

# EVENT MANUAL

Luke Harrop Crit Track, Runaway Bay  
5<sup>th</sup> November 2022



**Queensland Government**

# EVENT INFORMATION

**EVENT INFORMATION:** All updated information will be emailed out to registered participants in event week. This information will also be shared on the Triathlon Queensland Facebook page and website.

**GETTING TO THE VENUE AND PARKING:** The Venue is located at the Luke Harrop Crit Track in Runaway Bay. The hub will be near the cricket club. There is ample parking either in the centre of the Crit Track (off Oxley Drive), or near the Cricket Club (off Sports Drive).

**EVENT CHECK IN:** As you arrive, head to the registration tent where you will be body marked.

**BAG STORAGE:** There is no dedicated bag storage area.

## HOW THE EVENT WORKS:

- This may well be the most relaxed duathlon you get to do!
- We will be starting each distance off together as one wave per distance.
- This is a self timed event.
- As it is a lapped course, you will be responsible for ensuring you've done the correct number of laps. Some spot checks will take place.

**COURSE MAPS:** View the maps below.

**DRAFTING:** This is a non drafting event. While there are no technical officials on course, we encourage you to call out those cheating.

**TOILETS & CHANGEROOMS:** There are public toilets onsite behind the cricket club in the top car park.

**FIRST AID:** First Aid will be in attendance.

**COVID-19:** Please adhere to the latest restrictions from Queensland Health.

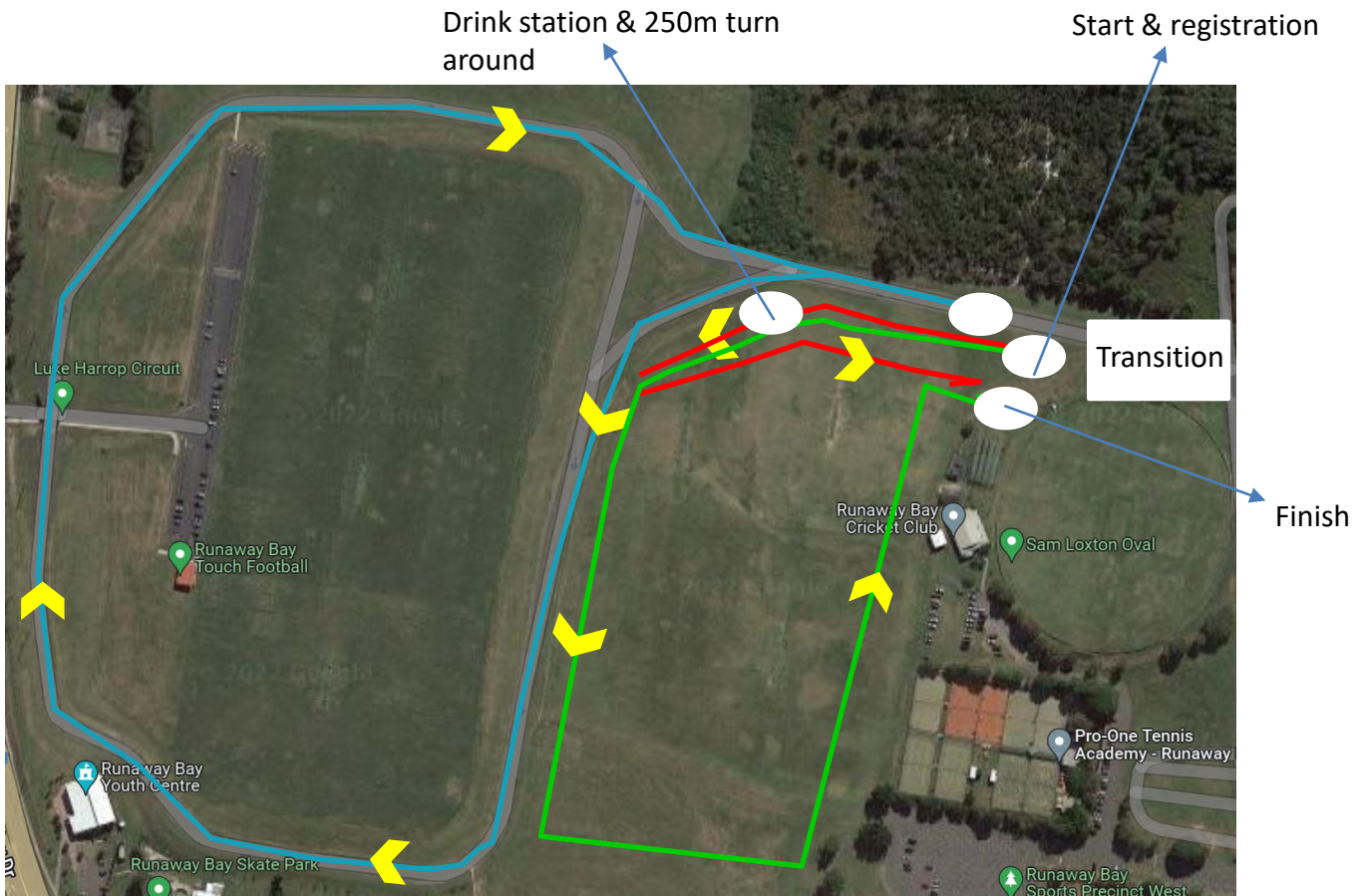
# TIMETABLE

## Saturday, 5<sup>th</sup> November 2022

7:30am	Registration/check in. This is a rolling check in <i>Please arrive 30 mins before your event and have your transition set up 10 minutes before race start.</i>
8:00am	Sprint distance starts
9:00am	Enticer distance starts
9:30am	Kids distance starts



# COURSE MAP



- 2KM bike course for all distances
- 1KM run loop for Sprint and Enticer
- 500m run loop for kids

## DISTANCES

<b>Sprint</b>	5km run - 5 laps	20km bike – 10 laps	2.5km run – 3 laps
<b>Enticer</b>	2km run – 2 laps	10km bike – 5 laps	1km run – 1 lap
<b>Kids</b>	500m run – out & back	2km bike – 1 lap	250m run – out & back

Please note that the bike distance has been rounded slightly up due to the 1.88km loop