

ITU
triathlon
World Cup **Mooloolaba**



World Cup Athlete Guide

Mooloolaba

Contents	
<i>ITU President Welcome Note</i>	4
<i>Event Schedule</i>	5
<i>Local Contact Details</i>	6
<i>Venue</i>	7
<i>Elite Athletes Lounge</i>	7
<i>Doping Control</i>	7
<i>Medical Services</i>	8
<i>Bike Mechanic Service</i>	8
<i>Information</i>	8
<i>Security</i>	8
<i>Accommodation</i>	8
<i>Post-Office</i>	9
<i>Bank</i>	9
<i>Transportation</i>	9
<i>Public Transportation</i>	9
<i>Swim Training</i>	10
<i>Bike Training</i>	10
<i>Run Training</i>	10
<i>Bike / Run Course Familiarisation</i>	10
<i>Swim Course Familiarisation</i>	10
Competition Information	11
<i>Competition Rules</i>	11
Information about the FOP	11
<i>Start</i>	11

<i>Swim Course</i>	12
<i>Bike Course</i>	13
<i>Wheel Stations</i>	14
<i>Penalty Box</i>	14
<i>Run Course</i>	15
<i>Aid Stations</i>	16
<i>Weather Conditions</i>	16
<i>Results</i>	16
<i>Protest & Appeals</i>	16
<i>Accreditation</i>	17



Greetings and welcome to the 2019 Mooloolaba ITU Triathlon World Cup,

It is with great pleasure that we are able to return to this fine triathlon city for the seventeenth time for an ITU World Cup. Throughout the years, Mooloolaba has become a much-loved staple of the ITU calendar. The warmth of the welcome, the challenging course and the electrifying atmosphere that the locals conjure all combine to bring something great out of the athletes.

The course itself is idyllic. After a beach start and 750m swim in the warm, clear waters of the Pacific Ocean, the athletes hit the 20km bikes course with hinterland scenery before the ocean-backed 5km run segment completes the race. It was Richard Murray and Emma Jeffcoat who conquered the course in style last year, and we look forward to two strong fields once again taking to the start line.

The quality of last year's race underlined the important place that these World Cups hold in the development of our athletes at the elite level, and this year will be another crucial test for the some of the world's best triathletes as they start the new season.

Throughout the weekend there will also be a festival of activities and races to bring all ages and levels together to experience the thrill of competition in over 15 different categories.

My thanks as ever go to the Local Organising Committee for all their hard work in putting together the unique spectacle of an ITU World Cup, and of course the people of Mooloolaba for welcoming us all once again. I urge everybody to make the most of their weekend in this beautiful part of the world, whether participating, volunteering or supporting, and to enjoy and learn from their experience here.

Sincerely,

A handwritten signature in blue ink, which appears to read 'Marisol Casado'. The signature is fluid and cursive.

Marisol Casado

President, International Triathlon Union

IOC Member

Thursday 14 March

17.00 - 18.00 Elite Athletes Check In for Briefing, The Mantra Room, Mantra Mooloolaba

18.00 - 18.30 Elite Athletes Briefing, The Mantra Room, Mantra Mooloolaba

18.30 - 19.00 Elite Athletes Race Pack Distribution, The Mantra Room, Mantra Mooloolaba

Friday 15 March

13:00- Elite Athlete Swim Famil, Main Beach

14:30- Elite Athlete Press Conference, Sea Life Mooloolaba (aquarium)

Saturday 16 March

11:30-12:30 Athlete Lounge Open - Elite Women, Beach Terrace

12:00-12:45 Transition Open - Elite Women, Beach Terrace

12:00-12:45 Swim Warm Up - Elite Women, Main Beach

12:50- Athlete Line Up & Introduction - Elite Women, Transition, Beach Terrace

13:00- Race Start - Elite Women

13:30-14:30 Athlete Lounge Open - Elite Men, Beach Terrace

14:00-14:45 Transition Open - Elite Men, Beach Terrace

14:00-14:45 Swim Warm Up - Elite Men, Main Beach

14:15- Medal Ceremony - Elite Women

14:50- Athlete Line Up & Introduction - Elite Men, Transition, Beach Terrace

15:00- Race Start - Elite Men

16:10- Medal Ceremony - Elite Men

Saturday 17 March

17:00- Tri After Party, The Wharf, Mooloolaba

Local Contact Details

IRONMAN Oceania

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International Triathlon Union

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ITU Team Leader (NZL)

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International Triathlon Union

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ITU Technical Delegate

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Venue

Mooloolaba is one of Australia's premier beachside resort locations, situated in South-East Queensland's Sunshine Coast. It is only a sixty minute drive from Brisbane's International and Domestic Airports and just fifteen minutes from Sunshine Coast Airport, a major regional facility.

Combined with a beautiful coastline of sun-drenched beaches and the pristine blue waters of the Pacific Ocean, Mooloolaba also boasts some of the best weather conditions in the world with an average summer temperature of 28 degrees C and winter temperature of 18 degrees C.

This beautiful location provides the perfect opportunity for competitors and non-competing partners and families to stay and enjoy the relaxed environment and attractions, including the Sunshine Coast's hinterland, whilst taking pleasure in Mooloolaba's vibrant beachfront café lifestyle.



Elite Athletes Lounge

The Athletes Lounge area and toilets will be available for the athletes. These facilities will be adjacent to the transition area.

Doping Control

Doping Control will be performed according to the ITU/ASADA rules.

Medical Services

First Aid will be available throughout the event and located in the Expo precinct. There will also be a medical facility which will be operational for the duration of the event. This facility contains First Aid Officers, as well as paramedics and other medical personnel. Only Team Medical Doctors with wristbands will be able to access these areas. Wristbands for Team Medical are given after the Athletes Briefing, by the ITU Medical Delegate.

Medical services required at the venue are free of charge. Treatment in clinics and practices is to be paid by the participants.

Athletes / teams should ensure that they have appropriate medical insurance.

For any other medical attention needed for out of competition, please contact the front desk of the Hotel for a local practitioner's detail.

Bike Mechanic Service

The Official Bike partner, Cycle Zone, will offer bike mechanic support and will be available throughout the event at the Sport and Lifestyle Expo.

Expo Opening hours:

Friday, March 15 – 2:00pm – 6:00pm

Saturday, March 16 – 9:00am – 5:00pm

Sunday, March 17 – 7:30am – 1:00pm

They will also be located in the Athlete Lounge during opening hours.

Information

The LOC Information is located on Beach Terrace, just opposite the Elite Athlete Lounge and Transition.

Ph: 1300 761 384

Information Opening hours:

Friday, March 15 – 12:00pm – 7:00pm

Saturday, March 16 – 8:00am – 4:30pm

Sunday, March 17 – 5:00am – 1:30pm

Security

There will be overnight security personnel in the event precinct throughout the event. Marshals will assist and patrol around the Field of Play on race days and Traffic management services will be employed to install any changed traffic conditions which will be controlled by Queensland Police Service.

Accommodation

The official hotel for the Event is:

Mantra Mooloolaba Beach
7 Venning Street
Mooloolaba QLD 4557
Tel: +61 7 5452 2600

Post-Office

The nearest post office to the event site is located in Mooloolaba:

32-34 Brisbane Road
Mooloolaba QLD 4557

Opening Hours

Monday - Friday 9:00am – 5:00pm

Saturday 9:00am – 12:30pm

Sunday Closed

Bank

There are various ATM facilities along the Mooloolaba Esplanade.

Commonwealth Bank has a branch at 25 Brisbane Road, Mooloolaba. All major banks branches are available in Maroochydore (approximately 5km from Mooloolaba).

Transportation

*Complimentary airport transfers will be provided by the LOC for **Elite athletes only** to and from Brisbane or Sunshine Coast Airports to Sunshine Coast hotels, including provision for bike transportation.*

The free service will only operate between Monday 11 March 2019 and Wednesday 20 March 2019.

All airport transfers must be registered by Friday 8 March 2019. Unfortunately bookings cannot be accepted after this date.

*All ITU Accredited Elite Athletes can [book their FOC airport transfers here](#). The code **mooltri2019** is required to complete the booking.*

**Bookings will be cross referenced with the ITU Start List and any ineligible bookings will be removed.*

Any additional airport transfers for ITU Coaches and/or support staff can be [booked directly with con-x-ion](#).

This is at the cost of the individual person.

Public Transportation

Please visit http://www.sunbus.com.au/sit_sunshine_coast for information regarding all public transport in the Sunshine Coast region.

[Click here](#) to plan your trip on the Sunshine Coast.

Swim Training

The Cotton Tree Aquatic Centre is approximately 4km north of the Mooloolaba Esplanade (festival village). Please visit [their website](#) for current opening hours and entry costs.

Prices as at 05/01/2019:

Adult Casual Entry \$5.60

Adult 10 Visit Pass \$53.00

Monthly Adult Membership \$69.00

Opening Hours October - March:

Monday – Thursday 5:30am – 7:00pm

Friday 5:30am - 6:00pm

Saturday 6:00am – 5:00pm

Sunday 8:00am – 4:00pm

If you choose to swim in the open ocean, please ensure you swim between the red and yellow flags during the advertised patrol hours.

Bike Training

The roads are regularly used by riders, a suggested route would be to ride north from Mooloolaba using the David Low Way. This route offers picturesque views of the coastline from Coolum right through to Noosa.

The route is not closed to traffic, so you will be riding at your own risk.

Run Training

A suggested run for training would be to use the footpath on Alexandra Parade, this road runs from Mooloolaba to Cotton Tree and offers stunning coastal views.

Bike / Run Course Familiarisation

There are no official familiarisations for the bike and run courses as these take place on busy sections of road. The course can be ridden as per normal traffic conditions and there is a footpath on the ocean side of the course that can be utilised for run training.

Please note, that the official race courses are otherwise not open for training before the races.

The race courses are in general NOT suitable for training

Swim Course Familiarisation

You will be able to familiarise yourself with the swim course on Friday 15 March from 1:00 – 2:00pm, meet at the swim start.

Competition Information

Competition Rules

The race will follow the latest published competitions rules of the International Triathlon Union. These can be found here: https://www.triathlon.org/about/downloads/category/competition_rules

Information about the FOP

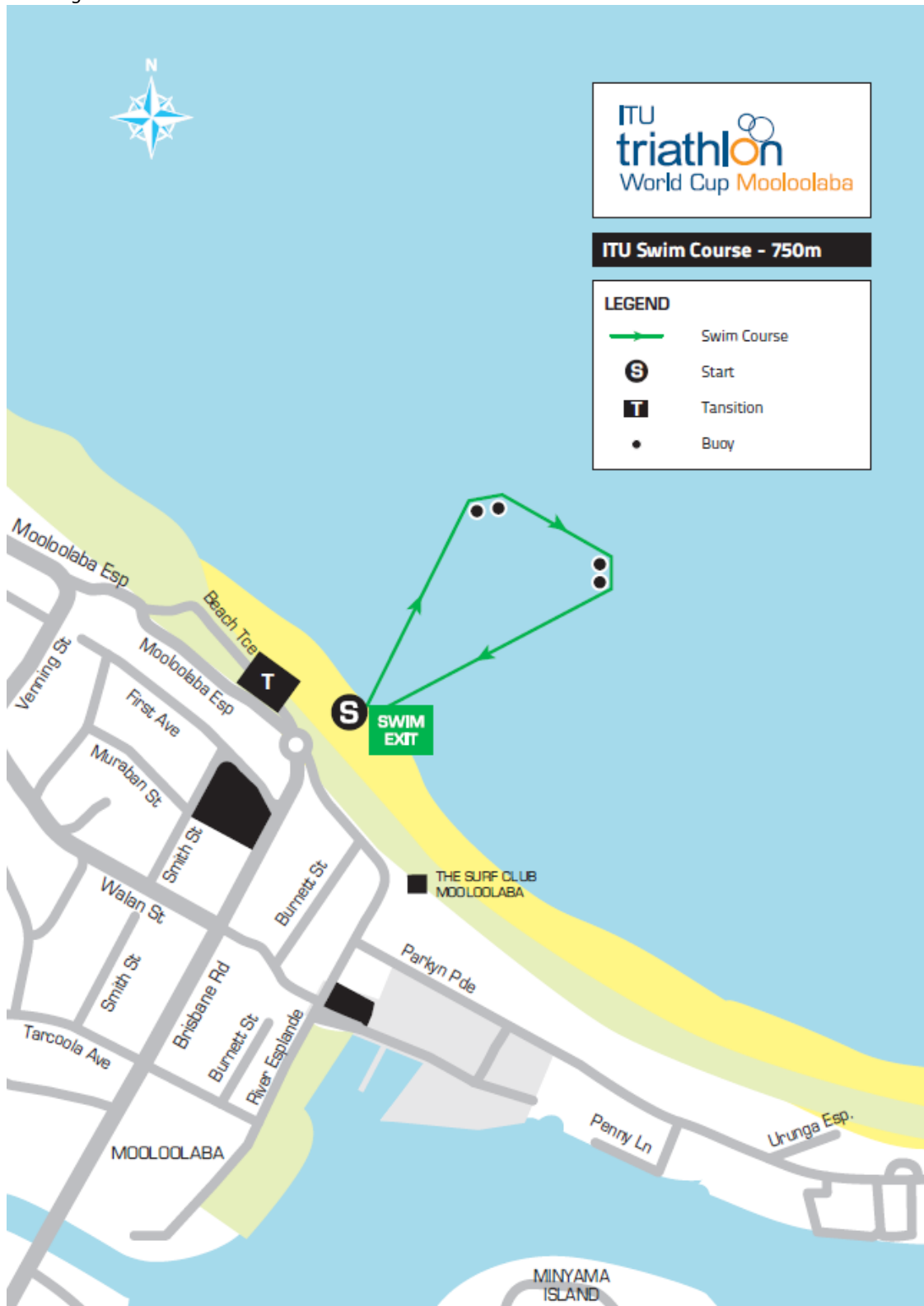
Start

The start area is located approximately 450m south of the swim exit which is in front of 'Loo with a View' on Main Beach, Mooloolaba. Access is via the swim exit chute.

The athletes are required to leave their last minute gear at the swim start inside a dedicated box and the LOC will carry those bags back to the Athletes' Lounge.

Swim Course

The swim course is a triangular shaped course that runs in a clockwise direction. The course starts and finishes directly in front of 'Loo with a View', Mooloolaba Beach. The first turn buoy is at 350 metres, there will be 2 right hand turns before returning to shore.



Bike Course

The bike course is a 4 lap, 5km long course. This course takes place on a medium sized hill in which the riders are required to incline and decline each lap. The “first runner, last rider” scenario is applicable for this event. In this case the rider will be taken off the course.



Wheel Stations

There are two wheel stations on the bike course, the first is just after the northern bike turn at Maroubra Street. This wheel station will be a neutral station with wheels provided. LOC will not provide wheels with disc-brakes at the neutral wheel station. The athlete can leave the spare disc-brake wheels at the Team wheel station.

The second wheel station is located next to the penalty box location at the taxi rank, approximately 250m before the transition area. This wheel station is inbound just prior to the venue and will be your own wheels station.

Penalty Box

The penalty box is situated about 250 metres before the transition area at the taxi rank.

Run Course

The course is an undulating 3-lap course taking in stunning coastal views along the way.



Aid Stations

There are two aid stations on the course, these is passed 3 times each by athletes. Aid stations are designated litter zones from 20m before the aid stations to 100m after the aid stations.

Weather Conditions

Extended forecast weather conditions – Saturday, 16 March

Mostly cloudy with a shower in spots

Temperature - Min 21°C - Max 30°C

Average March Temperature - 24°C

Precipitation – 2mm

Wind – SSE 17km/h (gusts 28km/h)

Results

Results will be uploaded live at the ITU's official website: www.triathlon.org

Protest & Appeals

Standard procedures will be followed according to the ITU Competition Rules.

Accreditation

The LOC will provide all athletes, coaches, technical officials, media, etc. with an official accreditation according to the ITU Event Operational and Technical Requirements. For Coaches and Team Medical the card is replaced by single-use coloured plastic wristbands.

Accreditation for athletes and coaches will be issued during the official registration on Thursday March 14 at 5pm.

Mantra Mooloolaba Beach
 7 Venning Street
 Mooloolaba QLD 4557
 Tel: +61 7 5452 2600

Only accredited persons will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the competition areas. **All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.**

