

EVENT MANUAL

Lake Kawana, Sunshine Coast
21st January 2023



EVENT INFORMATION

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

GETTING TO THE VENUE AND PARKING: The venue is located at Lake Kawana (31 Sportsman Parade) on the Sunshine Coast. Access to this location can be made via Nicklin Way, Sportsman Parade, Main Drive or Kawana Way. There will be no road closures for this event.

EVENT CHECK IN: As you arrive, head to the registration tent. You will receive a numbered swim cap and wristband.

BAG STORAGE: There is no dedicated bag storage area.

HOW THE EVENT WORKS:

- This may be the most relaxed aquathlon you ever do!
- There will be a designated transition area. Please ensure your equipment is ready well before your race start time.
- Depending on entry numbers, there will either be one or two waves for each distance.
- As this is a lapped course, you will be fully responsible for ensuring you have completed the correct number of laps. Some spot checks will take place.
- Participants are fully responsible for timing their race. There will be no placings or prizes given.

COURSE MAPS: View the below map within this event manual. If you have any further questions, please ask at registration when receiving your numbered swim cap.

TOILETS & CHANGEROOMS: There are no public toilets or changerooms onsite. The closest bathrooms are on Sportsman Parade opposite Kawana Waters State College (500m away)

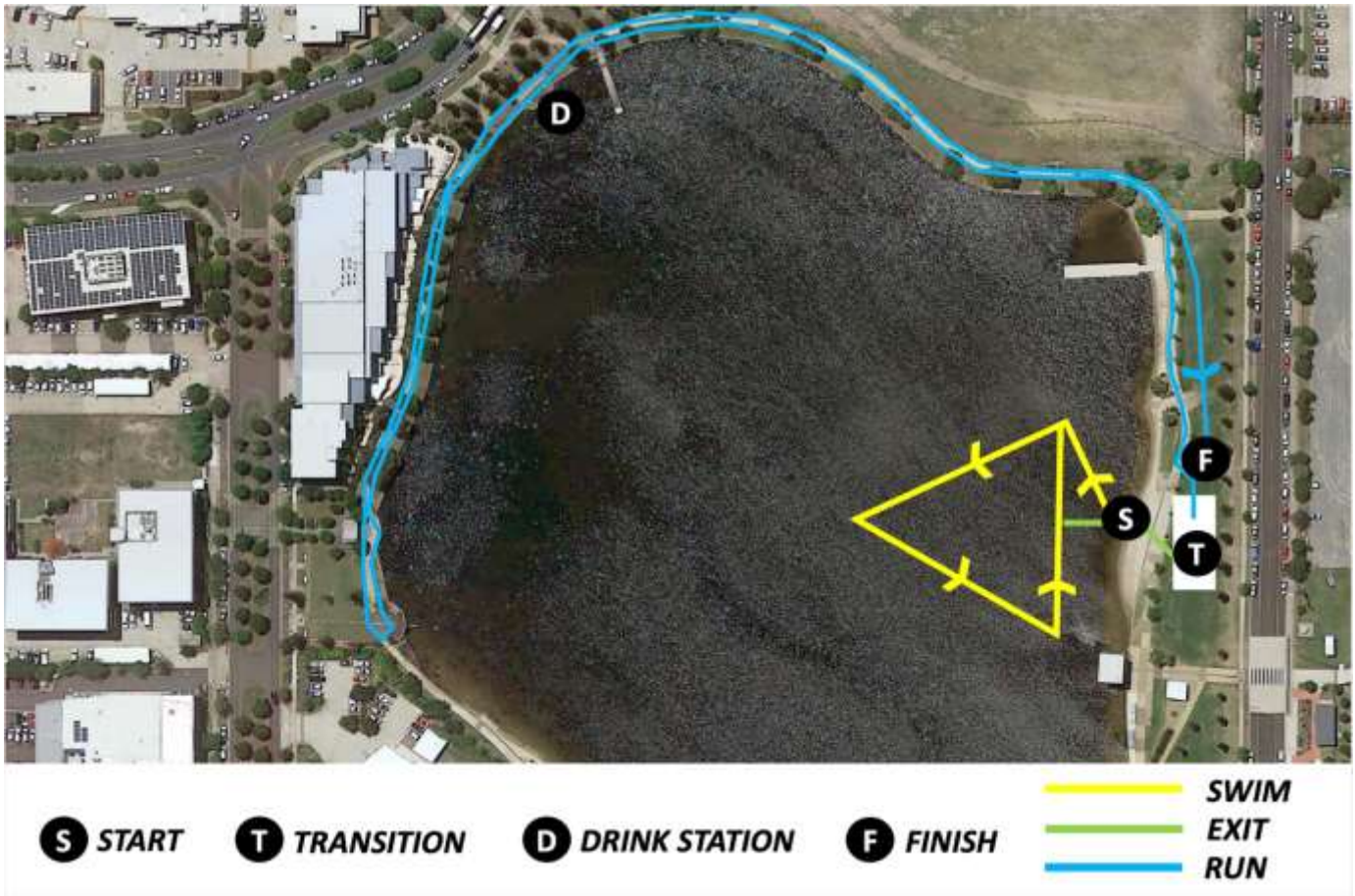
FIRST AID & WATER SAFETY: First Aid will be in attendance and we have a dedicated water safety team

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

TIMETABLE

SATURDAY 21 st JANUARY 2023	
3.00pm	Registration/check in. This is a rolling check in – please arrive 30 mins before your event
3.30pm	Sprint distance starts
4.15pm	Enticer distance starts
4.45pm	Kids distance starts
5.00pm	Mini distance starts

COURSE MAP



DISTANCES

	Swim	Run
Sprint	750m / 3 Laps	5km / 5 Laps
Enticer	500m / 2 Laps	3km / 3 Laps
Kids	250m / 1 Lap	1km / 1 Lap
Mini	100m / ½ Lap	1km / 1 Lap