

2021 OCEANIA TRIATHLON CUP PORT DOUGLAS

ATHLETE GUIDE



WELCOME

Hello competitors,

Welcome to the Oceania Triathlon Sprint Cup Port Douglas in the fantastic location of Tropical North Queensland.

We're excited to have the opportunity to race in Far North Queensland 2 times in the space of 2 weeks, continuing on from the first World Triathlon level race held in Far North Queensland on the 12th of June. We also welcome the Australian Para team to this event with a dedicated paratriathlon race in the schedule for this weekend.

We want to ensure you have the best experience possible, so please read this guide carefully before arriving at the event. We will also be operating under COVID-19 safe conditions. Please take note of the remainder of this document and any further notifications around COVID-19 protocols.

A special thank you must go to the Douglas Shire Council and Cairns Crocs Triathlon Club for without both of these parties support the event would not go ahead.

We look forward to seeing you race in sunny Far North Queensland and wish you the best of luck.

Justin Drew
National Performance Director
Triathlon Australia





WELCOME!

MESSAGE FROM DOUGLAS SHIRE MAYOR

Welcome to everyone who has travelled far and wide to visit our beautiful tropical paradise for the Triathlon Australia events.

Hosting the Australian and New Zealand national triathlon teams for the 2021 Oceania Standard Distance Championship and 2021 Oceania Sprint Cup is a unique and incredible honour for Douglas Shire.

I know many in our community are incredibly excited to watch the Trans-Tasman rivalry ignite on home soil.

Our region is home to over 12,000 residents, with most of our population living in the two main population centres of Port Douglas and Mossman.

Port Douglas is our tourist gateway and is absolutely buzzing with visitors at the moment with excitement building around the arrival of our world class athletes.

I would like to encourage you to enjoy many of our fantastic cafes, restaurants and retail outlets while you are here, or experience the natural beauty of the Great Barrier Reef and Daintree Rainforest.

Just 20 minutes north of Port Douglas, the Mossman Gorge is an extraordinary spot to swim and explore, where crystal-clear waters tumble over ancient granite boulders and the Kuku Yalanji people happily share their culture, stories and legends through Dreamtime walks and tours.



You could also drive up to Cape Tribulation, stopping in at exotic fruit farms, ice cream shops and cafes while taking in the oldest living rainforest in the world.

More than 700,000 people visit our slice of paradise each year and I am sure you can see why!

Douglas Shire Council has worked closely with Triathlon Australia and Cairns Crocs Triathlon Club to carefully map out this course to maximise enjoyment for all of our athletes.

At Council, we recognise the importance of sports tourism for our economy and are continually looking at ways we can attract the very best athletes to our region.

Finally, I would like to wish you all the very best with your races and hope you all enjoy your time in Douglas.

Yours Sincerely,

Michael Kerr
Douglas Shire Mayor





PORT DOUGLAS
DAINTREE

Where rainforest meets the reef



Port Douglas & the Daintree, where the Daintree Rainforest meets the Great Barrier Reef, hits the perfect balance between vibrant sophistication and a relaxed seaside village making it the ideal location for your next indulgent getaway.

Just head north and you will find Paradise!

WARM UPS

There is no official familiarisation ride for the Port Douglas Oceania Triathlon Championships.

There is no official swim familiarisation for the event outside of the warm-up on race morning.

There is no official run course familiarisation.

REGISTRATION

Please refer to the schedule on the World Triathlon website for timing regarding Registration and packet pickup on Saturday June 26. Packet pick up will be at registration.

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 World Triathlon website.

You will receive your timing chip and swim cap at Athletes Lounge. 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 and legs on Saturday morning. It is the athlete's responsibility to ensure numbers are reapplied should they fade over the duration of the day.

RACE RULES

World Triathlon rules for Draft Legal events apply for the Oceania Elite races at this event.

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

Non-drafting rules apply for the paratriathlon race.

Below are the current UCI approved non-standard wheel lists which apply to this race.

<https://wheellist.info/>

All athletes competing in the 2021 Oceania Triathlon Sprint Cup Port Douglas 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. Suits that still have ITU on the suit are able to be worn in 2021. There are no specific

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

RACE BRIEFING

In line with World Triathlon Covid Safe protocols this will be conducted virtually.

Please refer to the schedule on the World Triathlon website for timing and link for the race briefing.

TRANSITION

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

All Athletes will rack their bikes at the same time, before the start of the men's race.

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.

Any equipment discarded in the race must be placed in transition within 0.5m of your name plate in line with World Triathlon rules.

Transition entry is closest to the run course and exit at the opposite end, closest to the finish line.

FIRST AID

First Aid will be located at the Finish Line. There will be roving medics on the cycle and run courses. Athletes are responsible for their own ice/strapping tape for injury maintenance.

RECOVERY

Bottled water will be provided at the finish line on. All other post race 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 near the athlete lounge (south of the finish line).

FOOD

There is a cafe near transition. The cafe near athlete lounge does not open until midday.

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.

SPECTATOR 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 event staff to ensure athlete safety.

RESULTS

Results will be posted on the World Triathlon website, once ratified by the Head Referee.

The total prize purse for the Continental Cup event is outlined on the event website

SWIM COURSE

The swim will be conducted in the ocean off the Esplanade.

The swim leg will be a 1 lap of 600m square + 150m out and bck.

As per World Triathlon rules, notification of wetsuit use will be 1 hour prior to the start.

CYCLE COURSE

The course will run in a clockwise direction and will be 4 x 4.93km laps + the extra 100m to join the course.

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

There is a team wheel station available on the bike course. No neutral spares will be provided.

RUN COURSE

The run leg is an out and back course along the main street in Port Douglas. Athletes will be running in an anti-clockwise direction.

The run leg will be a 3 laps of 1.53km + 400m from transition and to the finish line.

There will be an aid station on the run course providing bottled water to athletes.

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

SWIM COURSE

1 Lap



BIKE COURSE MAP

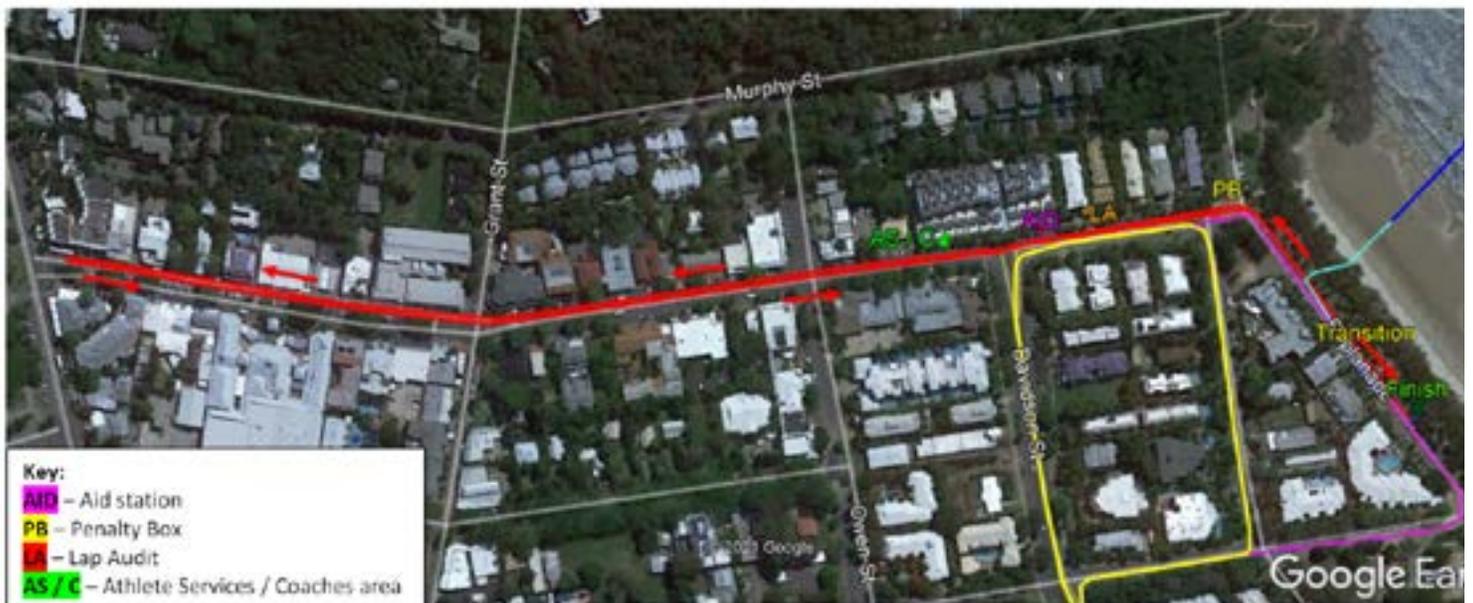
4 LAPS TOTAL



RUN COURSE MAP

3 LAPS TOTAL

Turn points at each end of Macrossan St



TRANSITION





**PORT DOUGLAS
DAINTREE**

Where rainforest meets the reef

RECOVER, RELAX...

discover



visitportdouglasdaintree.com