PHOENIX

# GOLD COAST TRIATHLON
LUKE HARROP MEMORIAL

PHOENIX KIDS TRIATHLON
by Chris McCormack

## 2 & 3 APRIL 2022

# EVENT INFO


mana.

PHOENIX

IT'S LIVE! in Queensland

AMINO EXTENSION

Vorgee Immerse yourself

AUSTRALIA'S GOLDCOAST.

von Bibra Auto Group | EST. 1935

# WELCOME MESSAGE

***Thank you for signing up to take part in the Pho3nix Gold Coast Triathlon and Pho3nix Kids Gold Coast Triathlon.***

My name is Chris McCormack, four-time triathlon world champion and passionate advocate of triathlon for over 30 years.

We are proud to be partnering with The Event Crew to bring you a new look and renewed focus for the Pho3nix Gold Coast Triathlon and Pho3nix Kids Gold Coast Triathlon.

The Pho3nix Foundation is a non-profit organisation created by Polish businessman Sebastian Kulczyk, with the sole purpose of promoting physical activity as a way to improve health and wellbeing among children.

The program has expanded from Poland and has launched with dual Olympic medallist Nicola Spirig in Switzerland, dual Olympic champion Alistair Brownlee through the Brownlee Foundation in the UK, and 7-time world champion Javier Gomez in Spain.

As an Australian, I'm pumped to now bring this program to our shores.

Our focus is on keeping Aussie kids outdoors and active, and there's no better way than to swim, bike and run with their friends.

Check out what we do @pho3nixlife or visit the Pho3nix Foundation website for more information and to donate.

I look forward to seeing you all at the races.

**Chris McCormack**
**CEO**
**MANA Sports and Entertainment Group**

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BLUES ON BROADBEACH, GOLD COAST,
19 - 22 MAY 2022
QUEENSLAND
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# EVENT TIMETABLE

| SATURDAY 2 APRIL | |
|---|---|
| **Time** | **Activity** |
| **6.00am** | **Pho3nix Kids Triathlon Event Check In & Expo Opens** |
| **6.00am** | **Pho3nix Kids Triathlon Transition Opens** |
| **7.20am** | **Pho3nix Kids Triathlon Transition Closes** |
| **7.30am** | **7-8 years wave starts** |
| **8.00am** | **9-10 years wave starts** |
| **8.20am** | **Bike Collection for 7-8 years commences** |
| **8.30am** | **11-13 years wave starts** |
| **8.50am** | **Bike Collection for 9-10 years commences** |
| **9.00am** | **Pho3nix Kids Triathlon Event Finishes** |
| **2:00 - 4:00pm** | **Event Check In Open (For Sunday Events)** |
| **2:00 - 4:00pm** | Optional bike racking open (For Sunday Events) |
| **SUNDAY 3 APRIL** | |
| **5:15am** | **Event Check In, Bike Racking & Expo Opens** |
| **5:45am** | Roads Closed |
| **6:15am** | **Event Check In Closes** |
| **6:30am** | **Transition Closes** |
| **6:15am** | **Open Elite Race Start** |
| **7:05am *** | **Enticer Race Start** |
| **7:25am *** | **Sprint Race Start** |
| **8:30am*** | **Transition Opens for Enticer Bike Collection** |
| **10:00am** | Event Presentation |

# Acknowledgment of Country

*We acknowledge and pay respects to the Yugambeh people of the Gold Coast and all their descendants both past and present.*

*We also acknowledge the many Aboriginal people from other regions as well as Torres Strait and South Sea Islander people who now live in the local area and have made an important contribution to the community.*

***Welcome from the Minister for Tourism, Innovation and Sport and Minister Assisting the Premier on Olympics and Paralympics Sport and Engagement. The Hon. Stirling Hinchliffe MP***

*Welcome to the Pho3nix Gold Coast Triathlon, a wonderful opportunity to immerse yourself in Gold Coast's local culture and community, and hopefully explore some of the superb tourism experiences on offer here.*

*The impacts of the pandemic have provided incredible challenges, but thanks to the hard work of Queenslanders our state was one of the first to put in place a COVID Safe Event Framework which paved the way for events such as this one to take place.*

*The Queensland Government is proud to support the 2022 Gold Coast Triathlon through Tourism and Events Queensland's Destination Events Program, and it is a feature on our It's Live! in Queensland events calendar. Events are an important part of our state's economic recovery from the pandemic because they attract visitors to the region which stimulates the local economy and supports local jobs. Events are also an important opportunity for communities, friends, families and visitors to come together, creating community pride and reconnecting us.*

*Congratulations to the event organisers and all I those involved in organising this event – may it be a successful one.*

*If you are visiting for the event, I encourage you to make some time to explore the diverse tourism experiences on offer in this beautiful region.*

***The Hon. Stirling Hinchliffe MP***
***Minister for Tourism, Innovation and Sport and Minister Assisting the Premier on Olympics and Paralympics Sport and Engagement.***

## DISTANCE AND LAPS

| | SWIM | CYCLE | RUN |
|---|---|---|---|
| **SPRINT**<br>14yrs+ | 750M<br>1 lap | 20KM<br>3 laps | 5KM<br>2 laps |
| **ENTICER**<br>12yrs+ | 300M<br>1 lap | 6.7KM<br>1 lap | 2.5KM<br>1 lap |
| **PHO3NIX KIDS TRIATHLON**<br>7-13yrs | 100M<br>1 lap | 1.2KM<br>2 laps | 500M<br>1 lap |
| **PHO3NIX KIDS DUATHLON**<br>7-13yrs | 100M RUN | 1.2KM<br>2 laps | 500M<br>1 lap |
| **PHO3NIX KIDS AQUATHLON**<br>7-13yrs | 100M<br>1 lap | - | 500M<br>1 lap |

# PHO3NIX KIDS EVENT INFO

PHO3NIX KIDS TRIATHLON by Chris McCormack

## FREE KIDS EVENT

Thanks to our event partner Pho3nix Foundation we are proud to host and run a FREE kids event for all children aged 7-13 years.

For kids who don't like to swim or ride, we're happy to offer duathlon and aquathon options as well as triathlon option.

## WHAT DISTANCES ARE AVAILABLE?

We are happy to accommodate kids who might not be confident swimmers or who are unable to ride a bike. The following options are available:

- **Triathlon**: 100m Swim/1.2km Bike/500m Run
- **Duathlon**: 100m Run/1.2km Bike/500m Run
- **Aquathlon**: 100m Swim/500m Run

## WHAT DO THE KIDS WEAR

There is absolutely nothing fancy needed in order to take part in one of our kids events. Most children will participate in their swimmers and a pair running shoes. All children will be provided with a swimming cap for the swim and a tshirt which we ask them to wear during the bike and run.

## BIKES AND HELMETS

The only requirement we have on bikes is that they have fully functioning brakes and closed plugs in each end of their handlebars.

Helmets are compulsory and must meet the Australian safety standard. All helmets must be clipped up and worn into transition on event day so one of our race officials can check it meets these requirements.

## ARE THERE MEDALS?

Each child who takes part in one of our kids events will be awarded a finishers medal when they cross the finish line. As this free event is for fun and participation, there are no awards or presentations for category placings.

## IS THE EVENT TIMED?

As this free event is for fun and participation, there is no timing on any race or distances for our Pho3nix Kids Tri events.

## THE VENUE AND PARKING

The Gold Coast Triathlon - Luke Harrop Triathlon will be located at Mitchell Park in Southport. Parking in the area is limited. Recommended parking at Broadwater Parklands, Australia Fair or Nind Street.

Refer to council parking signs as all parking regulations will still apply throughout the event.

# GENERAL EVENT INFORMATION

## I'VE ENTERED, WHAT HAPPENS NOW?

Race numbers (eKit) and Event Information emails will be emailed out on Thursday of race week. For all other information before this time, please read this event manual completely and check out both our website and our social media for latest info.

## COLLECTION OF YOUR RACE PACK

Once you receive your race number, simply save a screenshot of your race number and bring this with you on Saturday or Sunday during Event Check-In times - this number is what you need to collect all your event gear.

## COMPETITION RULES

Triathlon Australia is the sanctioning body of this event and therefore all Triathlon Australia rules apply. Please click here to see a full list of the Triathlon Australia rules.

## TEAM INFORMATION

- All team members need to wear the provided timing chip on the left ankle.
- Change over point for the timing chip is at the cyclist's bike.
- The race number bib is to be worn by the runner only.

## TRANSITION INFO

Transition is where you need to place your bike and change over between the swim / bike / run.

**Setup in Transition:** find the bike rack allocated for your category, place your bike on the rack and set up your race equipment to the right (chain side) of your bike. Remove any non-race equipment.

**Familiarise Yourself:** check the start & finish points to transition. Check the course maps so you know where to go.

**Transition Access:**

- Only competitors are allowed in transition (one parent per Kool Kid during set up and pack down only. No parents are permitted in transition during the event)
- Jumping transition fences will lead to disqualification.
- Competitors must wait for the announcement to gain access to their bikes after their race.

## THE VENUE AND PARKING

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## ROAD CLOSURES

- Marine Parade - between Burrows St & Brisbane Rd, 5am-11am
- Gold Coast Hwy Northbound - between Brisbane Rd & North St, 5am-11am. Vehicle crossings at Broad St & Robert St
- Marine Parade - between Central St & Gold Coast Hwy, 5am-12pm
- Gold Coast Hwy Southbound - between Brisbane Rd and North St, 5am-12pm

# EVENT BRIEFING

The information below is considered your event briefing - check the notice board for any last minute changes and listen to swim starter to receive critical event information.

## SWIM

If you are a slow or not a confident swimmer, please start at the back. If you need any assistance during your swim leg, please raise your hand and call for one of the lifeguards. If you choose to warm up before your race you must do this behind the start line.

## BIKE

- Roads will be closed for the cycle leg; however you must stay alert for official and emergency vehicles. Please be cautious around other cyclists and keep left at all times unless overtaking. This is a non-drafting event.
- NO BLOCKING – "A competitor who has completed a pass and is not passing another competitor or motorcycle or vehicle and who fails to move safely and immediately to the left of the cycle lane will receive a Blocking penalty." Triathlon Australia, Rule 3.8
- NO DRAFTING – "For all events with a cycling distance up to and including standard distance event, the bicycle or motorcycle draft zone is a distance of seven metres. The front edge of the front bicycle or motorcycle wheel defines the start of the draft zone. Competitors have 15 seconds to pass through this zone." Triathlon Australia, Rule 3.9a.
- Upper torso must be covered at all times during the ride.
- Helmet must be on and done up before you touch your bike and you must rack your bike before undoing your helmet.

## RUN

- There are drink stations along the run course so please make use of these to ensure proper hydration.
- Please keep left on the run course at all times unless overtaking.
- Upper torso must be covered at all times during the run.

## CODE OF CONDUCT

In order to secure and maintain a safe, fun and enjoyable atmosphere for our participants, the Qld Tri Series has implemented a code of conduct for parents. Repeated or serious breaches of this code may result in disciplinary actions including the exclusion of the parent at future events and the disqualification of your child.

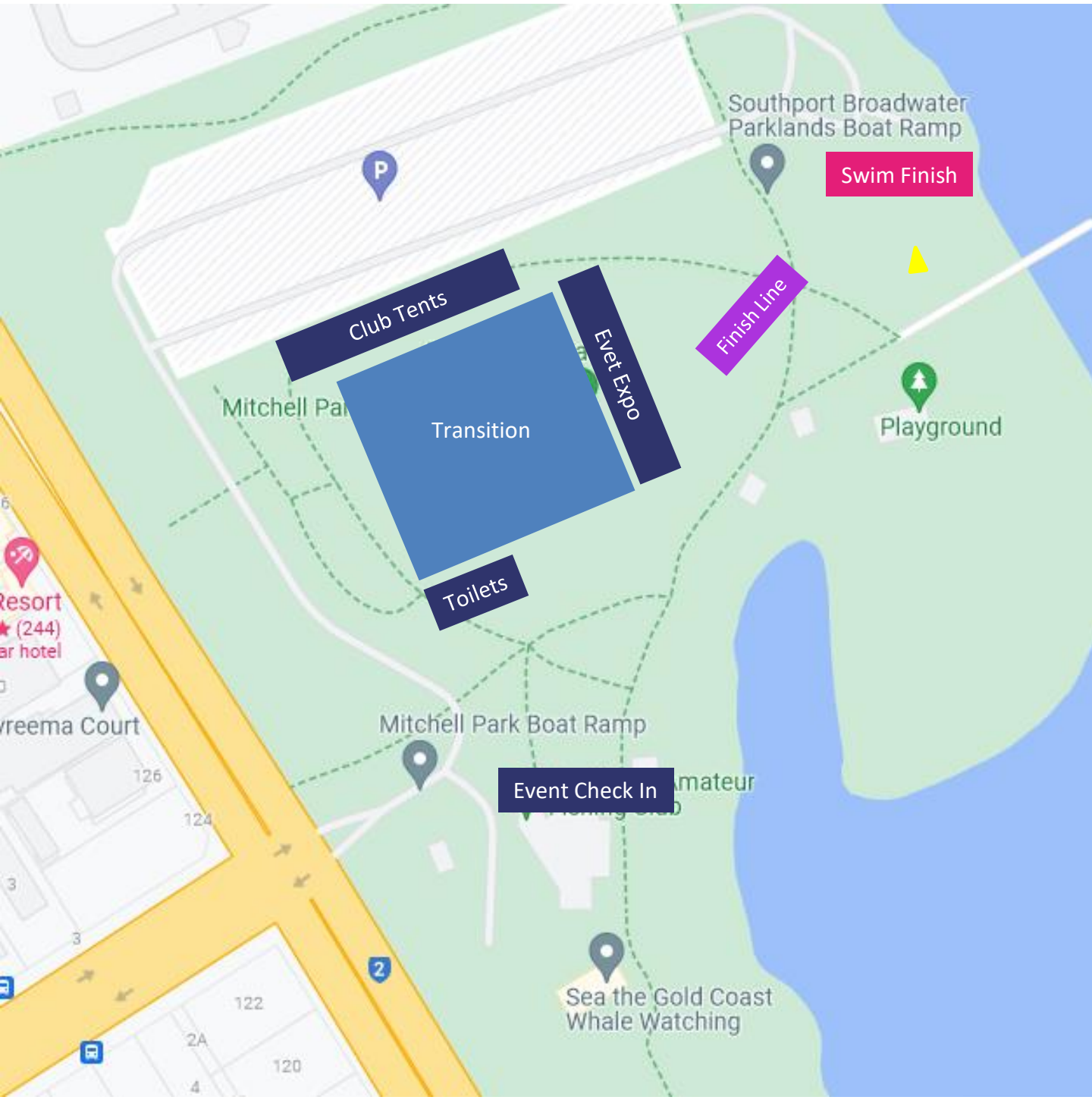
## WHAT TO BRING

| | |
|---|---|
| **SWIM** | |
| • Goggles | • Swim cap (provided) |
| • Swim suit / tri-suit | • Timing chip (provided) |
| • Sunscreen | |
| **BIKE** | |
| • Bike | • Bike pump |
| • Bike shoes or running shoes | • Spare tube / tyre lever (optional) |
| • Helmet | • Bike gloves (optional) |
| • Drink bottle | |
| **RUN** | |
| • Running shoes | • Race number bib (provided) |
| • Socks | • Race belt or pins to attach bib |
| • Cap / visor / sunglasses | |

## WHAT NOT TO BRING

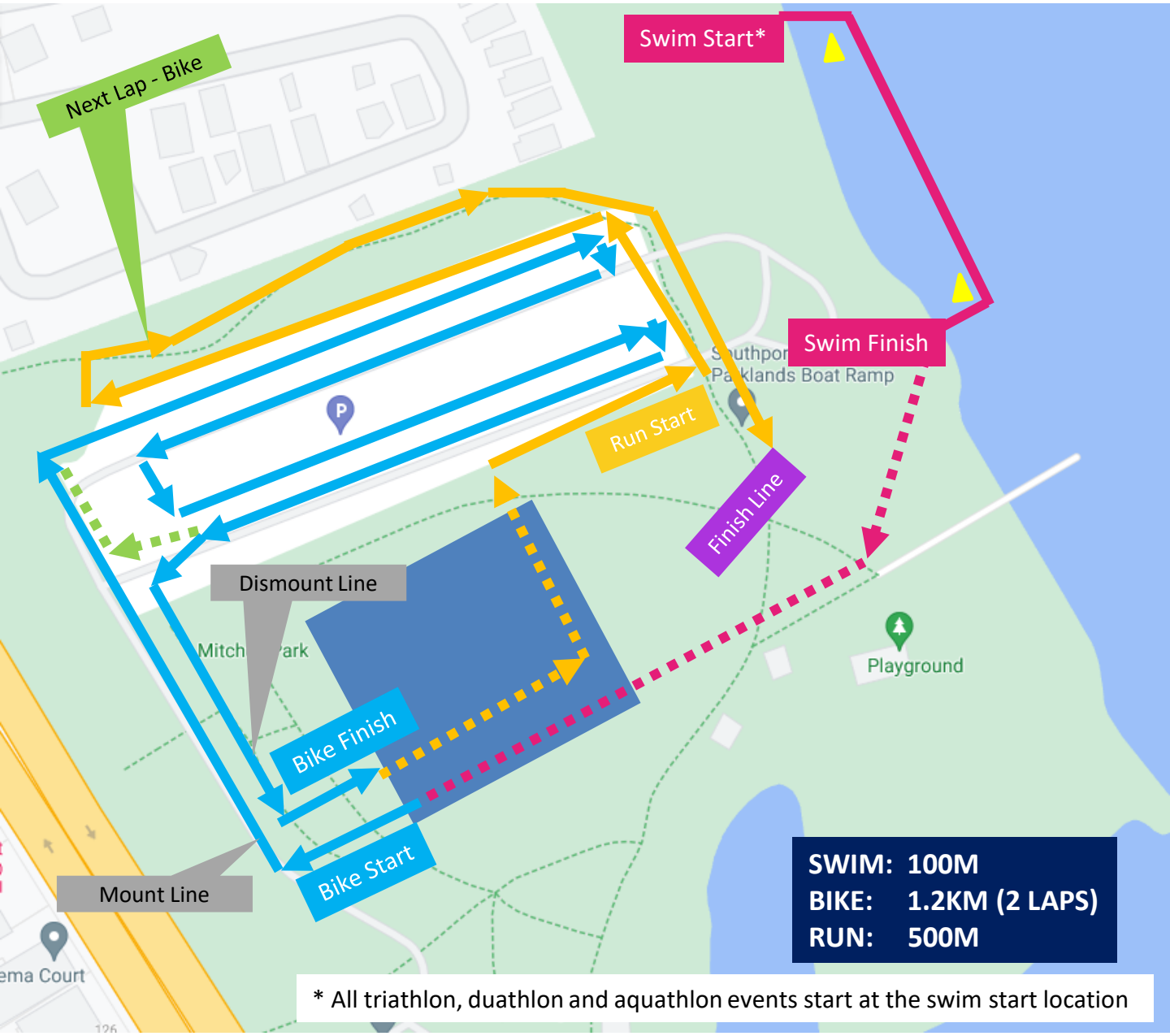
Please leave all ipods and headphones at home - not only is it more fun to cheer on the participants around you but we also have an insurance and safety requirement that you can hear event marshals and volunteers at all times. Headphones will be removed if seen.

# VENUE MAP




* There is no onsite parking.  Please park in surrounding area according to signed council instructions

# PHO3NIX KIDS TRIATHLON COURSE




* All triathlon, duathlon and aquathlon events start at the swim start location

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# GOLD COAST TRIATHLON SWIM COURSE

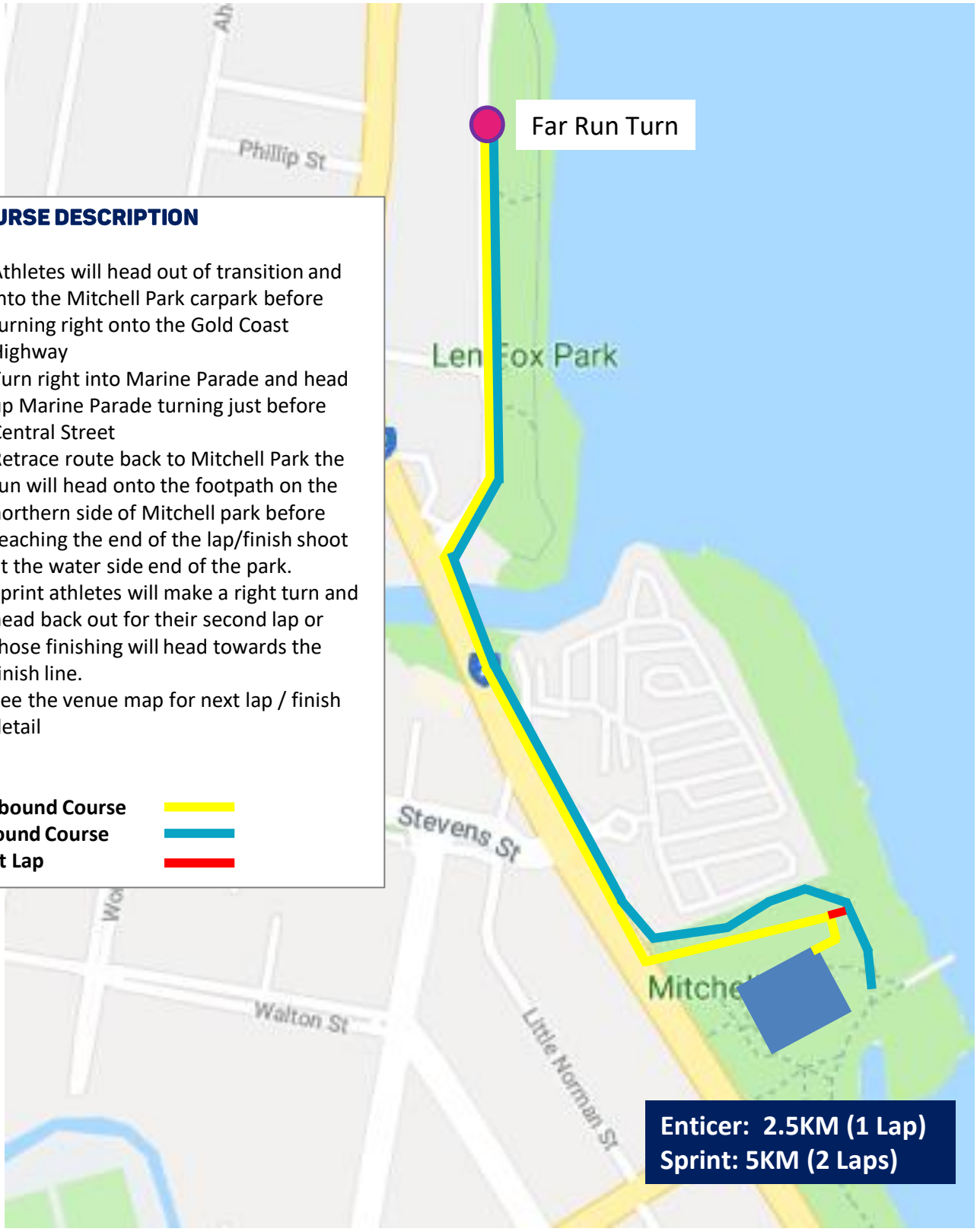
# GOLD COAST TRIATHLON BIKE COURSE MAP

## COURSE DESCRIPTION

- Start in Mitchell Park
- Utilising the left head lane only, head north on the Gold Coast Highway
- Veer right into Marine Parade turning at Burrows St Roundabout
- Retrace route back to the park using the south bound lanes.
- Cyclists will move from the south bound side of the GC Highway to north bound side at Robert Street (same as previous years)
- Cyclists will then ride back into the park for a loop of the car park before reaching the next lap finish area
- See the venue map for mount/dismount/next lap detail

**Outbound Course**
**Inbound Course**
**Next Lap**

# GOLD COAST TRIATHLON RUN COURSE MAP




## COURSE DESCRIPTION

- Athletes will head out of transition and into the Mitchell Park carpark before turning right onto the Gold Coast Highway
- Turn right into Marine Parade and head up Marine Parade turning just before Central Street
- Retrace route back to Mitchell Park the run will head onto the footpath on the northern side of Mitchell park before reaching the end of the lap/finish shoot at the water side end of the park.
- Sprint athletes will make a right turn and head back out for their second lap or those finishing will head towards the finish line.
- See the venue map for next lap / finish detail

**Outbound Course**
**Inbound Course**
**Next Lap**

# TRANSITION FLOW / NEXT LAP / FINISH