



Coral Coast Triathlon August 8th 2021

Cairns Crocs Triathlon Club

P O Box 6401,

CAIRNS. 4870

ABN: 83 443 329 527

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Coral Coast Triathlon

Yorkeys Knob, 8th August 2021

Race Information

Coral Coast Triathlon



"Every Year Since 1982"
Cairns - Far North Queensland

A message from the Cairns Crocs Committee

The Cairns Crocs Committee 2021 is proud to present the Coral Coast Triathlon "40th Anniversary Edition!". One of the longest running standard (Olympic) distance Triathlons in Australia. This year being held at Yorkeys Knob.

On the morning of the race the Race Director and Race Referee will do an inspection of the course and manage any risks accordingly. We sincerely hope you all have a great race, lots of fun, support your fellow competitors respect, and thank all the volunteers who have given up their time to allow you to race and we hope you achieve every single one of your racing goals!

Remember to follow the Covid Safe plans, wash your hands, keep your distance, and check in using the Check In Qld App.

The Cairns Crocs Committee

Schedule of Events

Event	Time	Venue
Sign In / Numbering	6.00 – 7.00	Registration Hut
Transition Open/Bike Racking	6.00 – 7.00	Transition
Race Briefing	7.05	Near Transition
Race Start Standard	7.15	On the Beach
Race Start Sprint	7.20	On the Beach
Race Start Enticer	7.45	On the Beach
First Finishers Sprint	8.10	Finish Chute
First Finishers Enticer	8.30	Finish Chute
First Finishers Standard	10.15	Finish Chute
Last Finisher (Approx.)	11.15	Finish Chute
Presentation	11.30	Registration Recovery Area

** Race time may be adjusted on the day depending on numbers and race conditions. Please arrive early and listen out for announcements. The Enticer, Sprint and Standard will start once the Aquathlon is Finished. Make sure you plan your nutrition and hydration around these race times.

Directions to Yorkeys Knob.

Regulars are familiar with the locations of the Yorkeys Knob Triathlon, but please note that for the Coral Coast Triathlon, Transition and the race precinct will be at the Southern end of Sims Esplanade. Please Park at the Northern end of Sims Esplanade and walk to Registration/Transition (650m).

Yorkeys Knob is 16km North of Cairns along the Captain Cook Highway.



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Road Closures

Sims Esplanade will be single lane from Evans Street to Rutherford Street, controlled by PTS Traffic management, from 7.00am till approx. 10.30am.

From Rutherford Street to Kempton Street will be closed, allowing local traffic access to homes only.

Registration

Registration (to confirm you are racing and get your race number) opens at 6.00am for all events

Please confirm your registration before racking your bike. Proceed to the registration desk and confirm your registration even if you booked online.

On registration you will be provided with a timing chip and a race number, which will need to be placed on your leg and arm. Make sure the race chip and number are applied immediately.

Transition set up and Key Times

Transition opens at 6.00am and closes at 7.00am sharp.

Technical officials will be on hand to do a helmet and a visual bike check. Please refer to the schedule of events for all other times.

Equipment and Racing Gear

Leg	Compulsory	Optional
Swim	Cap - provided at registration Swimsuit, tri suit, skins or similar	Goggles, drinking water for start/finish of swim, sunscreen Wetsuit
Bike	Bike, Helmet Torso must be covered (bikini or one-piece swimsuit acceptable for female athletes)	Water bottle, (sun)glasses, towel in transition, bike or running shoes, sunscreen, spare parts/pump
Run	Running shoes – all runners must wear shoes Torso must be covered (bikini or one-piece swimsuit acceptable for female athletes)	Cap / hat / visor, socks, sunscreen, spare singlet / t-shirt, water bottle

Bike Check-in

Bike check-in is compulsory for all individuals and at least one team member. Please **wear your helmet for the check-in**. Immediately prior to bike check-in Triathlon Queensland (TQ) officials will carry out a visual inspection of your helmet. Your helmet therefore must be correctly fastened on your head when you present your bike for check-in. This visual inspection is not a certification of function or safety effectiveness.

TQ officials will visually inspect your bike and no bike will be accepted unless it passes the inspection. The officials will be checking for: handlebar plugs, tyres in reasonable condition, stripped cables etc. The ends of the handlebars must be plugged – please ensure there is no bare metal. The bike must have two functional brakes.

Please note that the bike check-in is a safety precaution to monitor basic soundness of your bike and is essentially a visual check on obvious defects. It is not a certification of roadworthiness by TQ or that your bike meets any specific minimum criteria or a guarantee it will not break down during the race.

It is your sole responsibility to ensure the mechanical and safe operation of your bike prior to and during the race.

Race Briefing

A short briefing will be held before each race. However, competitors should be familiar with the course and the rules of Triathlon. Please check out our course maps on the homepage. The use of unauthorised equipment such as cell phones, MP3 players, Oakley Thumps, cameras, video cameras, iPods or other audio listening or communication devices is an infringement and will cause a penalty by TQ official.

Swim Course

The swim course will be started on the beach, in waves as determined by the number of entries. The entry and exit point are the same.

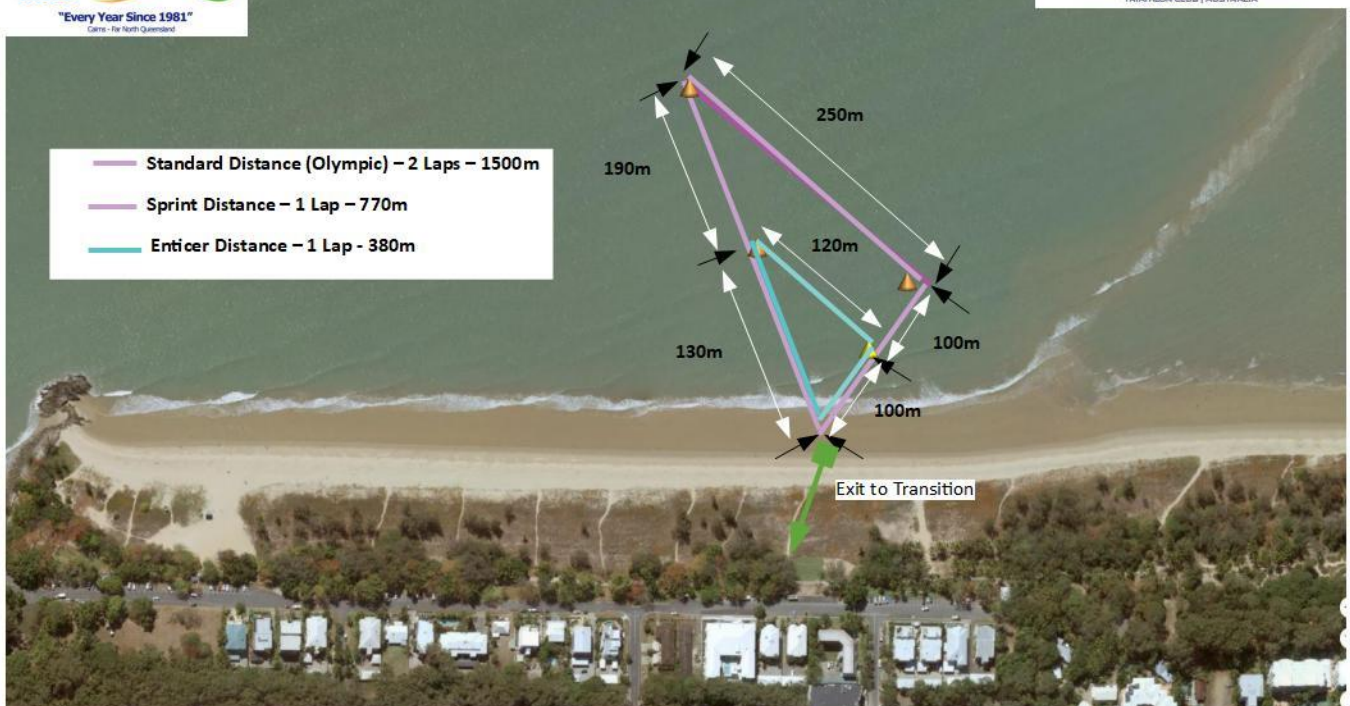
Enticer – 350m – 1 lap

Sprint – 750m – 1 lap

Standard – 1500m – 2 laps

On beach swim start, competitors will be called in categories. Swim caps are compulsory and will be provided at registration. You must follow the swim buoys precisely – any short cuts will lead to disqualification. Competitors will be advised of wetsuit ruling at check-in – it will be most likely an optional wetsuit swim. Follow all directions of water safety officials.

Swim Course Enticer/Sprint/Standard



Cycle Course

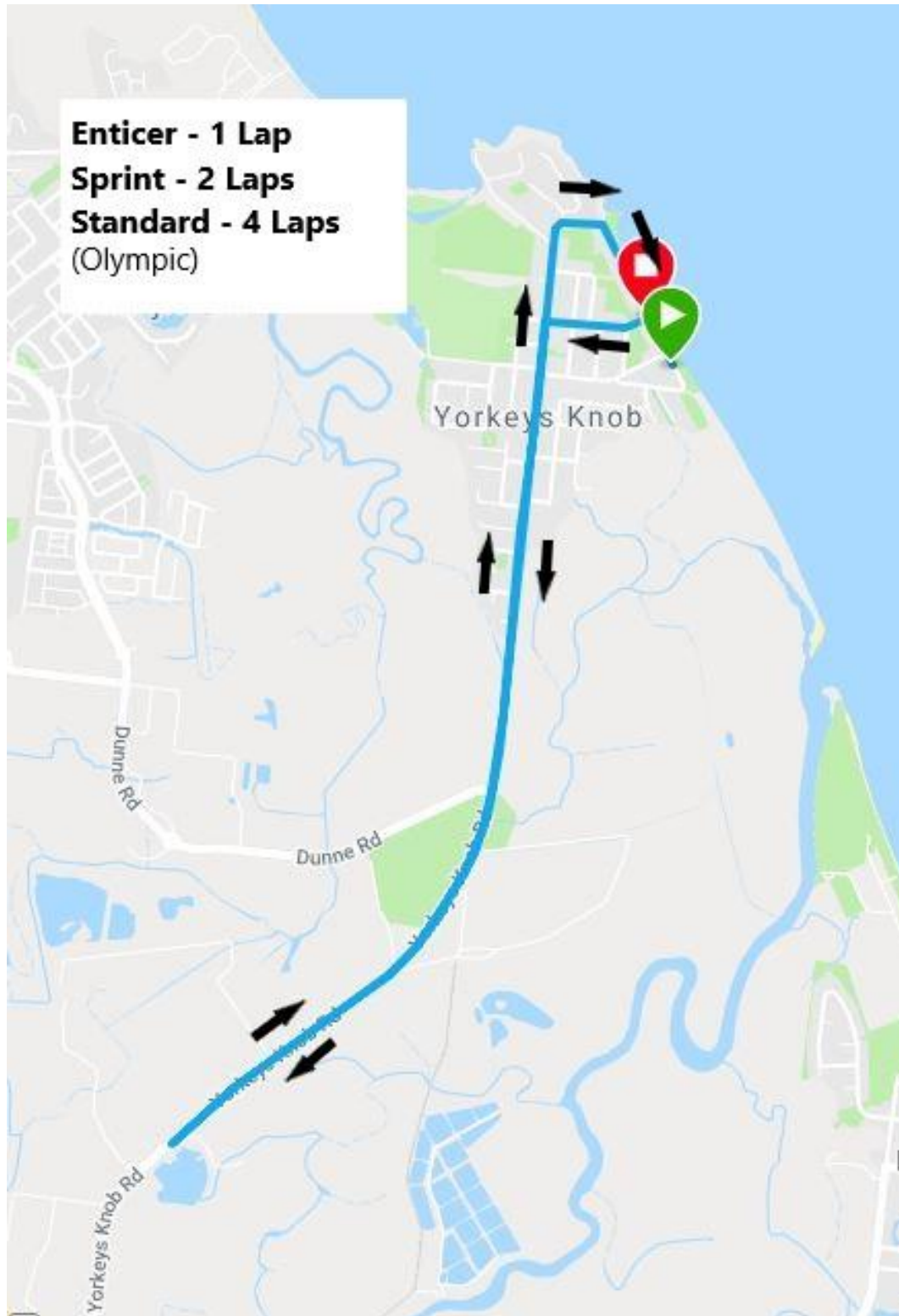
Flat out and back 10km course. Keep to the left, watch for merging competitors on the first lap! There are 4 Speed humps, 2 on Rutherford Street, and 2 on Sims Esplanade – Use caution!

Enticer: 1 Lap

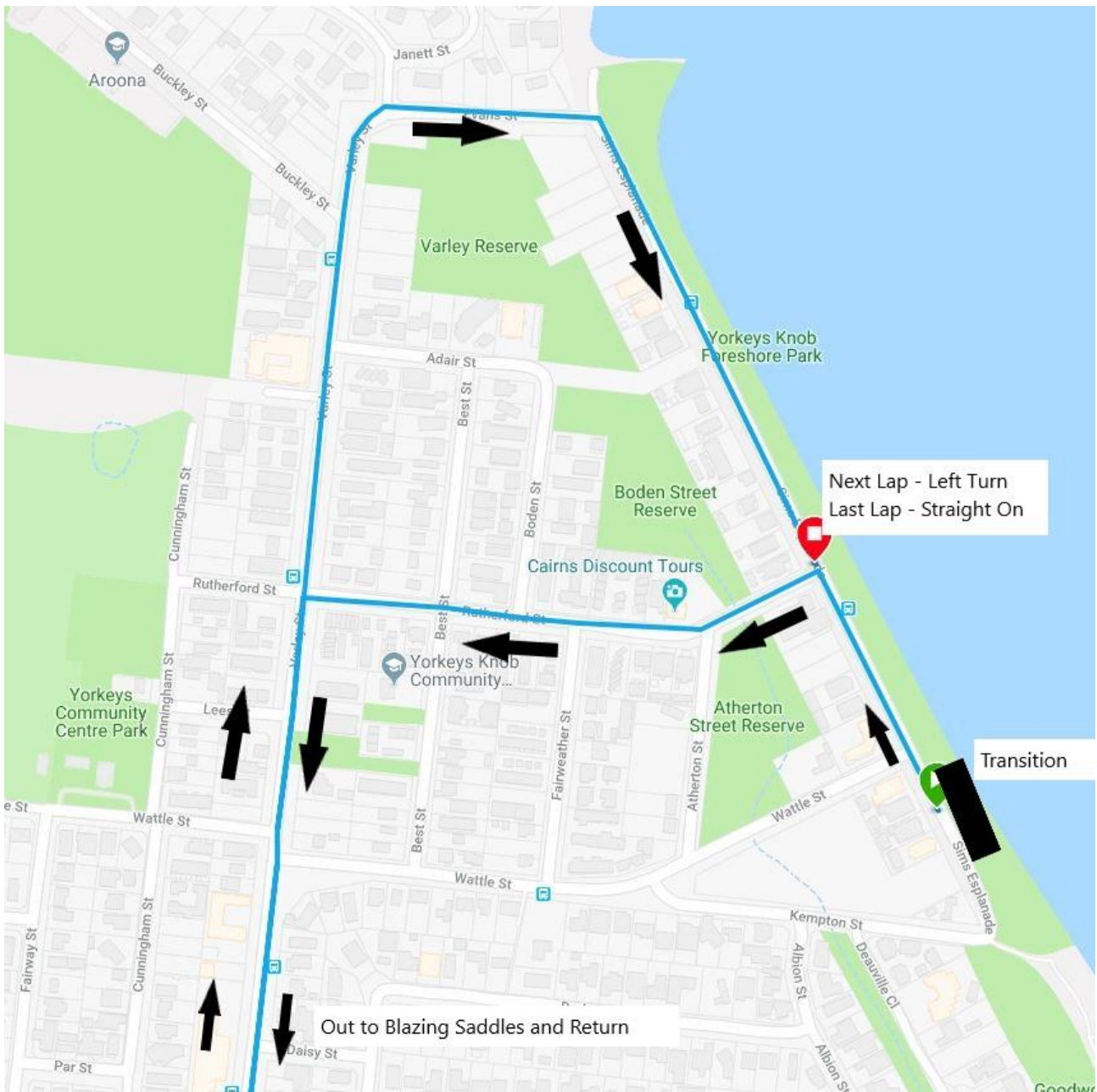
Sprint: 2 Laps

Standard: 4 Laps

Entire Course:



Close up of the Esplanade end:



You must put on your helmet before you touch your bike. No drafting, no illegal passing and no littering on the course. All road rules must be obeyed at all times. Follow police and traffic control directions at all times.

Pacific Toyota



Run Course

Flat course around the streets of Yorkeys Knob. Keep to the left, single file unless overtaking. The course is on open roads, with speed controls in place. 2.5km Long, with the aid station located near transition. Please remember to keep well hydrated, and stay on the left.

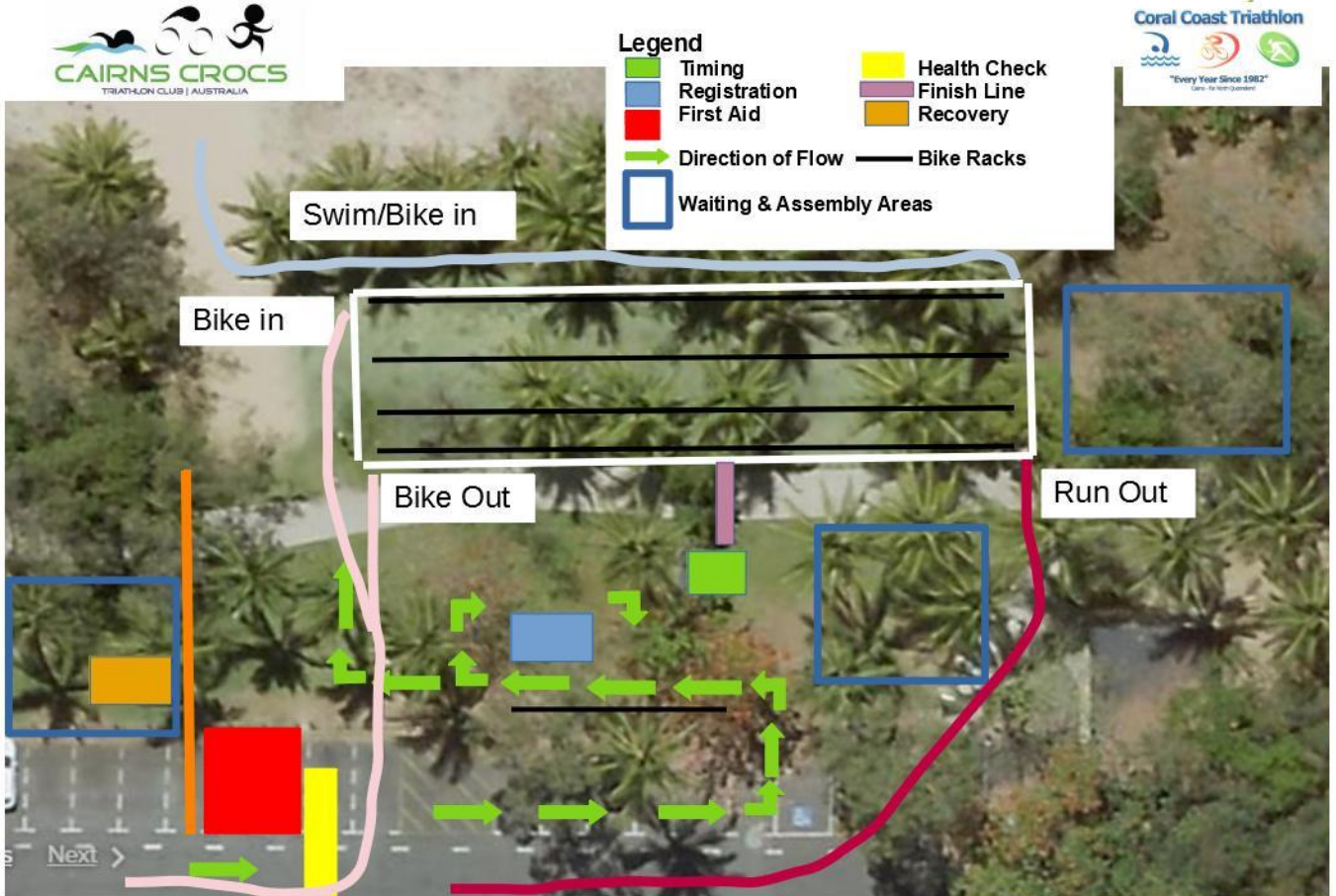
Enticer – 2.5Km – 1 Lap

Sprint – 5km – 2 Laps

Standard – 10km – 4 Laps

Enticer/Sprint/Standard Run





Contingency

The Race Director will assess the course and conditions on the day, however if there is inclement weather, and the Bike course is deemed unsafe, the event will change to an Aquathlon.

Enticer: 350m Swim, 2.5Km Run

Sprint: 750m Swim, 5km Run

Standard: 1500m Swim, 10Km Run.

If the swim course is judged to be unsafe, the event will become a Duathlon for the Enticer/Sprint/Standard, and a Run for Juniors.

Juniors: 1km Run

Enticer: 1Km Run (Up and Back on Sims Esplanade Track), 10km Bike, 2.5Km Run

Sprint: 2.5km Run, 20Km Bike, 5km Run

Standard: 5km Run, 40Km Cycle, 10km Run

Please ask for medical help if you have the slightest hint you may need it. In the swim leg please put up your hand to attract attention. There will be first aid near the finish line and on stand-by at all times. Any aid given by race medical personnel on the course is permissible and will **NOT** lead to disqualification. **If, however, you have any other form of outside assistance you will be disqualified.** You will be withdrawn from the race only if you require transportation or if medical personnel consider your continued participation presents a danger to the health or welfare of you or others.

Feel free to refer to the full race rules at:

http://www.triathlon.org.au/Technical/Race_Competition_Rules.htm

Withdrawals during the Race

If you have to withdraw at any stage of the race you (or someone representing you, such as a relative or friend) **MUST** report to the recorders at the Finish Line and hand back your chip so we can ensure you are accounted for and not lost.



Triathlon Queensland State Series Information:

State Series Age Categories:

Place	Points
1 st	10
2 nd	9
3 rd	8
4 th	7
5 th	6
6 th	5
7 th	4
8 th	3
9 th	2
10 th	1

Age	Event
7-9	Junior Aquathlon
10-11	Junior Aquathlon
12	Junior Aquathlon
13	Enticer Triathlon
14-15	Sprint Triathlon
16-17	Sprint Triathlon
18-19	Sprint Triathlon
20-24	Sprint Triathlon
25-29	Sprint Triathlon
30-34	Sprint Triathlon
35-39	Sprint Triathlon
40-44	Sprint Triathlon
45-49	Sprint Triathlon
50-54	Sprint Triathlon
55-59	Sprint Triathlon
60-64	Sprint Triathlon
65-69	Sprint Triathlon
70-74	Sprint Triathlon
75-79	Sprint Triathlon
80-84	Sprint Triathlon
85+	Sprint Triathlon

Recovery

A recovery station will be set up near the finish with fruit, snacks and water. Please help yourself and make sure you get some sugar back into your system to aid recovery. Please make sure you dispose of your rubbish thoughtfully.

Presentations: After the finish approx. 11.30am – We will be conducting some random prize draws at the presentation, so hang around!

ENJOY YOUR RACE!