



2012 Athlete Information Guide

Half Distance – 1.9km swim, 90km bike, 21.1km run

Olympic Distance – 1.5km swim, 40km bike, 10km run

Sprint Distance – 750m swim, 20km bike, 5km run



www.cairnscrocs.org.au

Event Schedule

Thursday, 30th August, 2012		
Time	Event	Location
5pm	General Registration closes	
Friday, 31st August, 2012		
Time	Event	Location
5pm - 7pm	Athlete Check-in	Pirate Ship, Cairns Esplanade
Saturday, 1st September, 2012		
Time	Event	Location
6am - 7:30am	Athlete Check in	Transition, Port Douglas
7am - 8:30am	Transition Open	Transition, Port Douglas
8:35 am	Half Race Briefing	Transition, Port Douglas
9:00am	O2 Creation Half Race Start	Four Mile Beach, Port Douglas
9:10 am	Sprint and Olympic Race Briefing	Transition, Port Douglas
9:30am	Olympic Distance Race Start	Four Mile Beach, Port Douglas
9:40am	Sprint Distance Race Start	Four Mile Beach, Port Douglas
10:45am	First Sprint Distance finishers	Finish Line, Four Mile Beach
11:40am	First Olympic Distance finishers	Finish Line, Four Mile Beach
1:10pm	First O2 Creation Half finishers	Finish Line, Four Mile Beach
2:00pm	Pump n Pedals Bike Course Closes	Transition, Port Douglas
2:30pm	Transition opens	Transition, Port Douglas
5:00pm	Actin Fitness Run Course Closes	Transition, Port Douglas
6:00pm	Melt down party and Presentations	Zinc Restaurant, Port Douglas
Sunday, 2nd September, 2012		
Time	Event	Location
8:00am	Post-Race Breakfast with the Pro's	TBA

Pre-Race

Personal Safety

Always train with at least one other person (especially in the open water). While swimming, please wear a brightly coloured swim cap and ensure that your family members and/or friends know where you are. When training, please stay on the left hand side of the road when riding and run on the shoulder without moving into the traffic lane. It is a requirement under QLD Traffic Laws that a bike helmet must be worn at all times.

Race Rules

Triathlon Australia (TA) Race Competition Rules will be enforced by the Technical Team for the duration of the 2012 O2 Creation TriPort Triathlon Festival.

To minimise any misunderstanding on race day, please read the following summary of rules

- During the cycle leg Drafting, Blocking, Illegal Pass, Helmet and Littering infringements incur a time penalty to be served at the Penalty Box in Transition. Failure to stop at the Penalty Box will result in a DQ;
- Ride on the left side of the bike lane;
- Keep a legal distance between yourself and the cyclist in front of you (7 metres for Sprint and Olympic and 12 metres for Half distance);
- Pass on the right of the cyclist in front (never on the left);
- If passed, drop back to the legal distance before re-passing;
- Triathlon is an individual event and it is your responsibility to fully understand the rules and avoid infringements;
- Littering: Discarding items, e.g. tyres, bidons, gel wrappers etc., on any part of the course except when visible from an Aid Station;
- Helmet: Always have your chin strap securely fastened when moving with your bike;
- Other infringements include failure to wear your race number, riding or running with any musical or listening device and outside assistance. There is no Penalty Box on the Run course so if you receive an infringement on the run leg you will serve an on-course Stop/Start Penalty with the Technical Official;
- Relieving yourself at places other than the on-course toilet facilities provided may result in a DQ.

Remember to treat other athletes, volunteers and officials with courtesy and consideration as failure to do so is unsportsmanlike Conduct and may result in a DQ.

A full guide to the Triathlon Australia Race Competition rules can be found on the [Triathlon Australia website](http://www.triathlon.org.au) (www.triathlon.org.au) and is recommended that you familiarise yourself with these prior to race day to avoid infringements.

Athlete Check-In

Please refer to schedule listed in this athlete information guide for athlete check-in times and locations. Check-in during these times is required, Check-in is compulsory for all athletes. Please bring the following items with you to athlete check-in:

- Photo Identification (Passport, Drivers licence etc);
- Triathlon Queensland/Australia/STTA membership card if applicable.

At this time, Athletes will receive their race pack with relevant race materials, swim cap, O2 Creation TriPort Singlet, race number bib and timing chip.

Transition Area

When entering the transition compound please have your helmet firmly fastened to your head. Athletes will then enter the compound and place their bike at the designated area according to their race distance.

Pre-Race Bike Inspection

As you enter the transition compound, Technical Officials will do a brief inspection of your bike and helmet; however it is your responsibility to ensure that both meet the event rules and safety standards. Bikes which do not conform to Triathlon Australia rules are prohibited. You should ensure the following:

- Front and rear brakes are operable;
- End plugs are on handle bars;
- You have at least one water bidon cage;
- Wheels are true and tyres in reasonable condition;
- No loose headset;
- No stripped cables;
- Singles are glued securely.

There will only be facilities for minor repairs and trained Pump n Pedals mechanics will only effect on-the-spot minor adjustments, if required.

Race Number bibs

The numbered bibs must be visible at all times during the Race. Numbers must not be altered in any way and must be displayed and clearly visible on UPPER clothing. It is a requirement that race numbers be displayed at the back (bike) and front (run) if possible. It is common for race numbers to become detached from race belt toggles so you should ensure the numbers are firmly secured. Pinned numbers may also be a problem in this regard especially if worn during the swim.

Timing Chip and band

The 2012 O2 Creation TriPort Triathlon Festival will be timed by a professional timing company. Timing Chip and velcro band will be issued to each competitor during Athlete Check in. Timing Chips must be worn on the **Left Ankle**. The timing chip must be worn for the duration of the race. Volunteers will assist competitors to remove the timing chip and band at the finish line. Please attach timing chips securely as a lost chip will incur a \$150 fee.

Race Briefing

The Race Briefing is highly recommended for all competitors to attend, race briefing will take place near transition, see event schedule for time. This will be conducted by the Race Director and Race Referee. Valuable information will be given during this time including any changes that may have occurred. All competitors should come to Race briefing ready to race as transition will be closed and the Half distance will commence immediately after.



The Race – Aid Stations

Bike Aid Station

One (1) Aid Station will be available on the Pump n Pedals bike course for the Half distance athletes. To be located in Miallo approx. 30km from Transition, Competitors will pass this 3 times (at approx 30km, 46km, and 62km) as they complete laps of the Syndicate Rd loop. Please note there will be no bike aid station for the Olympic and Sprint distance races. Signs will be posted before the Aid Station and it is your responsibility to secure items you require. Call for what you want as you approach and pass through a station and be aware of volunteers and fellow competitors at all times. If you need to stop at a Station, slow down and dismount on the approach, not within the Station, and keeping clear of passing cyclists. Discard bidons in designated areas located at the approach to each Aid Station.

The Pump n Pedals Bike Course Aid station will offer:

- Bidons of Water;
- Bidons of Electrolyte;
- Energy gels;
- Energy bars portions.

Run Aid Station

Two (2) Aid stations will be available for all competitors on the Actin Fitness Run Course. The Northern Aid Station will be located near the Olympic and Sprint distance run turnaround, the southern Aid Station will be located at the Southern end of Four Mile beach. The Aid stations will be positioned approx. 2km apart and will be accessed as competitors travel both North and South along Four Mile beach.

Gels provided at Aid Stations will be restricted to one per athlete per station. This could however still result in the aid stations running out of Gel supplies. Athletes therefore may need to personally provide this type of nutrition sufficient to ensure they meet their own estimated time needs.

The Actin Fitness Run Course Aid Stations will offer:

- Water;
- Electrolyte;
- Cola;
- Energy gels;
- Energy bar portions.

Finish Line/Recovery Area

The Recovery Area will be available to all competitors once completed their race. The Recovery Area will be located near the Transition Area.

The Recovery Area will offer:

- Water;
- Electrolyte;
- Fruit;
- Nice cold shower.

The Race – The Swim

Starting Times

The O2 Creation TriPort Half Distance Race will start at 9am, the Olympic Distance will start at 9:30am and the Sprint Distance will start at 9:40am.

Swim Race Rules

In regard to wetsuits the O2 Creation TriPort Triathlon Festival will follow the rules set out by Triathlon Australia. These rules can be found on their website. The Water temperature governs whether a wetsuit can be worn during a race. Please see the table below for the applicable water temperatures

Distance	Forbidden Above	Mandatory Below	Optional
Up to 1500m	24o C	14o C	14o C – 24o C
1501m – 3000m	24o C	15o C	15o C – 24o C

The Triathlon Australia appointed Technical Delegate will take the water temperature on Race Morning and the ruling on wetsuit use will be announced on race morning.

In an emergency, a competitor should raise an arm overhead and call for assistance. Once assistance is rendered beyond the provision of an object on which to rest, the competitor must withdraw from the event.

If an athlete is reported for an infringement during the Swim they may be required to serve a three-minute time penalty in a designated area prior to entering the Swim/Bike transition tent. Athletes must complete the entire swim course. Any athlete found not to have completed the entire course may be disqualified.

The Course

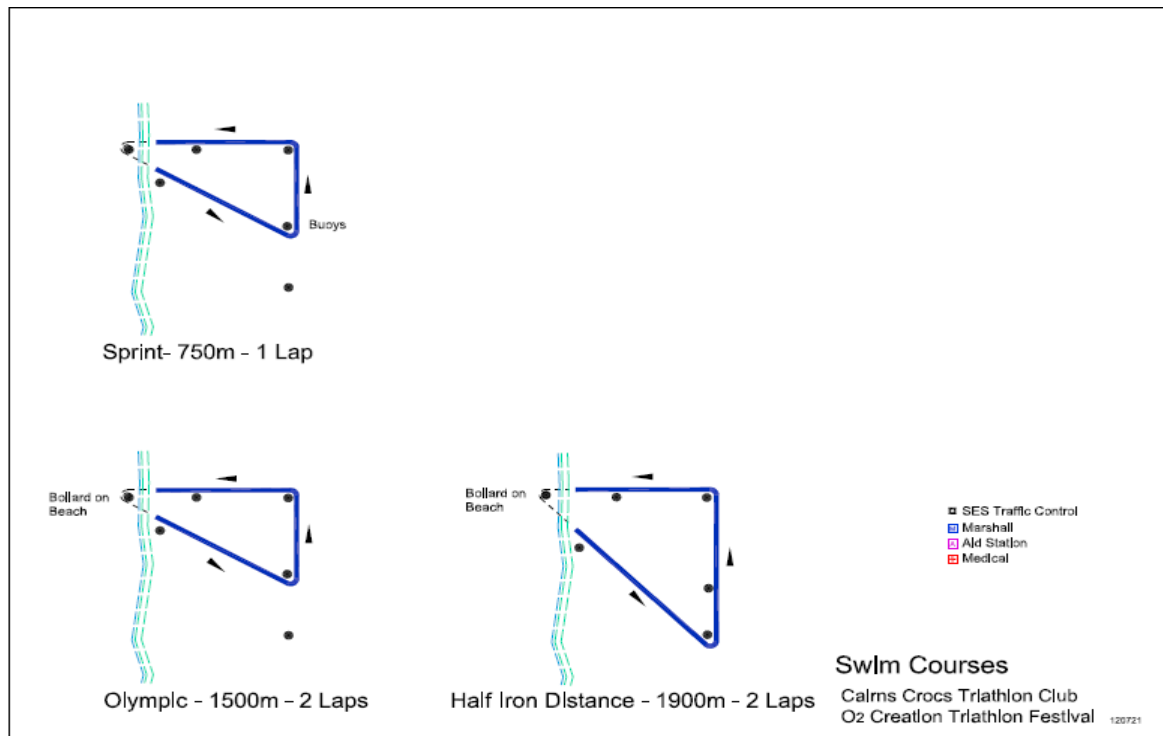
The swim start will be located on the pristine Four Mile Beach and will be a beach start.

Athletes competing in the half distance will have an initial small buoy to keep to their right shoulder, then swim in a south-easterly direction toward the southernmost turn-buoy. Turning left and swimming in a Northerly direction parallel to the beach, athletes then turn left toward the beach around the northernmost turn-buoy. Keeping another small buoy to their left. Athletes will then exit the water, run around a bollard and re-enter the water to commence the 2nd 950m lap.

Athletes competing in the Olympic and Sprint distance races will also have an initial small buoy to keep to their right shoulder, then swim in a south-easterly direction toward the middle buoy. Turning left and swimming in a Northerly direction parallel to the beach, athletes then turn left toward the beach around the northernmost turn-buoy. Keeping another small buoy to their left. Athletes in the sprint distance will then make their way up the beach to transition. Athletes in the Olympic distance will exit the water, run around a bollard and re-enter the water to commence the 2nd 750m lap.

Swim-to-Bike Transition

Once competitors have completed the swim section of the race, make your way up the beach into transition. Enter transition and locate your bike. Your helmet must be securely fastened on your head prior to removing your bike from the bike rack. Ensure you have everything that you need for the bike portion of the race and proceed to the mount line by walking your bike through transition, being aware of other athletes and equipment.



The Race – Pump n Pedals Bike

Bike Race Rules

A competitor is not permitted to cycle without appropriate footwear or with a bare torso. Bicycle helmets are compulsory. Any alteration or addition to any part of the bicycle helmet including the chin strap, or the omission of any part of the helmet, including an outer cloth cover, is prohibited. The bicycle helmet must remain securely fastened on the head of a competitor at all times once the bicycle is removed from the bicycle rack, while on the bicycle course and until the bicycle is replaced on the bicycle rack.

A competitor passing on the inside [left hand side] of another competitor will receive an Illegal Pass penalty.

A blocking penalty may be issued when a competitor who has completed a pass and is not passing another competitor and who fails to move safely and immediately to the left of the cycle lane. Road conditions will be assessed before issuing this penalty.

For all events with a cycling distance up to and including 40 kilometres, the bicycle draft zone is a rectangle 7 metres long and 3 metres wide that surrounds every bicycle competitor

and every motorcycle on the bicycle course. The front edge of the front bicycle and motorcycle wheel defines the centre of the leading 3 metres edge of the rectangle. Competitors have 15 seconds to pass through this zone.

For all events with a cycling distance greater than 40 kilometres, the bicycle draft zone is a rectangle 12 metres long and 3 metres wide that surrounds every bicycle competitor and every motorcycle on the course. Competitors have 25 seconds to pass through this zone.

The Pump n Pedals bike course will officially close at 2:00pm.

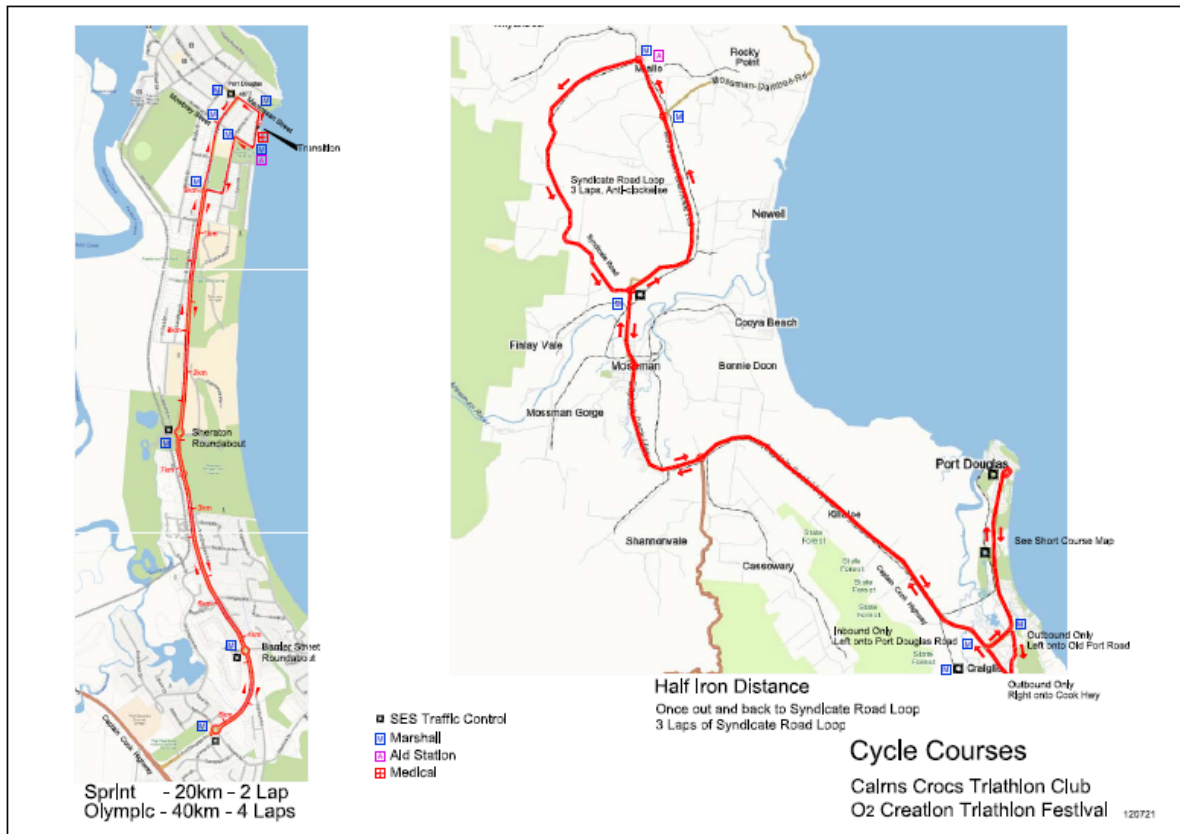
The Course

Athletes in the half distance, will exit transition on the Esplanade, Port Douglas, turn right onto Mowbray Street, Left onto Garrick St and Left onto Port Douglas Rd. Continue along Port Douglas Rd, then veer left onto Old Port Rd. Then make a right hand turn onto the Captain Cook Highway. Athletes then stay on the Captain Cook Highway, make their way North through Mossman. A left turn is then made at the Miallo Township, taking care over the Cane Train tracks. This is where the Aid station will be located. Left onto Syndicate Rd. Then left back onto the Captain Cook Highway to commence the 2nd and 3rd laps. Once 3 laps have been completed, athletes will turn right onto the Captain Cook Highway from Syndicate Road heading south through Mossman towards Port Douglas. Athletes will make a left turn into Port Douglas Road. Athletes make their way into the township, turning right at Macrossan Street and right onto the Esplanade into Transition.

Athletes in the Olympic and Sprint distance will exit transition on the Esplanade, Port Douglas, turn right onto Mowbray Street, Left onto Garrick St and Left onto Port Douglas Rd. Continue along Port Douglas Rd past Old Port Road and turnaround at the final Roundabout. Athletes make their way back into the township, turning right at Macrossan Street and right onto the Esplanade into Transition. Sprint distance athletes will complete 2 laps, Olympic distance will complete 4 laps.

Bike-to-Run Transition

When approaching the finish of the Pump n Pedals bike course, ensure you have dismounted your bike before reaching the dismount line. Walk or run your bike through transition again being aware of other athletes and their equipment. Rack your bike then you are able to remove your helmet and prepare yourself for the Actin Fitness Run.



The Race – Actin Fitness Run

Run Race Rules

No form of locomotion other than running, walking or crawling is allowed. Athletes must wear their bib number in front of them clearly visible at all times on the course. Bib numbers identify the official athletes in the race. Friends, family members, coaches or supporters of any type may not bike, drive or run alongside athlete, may not pass food or other items to athlete and should be warned to stay completely clear of all athletes to avoid the disqualification of an athlete. It is incumbent upon each athlete to immediately reject any attempt to assist, follow, or escort. It is permissible for an athlete who is still competing to run with other athletes who are still competing. Athletes are expected to follow the directions and instructions of all race officials and public authorities. The sole responsibility of knowing and following the prescribed running course rests with each athlete. No adjustments in times or results shall be made for athletes who fail to follow the proper course for any reason whatsoever. A shirt or racing top must be worn at all times.

The Actin Fitness run course will officially close at 5:00pm. For safety reasons runners still completing the course may be removed from the course. If you think this may be you please contact the club at racedirector@cairnsCrocs.org.au ASAP.

The Course

All Athletes will exit transition and onto Four Mile Beach. Athletes will head south along the beach, once passing the aid station; make a right turn to enter the Sheraton Mirage. While in the Sheraton, please stay on the paths and follow race signage. There will be a small out and back section, and then a loop section running past a few of the Sheraton Mirages many

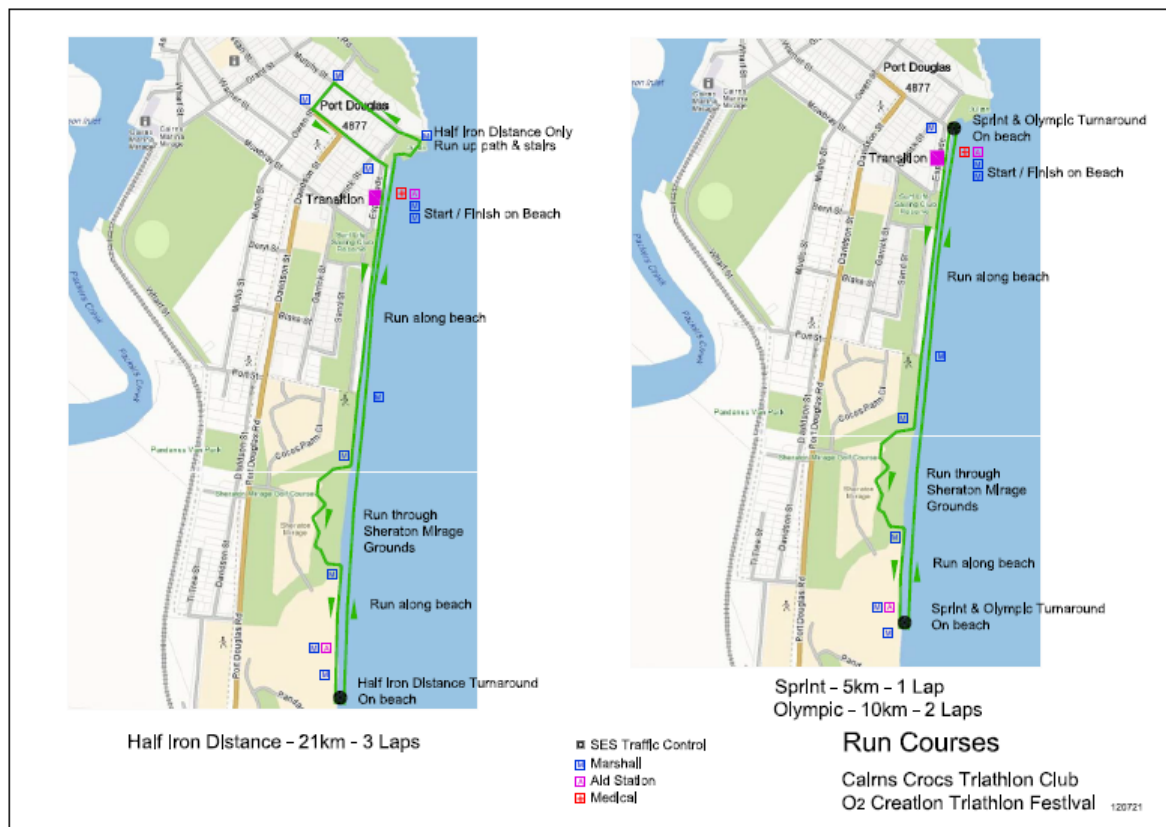
pools. Athletes will then make their way through the palm trees back onto Four Mile Beach, heading south to the turn around. Athletes will then head north along Four Mile Beach, passing the transition area and the Northern Aid Station.

Half athletes will then tackle the stairs up to Murphy St, then Left onto Owen Street, Left onto Macrossan Street down to the Beach. Head South Along the beach to commence the 2nd and 3rd laps.

Sprint and Olympic athletes will turnaround at the Northern Aid Station and will not complete the stair section, but head south to finish (Sprint Distance) or to commence 2nd lap (Olympic Distance).

Finish Line/Recovery Area

Once athletes have crossed the finish line, volunteers will remove your timing chip. Half competitors will be issued with their finishers medals. The Medical team will be on hand to provide first aid if required. Athletes can then proceed to the recovery area, where refreshments will be provided.



Post Race

The post race melt down party will be held at Zinc Restaurant from 6:00pm, so be sure to come back and enjoy some complimentary drinks supplied by Zinc Restaurant and mingle with the professional athletes and share the stories of the day.