



9-11 DECEMBER 2022

# ATHLETE GUIDE



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## MAYORAL MESSAGE WELCOME

Welcome competitors, officials, volunteers and triathlon lovers to City of Gold Coast – one of the great sporting event cities of the world.

With over 300 days a year of sunshine and exceptional natural beauty, Gold Coast offers a stunning setting for both athletes and fans to enjoy one of the most intense tests of athletic fitness: the triathlon.

It's a sport that demands quality technique, stamina and mental toughness: a real challenge. But as competitors will happily tell you, it's a sport that offers enormous satisfaction. Winning is great but just completing a triathlon is a form of winning in itself.

I think it is terrific that Triathlon Queensland offers specialist development pathways to athletes aged 5 to 22 through a regionally delivered development framework.

Here on the Gold Coast that includes access to junior clubs, experienced junior coaches and four skills clinics and a camp each season. This event will provide a good insight into leading competitors for elite development.

I wish everyone involved in the Super Sprint Race series – particularly the triathletes – all the best and hope that those who are visiting us return to the Gold Coast again soon.

Good luck and enjoy all we have to offer.

**TOM TATE  
MAYOR**



## TRIATHLON AUSTRALIA WELCOME

Hello competitors,

Welcome to the 2022 Super Sprint Race Weekend. This year, we welcome over 150 Junior, Youth, Open, Rookies and for the first time Minor and Mini athletes from across Queensland. It is a fantastic weekend 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 well as pool access 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 Queensland Super Sprint Race Weekend and have a great end of 2022.



**Mathew Sundstrom**

Head of QLD State Services  
Triathlon Australia



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# VENUE & PARKING INFORMATION

The 2022 Super Sprint Race Weekend 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.

There is STRICTLY no parking at the front of the centre (beside pool/reception).

You must immediately turn left at the entry roundabout to enter the bottom carpark beside the athletics track. There is strictly no parking on the athletics track hill side as this is part of the event route.

Athletes are not permitted to bring their bikes on to pool deck.



## REGISTRATION

6:00am – 7:00am Friday 9<sup>th</sup> December 2022

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

At registration you will receive a timing chip. You will keep the timing chip for the entire weekend. Do not lose it. Please bring your own swim cap.

You will not be provided with tattoos – please mark both upper arms with your race number each morning.

Marker pens will be provided at the canteen/results area.

# RACE RULES

World Triathlon and Triathlon Australia rules for Draft Legal events apply at Super Sprint Race Weekend. 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 World Triathlon and TA Draft Legal rules.***

TA Race Competition Rules: [http://www.triathlon.org.au/Technical/Race\\_Competition\\_Rules.htm](http://www.triathlon.org.au/Technical/Race_Competition_Rules.htm)

World Triathlon Race Competition Rules: [https://www.triathlon.org/uploads/docs/World\\_Triathlonsport\\_competition-rules\\_2019.pdf](https://www.triathlon.org/uploads/docs/World_Triathlonsport_competition-rules_2019.pdf)

## EQUIPMENT:

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

For further questions please contact [aileen.reid@triathlon.org.au](mailto:aileen.reid@triathlon.org.au)

## UNIFORMS:

All Youth and Junior 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. [Read here >](#)

If you cannot meet the above uniform requirements, please contact [development@qld.queensland.org.au](mailto:development@qld.queensland.org.au)

# POINT SCORING

Rookie, Youth and Junior/23 points will be allocated via the following means: 1<sup>st</sup> = 1 point, 2<sup>nd</sup> = 2 points .....32<sup>nd</sup> = 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.

There will be the following point scoring opportunities

1. Le Mans (Time)
2. Aquathlon (Time)
3. Mixed Relay (individual time)
4. Triple, Double Sprint & Super Sprint (based on overall time across all races on day 2)
5. Finish Position Finals

# RACE PROGRESSION

## Rookie, Youth & Junior/23

**Friday** - Athletes will be seeded in waves for the:

- Aquathlon (seeded by age)
- Le Mans (seeded by age)
- Mixed Relay by nominating each other (seeding process will be completed at the discretion of Triathlon Australia)

**Saturday** - Based on lowest (total) points from Friday - Athletes will be seeded into heats. The heats will be re seeded each race on Saturday in the Triple/Double Sprint based on the times of the preceding race.

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

# CHAMPIONS

## GRAND FINAL RACE

The first 3 Athletes across the finish line in Final A in their age category will be awarded podium medals.

Categories that will be recognised. Gold, Silver, and Bronze

- Junior/23 Male and Female
- Youth, Male and Female
- Rookie Male and Female

## OVERALL, CHAMPIONS

The athlete in each category that has the lowest points earned will be crowned overall champion.

Categories that will be recognised.

- Junior/23 Male and Female
- Youth, Male and Female
- Rookie Male and Female

# EVENT SCHEDULE

## FRIDAY

Time	Activity	
6:00am	Registrations & Transition Opens – Junior U23, Youth and Rookie	
7:00am	Registrations & Transition Closes – Junior U23, Youth and Rookie	
7:05am	Race Briefings – Junior U23 Le Mans 250m / 5km / 250m	Youth Aquathlon 400m / 800m
7:10am	Junior U23 Le Mans – Male Wave #1	Youth Aquathlon – Female Wave #1
7:20 am	Junior U23 Le Mans – Male Wave #2	Youth Aquathlon – Female Wave #2
7:30am		Youth Aquathlon – Male Wave #1
7:40am	Junior U23 Le Mans – Female Wave #1	Youth Aquathlon – Male Wave #2
		<b>Rookies Aquathlon 200m / 400m</b>
8:00am	Junior U23 Le Mans – Female Wave #2	Rookies Aquathlon – Female
8:20am		Rookies Aquathlon – Male
8:40am	Transition Opens – Junior U23, Youth and Rookies	
9:00am	Transition Closes – Junior U23, Youth and Rookies	
9:05am	Race Briefings – Junior Aquathlon 400m / 800m	Youth Le Mans 250m / 3km / 250m
9:10am	Junior U23 Aquathlon – Male Wave #1	Youth Le Mans – Female Wave #1
9:30am	Junior U23 Aquathlon – Male Wave #2	Youth Le Mans – Female Wave #2
9:50am		Youth Le Mans – Male Wave #1
10:10am	Junior U23 Aquathlon – Female Wave #1	Youth Le Mans – Male Wave #2
10:30am	Junior Aquathlon – Female Wave #2	<b>Rookie Le Mans 250m / 2km / 250m</b>
		Rookie Le Mans – Male
		Rookie Le Mans – Female
10:50am	LUNCH	
11:45pm	Transition Opens – MR Rookies	
12:00pm	Transition Closes – MR Rookies	
12:05pm	Race Briefings – ROOKIE MR – 150m / 2km / 400m	
12:10pm	Rookies MR	
12:40pm	Transition Opens – MR Youth	
1:00pm	Transition Closes – MR Youth	
1:05pm	Race Briefings – YOUTH MR – 200m / 4km / 800m	
1:10pm	Youth MR – Wave #1	
1:40pm	Youth MR – Wave #2	
2:20pm	Transition Opens – MR Junior	
2:40pm	Transition Closes – MR Junior	
2:45pm	Race Briefings – JUNIOR U23 MR – 300m / 5.5km / 1.2km	
2:50pm	Junior U23 MR – Wave #1	
3:30pm	Junior U23 MR – Wave #2	
3:50pm	Transition Opens – JUNIOR U23	
4:00pm	DAY 1 ENDS	



**SATURDAY**

<b>Time</b>	<b>Activity</b>	
<b>6:00am</b>	<b>Transition Opens – JUNIOR/23 SPRINT</b>	
<b>6:40am</b>	<b>Transition Closes – JUNIOR/23 SPRINT</b>	
<b>6:45am</b>	<b>Race Briefing – JUNIOR/23 SPRINT – 250m / 6km / 1.2km</b>	
6:50am	RACE 1.	Junior Males – Heat #1
7:10am		Junior Males – Heat #2
7:30am		Junior Females – Heat #1
7:50am		Junior Females – Heat #2
<b>8:10am</b>	<b>Reset Transition (10 mins)</b>	
8:20am	RACE 2.	Junior Males – Heat #1
8:40am		Junior Males – Heat #2
9:00am		Junior Females – Heat #1
9:20am		Junior Females – Heat #2
<b>9:40m</b>	<b>Reset Transition (10 mins)</b>	
9:50am	RACE 3.	Junior Males – Heat #1
10:10am		Junior Males – Heat #2
10:30am		Junior Females – Heat #1
10:50am		Junior Females – Heat #2
<b>11:10pm</b>	<b>Transition Opens – Rookie Super SPRINT</b>	
	<b>Lunch</b>	
<b>11:30pm</b>	<b>Transition Closes – Rookie Super SPRINT</b>	
<b>11:55pm</b>	<b>Race Briefing – Rookie Super SPRINT – 200m / 4km / 800m</b>	
12:00pm	RACE 1.	Rookie Males
12:15pm		Rookie Females
<b>12:30pm</b>	<b>Transition Opens – YOUTH DOUBLE SPRINT</b>	
<b>12:50pm</b>	<b>Transition Closes – YOUTH DOUBLE SPRINT</b>	
<b>12:55pm</b>	<b>Race Briefing – YOUTH DOUBLE SPRINT – 150m / 4km / 800m</b>	
1:00pm	RACE 1.	Youth Males – Heat #1
1:15pm		Youth Males – Heat #2
1:30pm		Youth Females – Heat #1
1:45pm		Youth Females – Heat #2
<b>2:00pm</b>	<b>Reset Transition (10 mins)</b>	
2:05pm	RACE 2.	Junior Males – Heat #1
2:20pm		Junior Males – Heat #2
2:35pm		Junior Females – Heat #1
2:50pm		Junior Females – Heat #2
<b>3:05pm</b>	<b>Transition Opens – YOUTH DOUBLE SPRINT OPENS</b>	
<b>3:30pm</b>	<b>DAY 2 ENDS</b>	

## SUNDAY

Time	Activity
6:30am	Transition Opens - ALL
7:10am	Transition Closes - ALL
7:15am	Mini Aquathlon Briefing – 200m/50m/200m
7:20am	Mini Aquathlon Male & Females
7:40am	Minor Aquathlon Briefing – 400m/100m/400m
7:45am	Minor Aquathlon Male
8:05am	Minor Aquathlon Female
8:30am	Race Briefing – All Finals
	Rookie Final – 200m/4km/800m
8:35am	Rookie Male Final
8:55am	Rookie Female Final
	Junior U23 & Youth FINALS 300m / 8km / 1.6km
9:15am	Youth Males – Final B
9:35am	Youth Females – Final B
9:55am	Junior/ U23 Males – Final B
10:15am	Junior/ U23 Females – Final B
10:35am	Youth Males – Final A
10:55am	Youth Females – Final A
11:15am	Junior/U23 Males – Final A
11:35am	Junior/U23 Females – Final A
11:55pm	Transition Opens - ALL
12:30pm	Presentations

## COMMUNICATION -KAIZALA

### Super Sprint Race Weekend 2022

This is where you will find

- Wave Starts,
- Athlete Numbers,
- Transition numbers,
- Updates to timing

Hi! Join us in this group on Microsoft Kaizala

via: <https://join.kaiza.la/p/3Bxa2TAgTv6gmLg7bqvrNA>



Hi! Join me in this group on Microsoft Kaizala by scanning this QR code. Kaizala helps me connect with friends & family via chat, calls, actions and more.

## RACE BRIEFINGS

Race briefings are COMPULSORY for all athletes. The official Race Briefing will be available online, this will be distributed to all registered athletes the week prior to 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.

## TRANSITION

The first transition check in will be on Friday, **Juniors/u23 (7:00 – 7:40am) Youth and Rookies (9:00 – 9:40am)**. During this time, 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.

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.

### ***Please note:***

There will be NO marked transition boxes racks for the Mixed Relay.

### **TRANSITION ACCESS DURING THE EVENT**

Athletes will be permitted to access transition between events to reset equipment/inflate bike tyres, etc.

You must wait for direction from TQ staff and/or Technical Officials. The preferred times are shown in the timings.

## FIRST AID/MEDICAL

The first aid tent will be located at the finish line. There will also be a roving medic on the cycle course. Athletes are responsible for providing their own ice/strapping tape for injury maintenance throughout the event.

If any athletes have pre-existing serious medical conditions or injuries, please email [events@qld.triathlon.org.au](mailto:events@qld.triathlon.org.au) with the information.

## RECOVERY

Water and fruit will be provided at the finish line. Please discard rubbish in the bins provided. A water station is also on the run course.

## RUBBISH

Rubbish bins are provided throughout the event precinct. Please do not litter on course. There will also be bins throughout the water aid station area.

## WEATHER FORECAST

“Sunny” Queensland is renowned for its afternoon storms throughout December, so please be prepared for very hot temperatures, rain, and storms.

## SCHEDULE CHANGES

The event schedule is likely to change in the event of postponements/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.

## WITHDRAWALS

Athletes must notify TA staff of their withdrawal.

## MIXED RELAY

Teams for the Mixed Relay event on Friday will be nominated by athletes the week prior to event. TQ will provide a link for all register athletes to nominate their teams.

- a. Order will be Male/Female
- b. Teams can be modified on the morning of the event (Friday) only due to sickness. Otherwise, no changing of positions will be allowed post submission of teams
- c. All competitors will be placed in teams where possible.
- d. To cater for the uneven numbers through both categories, strategies will be put in place to ensure all athletes will accrue a time in the MR.

## RESULTS & PRESENTATIONS

Results will be live online

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

Presentations will be conducted for Youth, Junior, Open and Multiclass at the conclusion of the last race on Sunday

## TOILETS

Toilets are located underneath the pool grandstand. You can enter beside the mount/dismount line between the running track and cycle course.

## EVENT PHOTOGRAPHS

Triathlon Queensland photographers and videographers will be on course during the event.

For live event updates, follow us on:

Facebook – Triathlon Queensland  
Instagram - @triathlonqueensland

Please tag your photos with @triathlonqueensland and #ssrw21

If you wish for a photograph to be taken off our social media, please contact [marketing@qld.triathlon.org.au](mailto:marketing@qld.triathlon.org.au)

## LOST PROPERTY

Lost property will be in the results area. Please contact the Triathlon Queensland office for assistance following the event – (07) 3369 9600 or [nat.madden@triathlon.org.au](mailto:nat.madden@triathlon.org.au)

## SPECTATOR SAFETY

It is important for spectators to be aware of racecourses 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.

## OUTSIDE ASSISTANCE

Please make yourselves aware of rules surrounding outside assistance. Parents/spectators are not permitted to provide any outside assistance during the event. This includes directing athletes to their transition space.

# COVID SAFE INFORMATION

At check and arrival at the venue, in all participants will pass through a screening questionnaire on the way to collect their race bibs.

By entering all participants agree that if the organisers are requested by Public Health the contact details of participants will be provided to Public Health for the specific purpose of tracing contacts of suspected or confirmed cases of Covid-19.

**Please read these carefully - note that the field of play for triathlon includes all areas out on the course as well as Transition and the Start / Finish areas**

- Once commenced maintain a distance of 1.5 metres where practical, such as avoiding handshakes and high fives, no sharing of drinks.
- Enter Start Area only a few minutes prior to your start
- Participants requested to swim without intentional contact
- Participants requested to not run side by side
- Water Stations on run courses will be 'contactless' self-serve only, this INCLUDES THE DISPOSAL OF YOUR RUBBISH into rubbish bins provided - if you need to slow down to make the shot, please do so!
- Participants requested to be as self-sufficient as possible by drinking on their bikes (triathlon only).

A reminder to competitors that event rules already include not touching or moving other competitors equipment including within transition areas and these rules remain in place.

Participants and course personnel once commenced in the actual event and on the field of play do so under a more practical arrangement as outlined by the AIS return to Sport Tool Kit [https://www.sportaus.gov.au/return-to-sport#detailed\\_checklist](https://www.sportaus.gov.au/return-to-sport#detailed_checklist):

Along with other community sport and recreation, The AIS return to sport guideline recommends participants and spectators help support physical distancing by turning up ready to participate, compete/complete and to depart the venue as practical to do so.

## ADDITIONAL INFORMATION

**In order to comply with current Public Health standards and to ensure the safety of all, we ask you to read this following section very carefully.**

As a participant or attendee, we ask you to...

- Stay at home if unwell or display any symptoms of COVID-19 infection. People are advised to seek medical advice and testing for COVID-19 if they suspect they have the infection. Full refunds or transfers will be given for reasons of illness, so we do request that you do not attend if you are unwell or display any symptoms of COVID-19.
- Do not attend if:
  - You have been in close contact with a person who is positive for COVID-19
  - You are positive for COVID-19
  - You are waiting for a COVID-19 test result
  - You have travelled overseas or to a declared COVID-19 Hotspot in the previous 14 days
- Maintain 1.5m physical distance at all times at the venue - this is every individual's responsibility
- Seek assistance if you become unwell during the event - please locate event staff, Event COVID-19 monitors or attend the First Aid tent at the Finish Line
- We ask attendees to frequently use the supplied hand sanitizer stations throughout the venue.
- We also request that any spectators bring their own hand sanitizer to further reduce contact
- Triathlon Queensland supports utilisation of the Australian Government's COVIDSafe App please download the app or visit the website for more information:

<https://www.health.gov.au/resources/apps-and-tools/covidsafe-app>

To assist us with physical distancing we request that only necessary spectators attend the event. Spectators are required to maintain responsibility for their own social distancing and monitor the 1.5m personal space rule.

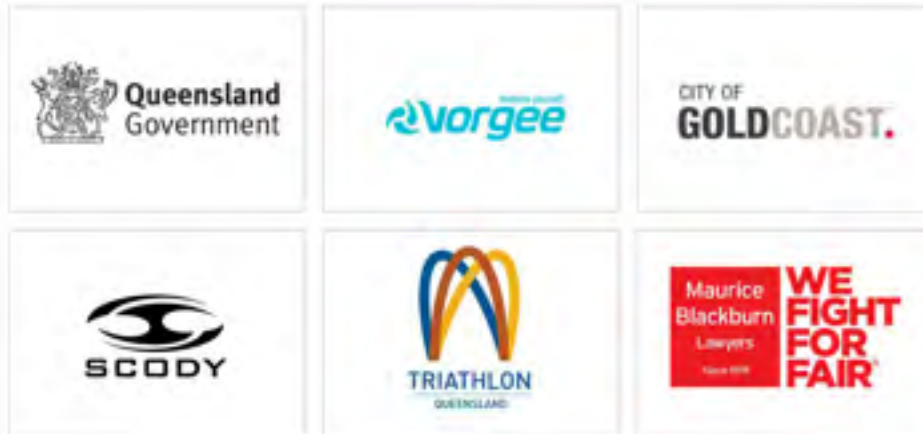
# If life goes off-track, we have your back

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# EVENT PARTNERS





**AQUATHLON**

**Minor**

RUN – 1 LAP – 400m  
SWIM – 2 LAP – 100m  
RUN – 1 LAP – 400m

**Mini**

RUN – 1 LAP – 200m  
SWIM – 1 LAP – 50m  
RUN – 1 LAP – 200m



SWIM  
RUN



START  
TRANSITION  
FINISH





**AQUATHLON**

JUNIOR/23 & YOUTH

SWIM – 8 LAPS – 400m  
RUN – 2 LAPS – 800m

ROOKIE

SWIM – 4 LAPS – 200m  
RUN – 1 LAPS – 400m





### YOUTH DOUBLE

Race 1.  
SWIM - 3 LAPS - 150m  
BIKE - 3 LAPS - 4km  
RUN - 2 LAPS - 800m

Race 2.  
RUN - 2 LAPS - 800m  
BIKE - 3 LAPS - 4km  
SWIM - 3 LAPS - 150m

-  SWIM
-  BIKE
-  RUN
-  START
-  TRANSITION
-  FINISH



**Finals Youth and Junior/23**

SWIM – 6 LAPS – 300m  
BIKE – 4 LAPS – 8km  
RUN – 4 LAPS – 1.6km





### LE MANS

**JUNIOR/23**  
 RUN - 1 LAP - 250m  
 BIKE - 3 LAPS - 5.5km  
 RUN - 1 LAP - 250m

**YOUTH**  
 RUN - 1 LAP - 250m  
 BIKE - 2 LAPS - 3km  
 RUN - 1 LAP - 250m

- BIKE
- RUN
- START
- TRANSITION
- FINISH



**LE MANS ROOKIE**

RUN – 1 LAP - 250m  
BIKE – 1 LAP – 1.5km  
RUN – 1 LAP – 250m



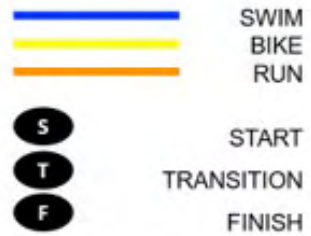


**MIXED RELAY - ROOKIE**

SWIM – 3 LAPS – 1500m

BIKE – 2 LAPS – 2km

RUN – 1 LAPS – 400m





**ROOKIES FINAL TRIATHLON**

SWIM - 4 LAPS - 200m  
BIKE - 3 LAPS - 6.0km  
RUN - 3 LAP - 1.2km



SWIM COURSE  
BIKE COURSE  
RUN COURSE



START



FINISH



TRANSITION



NEXT LAP



### JUNIOR/23 TRIPLE

Race 1.  
SWIM - 5 LAPS - 250m  
BIKE - 5 LAPS - 6km  
RUN - 3 LAPS - 1.2km

Race 2.  
RUN - 3 LAPS - 1.2km  
BIKE - 5 LAPS - 6km  
SWIM - 5 LAPS - 250m

Race 3.  
SWIM - 5 LAPS - 250m  
BIKE - 5 LAPS - 6km  
RUN - 3 LAPS - 1.2km







## MIXED RELAY COURSE

### JUNIOR

SWIM - 6 LAPS - 300m  
BIKE - 3 LAPS - 6.0km  
RUN - 3 LAP - 1.2km

### YOUTH

SWIM - 4 LAPS - 200m  
BIKE - 2 LAPS - 4km  
RUN - 2 LAPS - 800m



START



FINISH



TRANSITION



NEXT LAP



SWIM COURSE  
BIKE COURSE  
RUN COURSE