

Mooloolaba  
**triathlon**  
ITU World Cup



**World Cup Athlete Guide**  
**Mooloolaba 2017**

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**Event Schedule**

<b>Thursday, 9<sup>th</sup> March</b>		
5.00pm – 6.00pm	Mooloolaba ITU Triathlon World Cup Check In and Race Pack Pick Up	The Mantra Room, Mantra Mooloolaba
6.00pm – 6.30pm	Mooloolaba ITU Triathlon World Cup Elite Athlete Briefing	The Mantra Room, Mantra Mooloolaba
<b>Friday, 10<sup>th</sup> March</b>		
2.00pm – 3.00pm	Mooloolaba ITU Triathlon World Cup Swim Familiarisation	Main Beach, Mooloolaba
<b>Saturday, 11<sup>th</sup> March</b>		
10.00am – 11.00am	Mooloolaba ITU Triathlon World Cup Athlete Lounge Open – Elite Women. Uniform & Wheel Check applies	Athlete Lounge, Beach Terrace, Mooloolaba
10.15am – 11.15am	Mooloolaba ITU Triathlon World Cup Transition Check In – Elite Women	Elite Transition, Beach Terrace, Mooloolaba
10.45am – 11.15am	Mooloolaba ITU Triathlon World Cup Swim Warm Up – Elite Women	Main Beach, Mooloolaba
11:20am	Mooloolaba ITU Triathlon World Cup Athlete Line Up and Introduction – Elite Women	Elite Transition, Beach Terrace, Mooloolaba
<b>11.30am</b>	<b>Mooloolaba ITU Triathlon World Cup Race Start – Elite Women</b>	<b>Main Beach, Mooloolaba</b>
1.00pm – 2.00pm	Mooloolaba ITU Triathlon World Cup Athlete Lounge Open – Elite Men	Athlete Lounge, Beach Terrace, Mooloolaba
1.30pm – 2.15pm	Mooloolaba ITU Triathlon World Cup Transition Check In – Elite Men	Elite Transition, Beach Terrace, Mooloolaba
1.45pm – 2.15pm	Mooloolaba ITU Triathlon World Cup Swim Warm Up – Elite Men	Main Beach, Mooloolaba
1.50pm – 2.00pm	Mooloolaba ITU Triathlon World Cup Medal Ceremony – Elite Women	Main Stage, Mooloolaba
2.20pm	Mooloolaba ITU Triathlon World Cup Athlete Line Up and Introduction – Elite Men	Elite Transition, Beach Terrace, Mooloolaba
<b>2.30pm</b>	<b>Mooloolaba ITU Triathlon World Cup Race Start – Elite Men</b>	<b>Main Beach, Mooloolaba</b>
4.35pm – 4.45pm	Mooloolaba ITU Triathlon World Cup Medal Ceremony – Elite Men	Main Stage, Mooloolaba

#### Local Contact Details

##### **IRONMAN Oceania**

Joanna Robey

Event Services Manager, Oceania

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1300 761 384

#### Venue

Mooloolaba is one of Australia's premier beachside resort locations, situated in South-East Queensland's Sunshine Coast. It is only a forty-five minute drive from Brisbane's International Airport and just ten minutes from Sunshine Coast Airport, a major regional facility.

Combined with a beautiful coastline of sun-drenched beaches and the pristine blue waters of the Pacific Ocean, Mooloolaba also boasts some of the best weather conditions in the world with an average summer temperature of 28 degrees C and winter temperature of 18 degrees C.

This beautiful location provides the perfect opportunity for competitors and non-competing partners and families to stay and enjoy the relaxed environment and attractions, including the Sunshine Coast's hinterland, whilst taking pleasure in Mooloolaba's vibrant beachfront café lifestyle.



#### **Elite Athletes Lounge**

*The Athletes Lounge area and toilets will be available for the athletes. These facilities will be adjacent to the transition area.*

#### **Doping Control**

*Doping Control will be performed according to the ITU/ASADA rules.*

#### **Medical Services**

*First Aid will be available throughout the event and located in the Expo precinct. There will also be a medical facility which will be operational for the duration of the event. This facility contains First Aid Officers, as well as paramedics and other medical personnel.*

*Medical services required at the venue are free of charge. Treatment in clinics and practices is to be paid by the participants.*

*Athletes / teams should ensure that they have appropriate medical insurance.*

*For any other medical attention needed for out of competition, please contact the front desk of the Hotel for a local practitioner's detail.*

#### **Bike Mechanic Service**

*The Official Bike partner, Cycle Zone will offer bike mechanic support and will be available throughout the event at the Sport and Lifestyle Expo.*

#### **Expo Opening hours:**

*Friday, March 10– 2.00pm – 7.00pm, Saturday, March 11– 9.00am – 5.00pm, Sunday, March 12– 8.00am – 1.00pm*

*Cyclezone will also be set up in Athlete Lounge on race day between from 10:00am - 11:00am and 1:00pm - 2:00pm*

#### **Information Booth**

*The LOC Information Booth is located on Beach Terrace, just opposite the Elite Athlete Lounge and Transition.*

**Ph:** 1300 761 384

#### **Information Booth Opening hours:**

*Friday, March 10– 12.00pm – 7.00pm, Saturday, March 11– 8.00am – 4.30pm, Sunday, March 12– 5.00am – 2.00pm*

#### **Security**

*There will be overnight security personnel in the event precinct throughout the event. Marshals will assist and patrol around the Field of Play on race days and Traffic management services will be employed to install any changed traffic conditions which will be controlled by Queensland Police Service.*

#### **Accommodation**

*The official hotel for the Event is:*

*Mantra Mooloolaba Beach  
7 Venning Street  
Mooloolaba QLD 4557  
Tel: +61 7 5452 2600*

#### **Post-Office**

*The nearest post office to the event site is located in Mooloolaba:*

32-34 Brisbane Road  
Mooloolaba QLD 4557

#### **Opening Hours**

Monday - Friday 9.00am – 5.00pm  
Saturday 9.00am – 12.30pm

#### **Bank**

*There are various ATM facilities along the Mooloolaba Esplanade.  
All major banks branches are available in Maroochydore (approximately 5km from Mooloolaba).*

#### **Transportation**

*Complimentary airport transfers will be provided by the LOC for **Elite athletes only** to and from Brisbane or Sunshine Coast Airports to Sunshine Coast hotels, including provision for bike transportation. All National Federations will receive an email from the ITU providing details on how to book their athletes.*

*The free service will only operate between Monday 6 March 2017 and Wednesday 15 March 2017.*

*All airport transfers must be registered by Friday 3 March 2016. Unfortunately bookings cannot be accepted after this date.*

*Any additional airport transfers for ITU Coaches and/or support staff can be [booked directly with con-x-ion](#).*

**This is at the cost of the individual person.**

#### **Public Transportation**

*Please visit [http://www.sunbus.com.au/sit\\_sunshine\\_coast](http://www.sunbus.com.au/sit_sunshine_coast) for information regarding all public transport in the Sunshine Coast region.*

*[Click here](#) to plan your trip on the Sunshine Coast.*

### Swim Training

The Cotton Tree Aquatic Centre is approximately 4km north of the Mooloolaba Esplanade (festival village). Please visit [their website](#) for current opening hours and entry costs.

Prices as at 17/01/2017:

Adult Casual Entry \$5.50

Adult 10 Visit Pass \$52.00

Monthly Adult Membership \$67.00

Opening Hours October - March:

Monday – Thursday 5.30am – 7.00pm

Friday 5.30am-6.00pm

Saturday 6.00am – 5.00pm

Sunday 8.00am – 4.00pm

If you choose to swim in the open ocean, please ensure you swim between the red and yellow flags during the advertised patrol hours.

### Bike Training

The roads are regularly used by riders, a suggested route would be to ride north from Mooloolaba using the David Low Way. This route offers picturesque views of the coastline from Coolum right through to Noosa.

The route is not closed to traffic, so you will be riding at your own risk. You must abide by all Queensland Road Rules.

### Run Training

A suggested run for training would be to use the footpath on Alexandra Parade, this road runs from Mooloolaba to Cotton Tree and offers stunning coastal views.

### Bike / Run Course Familiarisation

There are no official familiarisations for the bike and run courses as these take place on busy sections of road. The course can be ridden as per normal traffic conditions and there is a footpath on the ocean side of the course that can be utilised for run training.

Please note, that the official race courses are otherwise not open for training before the races.

**The race courses are in general NOT suitable for training**

### Swim Course Familiarization

You will be able to familiarize yourself with the swim course on Friday 10<sup>th</sup> March from 2:00 – 3:00pm, meet at the swim start, Main Beach, Mooloolaba.

### Competition Information

#### Competition Rules

The race will follow the latest published competitions rules of the International Triathlon Union.

### Information about the FOP

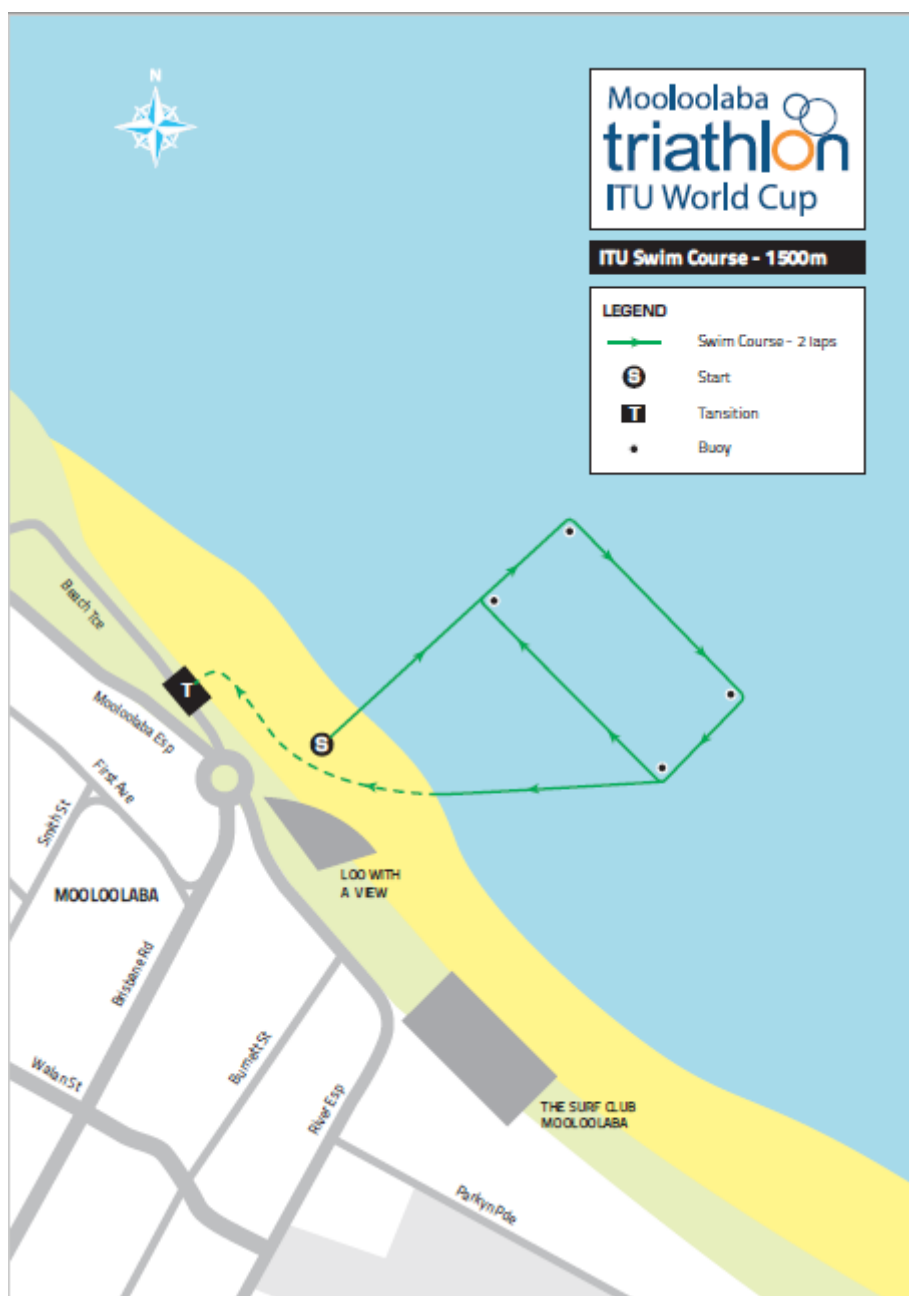
#### Start

The start area is located in front of 'Loo with a View' on Main Beach, Mooloolaba. Access is via the swim exit chute.

The athletes are required to leave their last minute gear at the swim start inside a dedicated box and the LOC will carry those bags back to the Athletes' Lounge.

#### Swim Course

The swim course is a 2 lap course. Starting on the beach and swimming in a clockwise direction.



## Bike Course

The bike course is an 8 lap, 5km long course. The course is out and back in a clockwise direction along Mooloolaba Esplanade and Alexandra Parade. Gradual climb along Mooloolaba Esplanade from transition to Buderim Avenue intersection before descent onto Alexandra Parade. Sharp turn point at the corner of Maroubra Street before inbound journey along Alexandra Parade. Sharp technical dog leg turn before downhill descent onto Beach Terrace to transition. The “first runner, last rider” scenario is applicable for this event. In this case the rider will be taken off the course.



## Wheel Stations

There are two wheel stations on the bike course, the first is just after the northern bike turn at Maroubra Street. This wheel station will be a neutral station with wheels provided. The second wheel station is located on Mooloolaba Esplanade 120m after exiting transition. This wheel station is outbound and will be your own wheels station.

## Penalty Box

The penalty box is situated about 250 metres before the transition area at the taxi rank closest to the age group check-in precinct.

## Run Course

The course is an undulating 4-lap course taking in stunning coastal views along the way. Out and back course ran in a clockwise direction along Mooloolaba Esplanade and Alexandra Parade. Gradual climb along Mooloolaba Esplanade from transition to Buderim Avenue intersection before descent onto Alexandra Parade. Turn around point at Mayfair Street.



#### Aid Stations

*There is two aid stations on the course. The first aid station is outbound on approach to Meta Street, approximately 650m after exiting transition. The second aid station is inbound just past Buderim Avenue intersection, approximately 500m from the run turn. Both aid stations are designated litter zones for the run.*

#### Weather Conditions

*Temperature - Min 18°C - Max 26°C  
Average March Temperature - 24°C*

#### Results

*Results will be uploaded live at the ITU's official website: [www.triathlon.org](http://www.triathlon.org)*

#### Protest & Appeals

*Standard procedures will be followed according to the ITU Competition Rules.*

#### Accreditation

*The LOC will provide all athletes, coaches, technical officials, media, etc. with an official accreditation card according to the ITU Event Operational and Technical Requirements.*

*Accreditation cards for athletes and coaches will be issued during the official registration on Thursday March 10<sup>th</sup> at 5pm.*

*Mantra Mooloolaba Beach  
7 Venning Street  
Mooloolaba QLD 4557  
Tel: +61 7 5452 2600*

*Only accredited persons will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the competition areas. **All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.***

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