



AQUATHON SERIES 2022

Thanks to our sponsor



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Welcome

Townsville Triathlon Club welcomes you to the first race in the Aquathon Series for 2022 at the Rockpool, The Strand. We hope you will enjoy your morning.

The Townsville Tri Club Aquathon series is a long running local event series where you can race your mates at any of the three events AND win points towards the series. At each race in the series, the top 20 placed Male and Females in the Sprint and the top 10 placed Male and Females in the Enticer will earn points towards the series.

For example, in the Sprint race, 1st place in each gender = 20pts, 2nd place = 19 points, 3rd place = 18 points and so on until no points left. Or in the Enticer race, 1st place in each gender = 10pts, 2nd place = 9 points and so on until no points left. This means you can race either Sprint or Enticer distance across the series and count your points to a single result. We will publish the series points update after each race so you can track your competition!

Don't forget to enter the next two races:

Aquathon Series - Race 2 - 20th February - <https://my.raceresult.com/188805/>

Aquathon Series - Race 3 - 13th March - <https://my.raceresult.com/188806/>

If you are interested in more information about the Townsville Triathlon Club and our free training sessions or local events, or in the benefits of becoming a Triathlon Australia member then please visit our website: townsvilletriclub.com.au/

Membership

[Triathlon Australia](#) offers five different membership options for you to choose from. Please select a membership that suits your level of involvement in the sport and enjoy the many benefits that comes from being a Triathlon Australia member. You will need to select Triathlon Queensland before you can choose your local club, Townsville Triathlon Club.

Once enrolled, please come along to any of our free training sessions advertised on our [Facebook page](#).

Covid-19

Please ensure you sign into the QLD Check in app located around the area. Alternatively, please approach one of the volunteers who can manually sign you in.

Where practicable to do so, please wear a mask if you find you cannot socially distance 1.5 m from other people.

Hand sanitizers are available for use and are located around the area.

If you are feeling unwell, we ask that you please refrain from competing today and seek medical attention. If you have [COVID-19 symptoms](#), please get tested and stay at home.

Timings

Volunteers arrive	05:00 am
Transition opens	06:00 am – race start
Registration and timing chip collection	06:00 am
Safety brief and race brief	06:30 am
Kids aged 7-10* race start	06:40 am
Kids aged 11-13* race start	06:45 am
Sprint distance ages 14-75* race start	07:00 am
Enticer distance ages 14-75* race start	07:15 am

*Ages as at 31 Dec 2022

Bag Drop and Transition

There will be an area for bags, but we cannot guarantee against theft or damage. We strongly suggest not bringing anything of value to the race site. Bags will not be allowed in the transition area. We recommend a small towel to dry your feet, goggles, swim cap (provided), sun visor (optional), socks (optional), runners and a shirt to cover your torso if you are not wearing a tri suit is all that you will need in transition.

Maps

It is expected that competitors are familiar with the course prior to the race. The Course maps are detailed below and will be posted on our Facebook page and website.

Please familiarise yourself with the transition area and direction of travel upon arrival.

Kids aged 7-10 (approx 100m run, 50m swim, 100m run)

Kids 7-10 will commence first up the grassy hill behind the swings around the flying fox and then back down the hill towards transition. Put your goggles on and swim from the ramp around the water safety staff and across to the adjacent ramp then run towards transition. Put your shoes on and run back around the same run course to the finish.

Sorry! No map available.

Kids aged 11-13 (500m run, 100m swim, 500m run)

Kids 11-13 will start with a run lap (anticlockwise) of the Rockpool, down the hill into transition, goggles on and make your way into the pool to swim to the middle buoy and back to the ramp, keeping all buoys on your right. Get out of the water and get your shoes on quick smart, then run the lap of the rockpool again to finish!



Enticer (1km run, 200m swim, 1km run, 200m swim, 1km run)

Enticer distance athletes will run around the Rockpool and up the FOOTPATH. Half-way up the hill you will cross the road. There is a marshal on this road crossing. The marshal is there to tell you where to turn and to be an extra set of eyes for approaching traffic. They are NOT there to stop traffic. It is your responsibility to look before crossing. Once across the road you will follow the footpath and complete the lap of the park – down Mitchell St side and along Howitt St. We cross the Strand Road at the footpath crossing again watching for traffic. Then run around past the surf club and down the hill into transition. Quickly get your shoes off and your goggles on and around into the water. The swim goes straight up the middle of the Rockpool, keeping all buoys on your right. 1 lap!

Then simply run, swim and run the same courses again! Easy right?



Sprint (2km run, 400m swim, 2km run, 400m swim, 1km run)

Sprint distance athletes will run around the Rockpool, continue all the way up the hill following the FOOTPATH. Turn right at the Mitchell St intersection (toilet block on right) and continue up FOOTPATH to the Jezzine boardwalk. Down the boardwalk, turn left and run up the hill past the sculptures, left at the next toilet block and past the Jezzine parade ground. Cross Mitchell St (watching for traffic) and down around Howitt St, over the Strand and into transition. The swim is TWO laps. Keep the buoys on your right and exit up the ramp.

Repeat the run and swim for the second complete lap. The final run lap is ONE km. That is the Short Course run lap, turning half way up Jezzine Hill.



Race Rules and Regulations

All competitors shall comply with [Triathlon Australia Race Competition Rules](#) during the race. The main points to remember are as follows:

1. No fins, paddles or flotation devices such as life jackets may be worn.
2. Wetsuits are not allowed.
3. Swim caps (provided) must be worn.
4. No form of locomotion other than running or walking is allowed.
5. No individual support vehicles or escort runners allowed.
6. Runners must follow the directions of ALL course marshals and officials.
7. Torso must be covered, and shoes worn.
8. Keep the transition area clear. Consider other athletes.
9. Race referees have the authority to disqualify any competitor.
10. Medical staff may remove a competitor from the race if judged to be physically incapable of continuing without risk of serious injury.
11. Good sportsman like conduct is demanded of all competitors.
12. If you withdraw from the race, please notify a race marshal or official.

Timing Chips

Timing chips will be provided to all competitors in the sprint and enticer events. Fees will be charged to competitors for lost timing bands/chips, so please secure properly before competing and return to the designated timing box at the finish line. Thank you.

Safety

1. Drink plenty of fluid before the race. Refreshments will be available to all competitors from the transition area.
2. Be sun smart.
3. Be COVID safe.
4. Acknowledge that participation in the race comes with potential hazards such as traffic accidents, drowning and slips, trips and falls:
 - ☐ Obey road laws, marshals and officials. Stay on footpaths. Be mindful of the public sharing the same space. Give way to traffic when crossing roads.
 - ☐ All swims are in the Rockpool. It is shallow enough in most places to stand. If you have any trouble in the water, please stand. If you can't stand, wave your

arm in the air to gain the attention of one of our water safety staff.

- ☐ Watch for slippery surfaces: entering and exiting the rock pool, within transition and along the board walk.
5. As this is not an event for the casual jogger or swimmer it is recommended that all competitors have trained sufficiently for the event and have obtained a thorough medical examination, prior to competition.

Photography

We are very fortunate to have Robert Ellershaw on the course who will be snapping up some fantastic photos. The photos will be available for download on [Facebook](#) shortly after the event - free of charge!

Presentations

Presentations will commence shortly after all the races have concluded. Why not grab a cuppa from the Odyssey while you wait?

Merchandise

Limited club merchandise will be available from our registration tent or via our [online shop](#). Prices are listed below.

ITEM	IMAGE	PRICE
Club Visors		\$10
Club Water Bottles		\$5
Tri Suits – One Piece (1 only size S girls/ladies) Tri Suits – Two Piece (1 only size XS boys/mens)		\$100
Running Singlets		\$15
Tech Shirts		\$19

Club Polo



\$22