



# ATHLETE GUIDE

14-17 DECEMBER 2023



AUS  
TRIATHLON



# AMMENDMENTS

Date	Change

# WELCOME FROM AUSTRIATHLON

Hello and Welcome to the 2023 Australian Super Sprint Championship.

This year, we welcome back athletes from across the country with over 250 Junior and Youth athletes competing for the Australian Super Sprint Champion title, It is a fantastic 4 days of racing that will test your skills and racing stamina.

We want to make sure 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 they are specific to each age group.

We look forward to seeing you race across the weekend and wish you the best of luck here at on the Gold Coast.

Finally, I would like to use this opportunity to wish all competitors the best of luck and a safe and enjoyable race. I sincerely hope you that are able to make the most of your time spent in this wonderful region of the Gold Coast and look forward to seeing you all across the finish line.

**Mathew Sundstrom**  
**Head of Participation Growth**  
**& QLD State Services**  
**AusTriathlon**



## *Acknowledgment of Country*



We acknowledge the original inhabitants of this area, including the Yugamba people and family groups within, and recognise their connection to the land, waters and resources in the area now known as the Gold Coast.

We pay our respects to their Elders past, present and emerging.

# EVENT PROGRAM

## THURSDAY 14 DECEMBER

4:00PM	Registration & Transition Open
6:00PM	<b>YOUTH AQUATHLON START</b>
6:55PM	<b>JUNIOR / U23 AQUATHLON START</b>

## FRIDAY 15 DECEMBER

6:30AM	Transition Opens Youth
7:05AM	<b>YOUTH LE MANS START</b>
8:35AM	Transition Opens Junior
8:55AM	<b>JUNIOR / U23 LE MANS START</b>
11:15AM	Transition Opens MR
12:00PM	<b>MIXED RELAY START</b>

## SATURDAY 16 DECEMBER

6:00AM	Transition Opens Junior
6:45AM	<b>JUNIOR / U23 SUPER SPRINT RACE 1 START</b>
9:30AM	<b>JUNIOR / U23 SUPER SPRINT RACE 2 START</b>
12:00PM	Transition Opens Youth
1:00PM	<b>YOUTH SUPER SPRINT RACE 1 START</b>
3:00PM	<b>YOUTH SUPER SPRINT RACE 2 START</b>

## SUNDAY 17 DECEMBER

6:30AM	Transition Opens – Finals D, C, B
7:05AM	<b>JUNIOR / U23 &amp; YOUTH FINALS START</b>
10:00AM	Transition Opens – Finals A
10:30AM	<b>JUNIOR / U23 &amp; YOUTH FINALS START</b>
12:30PM	Presentations

# GENERAL EVENT INFORMATION

## **REGISTRATION:**

Registration opens Thursday 14<sup>th</sup> December 4:00 – 5:30pm. During this time, Youth and Junior athletes will have your race suit checked to ensure it is compliant. There will be no bike checks conducted.

There is strictly no parking on the athletics track hill side as this is part of the event route.

## **RACE BRIEFINGS:**

Race briefings are **COMPULSORY** for all athletes.

Please read the Race Rules section clearly to ensure you know the rules around uniforms and equipment before the event.

At the event a short brief will be provided at the times that are marked clearly in the schedule. Please arrive at the briefing location at the specified time.

In your race pack, you will receive a timing chip only. You will keep the timing chip for the entire weekend. Do not lose it. You will not be provided with tattoos – please mark both upper arms with your race number each morning. Marker pens will be provided at Transition.

## **TRANSITION:**

During your first bike check-in, the Technical Official will check your bike and helmet to ensure they are compliant.

Please read the Race Rules section clearly to ensure you know the rules before the event regarding your equipment.

## **VENUE & PARKING:**

The 2023 Australian Super Sprint Championships is held at the Gold Coast Performance Centre at Runaway Bay. You can access via the corner of Sports Drive & Morala Avenue, Runaway Bay QLD 4216.

Each athlete is allocated a transition box and rack. Please rack your bike by the seat over the ID tag. All your equipment must be placed in front of your transition box before the race and any equipment discarded in the race must be placed in your transition box.

There is **STRICTLY** no parking at the front of the Centre (beside pool/reception). Turn left at the entry roundabout to enter the bottom carpark beside the athletics track.

# GENERAL EVENT INFORMATION

## **RACE COMPETITION RULES:**

World Triathlon and Aus Triathlon rules for Draft Legal events apply at Super Sprint Race Weekend. This includes: bicycle, wheels (UCI approved), handle bar restrictions.

*It is the athlete's responsibility to know, understand and adhere to the World Triathlon and TA Draft Legal rules.\*\**

TA Race Competition Rules: [AusTriathlon\\_Race-Competition-Rules\\_2023](#)

World Triathlon Race Competition Rules: [World-Triathlon\\_Competition-Rules\\_2023\\_20221122.pdf](#)

## **EQUIPMENT:**

Below is the current UCI approved wheel list which apply to Super Sprint Race Weekend. [UCI Approved Wheel List >](#)

## **UNIFORMS:**

All Youth and Junior/u23 athletes competing must wear a race suit that meets the World Triathlon uniform guidelines in regard to Surname, Country Code "AUS", rear zip and logo size (s). The World Triathlon Uniform Guidelines can be

found below.

If an athlete does not have a World Triathlon compliant race suit, they may compete in a "cleanskin" race suit with no sponsors or markings at all. Regional School/Academy Suites are acceptable [Read here](#)

## **EQUIPMENT:**

The event schedule is likely to change in the event of postponements or cancellations from weather, withdrawals, etc. All athletes must be on-site at least **one hour** before their scheduled start time. Race starts will not be held for athletes who have left the event precinct.

## **RESULTS & PRESENTATIONS:**

Results will be live online.

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

Presentations will be conducted for at the conclusion of the last race on Sunday

# AUSTRALIAN SUPER SPRINT CHAMPIONSHIPS

## POINT SCORING:

Youth and Junior points will be allocated via the following means:

**1st = 1 point, 2nd = 2 points**

**.....32nd = 32 points** and so on.

Points will be allocated on overall time for your age group (Youth & Junior). DNS and DNF will automatically be awarded the maximum points available for their category.

The point scoring opportunities are:

- Le Mans (Time)
- Aquathlon (Time)
- Mixed Relay (individual leg time)
- Double Super Sprint (based on time across all races on day 3)
- Transitions (All transitions on Day 1 - Day 3)

## RACE SEEDING & PROGRESSION:

**Thursday & Friday** - Athletes will be seeded (seeding process will be done at the full discretion of Aus Triathlon) in waves for the: Aquathlon & Le Mans

**Friday - Mixed Relay** - Athletes will be seeded into teams based on their points from the Aquathlon and Le Mans. Teams will consist of 2 athletes: a Junior Male or Female and a Youth Male or Female.

**Saturday - Super Sprint** - Athletes will be re seeded for race 2 based on the times of race.

**Sunday - Finals** - Athletes will be placed in their respective final based on their overall points from Thursday to Saturday. E.g. **18 athletes with the lowest points will be in Final A, 19-34 Final B etc.....**

## OVERALL CHAMPIONS:

The first Athletes across the finish line in Final A in their age category will be determined Champions.

- Junior Male and Female (15-18 Years) \*\*
- Junior B. Male and Female (15-16 Years)\*
- Youth Male and Female (13-14 Years)

*\*Junior B Champions – will be determined by the highest placed eligible athletes in Final A. If the podium can not be determined in Final A – All/Or the remaining podium will be determined in Final B, Final C etc. by the first eligible athletes to finish.*

*\*\* Junior B athletes are eligible for both Junior and Junior B Categories.*



**FINISH**

**SWIM**

**T**

**JUNIOR / 23**

**SWIM - 8 Laps - 400m**

**RUN - 4 Laps - 1500m**

**YOUTH**

**SWIM - 8 Laps - 400m**

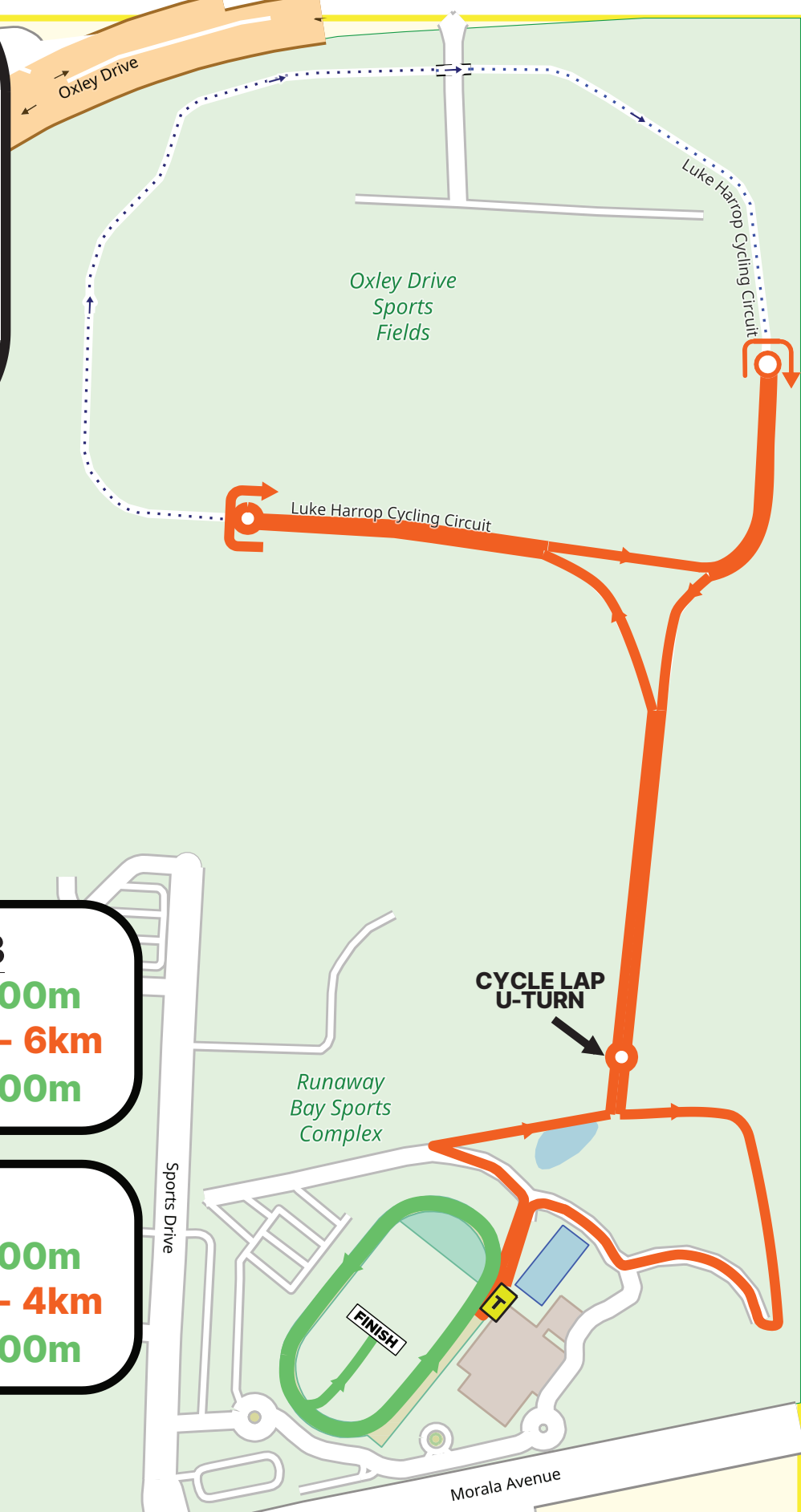
**RUN - 2 Laps - 800m**

# AQUATHLON



**JUNIOR/23**  
RUN - 1 Lap - 400m  
CYCLE - 3 Laps - 6km  
RUN - 1 Lap - 400m

**YOUTH**  
RUN - 1 Lap - 400m  
CYCLE - 2 Laps - 4km  
RUN - 1 Lap - 400m



# LE MANS



Luke Harrop Cycling Circuit

Runaway  
Bay Sports  
Complex

Sports Drive

→  
CYCLE  
NEXT LAP

SWIM

FINISH

**SWIM - 4 Laps - 200m**

**CYCLE - 2 Laps - 4km**

**RUN - 2 Laps - 800m**

Morala Avenue

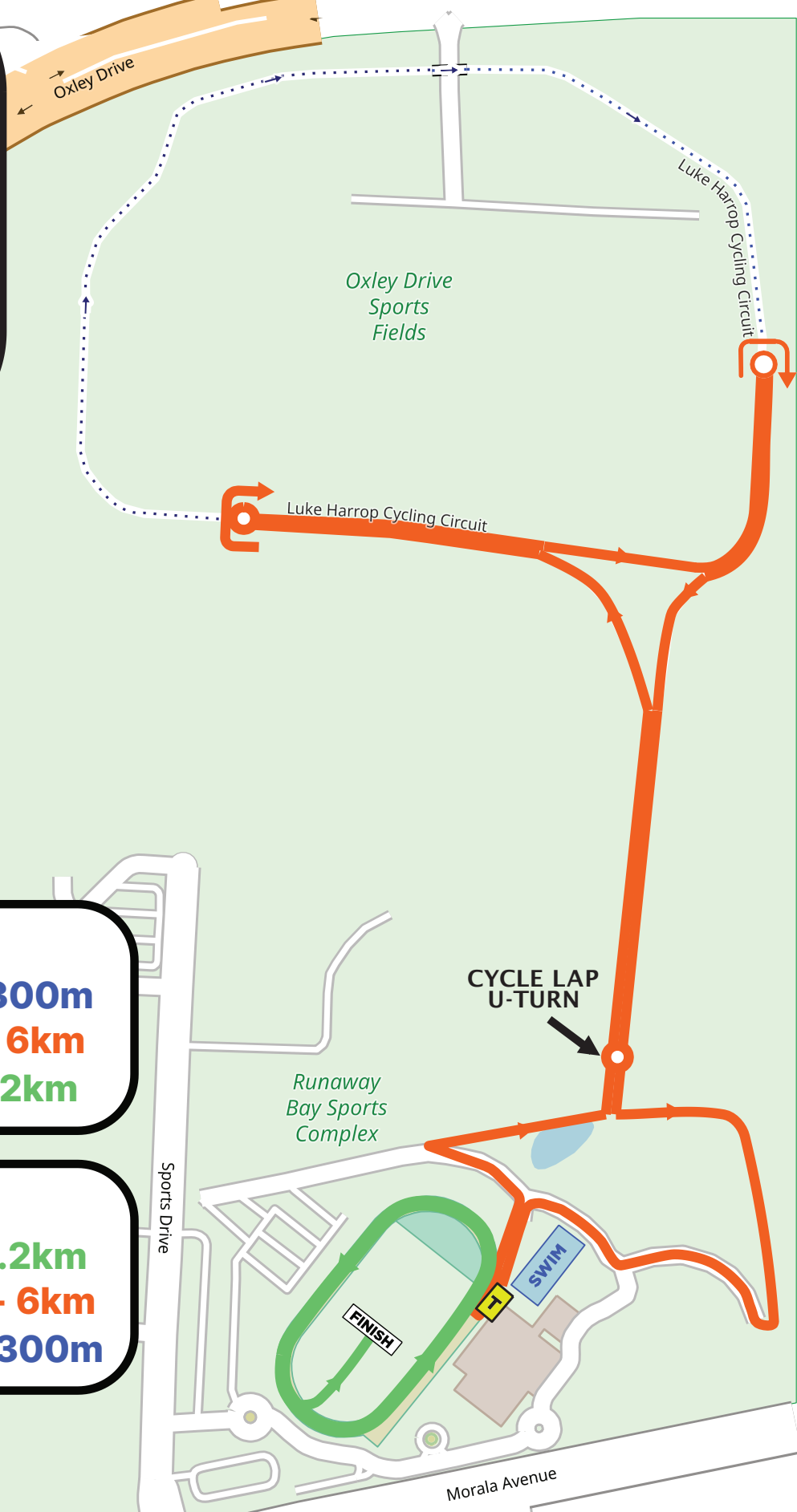
25

# MIXED TEAM RELAY



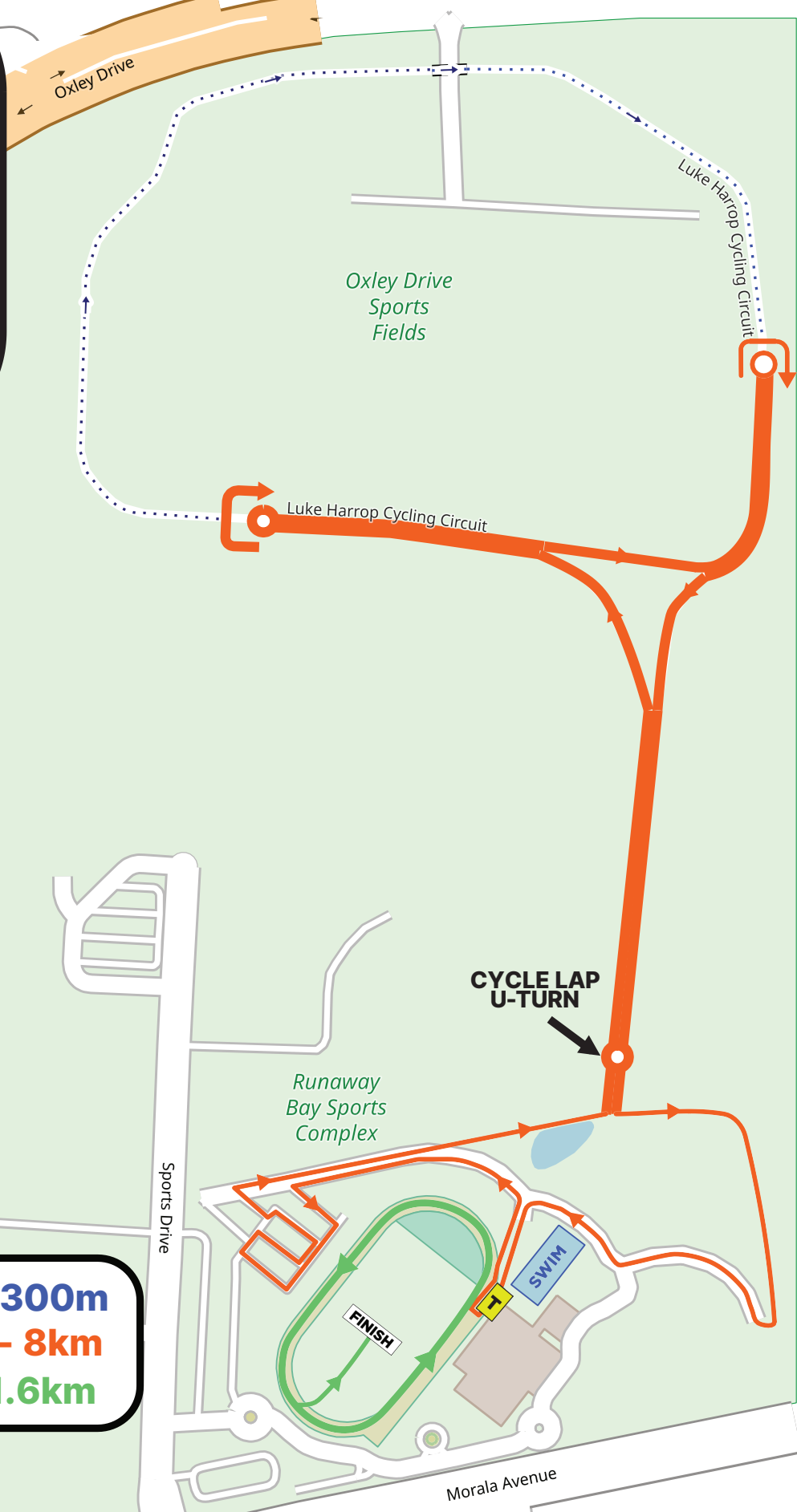
**RACE 1**  
**SWIM - 6 Laps - 300m**  
**CYCLE - 3 Laps - 6km**  
**RUN - 3 Laps - 1.2km**

**RACE 2**  
**RUN - 3 Laps - 1.2km**  
**CYCLE - 3 Laps - 6km**  
**SWIM - 6 Laps - 300m**



**JUNIOR SUPER SPRINT**





**SWIM - 6 Laps - 300m**  
**CYCLE - 4 Laps - 8km**  
**RUN - 4 Laps - 1.6km**

**JUNIOR/23 & YOUTH FINALS**