

SUPER SPRINT ATHLETE GUIDE



WELCOME

Hello competitors,

Welcome to the Gold Coast Super Sprint Oceania Championship at the Gold Coast Performance Centre in Runaway Bay.

We're excited to welcome back our New Zealand neighbours and international competitors for this exciting race format.

We want to ensure you have the best experience possible, so please read this guide carefully before arriving at the event.

We look forward to seeing you race throughout the race and wish you the best of luck here at the Gold Coast Super Sprint.

Toby Keegan
Head of Events & Technical
AusTriathlon



VENUE & PARKING

The Gold Coast Super Sprint held at the Gold Coast Performance Centre at Runaway Bay. You can access it via the corner of Sports Drive & Morala Avenue, Runaway Bay QLD 4216.

There is STRICTLY no parking at the front of the Centre (beside pool/reception.)

You must enter the venue via the main reception. Parking will be accessible at the bottom car park on

Sports Drive. Please park in the area noted on the map below. Access will be cut off in the grand stand parking due to the event course being in that area.

You must immediately turn left at the entry roundabout to enter the carpark beside the athletics track. You can follow the signs to Event Parking/Hockey Centre.

Athletes are not permitted to bring their bikes on to pool deck or through the venue/reception area.

EVENT PARKING



GOLD COAST PERFORMANCE CENTRE
ACCESS VIA MORALA AVENUE, LEFT ONTO SPORT DRIVE
PLEASE DO NOT PARK IN RECEPTION AREA
FOLLOW INSTRUCTIONS ABOVE TO UTILISE EVENT PARKING ONLY

WARM UPS

There is no official familiarisation ride for the Gold Coast Super Sprint. The Luke Harrop Memorial Criterium Circuit will be set-up from 4am on Friday for athletes and coaches. If athletes are looking to use the track on Thursday please ensure you do not interfere with other athletes training on the track.

Pool access times and applicable lanes for warm up and cool down are indicated in the schedule.

Outside of these times and the competition period, athletes are not permitted to enter the pool.

Between races, athletes are permitted to warm up. The next wave is permitted to enter the pool as soon as the last athlete has left the pool deck from the previous race.

Warm up traffic flow in the pool, on the criterium circuit, and the athletics track is the same flow as the race courses.

REGISTRATION

Please refer to the schedule for timings regarding Registration Pack Pick Up on Thursday May 2.

Please read the race rules and course maps to ensure you are aware of race conditions. This information will be distributed to athletes through the WT website and Microsoft Teams.

In your race pack, you will receive a timing chip. Please return the timing chip to event staff at the completion of your final race.

Race numbers will need to be written on athletes arms on Friday morning. It is the athlete's responsibility to ensure numbers are reapplied should they fade over the duration of the day.

You will also be required to rack your bike during this period.

RACE RULES

World Triathlon rules for Draft Legal events apply at the Gold Coast Super Sprint.

This includes: bicycle, wheels (UCI approved), handle bar and wetsuit restrictions.

It is the athlete and coach's responsibility to know, understand and adhere to the World Triathlon Draft Legal rules.

World Triathlon Race Competition Rules: https://www.triathlon.org/uploads/docs/World_Triathlon_Sport_Competition_Rules_2020_201811253.pdf

Below are the current UCI approved non-standard wheel lists which apply to the Gold Coast Super Sprint.

You will need to check both lists as unfortunately there is not a combined list.

This list is the UCI non-standard wheels approved before 31/12/15: http://www.uci.ch/mm/Document/News/Rulesandregulation/16/51/87/Non-standard-wheelsinconformitywithArticle1.3.018_English.pdf

This list is UCI non-standard wheel lists approved after 31/12/15: http://www.uci.ch/mm/Document/News/Rulesandregulation/17/43/90/Listedesroueshomologu%C3%A9es-Listofapprovedwheels-ENG_English.pdf

All athletes competing in the Gold Coast Super Sprint must wear a race suit that meets the World Triathlon uniform guidelines. This refers to Surname, Country Code (e.g "AUS"), rear zip and logo size (s). The World Triathlon Uniform Guidelines can be found below.

https://www.triathlon.org/about/downloads/category/uniform_rules

RACE BRIEFINGS

Thursday 02May

18:00 Race Briefing Gold Coast Performance Centre, Runaway Bay, GOLD COAST QLD

18:30 Athlete Race Pack pick-up

Compulsory attendance

TRANSITION

Please refer to the schedule for transition check-in and bike racking timing.

All Athletes will rack their bikes at the same time.

Please read the Race Rules section clearly to ensure you know the rules before the event regarding your equipment. Technical Officials will be conducting bike inspections during check in.

Each bike rack will also have a transition box. Any equipment discarded in the race must be placed in your transition box. Bikes will be racked in the same position for the duration of the day.

Transition entry is always at the end closest to the pool and exit at the opposite end, closest to the venue reception.



FIRST AID

First Aid will be located at the Finish Line. There will be roving medics on the cycle course.

Athletes are responsible for their own ice/strapping tape for injury maintenance.

RECOVERY

Water will be provided at the finish line on Friday.

All other nutrition and hydration will be the responsibility of the athletes. Please discard rubbish in the bins provided.

RUBBISH

Rubbish bins are provided throughout the event precinct. Please do not litter on course.

TOILETS

Toilets are located underneath the pool grandstand. You can enter beside the mount/dismount line

FOOD

The Runaway Bay Shopping Centre, is just 5 minutes from the venue and caters for every dietary requirement. There will be onsite food (and coffee) access on Friday

PENALTY BOX

The Penalty Box will be located on the run course. It will be pointed out to athletes during the briefing. Please follow instructions by Technical Officials.

SPECTATORS SAFETY

It is important for spectators to be aware of race courses and transition zones to ensure races are not disrupted and athlete performance is not hindered.

Start areas are STRICTLY for athletes ONLY. Spectators are allocated viewing areas.

Please obey all signage and instructions from AusTriathlon staff to ensure athlete safety.

RESULTS

Athletes must make themselves aware of results and rankings to ensure they start in the correct repechage, semi-finals and finals.

The total prize purse for the event is \$6,000. This will be distributed as follows:

- 1st - \$900
- 2nd - \$750
- 3rd - \$600
- 4th - \$450
- 5th - \$300

SWIM COURSE

The swim will be conducted in the 50m pool at the Runaway Bay Super Sports Centre.

The swim leg will be 150m, with the start at the opposite end of the pool to the finish.

Athletes are pre-seeded into their lane and marshalled behind their starting block.

When exiting the pool, please take care on pool deck, as it may be slippery.

CYCLE COURSE

The course will run in an anti-clockwise direction and will be 1 x 4km lap in each race.

Please refer to the map on the following page for further information on the cycle course.

RUN COURSE

The run leg is a looped course on the Runaway Bay Super Sports Centre Athletics Track going in an anti-clockwise direction.

The run leg will be a 1.1km run, which will be 2.5 x laps of the course.

Please refer to the map on the following page for further information on the run course.

RACE PROGRESSION

The event will be structured around the following races;

- Qualifier
- Repechage
- Semi Finals (if there is 3 or more Qualifiers - N/A if only 2 qualifiers)
- Finals (A & B)

The race progression will be as follows;

WOMEN

2 Qualifiers

Top 3 in each qualifier progress to A Final
Remaining athletes to Repechage 1

1 Repechage

Top 10 to A Final
Remaining athletes to B Final

A Final (16)

B Final (remaining athletes)

MEN

3 Qualifiers

Top 4 from each qualifier progress to Semi-finals
Remaining athletes to Repechage 1 & 2

2 Repechages

Top 5 from each Repechage through to Semi's
Remaining Athletes eliminated

2 Semi-Finals

Top 8 from each semi final into A Final
Remaining Athletes through to B Final

A Final (16)

B Final (16)

All races will be 150m swim, 4km bike and a 1km run.



EVENT PROGRAM

THURSDAY 2 MAY DECEMBER

6:00PM	ATHLETE BRIEFING Gold Coast Performance Centre
--------	--

FRIDAY 3 MAY

9:00AM	Registrations and Transition Open
--------	-----------------------------------

QUALIFIERS

10:30AM	ELITE MALE A
---------	--------------

10:50AM	ELITE MALE B
---------	--------------

11:10AM	ELITE MALE C
---------	--------------

11:30AM	ELITE FEMALE A
---------	----------------

11:50AM	ELITE FEMALE B
---------	----------------

REPECHAGE'S

12:10PM	ELITE MALE A
---------	--------------

12:30PM	ELITE MALE B
---------	--------------

12:50PM	ELITE FEMALE A
---------	----------------

SEMI FINALS

2:10PM	ELITE MALE A
--------	--------------

2:30PM	ELITE MALE B
--------	--------------

FINALS

2:50PM	ELITE FEMALE B
--------	----------------

3:10PM	ELITE FEMALE A
--------	----------------

3:30PM	ELITE MALE B
--------	--------------

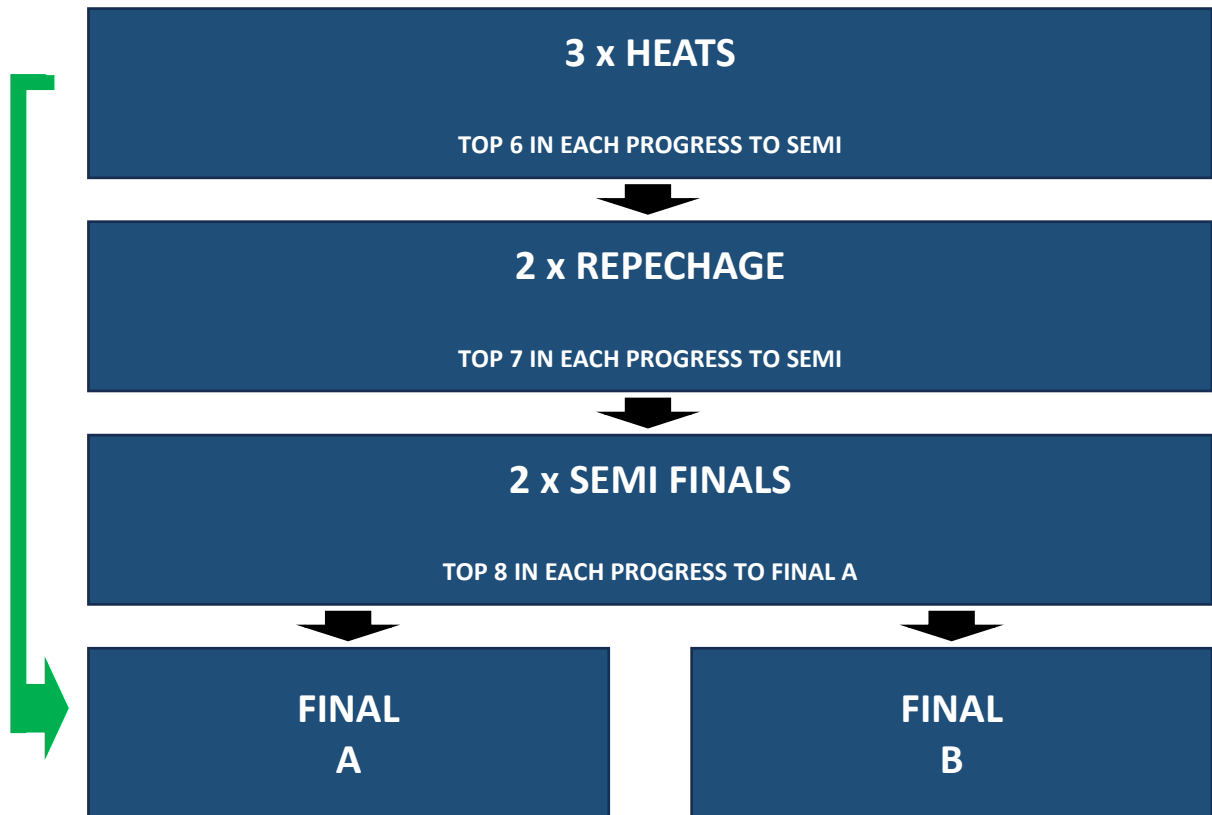
3:50PM	ELITE MALE A
--------	--------------

* Schedule subject to change and where possible events will start earlier than scheduled. It is recommended all athlete arrive with sufficient time to take this into consideration

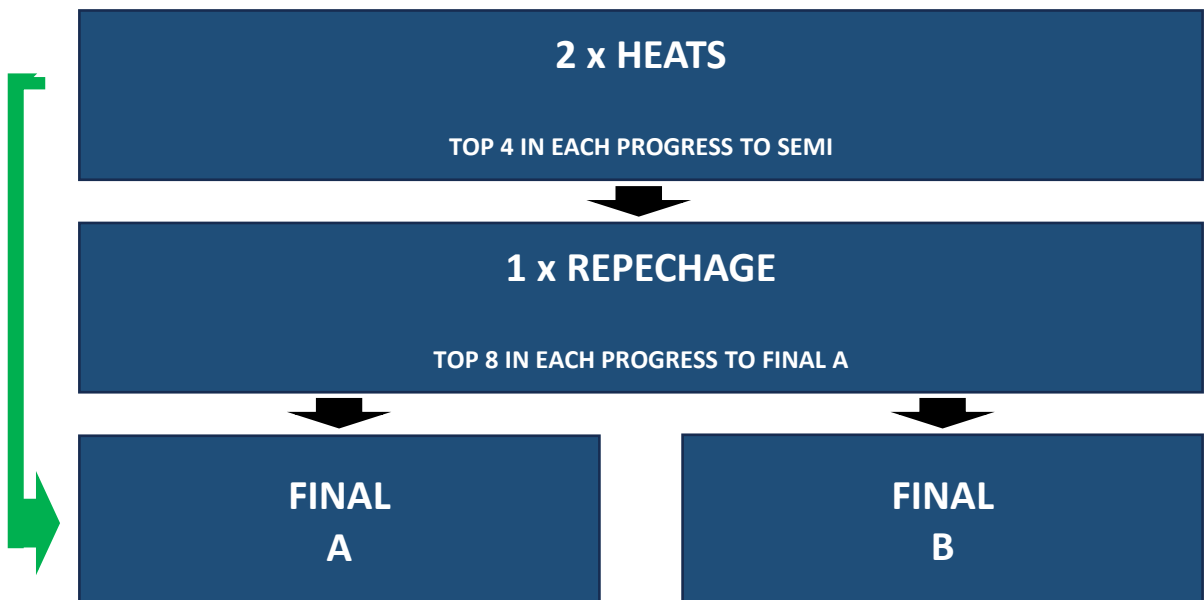
EVENT PROGRAM

ELITE MALES

**subject to change pending final entries*



ELITE FEMALES



SWIM – 3 Laps - 150m
CYCLE
- 1 Lap – 4km
RUN – 2/5
Laps – 1.1km



OCEANIA SUPER SPRINT