Hello competitors,

Welcome to the Gold Coast Super Sprint at the Gold Coast Performance Centre in Runaway Bay.

As we return to elite domestic racing, it’s an exciting prospect to host Australia’s top triathletes for two days of events on the Gold Coast.

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.

I’d also like to take this opportunity to thank the City of Gold Coast and our local providers for their support of the event.

We look forward to seeing you race throughout the weekend and wish you the best of luck here at the Gold Coast Super Sprint.

Justin Drew
National Performance Director
Triathlon Australia
A MESSAGE FROM THE MAYOR

The hallmark of a great athlete is the determination to not surrender to fear, pain or anything else. The focus is simply on doing your best.

This is why City of Gold Coast has earned its place as one of the great sporting event cities of the world. We always give our very best to both visitors and locals and it is why we are not letting COVID-19 prevent us from hosting Triathlon Australia’s Mixed Relay International and the famed Super Sprint.

The almost unimaginable deferral of an Olympics has been a tremendous challenge for all involved and I congratulate Triathlon Australia for its efforts to help maintain peak performance standards for those whose training schedules have been adversely impacted by the delayed Tokyo event.

Things will be different this year but with a consummate focus on the safety of everyone taking part we will still see brilliant competition and outstanding performances.

As always I am delighted that young Queensland athletes who show appropriate potential will have access to great coaching and guidance to hopefully achieve their place on the world stage one day.

I welcome you all to the Gold Coast and wish you every success in your endeavours.

Tom Tate
Mayor, City of Gold Coast

Proudly supported by

CITY OF GOLD COAST.
VENUE & PARKING

The Gold Coast Super Sprint held at the Gold Coast Performance 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

RUNAWAY BAY SPORTS SUPER CENTRE
ACCESS VIA MORALA AVENUE, LEFT ONTO SPORT DRIVE
PLEASE DO NOT PARK IN RECEPTION AREA
FOLLOW INSTRUCTIONS ABOVE TO UTILISE EVENT PARKING ONLY
WARM UPS

There is no official familiarisation ride for the Gold Coast Super Sprint. However, the Luke Harrop Memorial Criterium Circuit will be set-up from 11am on Saturday for athletes and coaches. The course will not open until 8:30am on Sunday due to an existing booking, so please ensure you are familiar with the course for the Qualifiers and Finals in advance.

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

Saturday: 12:00pm - 12:50pm
Sunday: 7:30am- 8:30am

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, and the athletics track is the same flow as the race courses.

REGISTRATION

Registration for all athletes is on Saturday October 10 from 11:30am - 12:00pm.

Please read the race rules and course maps to ensure you are aware of race conditions. This information will be distributed to athletes via Teams.

In your race pack, you will receive a timing chip. Please return the timing chip to event staff at the completion of your final race. Athletes are expected to provide their own swim cap.

Race numbers will need to be written on athletes arms and legs on Sunday morning, following the Saturday seeding. It is the athlete’s responsibility to ensure numbers are reapplied should they fade over the duration of the weekend.

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 Gold Coast Super Sprint.

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 Gold Coast Super Sprint.

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-standard-wheelsinconformitywithArticle1.3.018_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 Gold Coast Super Sprint 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

All athletes competing in the Gold Coast Super Sprint must use a road bike in the bike time trial.
RACE BRIEFINGS

Race briefings are COMPULSORY for all athletes.

Times are marked clearly in the event schedule.

Please arrive at the main grandstand at the specified time.

- Saturday - 12:45pm (Seeding)
- Sunday - 8:30am (Qualifiers)
- Sunday - 11:15am (Finals)

TRANSITION

Transition check in will be:

Saturday: 11:30am - 12pm

Sunday: 8:00am - 8:30am, re-opening following B Qualifier (F), re-opening following Female Cup (A) Final

Only one gender will rack their bikes at a time. Athletes will be notified of when they are to remove their bikes, but please be aware that there will be a requirement to changeover bikes between male and female races.

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 athlete will be allocated a transition box on Sunday ONLY. Any equipment discarded in the race must be placed in your transition box.

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 on Sunday ONLY. All other nutrition and hydration will be the responsibility of the athletes. Please discard rubbish in the bins provided.

RUBBISH
Rubbish bins are provided throughout the event precinct.
Please do not litter on course.

WEATHER
September brings typically warm and dry conditions on the Gold Coast with an average high of 26 degrees.

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 will be located on the run course, adjacent to the finish/recovery area on Sunday only. 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
Results will be posted on Teams after each race, once ratified by the Race Referee.
Athletes must make themselves aware of results and rankings to ensure they start in the correct final.
A presentation of prize money will be conducted following the Female Cup Final.
The prize purse will be distribution is as follows:
• Fastest Swim Time Trial - $500
• Fastest Bike Time Trial - $500
• Fastest Run Time Trial - $500
The following distribution is per gender based on results in the Cup (A) Final:
• 1st - $2500
• 2nd - $1500
• 3rd - $1000
• 4th - $500
• 5th - $250
Thank you to Gold Coast City Council for the support.
of the Gold Coast Super Sprint.

**SWIM COURSE**

The swim will be conducted in the 50m pool at the Runaway Bay Super Sports Centre.

Athletes are pre-seeded into their lane on Sunday. However, lane seeding will not occur on Saturday. Athletes will bemarshalled behind their starting block.

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

For distances on each day, please refer to page 13.

**CYCLE COURSE**

For distances on each day, please refer to page 13.

Please refer to the map on the following page for further information on the cycle course.

**RUN COURSE**

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

For distances on each day, please refer to page 13.

**LAPPED ATHLETES**

Any athletes who become lapped on the bike course, or are in danger of being lapped by one whole leg of the race may be withdrawn for athlete safety.
# EVENT SCHEDULE

Please note that this schedule is subject to change pending registration numbers.

## SATURDAY 10th OCTOBER

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>11:00 - 12:00pm</td>
<td>Bike Course open for recon</td>
</tr>
<tr>
<td>11:30 - 12:00pm</td>
<td>Registration/Bike Racking Open</td>
</tr>
<tr>
<td>12:00 - 12:50pm</td>
<td>Pool Warm-Up</td>
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</tbody>
</table>

## ROUND 1 - SEEDING TTs

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:50pm</td>
<td>TT Briefing - ALL - Swim, Bike and Run</td>
</tr>
<tr>
<td>1:00pm</td>
<td>Swim TT 1 (M) - Race Start</td>
</tr>
<tr>
<td>1:07pm</td>
<td>Swim TT 2 (M) - Race Start</td>
</tr>
<tr>
<td>1:14pm</td>
<td>Swim TT 1 (F) - Race Start</td>
</tr>
<tr>
<td>1:21pm</td>
<td>Swim TT 2 (F) - Race Start</td>
</tr>
<tr>
<td>1:30pm</td>
<td>Bike Course/Transition Opens</td>
</tr>
<tr>
<td>2:00pm</td>
<td>Bike Course/Transition Closes</td>
</tr>
<tr>
<td>2:05pm</td>
<td>Bike TT 1 (M) - Race Start</td>
</tr>
<tr>
<td>2:25pm</td>
<td>Bike TT 2 (M) - Race Start</td>
</tr>
<tr>
<td>2:50pm</td>
<td>Bike TT 1 (F) - Race Start</td>
</tr>
<tr>
<td>3:15pm</td>
<td>Bike TT 2 (F) - Race Start</td>
</tr>
<tr>
<td>4:25pm</td>
<td>Run TT 1 (M) - Race Start</td>
</tr>
<tr>
<td>4:32pm</td>
<td>Run TT 2 (M) - Race Start</td>
</tr>
<tr>
<td>4:39pm</td>
<td>Run TT 1 (F) - Race Start</td>
</tr>
<tr>
<td>4:46pm</td>
<td>Run TT 2 (F) - Race Start</td>
</tr>
</tbody>
</table>
## Sunday 11th October

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am</td>
<td>Registration/Transition Opens</td>
</tr>
<tr>
<td>8:30am</td>
<td>Registration/Transition Closes</td>
</tr>
<tr>
<td>7:30 - 8:30am</td>
<td>Pool Warm Up (whole pool)</td>
</tr>
</tbody>
</table>

### Round 2 Qualifiers

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30am</td>
<td>Race Briefing - ALL - 300m/8km/1.5km</td>
</tr>
<tr>
<td>8:45am</td>
<td>A Qualifier (M) - Race Start</td>
</tr>
<tr>
<td>9:15am</td>
<td>B Qualifier (M) - Race Start</td>
</tr>
<tr>
<td>9:45am</td>
<td>A Qualifier (F) - Race Start</td>
</tr>
<tr>
<td>10:15am</td>
<td>B Qualifier (F) - Race Start</td>
</tr>
</tbody>
</table>

### Round 3 Finals

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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</thead>
<tbody>
<tr>
<td>11:30am</td>
<td>Race Briefing - ALL - 150m/4km/800m</td>
</tr>
<tr>
<td>11:45am</td>
<td>Male Plate (B) Final - Race Start (16)</td>
</tr>
<tr>
<td>11:50am</td>
<td>Male Plate (B) Final - Race Start (11)</td>
</tr>
<tr>
<td>12:10pm</td>
<td>Male Plate (B) Final - Race Start (6)</td>
</tr>
<tr>
<td>12:30pm</td>
<td>Male Cup (A) Final - Race Start (16)</td>
</tr>
<tr>
<td>12:50pm</td>
<td>Male Cup (A) Final - Race Start (11)</td>
</tr>
<tr>
<td>1:10pm</td>
<td>Male Cup (A) Final - Race Start (6)</td>
</tr>
<tr>
<td>1:30pm</td>
<td>Female Plate (B) Final - Race Start (16)</td>
</tr>
<tr>
<td>1:55pm</td>
<td>Female Plate (B) Final - Race Start (11)</td>
</tr>
<tr>
<td>2:20pm</td>
<td>Female Plate (B) Final - Race Start (6)</td>
</tr>
<tr>
<td>2:45pm</td>
<td>Female Cup (A) Final - Race Start (16)</td>
</tr>
<tr>
<td>3:10pm</td>
<td>Female Cup (A) Final - Race Start (11)</td>
</tr>
<tr>
<td>3:35pm</td>
<td>Female Cup (A) Final - Race Start (6)</td>
</tr>
</tbody>
</table>
Round 1: Seeding Time Trials
- Swim (400m)
- Bike (8km)
- Run (1500m)

Fastest combined times into A, 2nd into B, 3rd into A, 4th into B, 5th into A etc.

QUALIFIER
Top 4 from each qualifier through to Cup Final.
Next 8 best times overall through to Cup Final.
Next 16 best times through to Plate Final.

'Cup' Final
Format: Eliminator
(3 stages of 150m/4km/800m)
- Top 11 through to stage 2
- Top 6 through to stage 3

'Plate' Final
Format: Eliminator
(3 stages of 150m/4km/800m)
- Top 11 through to stage 2
- Top 6 through to stage 3