

2023 OCEANIA TRIATHLON CHAMPIONSHIPS AND CUP PORT DOUGLAS

ATHLETE GUIDE



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 2023 Oceania Standard Distance Championship and 2023 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 familiarization ride for the Port Douglas Oceania Triathlon Championships.

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

There is no official run course familiarization.

RACE BRIEFING & REGISTRATION

Please refer to the schedule on the World Triathlon website for timing regarding Athlete Briefing, Registration and packet pickup on Friday May 26. Packet pick up will be at Athlete Briefing.

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 at Transition Entry. 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 at the 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_2023_201811253.pdf

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

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-standardwheelsinconformitywithArticle1.3.018_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 2023 Oceania Triathlon Championships and 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 2023.

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

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 Box Provided underneath your name plate in line with World Triathlon rules.

Transition entry is closest to the dismount line 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 web- site, once ratified by the Head Referee.

The total prize purse for the event is \$10,000. This will be distributed as follows:

- 1st - \$1500
- 2nd - \$1250
- 3rd - \$1000
- 4th - \$750
- 5th - \$500

SWIM COURSE

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

The swim leg will be 2 laps of 600m + 150m out and back.

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 8 x 4.93km laps.

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 has changed to a looped course. Athletes will be running in an anti-clockwise direction.

The run leg will be a 5 laps.

There will be an aid station on the run course providing bottled water to athletes. In addition to the Aid Station that provides water to athletes.

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

SWIM COURSE

2 Laps



BIKE COURSE MAP

8 LAPS TOTAL

8 Laps of 240m + 4.93km + 200m connection

Turn points just before Mahogany st & at Garrick Street



RUN COURSE MAP

5 LAPS TOTAL



TRANSITION



