



PACIFIC GAMES TRIATHLON

EVENT GUIDE

JULY 4TH – 5TH, 2015

GENERAL INFORMATION	4
WELCOME	4
KEY DATES	6
KEY CONTACTS	6
EVENT CONTACT DETAILS	6
VENUE	6
VENUE	6
ELITE ATHLETES LOUNGE	7
DOPING CONTROL	7
MEDICAL SERVICES	7
INFORMATION CENTRE / LOC OFFICE	7
TRAVEL AND ACCOMMODATION INFORMATION	7
CLOSEST AIRPORT	7
VISA REQUIREMENTS	7
ACCOMMODATION CONTACT DETAILS	8
POST OFFICE	8
BANK	8
TRANSPORTATION	8
TRAINING	8
<i>TRAINING SESSIONS IN THE SWIMMING POOL</i>	8
BIKE AND RUN TRAINING	8
COURSE FAMILIARIZATION	9
SWIM	9
BIKE / RUN	9
COMPETITION INFORMATION	9
COMPETITION RULES	10
INFORMATION ABOUT THE FOP	10
START	10
SWIM COURSE	10
BIKE COURSE	11
WHEEL STATIONS	11
PENALTY BOX	11
RUN COURSE	11
AID STATIONS	11
WEATHER CONDITIONS	11
RESULTS	11

PROTEST & APPEALS	12
ACCREDITATION	12
FIELD OF PLAY MAPS	12
MAP 1: COURSE MAP ELITE - SWIM	12
MAP 2: COURSE MAP ELITE - CYCLE	13
MAP 3: COURSE MAP ELITE - RUN	14
MAP 5: OVERVIEW OF THE WHOLE ELITE COURSE	15

GENERAL INFORMATION

WELCOME

Welcome to the Pacific Games Triathlon 2015.

The purpose of this guide is to ensure that all athletes, officials and interested parties are well informed about all procedures concerning the Pacific Games Triathlon 2015. Please keep in mind that this information can change and the final race information will be provided to the athletes, coaches and the team managers at the athletes' briefing.

Key TRIATHLON Links:

- 2015 Pacific Games website on <http://www.portmoresby2015.com/>
- Oceania Website: <http://otu.triathlon.org/>
- International Triathlon Union Website: <http://www.triathlon.org/>
- For the latest news and photos published by participating Federations you can “like” the [Oceania Triathlon Union Union on Facebook](#).
- For the latest news and photos on triathlon internationally like the International Triathlon Union on [Facebook](#) and [Twitter](#).



Greetings and welcome to the 2015 Pacific Games triathlon.

The International Triathlon Union (ITU) is thrilled to acknowledge Papua New Guinea as the host nation of the XV Pacific Games. Having hosted the Games previously in 1969 and 1991, it is exciting to see the international competition return to Papua New Guinea's shores for a third time.

Papua New Guinea is one of the most culturally diverse countries in the world with an amazing 848 languages listed for the country. Most of the population, which totals over seven million people, live in customary communities, which are as diverse as the languages. Sport in Papua New Guinea is an important part of the national culture. It's an exciting time to see triathlon added to the Pacific Games programme, which will serve as a launch pad to showcase the sport in the region.

The ITU is immensely proud of the work done by the Pacific Games Council and the participating nations in developing triathlon and scheduling it as the kick-off event for this year's Games. It is exciting to be a part of the development of triathlon in Papua New Guinea and throughout Oceania. We wish the athletes, organisers, volunteers and officials all the best for successful and rewarding races.



Sincerely,

*Marisol Casado
President, International Triathlon Union
IOC Member*



Welcome to Papua New Guinea and the South Pacific Games triathlon.

On behalf of the Oceania triathlon community and region it is my pleasure to welcome all participating athletes, coaches, officials and supporters to this highly anticipated Pacific Games triathlon.

I, like you, look forward to watching a great competition within the spirit of the Pacific games charter.

Have a great time in Papua New Guinea.

Regards

*Terry Sheldrake
ITU Executive Board Member
President Oceania Triathlon Union
Patron Weet-Bix Triathlon Foundation*

KEY DATES

Bike Familiarization	Saturday, July 4th 06:00 – 06:30 Shopping Centre Car Park (Transition)
Run Familiarization	Saturday, July 4th 07:00 – 07:30 Shopping Centre Car Park (Transition)
Swim Familiarization	Saturday, July 4th 08:00 – 08:30 Navy Base, Port Moresby
Elite Athletes Registration and Briefing	Saturday, July 4th 10:00 Navy Base, Port Moresby
Elite Women Competition	Sunday, July 5th 08.30
Elite Men Competition	Sunday, July 5th 10:00

KEY CONTACTS

ITU Technical Delegate	Jacqui Kenny	jbkenny@bigpond.net.au
ITU Medical Delegate	Jon King	king.jon@bigpond.net.au
Sports Competition Manager	Stephen Damien	damien@upsouthevents.com
GOC Event Manager	Leslie Babaga	leslie.babaga@portmoresby2015.com
Assistant Technical Delegate	Lyndell Murray	lyndellnm@gmail.com

EVENT CONTACT DETAILS

Port Moresby 2015 Pacific Games

Telikom Rumana | Level 1 | Kumul Ave | Waigani

P O Box 2015 Konedobu | National Capital District | Papua New Guinea

T: + 675 300 8700 | F: + 675 325 2899 | M: +675 2015 0095

E: leslie.babaga@portmoresby2015.com

W: www.portmoresby2015.com



Official Sponsor
of the 2015 Pacific Games

VENUE

VENUE

The venue is located in the city centre of Port Moresby. The swim will take place in the Port Moresby Harbour starting at the Lancron Navy Base off Champion Parade. The swim exit and transition will be located in the Waterfront Supermarket Shopping Centre car park. The finish is located in the Hubert Murray Stadium.

ELITE ATHLETES LOUNGE

Facilities including athletes' lounge and toilets are provided to the athletes at the at the Lancron Navy Base. Seating, bag storage and sealed bottles of water will be offered to the athletes before and after the race in the athletes' lounge and in the Hubert Murray Stadium.

DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules. Testing will take place at the Hubert Murray Stadium.

MEDICAL SERVICES

First Aid and Emergency Medical Services will be available at the venue before and during the competition hours. This includes the Lancron Navy Base, Shopping Centre car park (Transition) and the Stadium (Finish Area).

Medical and paramedical personnel will be available throughout competition times. Several ambulances will be available to provide emergency transfer to hospital. A medical tent will be provided on site at the finish area.

Possible medical services 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.

INFORMATION CENTRE / GOC OFFICE

The Pacific Games Information Office is located at the Games Village and is open daily 24 hours a day. There will also be Information Desks at the games venues.

A notice board will be posted in the area if the office is unattended.

TRAVEL AND ACCOMMODATION INFORMATION

CLOSEST AIRPORT

Jacksons International Airport, Port Moresby

VISA REQUIREMENTS

For teams (athletes) traveling to PNG to compete in the Pacific Games Triathlon please ensure your athletes have applied and received their Visa to enter PNG. When applying for a Visa, if you require a letter of invitation then please ask.

ACCOMMODATION CONTACT DETAILS

All athletes and team officials will be accommodated at the Games Village at the University of Papua New Guinea. All technical officials – international and local – will be staying at the Institute of Public Affairs College along Waigani Drive.

POST OFFICE

Champion Parade (nearest intersection – Cuthbertson St.) Another post office is located inside the Waterfront Supermarket Shopping Centre.

BANK

Bank South Pacific
Musgrave Street
Port Moresby

TRANSPORTATION

Free local transfer to Athlete Accommodation will be arranged by the Pacific Games Organising Committee. Please visit the Information Desk at the Games Village or the games venues to enquire.

TRAINING

Training sessions in the swimming pool

The **Taurama Aquatic Centre** will be reserved for Triathlon National Federations (NFs) for swim training sessions on Friday 3rd from 9am to 4pm. The Information Desk at the Games Village will have more information on this.

Other opening hours

Monday to Friday

Public swimming 6.00am–8.00pm

Athletes train in the swimming pool at their own risk. Please note: There are no pre-reservations available.

BIKE AND RUN TRAINING

It is not recommended that athletes train unaccompanied. It is not possible to train on the cycle course or the run course, as the courses are both on the highway. Please contact the Games Organising Committee for recommended training locations.

COURSE FAMILIARIZATION

SWIM

You will be able to familiarise yourself with the swimming course on Saturday, July 4th from 08:00 to 08:30. This will take place at the Navy Base.

Please note: It is forbidden to swim outside the test swimming zone at any time because of safety reasons and shipping traffic!

BIKE / RUN

You will be able to familiarize yourself with the bike and run course on Saturday, July 4th at 6:00 and 7:00am respectively. Athletes will gather at the Shopping Centre Car Park. You will be escorted by police for one lap on the bike course and one lap of the run course.

Please note, that the official race courses are otherwise are open to traffic outside of these times, except during the races. **The race courses are generally NOT suitable for training.**

COMPETITION INFORMATION

TIME	ACTIVITY	PLACE
SATURDAY JULY 4		
06:00	Bike course familiarisation	Transition - Waterfront Shop. Centre Car Park
07:00	Run course familiarisation	Transition - Waterfront Shop. Centre Car Park
08:00	Swim course familiarisation	Lancron Navy Base
10:00	Elite Athlete Registration	Lancron Navy Base
10:30	Elite Athlete Briefing	Lancron Navy Base
11:00	Elite Athlete Race Pack Pickup	Lancron Navy Base
SUNDAY JULY 5		
ELITE WOMEN 8:45:00		
06:15	Athletes' Lounge Ready	Lancron Navy Base
06:15 - 07:15	Elite Women check-in	Lancron Navy Base
06:45 - 07:45	Transition Area Open	Waterfront Shopping Centre Car Park
07:45 - 08:15	Warm-up for Elite Women	Lancron Navy Base
08:30	Women Assembly	Lancron Navy Base
08:40	Athlete Introductions	Lancron Navy Base

08:45	Elite Women Start	Lancron Navy Base
ELITE MEN	10:15:00	
07:45	Athletes' Lounge Ready – Elite Men	Lancron Navy Base
07:45 - 08:45	Elite Men check-in	Lancron Navy Base
08:15 - 09:15	Transition Area Open - Elite Men	Lancron Navy Base
09:15 - 09:45	Warm-up for Elite Men	Lancron Navy Base
10:00	Men Assembly	Lancron Navy Base
10:10	Athlete Introductions	Lancron Navy Base
10:15	Elite Men Start	Lancron Navy Base
11:45	Medal Presentations - Elite Women	Finish Area – Hubert Murray Stadium
12:00	Medal Presentations - Elite Men	Finish Area – Hubert Murray Stadium
12:15	Closing Ceremony	Finish Area – Hubert Murray Stadium

COMPETITION RULES

The race will follow the latest published competitions rules of the International Triathlon Union (ITU). Rules are available from the [ITU website](#).

INFORMATION ABOUT THE FOP

START

The start area is a pontoon start at the Lancron Navy Base. Athletes will be introduced at the Base and will select their positions on the pontoon. Once the position is selected the athlete must not move. The Race Referee with the assistance of ITU Technical Officials, who are assigned to the start, will start each race.

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

SWIM COURSE

There is a one lap swim. The first turn is in 300m, you will then turn right 150m to the second turn then 300m right back towards the beach at the Waterfront Supermarket Shopping Centre. You will exit via the beach and continue into the Shopping Centre car park to Transition.

The water temperature in Port Moresby in July can be expected to be approximately 26°C.

You will find actual information about the water temperature at:

<http://www.seatemperature.org/australia-pacific/papua-new-guinea/port-moresby-october.htm>

BIKE COURSE

Mount bike at mount line and head up Champion Parade. Turn left on to side road and continue to the turn around cone. Follow the road back under the highway and swing around in a clockwise direction back on to the main highway. Continue back on to Champion Parade and Stanley Esplanade to another turn around cone. Head back to Transition on the same roads entering the shopping centre car park on the left and dismounting at the line. Athletes will ride through the car park beside Transition on each lap. **4 x 5km laps.**

Athletes who are lapped are taken out of the race. The “first runner, last biker”-scenario is applicable for this event. In this case the athlete will be taken off the course.

WHEEL STATIONS

One wheel station will be located in the Waterfront Supermarket shopping centre car park on the bike course, shortly after the transition area prior to entering Champion Parade. This wheel station will supply both neutral wheels and athlete/country wheels.

PENALTY BOX

The Penalty Box is located approximately 20m from the entrance to the transition area.

RUN COURSE

The run course begins with a right hand turn out of Transition and heading on to Champion Esplanade. The course is separated from the cycle course and continues up the Highway to a turn around cone. After turning here athletes will run back down the highway and Champion Parade/Stanley Esplanade to a second turn around cone. They will turn anti-clockwise to be on the far right of the road where they will run back on to Champion Way and enter the Hubert Murray Stadium to the Finish. Surface is tarmac. **1 x 5km lap.**

AID STATIONS

The three aid stations are located along on the run course at approximately 1.25km along the Run course. Closed 0.5 litre bottles of sealed water will be handed out.

WEATHER CONDITIONS

In Port Moresby, as it is a true tropical climate close to the Equator, the temperatures are always high. On average, the coolest and driest month is July. Temperatures in July range between 26°C to 30°C with an average of 28°C. If conditions are humid the temperature will feel hotter.

Weather link: <http://www.wunderground.com/global/stations/92035.html>

RESULTS

Results will be uploaded live at the ITU’s official website: www.triathlon.org

All the results information will be distributed to the Team Leaders at the GOC Information Office.

PROTEST & APPEALS

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

ACCREDITATION

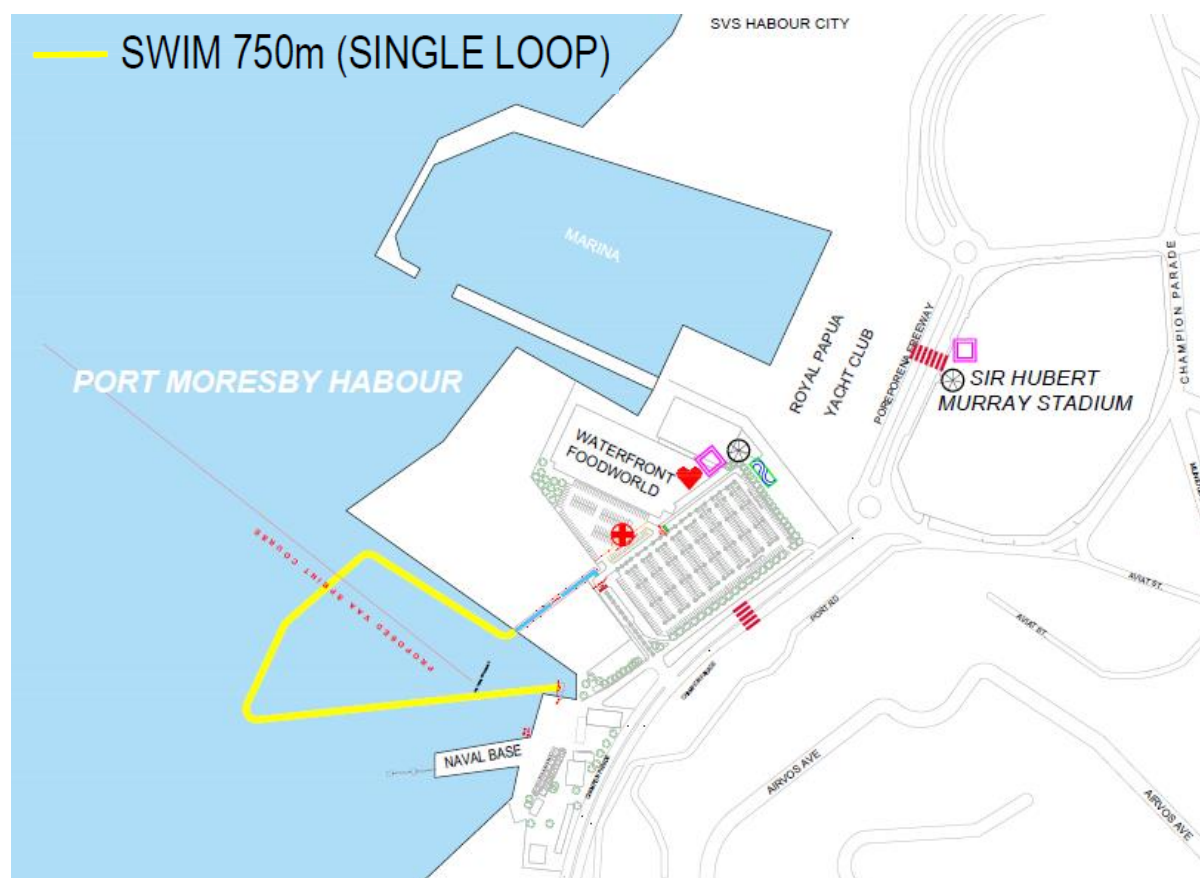
LOC will provide all athletes, coaches, technical officials, journalists, etc. with an official accreditation card according to the ITU Event Operational and Technical Requirements.

Accreditation cards for athletes and coaches will be handed out during the official registration on July 4th after the Race Briefing at the Navy Base.

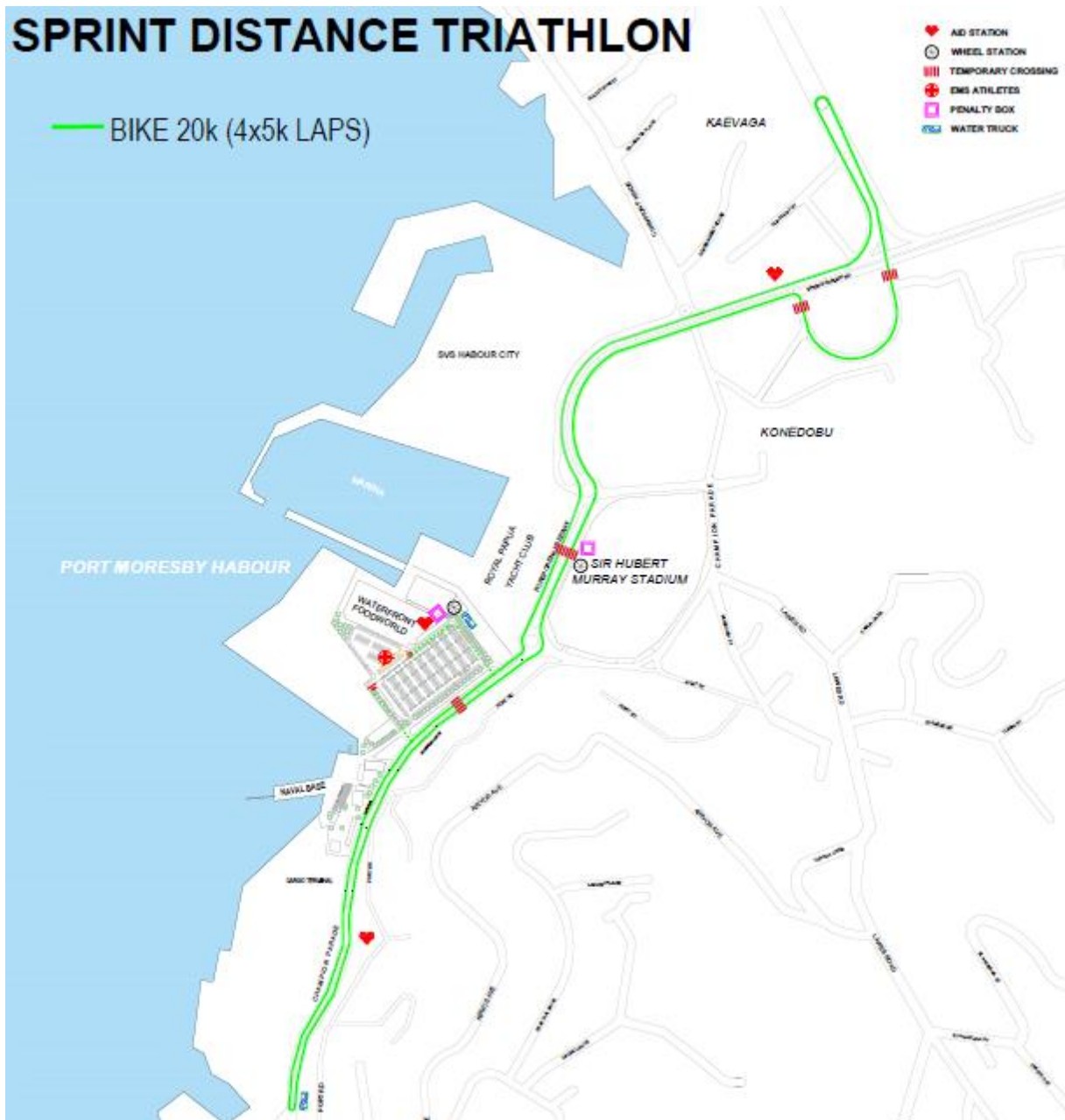
Only accredited persons will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the competition areas. **All accredited persons are requested to carry their accreditation cards with them at all times and to show them upon request.**

FIELD OF PLAY MAPS

MAP 1: COURSE MAP - SWIM



MAP 2: COURSE MAP – CYCLE



MAP 3: COURSE MAP ELITE – RUN



MAP 5: COURSE OVERVIEW

