to the turn around point and 9.5km to transition from turn around point. Extreme care must always be taken, especially around the entry exit points to the Strand Park and as you approach the transition area. Cycle Rules summary (full rules at www.triathlon.org.au)

- Your helmet must remain securely fastened at all times while you are on the cycle course. This includes any time you stop on the side of the road, for example for mechanic repairs.
- Competitors must cycle with appropriate

footwear.

- You must obey road rules. Do not pass on the left or cross centre lines.
- A competitor must mount and dismount the bicycle at the respective designated mounting and dismounting zones.
- A competitor must always rack his/her own bicycle only at their designated bicycle rack location and leave it in a stable position.
- A competitor must always place all their equipment at their designated bicycle rack location.
- A competitor must not wear, use or carry items deemed to be hazard to self or others electronic and entertainment devices such as but not limited to mobile phones, mobile disc players, MP3 players or 2-way communication devices.
- Any blatant drafting will be penalised.

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. Road conditions will be assessed before issuing this penalty.

Drafting is not allowed at the TTF triathlon.

Experienced yellow cards to offenders. Penalty Box location can be found on the bike course map. **See map page 23**

Mater Olympic Distance Triathlon



Run Course summary

The 10km 2 lap course starts at the back of the Strand Park following the footpath towards the Rock Pool. Turning left into the Jezzine Barracks Park following the footpath and directions around the parade ground. The course then turns left into The Esplanade. Following the Esplanade until the turn around point. Running back along The Esplanade competitors will head up the Jezzine Barracks Boardwalk and backdown Jezzine Way and then circum navigating the Rock Pool and running back toward the Strand Park along the main promenade. Completing lap 1 will U-turn in front of strand park and head out for the second lap. **See map page 23**

COURSE SUMMARY

Mater Sprint Distance Triathlon



Swim Course Summary

The swim is 750m in a sheltered ocean swim adjacent to the Strand Park. The swim start will be a beach start. Competitors are to keep the swim start area clear. Swim warm-up, if required, must take place off the right of the swim course. All competitors to be at the swim marshalling area on the beach 15 minutes prior from their wave start. You must follow the swim buoys precisely. Any short cuts will result in disqualification. **See map page 23**

Mater Sprint Distance Triathlon



Bike Course Summary

A 20km cycle, 1 lap out and back, flat course. It is 10.5km to the turn around point and 9.5km to transition from turn around point. Extreme care must always be taken, especially around the entry / exit points to Strand Park and as you approach the transition area as it changes to single file. **See map page 23**

Mater Sprint Distance Triathlon



Run Course Summary

The 5km 1 lap course starts at the back of the Strand Park following the footpath towards the Rock Pool. Turning left into the Jezzine Barracks Park following the footpath and directions around the parade ground. The course then turns left into The Esplanade. Following the Esplanade until the turn around point. Running back along The Esplanade competitors will head up the Jezzine Barracks Boardwalk and backdown Jezzine Way and then circum navigating the Rock Pool and running back toward the Strand Park along the main promenade to the finishing chute. **See map page 23**

Mater Enticer Distance Triathlon



Swim Course Summary

The swim is 400m in a sheltered ocean swim adjacent to the Strand Park. The swim start will be a beach start. Competitors are to keep the swim start area clear.

Swim warm-up, if required, must take place off to the right of the swim course. All competitors to be at the swim marshalling area on the beach prior to 15mins from their wave start. You must follow the swim buoys precisely. **See map page 23**

Mater Enticer Distance Triathlon



Bike Course Summary

This is the same course as previous years, and you're required to complete 2 full laps of the course. Extreme care must always be taken, especially around the entry exit points to the Strand Park and as you approach the transition area as it changes to single file. **See map page 23**

Mater Enticer Distance Triathlon



Run Course Summary

The 2 lap 3.5km course starts at the back of the Strand Park following the footpath towards the Rock Pool. Turning around at the turn around point just before the Rockpool and returning towards Strand Park. Completing lap 1 will U-turn in front of strand park and head out for the second lap **See map page 23**

Triple M Kids Tri



Course Summary

The swim is a 50m or 100m swim in a sheltered ocean swim adjacent to strand park, assistance will be given where required. Entrants will run into the transition area at Strand Park. 4km course along The Strand. Extreme care should be taken especially around entry and exit points into Strand Park and as you approach the transition area. The 500m and 1km run course starts at the back of Strand Park and follows the footpath towards the Rock Pool. The 500m turnaround is at the Landsborough intersection while the 1km turnaround is at the McKinley Street intersection. Entrants then return to the Finish line which is in front of Strand Park. There is no mandatory requirement to complete the course legs. **See map page 23**

COURSE SUMMARY

Kwik Kopy Tri4Women



Course Summary

The swim is a 100m swim in a sheltered ocean adjacent to Strand Park, assistance will be given where required. There is no mandatory requirement to complete the course legs. Entrants will run into the transition area at Strand Park. The ride is a flat 4km course along the strand. Extreme care should be taken especially around entry and exit points into Strand Park and as you approach the transition area as it changes to single file. The 1km run course starts at the back of Strand Park and follows the footpath towards the Rock Pool. The 1km turnaround point is at the McKinley Street intersection. Entrants then return to the Finish line which is in front of Strand Park. **See map page 23**

TP Human Capital Corporate Teams Tri



Swim Course Summary

The swim is 400m in a sheltered ocean swim adjacent to the Strand Park. The swim start will be a beach start. Competitors are to keep the swim start area clear. Swim warm-up, if required, must take place off to the right of the swim course. You must follow the swim buoys precisely. **See map page 23**

TP Human Capital Corporate Teams Tri



Bike Course Summary

A 14km cycle, 4 Lap circuit, flat course along the Strand. Extreme care must always be taken, especially around the entry exit points to the Strand Park and as you approach the transition area as it changes to single file. **See map page 23**

TP Human Capital Corporate Teams Tri



Run Course Summary

The 4km 2 lap course starts at the back of the Strand Park following the footpath towards the Rock Pool. The run then loops around the Rockpool and returns to strand park. Completing lap 1 will U-turn in front of strand park and head out for the second lap. **See map page 23**

GNM Duathlon



Run Course Summary

The 5km 1 lap course starts at the back of the Strand Park following the footpath towards the Rock Pool. Turning left into the Jezzine Barracks Park following the footpath and directions around the parade ground. The course then turns left into The Esplanade. Following the Esplanade until the turn around point. Running back along The Esplanade competitors will head up the Jezzine Barracks Boardwalk and backdown Jezzine Way and then circum navigating the Rock Pool and running back toward the Strand Park along the main promenade to the finishing chute. **See map page 23**

GNM Duathlon



Bike Course Summary

A 20km cycle, 1 Lap out and back, flat course. It is 10.5km to the turn around point and 9.5km to transition from turn around point. Extreme care must always be taken, especially around the entry / exit points to the Strand Park and as you approach the transition area as it changes to single file. **See map page 23**

GNM Duathlon



Run Course Summary

The 1 lap 2.5km course starts at the back of the Strand Park following the footpath towards the Rock Pool. Turning around at the turn around point just before the Rockpool and returning towards Strand Park. Completing lap 1 will U-turn in front of strand park and head out for the second lap **See map page 23**

RACE RULES

Please refer to the triathlon Australia race competition rules available from the triathlon Australia website: www.triathlon.org.au

These rules are applicable across the entire course. Competitors must:

- Practice good sports conduct always
- Be responsible for their own safety, the safety of their own equipment and be considerate of the safety of others
- Be responsible for understanding and following the TA race competition rules available from the TA website www.triathlon.org.au
- Obey traffic regulations unless otherwise instructed by an event official
- Treat other competitors, official, volunteers and spectators with respect and courtesy
- Avoid the use of abusive language
- Not use any equipment which may provide an unfair competitive advantage
- Not accept assistance from anyone other than an event official
- Not discard any equipment on the course, except the approved dedicated locations
- Not wear, use or carry items deemed to be a hazard to self or others e.g. a hard cast, jewellery, glass / metal containers or electronic and entertainment devices such as, but not limited to, mobile phones, MP3 players, iPod or 2-way communication devices
- Not cause offence to others through the deliberate acts of nudity, or personal toilet which might be seen in public.
- Specific course rules are included with course information for each swim, cycle and run.
- Rules 3.7 to 3.13 inclusive apply non-drafting events only:
 - 3.7 Illegal Pass. A competitor passing on the inside (left hand side) of another competitor will receive a Blue Card Time penalty for illegal pass.
 - 3.8 Blocking A competitor who impedes the forward progress of another competitor will receive a Yellow Card Stop-Start penalty for

blocking. A blocking penalty can be avoided by safely moving to the left of the cycle lane at every opportunity. Course conditions and the proximity of other competitors will be considered in deciding whether to issue a blocking penalty.

- 3.9 Bicycle or Motorcycle Draft Distance
 - a. For all events with a cycling distance up to and including the standard distance, the bicycle or motorcycle draft zone is 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.

Passing a competitor

When passing a forward competitor or motorcycle, you are allowed a maximum of 20 seconds to pass through the 10m draft zone. Failure to achieve this may result in a blue card penalty for drafting. If you are issued with a blue card you will need to serve a three-minute penalty in the penalty box on the bike course.

When passing a forward vehicle, you are allowed a maximum of 90 seconds to pass through the 35m draft zone. Failure to achieve this may result in a blue card penalty as outlined above.

If you are passed by another competitor, you must immediately commence to drop back out of the draft zone of the forward competitor before attempting to re-pass. Penalty Box location – Car bay at the back of the Strand Park in bound only.

Litter Free Zone

If you are caught littering you will be issued with a blue card and be required to report to the course penalty box. The volunteers on the course are not there to pick up after athletes and litter can become a safety issue.

If shown a red card you continue racing and see the race referee once you complete your race at the finish line. It is your responsibility to find the race referee.

GENERAL INFORMATION

Rules to remember for cheer squad, family & friends

Do not ride or run beside a competitor on any part of the course as you will result in the competitor being disqualified.

Do not use permanent paint or crayon for graffiti on any road. Chalk is acceptable but where paint is identified to a competitor, that competitor will be disqualified.

Do make sure your competitor has read and knows the triathlon rules pertaining to this race and has thoroughly read this booklet.

Do make sure your competitor has all necessary equipment on race morning including timing chip and bib number.

The main information booth will be in Strand Park. The Information Booth will also have all information regarding the medical tent on the day so if you are concerned about a competitor, please check with the information booth – not the announcer or medical tent.

Hit 103.1 Lifestyle Market

Expo trading times

- Friday 2pm-6pm
- Saturday 6am-5pm
- Sunday 6am-1pm

Parking & Transport

As transition is located on one of the main parking areas of The Strand, parking close to the event area is limited, so please allow plenty of time. Please be aware all parking regulations will still apply throughout the Festival. Refer to council parking signs for more details.

There is designated all day parking available throughout Mitchell Street. Please follow the parking signs. TTF staff or volunteers will be directing drivers toward these car parks from Saturday afternoon onwards. There is

1 designated entry point to Strand Park clearly marked on the transition map. Volunteers will be directing foot traffic flow cross the road.