World Cup Athlete Guide
Mooloolaba
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Greetings and welcome to the 2020 Mooloolaba ITU Triathlon World Cup,

It is with great pleasure that we return to this fine triathlon city for another edition of the ITU World Cup. Mooloolaba has become a much-loved staple of the ITU calendar over its 18 years of existence where the warm welcome, challenging course and electrifying atmosphere all combine to bring something great out of the athletes.

For the 2020 season, it is also where we begin the World Cup circuit. This being an Olympic year, every race holds an extra layer of importance and interest as our athletes look to secure their places on the Tokyo 2020 start lists with the best possible preparation.

The idyllic course begins with a beach start and 1.5km swim in the warm, clear waters of the Pacific Ocean. The athletes then hit the 40km bike course with hinterland scenery before the ocean-backed 10km run segment completes the race. Last year, Canada’s Tyler Mislawchuk and Australia’s own Ashleigh Gentle left with the golds, and we look forward to two very strong fields once again taking to the line.

Each year the quality of the Mooloolaba race underlines the crucial role of our host cities in providing great venues for the continued development of our Elite athletes at the elite level. This will offer another crucial test for some of the world’s best triathletes as they look to start the new season on a positive footing.

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, the volunteers 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,

Marisol Casado
President, International Triathlon Union
IOC Member
**Thursday 12 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

18.30 - 20.00 Mooloolaba Triathlon Launch and ITU athlete Welcome Function

**Friday 13 March**

12.00-13.00 Elite Athlete Press Conference, Mooloolaba Surf Life Saving Club

13.00-14.00 Elite Athlete Swim Familiarisation, Main Beach

**Saturday 14 March**

11:15-12:00 Bike Familiarisation- Athlete Lounge, Beach Terrace

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 15 March**

17:00- Tri After Party, The Wharf, Mooloolaba
Local Contact Details

**IRONMAN Oceania**
Georgia Thompson (AUS)
Athlete Services Coordinator
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**International Triathlon Union**
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**International Triathlon Union**
Cathi Davey (NZL)
ITU Technical Delegate
info@bissonplasticsurgery.com
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 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 13** – 2:00pm – 6:00pm
- **Saturday, March 14** – 9:00am – 5:00pm

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 13** – 12:00pm – 7:00pm
- **Saturday, March 14** – 8:00am – 4:30pm
- **Sunday, March 15** – 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 9 March 2020 and Wednesday 18 March 2020.

All airport transfers must be registered by Friday 7 March 2020. Unfortunately bookings cannot be accepted after this date.

All ITU Accredited Elite Athletes can book their FOC airport transfers here. The code mooltri2020 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


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.

A swimming lane reserved for ITU athletes to train for Wed 11th – Sat 14th March 9am-11am and 1pm-3pm.

Prices as at 18/12/2019:

- Adult Casual Entry $5.70
- Adult 10 Visit Pass $55.00
- Monthly Adult Membership $72.00

Opening Hours October - April:

- Monday – Thursday 5:00am – 7:00pm
- Friday 5:00am - 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

You will be able to familiarise yourself with the bike course on Saturday 14 March from 11:15am – 12:00pm, meeting in front of the Athlete Lounge.

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 13 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](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.
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.
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 on the left hand side of course, approximately 75m after the transition area. This wheel station is the closest to transition 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.
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, 14 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)

Triathlon Live

Watch the full 2020 Mooloolaba ITU Triathlon World Cup live on https://www.triathlonlive.tv/. You can watch all the races of the 2020 Mooloolaba ITU Triathlon World Cup LIVE and On-Demand, on TriathlonLive, the one-stop shop for all the triathlon fans around the world brought to you by Texaco. Subscribe now and enjoy also hundreds of hours of extra content: exclusive behind the scenes videos, features, interviews and our exclusive live pre and post shows! Triathlon at its best as you have never seen before https://www.triathlonlive.tv/

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. ITU is providing wristbands for the Coaches and the Team Medical.

Accreditation for athletes and coaches will be issued during the official registration on Thursday March 12 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.