

2022 Mooloolaba Triathlon – Athletes Briefing

Oceania Elite Cup 2022

Welcome and Introductions

- Jacqui Kenny - Technical Delegate
- Micheal Wise - Head Referee
- James Braga – Assistant Technical Delegate
- Stephen Damien - Chief Race Official
- Lukas Matys – Triathlon Australia Head of Events & Technical
- David Ray - LOC Director

Competition Jury

- Jacqui Kenny – Chair
- Miles Stewart
- Lukas Matys

Athlete Registration – Mooloolaba Sport & Lifestyle Expo

Corner Parkyn Parade/River Esplanade

Saturday March 12th 2022 - all Athletes

15:00 – 16:00 Race pack pick-up at Mooloolaba Expo
16:00 – 17:00 Bike Check In to Transition Parkyn Parade
TD/RR available for Briefing Q&A at the Registration and Transition

There won't be a guided bike and run familiarisation, however we strongly recommend everyone to check the bike course prior to the event.

Your Package includes:

- Helmet and Bike stickers
- Timing Chip
- Swim cap

1. Sunday Schedule

05:00	Transition and check-in open
05:00 - 06:00	Transition Area open for all athletes
06:05	Elite Men Athlete Introduction
06:08	Elite Women Athlete Introduction
06:15	Elite Men Start
06:18	Elite Women Start

2. Check-In Procedures

Bike Check-In

- Bike check will be done at transition check-in (it is the athlete's responsibility to have everything according to the racing rules prior to entering the transition)
- Refer to 5.2 in TA Race Competition Rules
- Handlebars with clips-on
- Wheels and spare wheels (non-authorized UCI wheels rule)
- Disc brakes are now legal and spare wheels with disc brakes may be placed at the team wheel station
- Spare wheels must be presented to Bike Check then to wheel station (you must take your own wheels to the wheel station and collect them at the end of the event)
- Bike frame
- Saddle position (-5 cm ≤ Men & -2 cm ≤ Women)
- Approval for addition/modifications of any equipment to the bike must be obtained from the Head Referee

Athlete Check-In

- Body marking check (both arms) – in the morning before the race start
- Timing chip (1 for the ankle)
- Swim cap provided by the LOC
- If an athlete wishes to wear a second swim cap, the cap should be unbranded
- Leave your bag in the Athletes' Lounge (no bags in transition)

Transition Area

- Helmet check - Don't leave your helmet fastened in the transition. *The athlete who misses to comply with this rule will receive a time penalty in TA1.*
- Running Shoes next to your bike, helmet on the bike
- Any other request, please see technical officials in transition

3. Pre-start procedure

Athlete Introduction

- Line up 10 minutes before start (beach path next to the Swim Start)
- Jog to the beach
- Select your position and stay behind the line
- Athletes are required to wear the official swim cap from the moment of the athletes' line-up

4. Start Procedure

Athletes in Position

- The start can be given any time after the Head Referee announces 'On your mark'
- Air horn blast
- The race starts
- If a few athletes start before the horn and everyone else starts with the horn, the false starters will receive a penalty in TA1

5. Swim Conduct

Definition:

Athletes may sportingly maintain their own space in the water:

- (i) Where athletes make accidental contact in the swim and then immediately afterwards move apart no penalty will be incurred;
- (ii) Where athletes make contact in the swim, and an athlete continues to impede the progress of the other athlete without moving apart, this action will result in a time penalty;
- (iii) Where athletes deliberately target another athlete to impede their progress, gain unfair advantage and potentially cause harm will result in disqualification and may be reported to ITU Arbitration Tribunal for potential suspension or expulsion.

6. The Course

Swim

1 x 1500m laps = 1500m

Bike

1 lap of 40km = 40km

Run

2 laps of 5km = 10km

Swim course

- The decision on the use of wetsuits will be made 1 hour before race start be posted in the Athletes lounge
- 1 lap of 1500m
- Distance to the first turn buoy = 250m
- Keep the first 5 swim buoys on your left and the last yellow buoy on your right. Small buoys are sighting buoys only
- Take cap, goggles to transition and place in your assigned box



Transition Area (TZ)

- Traditional Bike Racks – first row in TZ
- Rack your bike, seat facing out, hooked over the bar
- All used equipment to be placed into the box
- Mount line on the road outside TZ
- Dismount line on the road
- In TZ2 rack your bike by both handlebar brake levers or seat hooked over the bar
- Run from your rack towards the beach, turn right along the age group racks and U-turn to come back towards the Run Exit on to the path



Bike course

- 1 lap of 40km = 40km
- Turn left onto the road
- Does not pass-through transition
- Mostly flat but with rise up Buderim Avenue on to the motorway
- Hazards – Technical corners and roundabouts from Transition along Parkyn Parade/First Avenue/First Lane/Venning Street to Mooloolaba Esplanade
- Turn left on to Buderim Avenue and progress to the Motorway
- Turn on the Motorway and return back through the centre of Mooloolaba
- Proceed to Transition via Brisbane Road around on to Parkyn Parade
- Two way bike traffic –DO NOT cross the centre line
- We recommend you to check the bike course prior to the event
- Wheel Station is located at the base of Venning Street/Mooloolaba Esplanade

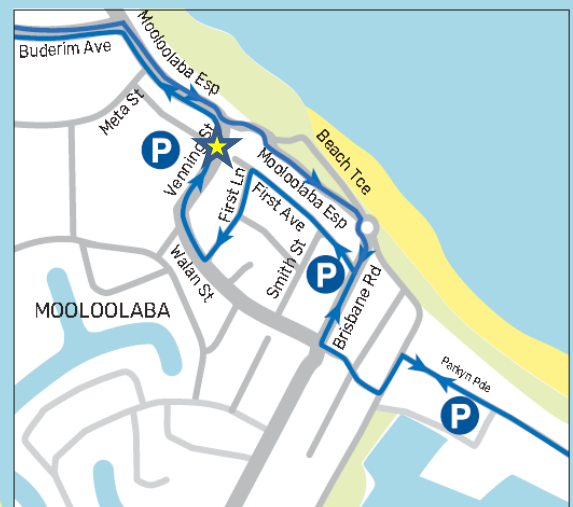


MOOLOOLABA TRIATHLON

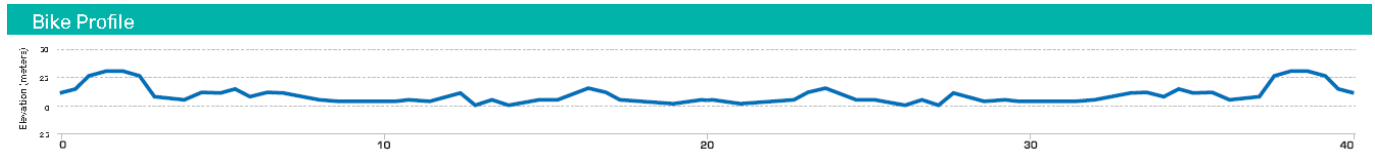
BIKE COURSE - 40KM
OPEN / AGE GROUP / TEAM



LEGEND	
	Bike Course 1 lap = 40km
	Transition
	Bike Turn
	Wheel Station



SEE INSET



Run course

- 2 laps of 5km = 10km
- Aid stations: 2 per lap (AS) refer to map
- Only water will be provided at the aid station
- Discard plastic within the littering zones
- (20m before and 80m after Aid stations)
- Photo-finish



Run Penalty Box

- Start infringements will be served in TZ1
- Swim, TZ1, Bike, TZ2 and Run Infringements will be served at the Run PB
- Location: On the beach side near Butakilla Street approx 900m to the Finish
- Information: White board to show race numbers & letters to indicate violations

(Athletes need to read the board –coaches are advised to check and inform their athletes)

Procedure: time penalty served on any lap of the run. Penalties must be posted prior to the last lap on the run. Any penalties following that point will be served on the spot.

Rule interpretation

- Mount after the mount line: An athlete's foot must contact the ground past the mount line, before the athlete mounts the bike. If this contact doesn't occur, it is considered an infringement of the rules (M).
- Dismount before the dismount line: An athlete's foot must contact the ground before the dismount line after the athlete dismounts the bike. If this contact doesn't occur, it is considered an infringement of the rules (D).
- Discharge or store your equipment inside your designated area: Leaving the equipment (swim cap, goggles, helmet, etc.) in the designated box. If leaving the equipment outside the box, it is considered an infringement of the rules (E).

Violations Abbreviations:

Littering: L

Mount Line: M

Swim violations: S

Dismount Line: D

Other violations: V

Equipment outside box: E

For example:

- 12D = athlete # 12 received a time penalty for a dismount line violation
- 12x2ME = athlete # 12 received 2 time penalties for mount line and equipment outside the box violations

Please be aware that any information in this guide/ briefing may change. Any changes will be communicated either by the event director or technical delegate. If you are not certain about anything, please contact the event technical delegate – Jacqui Kenny or the event director – David Ray/Lukas Matys.