



## Avantiplus Tinaroo Triathlon 18<sup>th</sup> March 2018

Cairns Crocs Triathlon Club  
 P O Box 6401,  
 CAIRNS. 4870  
 ABN: 83 443 329 527  
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### Lake Tinaroo Triathlon Lake Tinaroo, 18<sup>th</sup> March 2018 Race Information

A message from the Cairns Crocs Committee

The Cairns Crocs Committee 2018 is excited to hold the second event the year!

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!

The Cairns Crocs Committee

#### Schedule of Events

Event	Time	Venue
Sign In / Numbering <b>Junior/Kids</b>	6.00 – 7.00	Registration Hut
Transition Open/Bike Racking <b>Junior</b>	6.00 – 7.00	Junior Transition
Transition Open <b>Kids Aquathon</b>	6.00 – 6.45	Kids Transition
Race Briefing <b>Kids</b>	6.50	At the Start Line
Kids Race Start	7.00	On the path near the Finish
Race Briefing <b>Juniors</b>	7.20**	Opposite the Finish
Race Start <b>Juniors</b>	7.30**	In the water
Sign In/Numbering <b>Sprint/Enticer</b>	7.00 – 7.45	Registration Hut
Transition Open <b>Sprint/Enticer</b>	7.00 – 7.45	Transition Sprint/Enticer
Race Briefing <b>Sprint/Enticer</b>	8.00	Opposite Finish Chute
Race Start <b>Sprint</b>	8.15	In water start
Race Start <b>Enticer</b>	8.17	In Water Start
Last Finishers (Approx)	10.45	Finish Chute
Presentation	11.00	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 Sprint and Enticer will start once the Junior Triathlon is Finished. Make sure you plan your nutrition and hydration around these race times.



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### Directions to Lake Tinaroo

Regulars of Lake Tinaroo Triathlons are familiar with the location of where we conduct the Triathlon, but for all our new members, below are directions:

Via Gillies Range:

- Travel up the Gillies Highway
- Drive through the township of Yungaburra
- Turn right into Marks Lane
- Turn right into Tinaroo Falls Dam Road
- Continue onto Irvine Street
- Turn left onto Tinaroo Falls Dam Road and continue along until you reach Lake Tinaroo (look out for signage)

Via Kuranda Range:

- Travel up the Kuranda Range
- Drive until you reach Tolga
- Turn left into Main Street
- Continue onto Kairi Road
- Turn left onto Tinaroo Falls Dam Road
- Continue onto Irvine Street
- Turn Left onto Tinaroo Falls Dam Road and continue along until you reach Lake Tinaroo

### Road Closures

Tinaroo Falls Dam Road will close at 7.30am for all traffic (except 000, like Police, Ambulance etc.) in both directions until all bikes are off the road.

There will be an **'escort' vehicle to guide urgent traffic in and out of the township between 7.30am and approximately 10.00am** when the road reopens for all traffic. If the last cyclist is of the course before 10.00am the road will reopen earlier.

### Registration

Registration (to confirm you are racing and get your race number) opens at 6.00am for Kids and Juniors, 7.00am for Sprint and Enticer

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.



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### Transition set up and Key Times

**Transition opens at 6.00am and closes at 7.00am for Juniors. Opens at 7.00am and closes at 8.00am for Sprint Enticer.** Technical officials will be on hand to do a helmet and a visual bike check. Please refer to the schedule of events above for all other times.

### Equipment and Racing Gear

Leg	Compulsory	Optional
Swim	Cap - provided at registration  Swim suit, 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 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.

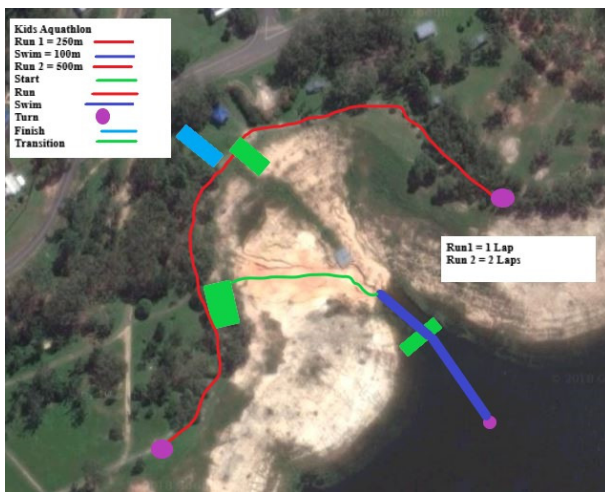
### Swim Course

The swim course will be started from in the water, approx.. 20m from the exit point.

- Aquathlon – 100m – 1 loop (Out and Back)
- Junior Triathlon – 200m 2 Loops (Out and back twice)
- Enticer – 400m – 1 lap
- Sprint – 750m – 2 laps

In Water swim start, competitors will be called in categories. Swim caps are compulsory and will be provided with the number at the 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. **Please be careful exiting the water, as the ground is a little uneven. Kids and Juniors will be required to walk when exiting the water.**

**Kids Juniors**  
**(Complete Course) (Swim Course Only)**



**Sprint and Enticer**



### Cycle Course

Very hilly course to challenge the legs before the run. Be aware that the escort vehicle might be coming through and always stay to the left side of your lane.

The Junior course will be out and back, 5km, turning before the hills start

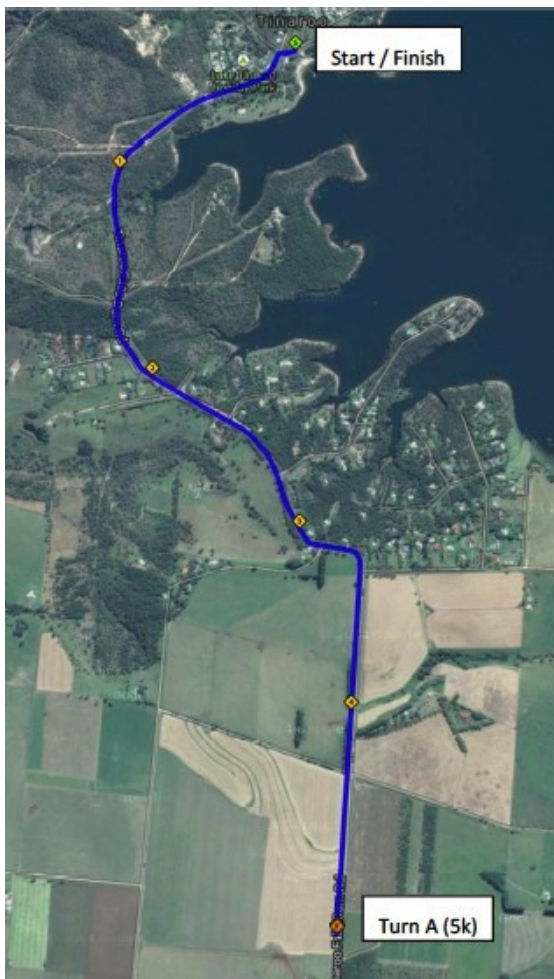
Junior – 3 Laps – 5km

Enticer – 10k – 1 lap @ 10k

Sprint – 20k – 2 laps @ 10k

**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.**

### Enticer/Sprint Bike Course



### Junior Triathlon Course



### Run Course

Mostly flat and on hard surface but there is one small hill on each lap. Use aid-stations as required to keep hydrated. Warning: it can be dangerous to your health if you continue Assistance

Aquathlon: Run 1, 250m – 1 Lap, Run 2, 500m 2 Laps

Juniors Run – 1km – 2 Laps

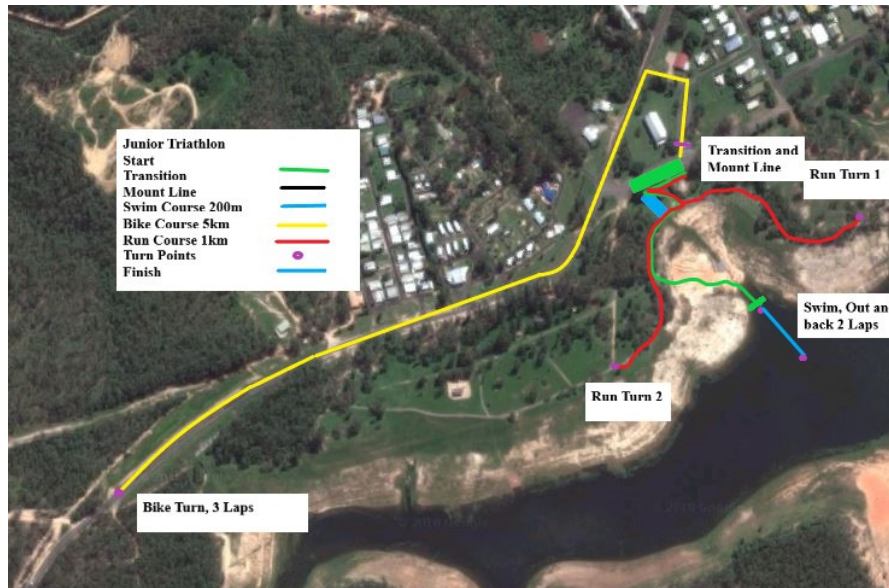
Enticer – 2.5Km – 1 Lap

Sprint – 5km – 2 Laps

### Sprint/Enticer Run Course



### Junior Course (2 Laps)





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### Contingency

Whilst we expect the swim course to be OK, if on the day it is determined that it is not safe for competitors, the race will become a Duathlon for Juniors, Enticer and Sprint.

Juniors: Run 1, 500m (1 Lap), Cycle, 5km (3 Laps) Run 2, 1km (2 Laps)

Enticer: Run 1, 1.25km (Out and back), Cycle 10km (1 Lap), Run 2, 2.5Km (2 Laps)

Sprint: Run 1, 2.5 Km (1 Lap), Cycle 20Km (2 Laps), Run2, 5Km (2 Laps)

The kids event will become a 500m run only.

The start line will move to the Aid Station. Same start times.

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\\_Compensation\\_Rules.htm](http://www.triathlon.org.au/Technical/Race_Compensation_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.

### 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. We have to make a booking with National Parks to use the area and we need to leave it as we found it.

### Presentations: After the finish approx. 10.45

Please hang around for presentations.

**ENJOY YOUR RACE!**