

EVENT GUIDE

2024



CORAL SEA
MARINA | RESORT

AIRLIE BEACH
TRIATHLON

WELCOME

The annual Coral Sea Marina | Resort Airlie Beach Triathlon has firmly established itself as a flagship event on the North Queensland Triathlon calendar, with the sport experiencing remarkable growth over the past decade. This year marks the celebration of the 24th edition of this iconic race set in the picturesque Whitsunday region and we are excited that our naming rights partnership with Coral Sea Marina | Resort has been extended.

Adventure and endurance sports events of this nature resonate strongly with a diverse and enthusiastic audience, thereby elevating the tourism offerings encompassing land, islands, and sea attractions for which the Whitsundays is renowned.

This two-day event garners participation from over 300 athletes and, significantly, yields a substantial economic upswing for the region. Many competitors and their families choose to prolong their stay, transforming the event into a catalyst for post-race holidays in the breathtaking Whitsundays.

In recent years, the Whitsunday Triathlon Club (WTC) has experienced notable growth, with an increase in junior memberships and active engagement from prominent local athletes such as Daniel McDonnell and Michael Kimpton. The presence of professionals like Radka Kahlefeldt, Penny Slater, Caleb Noble, Tim Berkel and

Sam Betten, just to name a few, further underscores the event's prestige.

The event is privileged to have two famous Race Ambassadors - Female Ambassador Radka Kahlefeldt - 2023 winner, dual Olympic triathlete, gold medalist in the Commonwealth Games and 3 times World Championship Medalist and Male Ambassador Caleb Noble - winner 2022 winner, multiple Ironman, Half Ironman and standard distance winner around the world.

Notably, previous editions of the Airlie Beach Triathlon were organized by an Event Manager, with invaluable volunteer support from the WTC, Airlie Beach Running Club, and the local community. In 2024, the event will be under the collective stewardship of the committees from the aforementioned clubs and their members.

The unwavering support of the WTC Committee is underpinned by a steadfast commitment to perpetuate the event's popularity, foster greater community engagement, and harness the growing appeal of the Whitsundays region. With an enticer, a sprint and the flagship standard (Olympic) distances as well as an Ocean Swim, there is a race option for everyone from the first timer to the seasoned professional. In addition to the racing, there is plenty of fun for the family with kids races.



THE EVENT

EVENT DATE:

Saturday 27 - Sunday 28 July 2024

TARGET AUDIENCE:

Community members, parents, families, children, athletes from beginner to seasonal professionals, all age groups and all fitness abilities.

EVENT DETAILS:

The triathlon will include:

- » Standard (Olympic) Distance Triathlon
- » Sprint Distance Triathlon
- » Enticer Distance Triathlon
- » Teams Triathlon
- » Junior Triathlon
- » Ocean Swim
- » Community food and coffee vans

We anticipate over 300 athletes to take part in all events and over 1500 people to visit the Whitsunday Region for the Airlie Beach Triathlon festival over the course of the weekend.



EVENT SCHEDULE

Saturday 27th July	Event	Venue
12pm - 4pm	Airlie Beach Triathlon - Event Check-In and Late Registration	Broadwater Avenue Carpark
1pm - 1:45pm	Junior Triathlon Transition Open and Bike Racking	Broadwater Avenue Carpark Transition
1:45pm	Junior Triathlon Race Briefing	Broadwater Avenue Carpark
2:00pm	Junior Triathlon Race Start	
3:00pm	Ocean Swim Race Briefing	
3:15pm	Ocean Swim Start	
Sunday 28th July	Event	Venue
5:15am	Airlie Beach Triathlon Transition Open	Broadwater Avenue Carpark Transition
6:15am	Airlie Beach Triathlon Transition Open - Closes and Standard Race Briefing Commences	
6:30am	Airlie Beach Triathlon - Professional Standard Distance, Males	Airlie Beach - Swim Start
6:30am	Airlie Beach Triathlon - Professional Standard Distance, Females	
6:33am	Airlie Beach Triathlon - Standard Distance, Male Age Group Race Start	Broadwater Avenue Carpark Transition
6:35am	Airlie Beach Triathlon - Standard Distance, Female Age Group and Teams Race Start	Airlie Beach - Swim Start
6:45am	Sprint Race Briefing	Broadwater Avenue Carpark Transition
7:00am	Airlie Beach Triathlon - Sprint Distance, Male Age Group Race Start	Airlie Beach - Swim Start
7:03am	Airlie Beach Triathlon - Sprint Distance, Female Age Group and Teams Race Start	Airlie Beach - Swim Start
7:15am	Airlie Beach Triathlon - Enticer Race Briefing	Airlie Beach - Swim Start
7:20am	Airlie Beach Triathlon - Enticer Distance Race Start - All Categories	Airlie Beach - Swim Start
12pm approx.	Coral Sea Marina Resort Airlie Beach Triathlon Race Presentations	Broadwater Avenue Carpark Transition

JUNIOR TRIATHLON

SATURDAY 27TH JULY

1pm - 1:45pm	Transition Opens
1:45pm	Race Briefing
2:00pm	11+ Years Race Start (200m swim, 4km cycle, 800m run) 8-10 years Race Start (100m swim, 2.1km cycle, 400m run) Under 8 years Race Start (50m swim, 750m cycles, 150m run)

All participants must ensure they have registered, checked in and placed their bike and gear in transition no later than 1:45pm. Helmets must fit correctly and handle bar ends must be plugged. These will be checked as you enter transition,

Parents are allowed to enter the transition area to assist their child in setting up their area. No bags are to be left in the transition area. Once the race has started, parents will NOT be allowed into the transition area until after the race has concluded.

Marshals and officials will be in the transition area to help any participants and provide direction as required during their race.

At 1:45pm there will be a briefing for all participants at the transition area, after which all participants will walk over together to the swim start at the lagoon for the race start at 2pm. If advised for parents to join their children over to the swim start area. Please note all times are approximate.

Junior Triathlon Race Rules

- Swim caps provided in race packs must be worn during the swim leg of the triathlon
- Tattoos/race numbers must be placed on the participants' right arm
- Bikes must be roadworthy with working brakes and in good working order
- Helmets must be worn during the bike leg
- Runners/shoes must be worn on the bike and run legs of the race
- Wetsuits are optional
- Torso must be covered during bike and run leg
- All other race rules apply as per the triathlon race rules included herein

JUNIOR TRIATHLON

SATURDAY 27TH JULY

RACE 2: Under 8 years *

50m swim/wade, 750m cycle (1 laps),
150m run

RACE 3: 8-10 years *

100m swim, 2.1 cycle (3 laps),
400m run

RACE 3: 11 years+ *

200m swim, 4km cycle (5 laps),
800m run (2 laps)

*No prizes are awarded so athletes are allowed to move up or down one age group to suit their fitness level/ability.

-  Police manned road closure.
-  Volunteer manned road closure.
-  Transition area. Race officials and athletes **only**.
-  Transition entry - final lap of bike leg only.
-  Cycle course, bike turns; manned by race officials!



OCEAN SWIM

SATURDAY 27TH JULY

3pm Ocean Swim Briefing

3:15pm Ocean Swim Start

After last competitor there will be a presentation of the Stirling Edwards-Bland Encouragement Award for Best Effort in Juniors

Immerse yourself in the stunning waters of Airlie Beach with the exhilarating Airlie Beach Ocean Swim. This event offers a perfect opportunity for swimmers of all fitness levels and abilities to challenge themselves, whether you're aiming for a personal best or simply savoring the breathtaking views. Dive in and experience the thrill of open-water swimming in one of the most beautiful coastal locations in the world.

Swimmers can choose from the following:

- 1.5km Swim
- 750m Swim
- 750m Anything goes Swim (refer to race rules)
- 300m Swim



OCEAN SWIM

Ocean Swim Race Rules

- All swimmers must be 13 or over on the day of the swim
- All swimmers are required to attend/be present at the time of the safety briefing and start at the official start location and in the 'wave' number they have been allocated
- All swimmers are expected to uphold good sportsmanship, other behaviours are not acceptable and may result in disqualification. The determination of whether an act is deemed unsportsmanlike is at the sole discretion of the Event Director/s.
- All swimmers are required to heed to all the directions and instructions given by any staff, event officials, event volunteers and lifeguards.
- All swimmers are required to swim the course as instructed in this Guide and the safety briefing. Swimming off-course may result in disqualification.
- All swimmers are required to wear the swimming cap provided in the entry package for the entire swim. It must be visible for event officials, other staff and volunteers.
- No swimmers in the 1.5km, 750km & 300km swims are not permitted to wear or use any device that would aid their speed or buoyancy. Event swim cap, goggles, nose clip and earplugs may be used in all events.
- Swimmers in the '750m Anything Goes Swim' are allowed to use any additional devices such as fins, snorkels, floatation aids etc.
- No swimmer may use alcohol or any illegal drugs, stimulants, depressants or other substances with the intent to improve their performance, eliminate the sense of fatigue or for any other purpose.
- Lifeguards and the Official Event Director/s shall have the authority to remove a competitor from the swim if the swimmer is judged to be physically incapable of starting/continuing the swim without risk of serious injury or death.
- No swimmer may use outside assistance, except from that provided by event officials.
- No swimmer may purposely obstruct or impede the progress of another swimmer in the field, this is strictly prohibited and will result in disqualification.
- Participation in Ocean Swim is at the discretion of the Event Director/s who reserves the right to reject or withdraw any swimmer
- The Event Director/s decision is final.
- Any protests regarding decisions made by the Event Director/s must be made in person and received by the Event Director/s within two hours of finishing the event.

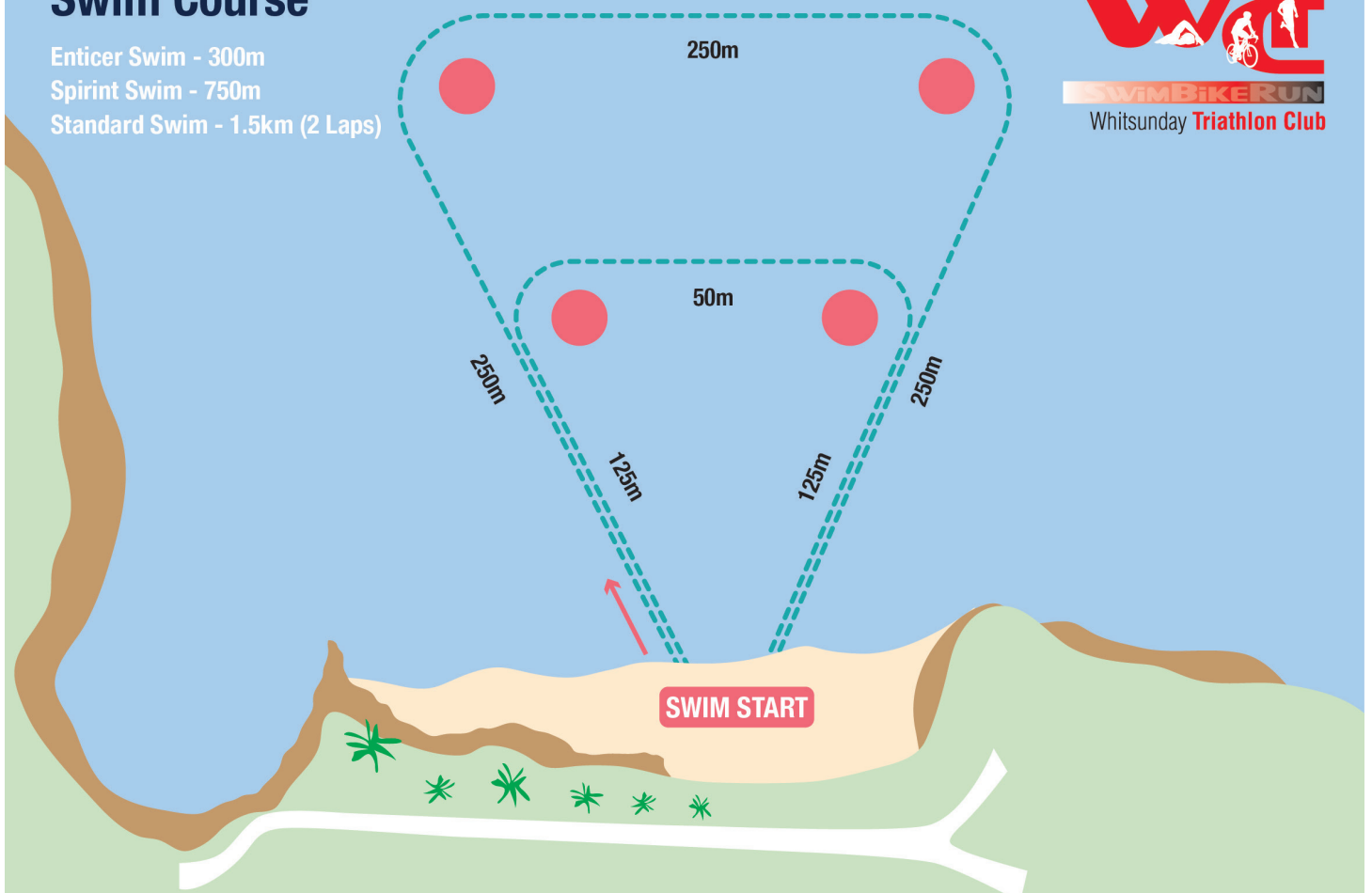
OCEAN SWIM

Swim Course

Enticer Swim - 300m

Sprint Swim - 750m

Standard Swim - 1.5km (2 Laps)



AIRLIE BEACH TRIATHLON

SUNDAY 28TH JULY

5:15am	Coral Sea Marina Resort Airlie Beach Triathlon transition opens. Place bikes on bike rack and run gear
6:15am	Race Briefing
6:30am	Standard distance - Professional Race Start
6:33am	Standard distance - Male Age Group Race Start
6:35am	Standard distance - Female Age Group and Teams Race Start
7:00am	Sprint Distance - Male Age Group Race Start
7:03am	Sprint Distance - Female Age Group and Teams Race Start
7:15am	Enticer Briefing
7:20am	Enticer Starts
12:00pm	Presentations (this time is approximate)

TRIATHLON AUSTRALIA MEMBERSHIP

Every competitor is required to hold a valid Triathlon Australia Membership OR one day race licence membership to participate proof of membership must be shown at check-in.

It is compulsory for all competitors to check-in during the nominated competitor check-in times. Please see the Event Schedule for check-in days/times. NO competitor packs will be sent in the mail.

All bike racking will occur on Sunday morning so please allow yourself sufficient time to find a park and make your way to transition. Racks will not be numbered; it will be a first in, first served basis. Full details are outlined in this Guide.



AIRLIE BEACH TRIATHLON

TEAMS CHECK-IN:

Only one team member is required to check-in. They must ensure that all team member information is correct and up-to-date. Photo ID and Triathlon Australia Membership or proof of one-day race licence must also be provided. Timing chips must be changed at the bike rack for both swim and run.

Please note: It is illegal for another competitor to race under someone else's name. Penalties include suspension from your Triathlon Australia Membership and disqualification from the event.

What You Will Receive at Check-In

- Number tattoo
- Race bib - compulsory on the run
- Swim cap
- Helmet sticker (to be placed on the front) and bike sticker (for the stem of the bike)
- Timing Chip

Competitor ID Wristband

Must be worn at all times after check-in and will allow you access to competitor only areas including transition and finishing line.

Timing and Timing Chips

Please ensure you bring your timing chip with you on race morning. If you forget, there will be a \$50 charge for a replacement and you must see the information/registration tent prior to race start and a new chip will be issued.

If you do not start or finish the race, you must return your chip to the information tent. If your timing chip is not returned or lost you will incur a \$50 charge for a replacement. It is important that all timing chips are either returned and/or recorded to ensure all competitors are accounted for.



AIRLIE BEACH TRIATHLON

BIKE CHECK-IN:

Once you have checked in and received your Competitor Race Pack, you must affix your bike sticker to your bike and you must wear your Competitor ID Wristband - both provided in your Race Pack. If you do not have either of these, you will not be allowed into transition. Marshalls will be available to answer any questions at the transition area.

Transition Area

The transition area will be located in the main carpark alongside the Airlie Beach Lagoon. All bike racking will occur on Sunday morning prior to race start. Please ensure you read the Event Schedule for bike racking times. You must place your gear on the RIGHT HAND SIDE of your bike. Please ensure you have your helmet on and secured (with helmet number on the front) as you approach the transition area to avoid delays. You must also wear your corresponding numbered Competitor ID Wristband. If you do not have either you will not be allowed into transition. Further details in regards to the transition area are included in the 'Transition' section of this Guide.

Competitor ID Wristband

Must be worn at all times after check-in and will allow you access to competitor only areas including transition and finishing line.

Pre-Race Briefing

It is compulsory for all competitors to attend the Pre-Race Briefing. It is the competitors responsibility to attend the pre-race briefing.

Bike Helmet Checks

All competitors are responsible for their bikes and helmets being in a safe working order. We recommend that competitors have their bikes service prior to racing.



AIRLIE BEACH TRIATHLON

Triathlon Australia Officials will inspect each competitor's bike as they enter the transition area for bike racking. Please ensure:

- Tyres are in reasonable condition
- Bike has a least one bottle cage
- End plugs are on handlebars
- Brakes in working order
- Compliance with Triathlon Australia Race Competition Rules

HELMETS are compulsory and must also be worn as you enter the transition area on race day. Please ensure you have your helmet on and secured as you approach the transition area to avoid delays.

Helmets are to meet the following criteria:

- Must be approved by a recognised testing authority (e.g. Australian Standards Certified)
- No alterations to any part of the helmet are allowed
- Present no physical damage

BAG DROP AREA

A bag compound will be available to all competitors located alongside the registration area. Competitors must clearly mark their own bag with their race numbers. Please **DO NOT** leave any valuables in the bag compound. It is the competitor's responsibility to collect their bag prior to 12pm on race day.

BIKE MECHANICAL SUPPORT

There will be limited bike mechanical support available to competitors thanks to Corry Cycles. It is expected that all competitors carry their own bike repair kit supplies on race day as there will be limited mechanical support on course. It is recommended that all competitors have their bikes services and checked over by a qualified mechanic prior to race day.



AIRLIE BEACH TRIATHLON

AID STATIONS

There will be 2 aid stations on the run course located at approximately 1 km apart. The run aid stations will provide water and electrolytes. Hydrolyte icy poles and fruit will be handed out at race finish.

MEDICAL INFORMATION & INSURANCE

We recommend that you take out your own personal medical insurance for racing and all competitors should have ambulance cover. If you do have an accident you must pay for your own medical expenses. Therefore, it is essential for you to obtain adequate personal medical insurance/cover. We will have medics and emergency ambulance on site.

RACE NUMBERS

Race number tattoos will be supplied in your race kit and must be applied to the right arm. Participants must have their race numbers on before entering the transition area on race day. Race bibs are compulsory for both bike (on back) and run (on front).

TRAVEL AND PARKING

Please ensure you plan your travel and arrival accordingly to allow sufficient time to park and prepare for your race. We ask for competitors and spectators to be considerate of locals and residents in the area as you arrive early for your event. There is free parking at the back of Woolworths (10 minute walk)

ROAD CLOSURE

There will be road closure of Broadwater avenue from 4.30am- 12pm, plan your travel and parking accordingly. There is parking behind Woolworths. The first 2 hours are free. Also, ensure you adhere to all council parking signs and restrictions to avoid any unnecessary parking infringements.

OTHER

- Transition towel/mat
- Race belt
- Lubricant/baby powder, sunscreen
- Gear Bag, containing post-race requirements

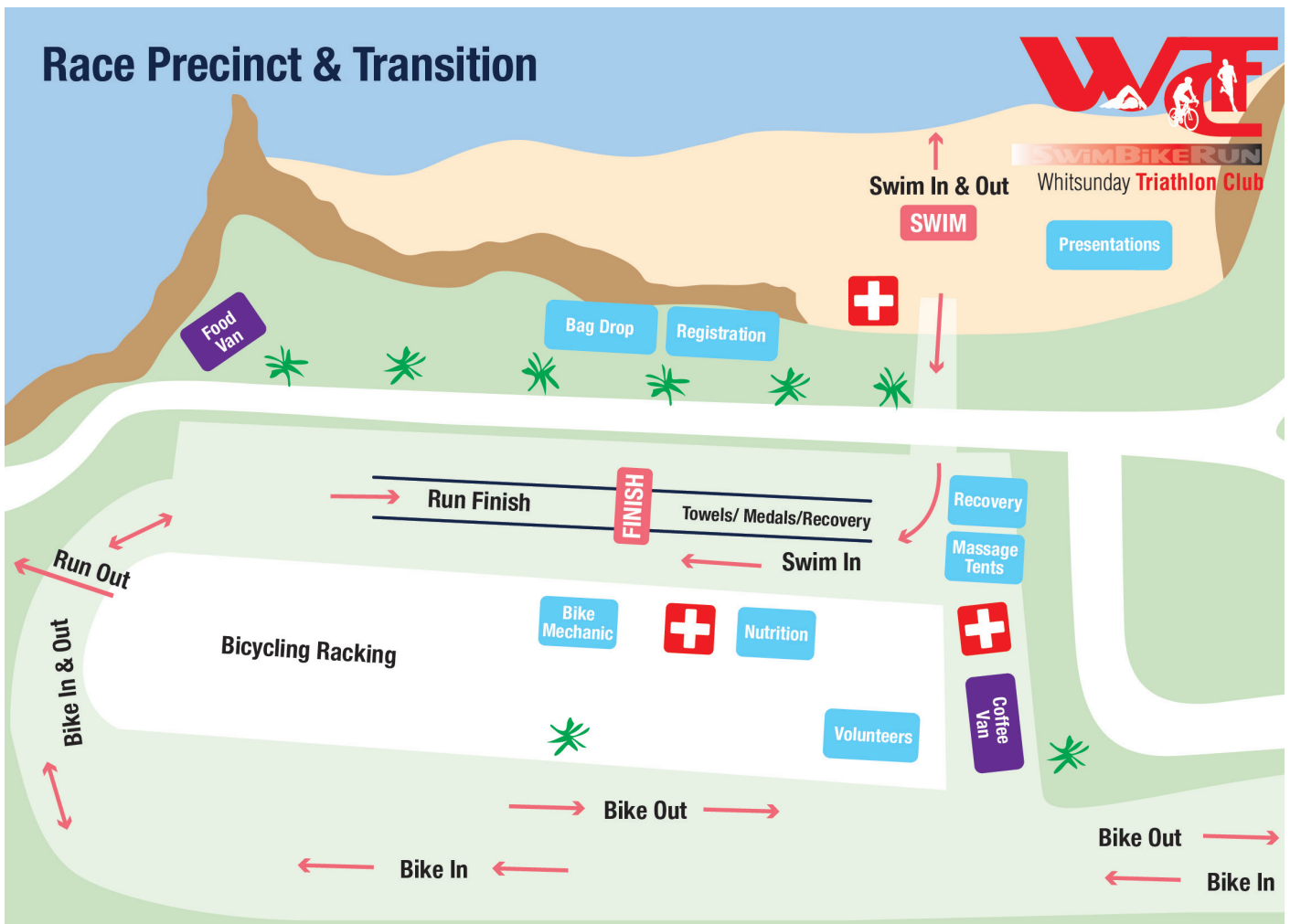
TOILETS

Public toilet blocks are located at the Lagoon.

FIRST AID / MEDICAL

First aid will be located at the finish line, and roving on the course. If you require first aid assistance on the course, please notify an aid station attendant or course marshal who will be able to radio or ring for assistance.

AIRLIE BEACH TRIATHLON



AIRLIE BEACH TRIATHLON

COMPETITOR RACE DAY CHECK LIST

A brief check list to help ensure you don't forget anything on race morning.

Swim

- Swim cap – supplied in your race pack
- Timing Chip – supplied in your race pack
- Wetsuit
- Goggles

Bike

- Bike with sticker on back stem
- Helmet with helmet sticker on front
- Bike computer/watch
- Bike shoes
- Sunglasses
- Nutrition / Hydration/ bottles
- Race bib (compulsory for bike & run) Back for bike, front for run

Run

- Running shoes
- Sunglasses
- Hat



AIRLIE BEACH TRIATHLON

TEAMS CHECK-IN

Only one team member is required to check-in; They must ensure that all team member information is correct and up-to-date at check-in. Photo ID and Triathlon Australia Membership or proof of one-day race licence must also be provided. Timing chips must be changed at the bike rack for both swim and run.

Please note: It is illegal for another competitor to race under someone else's name. Penalties include suspension from your Triathlon Australia Membership and disqualification from the event.

What you will receive at check-in

- Number tattoo
- Race Bib – compulsory on the run
- Swim Cap
- Helmet Sticker (to be placed on the front) and bike sticker on the stem of the bike
- Timing chip

Competitor ID Wrist Band

The wrist band must be worn at all times after receiving at check in and will allow you access to competitor only areas including transition and finishing line.

Timing and Timing Chips

Please ensure you bring your timing chip with you on race morning. If you forget, there will be a \$50 charge for a replacement and you must see the Information/Registration Tent prior to race start and a new chip will be issued.

If you do not start or finish the race, you must return your chip to the Information Tent. If your timing chip is not returned or is lost you will incur a \$50 charge for a replacement. It is important that all timing chips are either returned and/or recorded to ensure all competitors are accounted for.



SWIM LEG

Athletes will be required to complete the triangular course travelling in a clockwise direction starting and finishing at the Airlie Beach near the lagoon.

Athletes will head and around the first turn around buoy, then swimming along the backside before making another turn at the buoy to head back to the beach.

Airlie Bay offers a stunning tropical and balmy swim. Safety craft and paddle boards will be in view to help out.

Standard Distance 1500m swim (2 x 750m laps) (swimmers must exit the water and run around the orange bollard, then re-enter the water for Lap 2. Staff will be there to guide you.)

Sprint Distance 750m swim (1 x 750m lap)

Enticer Distance 300m swim (1 x 300m lap)

SWIM COURSE RULES

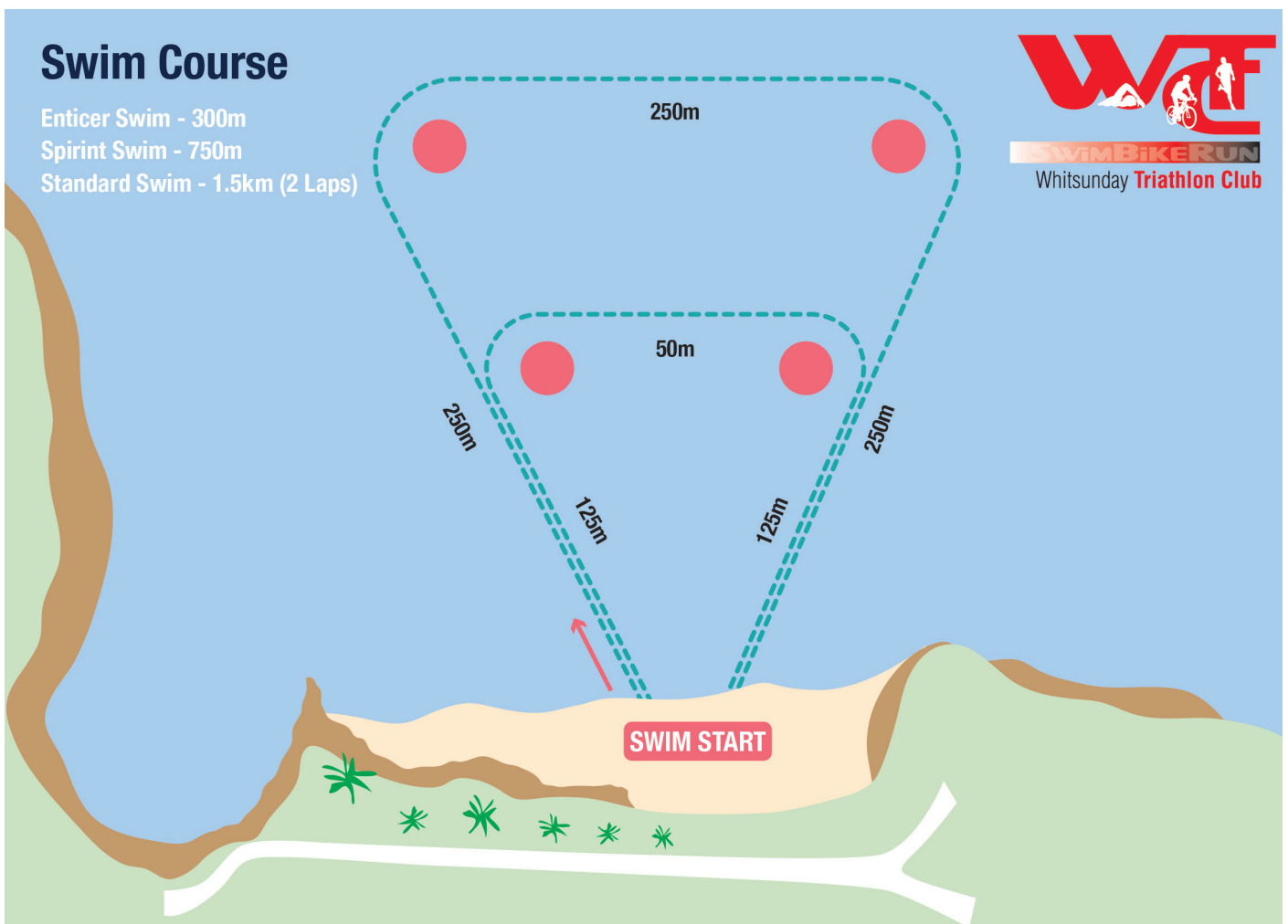
- Wetsuits must be no thicker than 5mm.
- Competitors must wear the swim cap provided in their Competitor Race Packs. Additional caps will be available from the information tent and a limited number available at the swim start line.
- Banned swimming items include; fins, aqua socks, gloves, paddles, snorkels or floatation devices of any kind
- Swim goggles and face masks may be worn
- Individual paddlers or escorts are illegal
- Competitors are permitted to hold on to water safety crafts as long as no forward progression is made
- Any assistance required during the swim that results in forward progression will result in disqualification
- If a competitor is reported for an infringement during the Swim they will have to serve the penalty in T1
- Water safety and/or medical personnel reserve the right to remove any competitor from the swim course should they deem it medically necessary
- Competitors found not to have completed the entire swim course shall be disqualified from the event.



SWIM LEG

Swim Course

- Enticer Swim - 300m
- Sprint Swim - 750m
- Standard Swim - 1.5km (2 Laps)



BIKE LEG

Athletes leave T1 and head through the Airlie Beach roundabout and onto Waterson Way. Athletes continue on this road towards Shute Harbour with breathtaking tropical seaside landscape that tropical Queensland and the Whitsunday Coast is known for. The turning point will be on Mandalay Road.

Standard Distance 40km (4 x 10km laps)

Sprint Distance 20km(2 x 10km lap)

Enticer Distance 10km (1 x 10km lap)

MECHANICAL SUPPORT

Competitors are expected to be self-sufficient on the bike, carrying their own spares and should be understanding on how to change a tyre. There will be NO mechanical support out on the bike course.

If you require the SAG wagon, please head towards the nearest course marshal who can radio for assistance where required. Please be understanding that due to the nature of the course, this may take some time.

TRAFFIC AND ROAD CLOSURES

The bike course has a partial road closure and managed by traffic management, police, temporary traffic lights and volunteer marshalls on dangerous corners. Residents with houses on the course will be able to access their properties and will be under guidance by traffic management. This will be performed only when safe to do so, but competitors should be aware and be vigilant at all times. Normal road rules must apply.

EMERGENCY SERVICES

Access will remain open for emergency services should an emergency arise (lights/sirens). Competitors should remain vigilant at all times. Normal road rules apply during such incidents where you must give way to emergency vehicles.

SAG WAGON SUPPORT

The on-course Sag Wagon will collect competitors who are unable to complete the event for any reason and/or are unable to finish within the bike course cut- off time.

These competitors will be transported directly to the finish line/recovery area. Competitors should be aware that due to the nature of the course and event racing conditions, delays in Sag Wagon Transport are to be expected.

Competitors are encouraged to start walking back towards transition should they require assistance – please ensure it is safe to do so and remain off the bike course.

BIKE LEG

BIKE COURSE RULES

- Competitors torso must be covered at all times
- A helmet must be worn at all times
- Competitors may walk their bike but cannot make progression without their bike
- Competitors must ride single file on the left hand side of the bike course unless passing. Competitors who fail to keep left will receive a blocking infringement
- Drafting is prohibited and is illegal in this event. Any competitor found drafting will serve a time infringement by Triathlon Australia Officials. 3 minutes for blue card in transition (shown to TA)
- The draft distance is 10 metres (5 bike lengths) for all races. Distance is between bikes measured from the back edge of the front wheel of the leading bike to the leading edge of the front wheel of the following bike.
- Competitors have 20 seconds to complete a pass of another competitor. A pass is complete when the passing rider's front wheel passes that of the front wheel of the competitor being passed.
- Competitors who are passed and fail to drop back 10 metres will receive a drafting infringement.
- Competitors who are making a pass on more than one competitor and "drop in" between competitors where the distance between is not greater than 10 metres will receive a drafting infringement.
- Passing must occur on the right hand side of the competitor being passed; otherwise the competitor making the pass will receive an infringement.
- Competitors that are reported for a drafting or blocking infringement during the Bike leg will be required to serve a time penalty on the in a Penalty Box on the bike course on the lap on which they receive the penalty.
- A competitor's draft distance may overlap the draft distance of another competitor only in the following circumstances:

For safety reasons

Leaving or entering the transition area

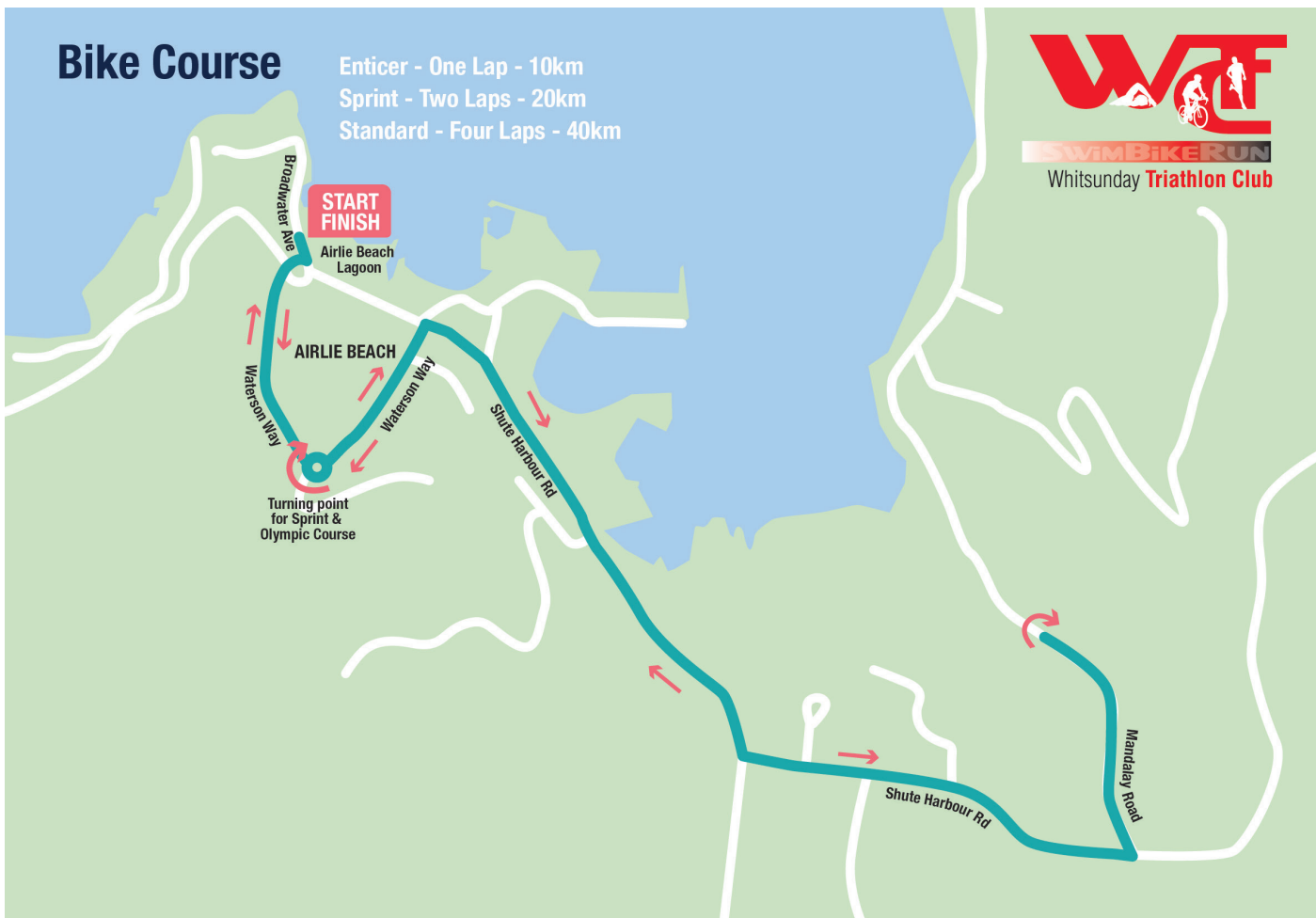
Making an acute turn

- Please refer to the below map on the next page for more information on blocking and drafting rules.
- Competitors observed deliberately discarding equipment, bidons/bottles or rubbish on the course other than when entering or leaving an Aid Station will receive a littering infringement.
- A competitor who receives three(3) or more Infringements of any kind will be disqualified from the event.
- Competitors found not to have completed the entire bike course will be disqualified from the event.
- It is the competitor's responsibility to have read and understood all Triathlon Australia rules and abide by directions by officials on race day.

BIKE LEG

Bike Course

Enticer - One Lap - 10km
Sprint - Two Laps - 20km
Standard - Four Laps - 40km



RUN LEG

Athletes will exit T2 and run towards Coral Seas Resort entry and pick up the timber boardwalk and run towards Shingley Beach and once again being greeted by more spectacular ocean and marina views lined with super yachts.

When reaching Shingley Beach everyone will turn and head back towards the transition area and make your way through the Airlie Beach Lagoon to the Whitsunday sailing club as far as the sound stage in the park lands taking in the uninterrupted views of Coral Sea and the iconic foreshore of Airlie Beach.

Heading back to transition the athletes will then make a tight turn to the finish line and being assisted by all the enthusiastic volunteers.

Standard 10km (2 x 5km laps)

Sprint 5km (1 x 5km laps)

Enticer 2.5km (1 x 2.5km lap) - Will run to Coral Seas Resort Entry & sounds stage then run back to finish chute

RUN COURSE RULES

If a competitor receives an infringement during the Run leg of the race, they may be required to serve out a Stop-Start Penalty, yellow card with the Technical Official where the infringement occurred on the course.

Run Course Rules include:

- All competitors must wear a race bib number during the run leg and must be clearly visible at all times
- A shirt, singlet, racing top that covers the torso must be worn at all times
- A littering infringement will be issued if a competitor is observed deliberately discarding equipment, bottles, cups or rubbish other than at a designated drop zone when entering or leaving an Aid Station
- Non-participant runners or cyclists are not allowed on the course. This may include supporters, coaches, competitors who have withdrawn or been disqualified from the race.
- Devices such as iPhone, iPods, MP3 players or other are prohibited
- Competitors found not to have completed the entire run course may be disqualified.

If a competitor decides to withdraw from the race at any time, it is the responsibility of the competitor to report to the drop out clerk at the information tent near the finish line and hand in his/her timing band and chip immediately. It is essential that race officials know where competitors are on the course.

RUN LEG

Sprint & Standard Run Course

Sprint One Lap - 5km
Standard Two Laps - 10km



RUN LEG

Enticer Run Course

2.5km



TRANSITION

T1 SWIM TO BIKE

At the Swim Exit, you will exit the water and pass over a timing mat. You will head into the transition area to your bike rack. Timing Chips to be handed over at Bike rack.

You must then:

- Discard swim gear (ie swim cap, goggles, wetsuit) in your designated area
- You must not touch or interfere with another competitor's equipment in transition
- Helmets must be on and fastened before removing your bike from the rack
- Your helmet must always remain securely fastened while you are in control of your bike – this includes running to/from transition to the mount/dismount lines
- You must not mount your bike until you pass the designated mounting line
- Teams will exchange their timing chips at the bike rack

T2 BIKE TO RUN

- Competitors must dismount their bike before the designated dismount line
- Competitors must leave helmet secured and fastened until the bike is racked
- Competitors must rack their bike back in the same position after coming back from the cycle leg
- Competitors must follow directions from marshals and TO's and/or signage in the transition area
- Teams will exchange their timing chip at the bike rack

TEAM TRANSITION

All Team Competitors must have their Competitor ID Wristband on to access the transition area. Team swimmers shall not remove their timing chip until they reach their team cyclists in the transition area. The team cyclist must remain in their position in the transition area until the swimmer has handed over the timing chip and it has been securely attached to the LEFT ankle of the team cyclist.

Once the team cyclist has completed the bike leg, they must rack their bike before the timing chip can be removed and handed to the team runner.

Team runners must wait at the team cyclists bike rack position until this hand over occurs.

NB: Team runners will only be able to access the transition area once all competitors have headed out on the bike course. All team members must also ensure that the transition area remains as clear as possible during the race to ensure the safety of all competitors. Swim and bike team members can run down the finishing shoot with their runner.

OTHER

GENERAL RACE RULES

- It is the competitor's responsibility to know all aspects of the swim, bike and run courses.
- Competitors are expected to follow the directions and instructions of all race officials and public authorities
- Medical personnel have final authority to remove a competitor from the race if the competitor is judged to be physically incapable of continuing the race without risk of serious injury or death
- Medical transport of any competitor will result in the competitor being classified as Did Not Finish (DNF)
- Fraud, theft, abusive treatment of volunteers or others and acts of poor sportsmanship are grounds for immediate disqualification. The Race Director has final authority on any disqualifications of this manner.
- Triathlon Australia Race Competition Rules can be found here:

CONTINGENCY PLANS

A Contingency Committee has been established to consult, make decisions and manage the implementation of any contingency plan.

The Whitsunday Triathlon Club reserves the right to alter the course, start time and/or race format without notice because of circumstances outside the control of the organiser and under the direction of sponsors, councils, police or other organisations that are associated with the event.

The Contingency Committee will make their decision should conditions such as, but not limited to, any of the following be either forecast prevail: Extreme temperature or Extreme weather conditions.

The Contingency Committee may consider implementing one or more of the following strategies if deemed necessary in the interests of competitor safety:

- Shorten the distance of one or more of the legs
- Start the event earlier or later
- Deletion of a leg to allow for a Duathlon (extreme cold or dangerous water conditions) or Aquathlon (extreme heat)
- Cancel the event.



OTHER

PROTESTS AND APPEALS

Any competitor who wishes to submit a protest or appeal must do so in person to either the race director or race referee, both of whom can be contacted through officials at the Race Venue. Protests must be made within 30 minutes of the protester's finish time at the end of the race. Appeals must be submitted to the Technical Delegate within 30 minutes of the Race Referee's decision being formally advised.

RESULTS

Results will be available via our website: www.airliebeachtriathlon.com.au

VOLUNTEERS

Our volunteers are a friendly bunch of triathlon supporters who have kindly donated their time to ensure the success of this event and the safety of our competitors. Please give them a shout-out and show your appreciation around the course whenever possible.



THANK YOU

On behalf of the Whitsunday Triathlon Club we would like to thank all our sponsors. Without your generosity we would not have been able to put on such a spectacular event. We hope you all enjoy your day. Race smart and race safe!

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