ATHLETE GUIDE
Welcome

Hello competitors,

Welcome to the Mixed Relay Invitational at the Sports Super Centre in Runaway Bay.

We welcome athletes from Korea and New Zealand as well as a number of teams from Australia. It is a superb field of triathletes and we are excited to host the second international event of this kind in Australia.

We want to ensure you have the best experience possible, so please read this guide carefully before arriving at the event. Please take note of the registration and transition check-in times, as well as pool access times, as they are specific to the day of racing.

We take this opportunity to thank Triathlon Australia and the City of Gold Coast for their support of the event and look forward to its growth and development in years to come.

We look forward to seeing you race throughout the day and wish you the best of luck here at the Mixed Relay Invitational and for the rest of the 2019 triathlon season.

Tim Harradine
Race Director
Executive Director
Triathlon Queensland

www.triathlonqld.com.au
The Mixed Team Relay Invitational is held at the Sports Super Centre at Runaway Bay. You can access it via the corner of Sports Drive & Morala Avenue, Runaway Bay QLD 4216.

There is STRICTLY no parking at the front of the Centre (beside pool/reception.)

You must enter the venue via the main reception. Parking will be accessible at the bottom car park on Sports Drive. Please park in the area noted on the map below. Access will be cut off in the grand stand parking due to the event course being in that area.

You must immediately turn left at the entry roundabout to enter the carpark beside the athletics track. You can follow the signs to Event Parking/ Hockey Centre.

Athletes are not permitted to bring their bikes on to pool deck or through the venue/reception area.

**EVENT PARKING MAP**
WARM UPS

There is no official familiarisation ride for the Mixed Team Relay Invitational. However, the Luke Harrop Memorial Criterium Circuit will be open from 6:30am-7:30am on Monday for athletes and coaches.

Athletes can access the bike course on Monday morning from 7:00am-7:30am, but please note it is still accessible to the general public until 8:00am.

Pool access times and applicable lanes for warm up and cool down are below. They are also indicated in the event schedule.

- Monday: 7:30am-8:30am - Lane 1 & 2 ONLY

Please be aware that lanes are limited in some periods due to other bookings in the venue. Please only utilise the lanes booked by Triathlon Australia.

Outside of these times and the competition period, athletes are not permitted to enter the pool.

Between races, athletes are permitted to warm up. The next wave is permitted to enter the pool as soon as the last athlete has left the pool deck from the previous race.

Warm up traffic flow in the pool & on the criterium circuit is clockwise and the athletics track is anticlockwise.

REGISTRATION

Registration for all athletes is on Monday 8 April from 7:30am-8:00am.

Please read the race rules and course maps to ensure you are aware of race conditions.

In your race pack, you will receive a swim cap, timing chip and tattoo. Please return the timing chip to event staff at the completion of your final race.

You will also be required to rack your bike during this period.

RACE RULES

ITU and Triathlon Australia rules for Draft Legal events apply at the Mixed Relay Invitational.

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 ITU and TA Draft Legal rules.


Below are the current UCI approved non-standard wheel lists which apply to the Mixed Relay Invitational.

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 Mixed Relay Invitational must wear a race suit that meets the ITU uniform guidelines. This refers to Surname, Country Code (e.g."AUS"), rear zip and logo size (s). The ITU Uniform Guidelines can be found below.

https://www.triathlon.org/about/downloads/category/uniform_rules
RACE BRIEFINGS
Race briefings are COMPULSORY for all athletes.

Times are marked clearly in the event schedule.

Please arrive at the briefing location at the specified time.

- **Monday - 8:15am - ALL ATHLETES - main grandstand**

TRANSITION
Transition check in will be:

- **Monday from 7:30am – 8:00am**

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.

Each team is allocated a transition rack and each athlete is allocated a box. Your timing chip number will match up with the transition box number. Please rack your bike by the seat in your allocated rack.

Any equipment discarded in the race must be placed in your transition box.

You can access transition for equipment collection following the last race. Athletes will be allowed to enter transition on Monday during the lunch break to reset their equipment for the final.

Transition entry is always at the end closest to the pool and exit at the opposite end, closest to the venue reception.
**FIRST AID**

First Aid will be located at the Finish Line. There will be roving medics on the cycle course.

Athletes are responsible for their own ice/strapping tape for injury maintenance.

**RECOVERY**

Water will be provided at the finish line. Please discard rubbish in the bins provided.

A water station is also on run course.

**RUBBISH**

Rubbish bins are provided throughout the event precinct.

Please do not litter on course. There will also be bins throughout the water aid station area.

**WEATHER**

“Sunny” Queensland is renowned for its storms, so please be prepared for very hot and humid conditions, with afternoon rain and storms.

**TOILETS**

Toilets are located underneath the pool grandstand. You can enter beside the mount/dismount line.

**FOOD**

There is a cafe onsite. A canteen will also be available on pool deck for limited periods throughout the event, however, for healthy options, we suggest the Runaway Bay Shopping Centre, just 5 minutes from the venue.

**PENALTY BOX**

The Penalty Box is located on the run course, next to the water station. 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 Triathlon Queensland staff to ensure athlete safety.

**RESULTS & PRESENTATIONS**

Results will be posted near the Registration area and on the Triathlon Australia website after each race, once ratified by the Race Referee.

Teams must make themselves aware of results and rankings to ensure they start in the correct final on Sunday.

A presentation of prize money will be conducted following racing on Sunday.

FIRST PLACE = $2,000 for the team
SECOND PLACE = $1,000 for the team
THIRD PLACE = $500 for the team

Thank you to Gold Coast City Council for the support of the Mixed Relay Invitational.
**RELAY CHANGEOVERS**

The first team member will be marshalled on pool deck, while athletes 2, 3 & 4 will be marshalled in the grandstand at the far end of transition. Please arrive at least 5-10 minutes before the start of your leg.

Event staff will direct athletes into the start boxes within the changeover zone. You will be marshalled in to your swim lane.

You must not leave your start box until your team mate has tagged you.

Once tagged, you must run down the chute between the transition and grandstand and enter the pool deck. Note there is no official swim lanes in the new course.

Athletes 1, 2 & 3 will run directly from the run course into the changeover zone, while athlete 4 will complete their run leg in the finish chute in the centre of the athletics track.

Each athlete has their own timing chip and will retain the same chip for the competition. Please return to event staff at the completion of racing on Monday afternoon.

**CYCLE COURSE**

The cycle leg is a looped course with the first turn coming down to Sports Drive and then a turn on the Luke Harrop Memorial Criterium Circuit, which is situated to the west of the Sports Centre.

Once athletes have exited transition, they will head to the mount/dismount line and from there will complete a short, technical section on the access road to the criterium circuit. Athletes are advised to take caution on the access road, particularly the sharp turn on the immediate entry/exit point to the criterium circuit and on the turn in the first carpark near Sports Drive.

The cycle course is 7km in total. This is the equivalent of 5 laps of the criterium circuit, or 4 turns around the cycle turn point on the track. On the 5th and final lap, athletes will re-enter the access road and head back to transition.

**RUN COURSE**

The run leg is a looped course on the Runaway Bay Super Sports Centre Athletics Track.

The total distance of the run leg is 1.5km, the equivalent of 3 laps of the track.

Upon completing the 3rd lap, the 1st, 2nd and 3rd athletes in each team will head towards the designated athlete changeover/tag zone to handover to the next athlete.

Only the 4th athlete in each team will enter the finish chute, the entry to which will be located at the south-eastern end of the sports field.

**SWIM COURSE**

The swim will be conducted in the 50m pool at the Runaway Bay Super Sports Centre. The first team member will marshall on pool deck in their allocated lanes, while the rest will marshall in the grandstand.

The swim course is 300m, which is 2 laps of the pool.

Athletes are pre-seeded into the lane (There will be no lane ropes). Athletes will be marshalled in lane 6, with the exit in lane 2. There will be swim buoys to direct you through the course.

When exiting the pool, please take care on pool deck, as it could get slippery.

**LAPPED ATHLETES**

Any team members who become lapped on the bike course, or are in danger of being lapped by one whole leg of the race will be withdrawn for athlete safety.
TEAM LIST

AUSTRALIA 1
Charlotte Derbyshire
Oscar Dart
Kerry Morris
Luke Harvey

AUSTRALIA 2
Emily Jamgotchian
Josh Ferris
Ellie Hoitink
Adam Rudgley

KOREA 1
GyuRi Kim
Minho Heo
Ji Yeon Kim
Jung Ki Kim

KOREA 2
ChaHee Pyeon
Kwang Hoon Lee
Tamara Reed
Ji Hong Lee

NEW ZEALAND 1
Brea Roderick
Adam Martin
Ari Graham
Sam Bentham

NEW SOUTH WALES 1
Danielle De Francesco
Nathan Breen
Rachel Knellwolf
Troy Whittington

QUEENSLAND 1
Chloe McLennan
David Pinto
Richelle Hill
Lachlan Jones

QUEENSLAND 2
Victoria Gillies
Charles Liebenberg
Emma Hogan
Lachlan Medway

QUEENSLAND 3
Millie Himmelberg
Oliver Cronin
Maddy Yarrow
Keegan Jenkins

QUEENSLAND 2
Victoria Gillies
Charles Liebenberg
Emma Hogan
Lachlan Medway

QUEENSLAND 3
Millie Himmelberg
Oliver Cronin
Maddy Yarrow
Keegan Jenkins

VICTORIA 1
Hailey Mason
Oscar Riley
Bec Henderson
Kurt McDonald

WESTERN AUSTRALIA 1
Aleisha Wesley
Kurt Wesley
Cassia Boglio
Luke Bate

X - BORDER 1
Tara Sosinski
Toby Croudson
Jaz Coventry
Harry Jones

SHOCK TEAM AUSTRALIA
Julie Gollan-Foard
Jack Grigg
Kelsey Mitchell
Max Norman

BOND UNIVERSITY
Grace Musgrove
Joe Begbie
Maighan Brown
Charlie Quin

TEAM 15
TBC

TEAM 16
TBC
**EVENT SCHEDULE**

**MONDAY**

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6:30am - 7:30am</td>
<td>Bike course open for familiarisation</td>
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<tr>
<td>7:30am - 8:00am</td>
<td>Registration/Race Suit Check/Bike Inspection</td>
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<td></td>
<td>Transition Check In</td>
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<td>7:30-8:30am</td>
<td>Pool warm up - Lane &amp; 2 ONLY</td>
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<td>8:15am</td>
<td>RACE BRIEFING (ALL)</td>
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<td>8:30am</td>
<td>Heat 1 - race start</td>
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<td>Heat 2 - race start</td>
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<td>11:30am-12:00pm</td>
<td>Lunch Break</td>
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<tr>
<td>12:00pm</td>
<td>B Final - race start</td>
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<tr>
<td>1:30pm</td>
<td>A Final - race start</td>
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<tr>
<td>3:30pm</td>
<td>Presentation</td>
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