

MAGNETIC ISLAND TRIATHLON



ARE YOU READY
TO
TRI THE
DESTINATION

ATHLETE GUIDE
OCTOBER 6TH AND 7TH
2018

Welcome athletes to this great event. Magnetic Island is a playtime paradise, for both athletes and spectators, who just want to find a quiet place, to kick back.

This event is set in some of the most spectacular settings that Queensland has to offer amongst its hidden gems and with the optional shorter and longer distances is very achievable for everyone from first timers to the more seasoned athletes.

We hope you will enter this event with a sense of fun and family, as you challenge yourself to race the destination.

Good luck stay safe, the team will see you at the finish!

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MAGNETIC ISLAND TRIATHLON



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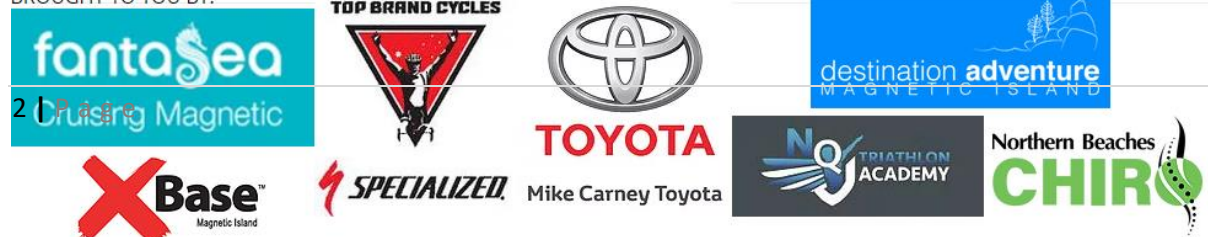
Schedule of Events

SWIM Saturday, October 6th			
Event	Location	Time	Notes
Swim Start – Check in Finish at Picnic Bay next to the Jetty	X- Base beach front click on the link for how to find it on the island or catch a bus from the port to X base or simply turn left out of the ferry terminal and walk 2K	Check in from 08:00 Starts 08:45	Your dry gear will be transported to the finish line for you.

To book your ferry Call Fantasea 07 4796 9300 [use promo code FDACOM19](#)

Triathlon Sunday, October 7 th			
Event	Location	Time	Notes
Bike Check in Open	Picnic Bay Hotel and Jetty	06:30 All athletes need to check in by 07:15 Transition closes 07:20	Catch special 5:20 Fantasea ferry use code FDACOM19 for discount
Start	Picnic Bay	07:30	Sprint
Start	Picnic Bay	07:45	Enticer
Start	Picnic Bay	08:00	Aquathon

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PRE-EVENT INFORMATION

This is an arduous event if you are moderately fit and have been training you should be able to finish this event. Please consult your doctor if you have any concerns prior to registering.

REFUND POLICY

Due to event costs there will be no refunds after Sept 1.

EVENT BRIEFING

An event briefing will take place prior to the start of each race beside the finishing arch.

BAG DROP

Athlete bags can be left in the event tent area, however we will not be responsible for any loss or damage.

CHECK IN

Check in and numbering will be open from 06:30 and close at 07:15 all competitors need to check in during this time. Please rack your bike first, you can rack in the areas allocated to your race, there will be separate areas for the Sprint and Enticer races so there is no cross over in racing and finishing, please make sure you rack your bike in the right areas. Make sure your bike is serviceable (spot checks will be made for your own safety) and your helmet fits correctly if you are not sure then please ask a member of staff.

EVENT TIMING AND CUT OFF TIMES

There are no event cut off times so if you are doing it for the first time then there is no pressure to get across that finish line - however if your still out at "Beer O'clock" then we may have to encourage you to take the safety vehicle back to the finish!

PERSONAL SAFETY

Please ensure whilst on the bike leg you adhere to all QLD road traffic regulations, this is a Triathlon Queensland Sanctioned event and as such we need to be compliant. The roads have no closures so be aware you may have to stop and give way at the junctions.

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EVENT WEEKEND CHECK LIST

PRE EVENT

- Directions to Hotel
- Booked ferry with Fantasea
- Directions to Athlete check-In
- Directions to Race start
- Directions to Race finish
- Photo I.D.
- bike services/tune up
- Attend Athlete check-In
- Attend Athlete briefing
- study the race courses and plan your nutrition

EVENT DAY SWIM

- GARMIN or lap counting device
- Swimsuit/Wetsuit (if applicable)
- Goggles (consider a spare pair as well)
- Swim cap
- Ear Plugs/nose Plug (optional)
- Morning clothes bag

EVENT DAY BIKE

- Bike Pump
- Extra nutrition
- Extra Water bottles
- Aero Water bottle straw
- Bike Repair Kit bar-end plugs co2 cartridge(s)
- Spare tire spare tube
- Tyre levers
- Valve stem Extenders
- Patch Kit Wrench set/tools
- Body glide
- Sunscreen
- Helmet
- Sunglasses
- Bike shoes
- Socks
- GPs Watch or bike computer

EVENT DAY RUN

- Fuel belt
- Hat/Visor
- Running shoes
- Socks
- Sunglasses
- Water bottle or belt if required
- Sunscreen
- Running shorts

MISCELLANEOUS

- Body Glide
- Antibacterial
- Contacts or Rx Glasses
- Heart Rate Monitor & chest strap
- Towel
- Hair ties
- Chopstick
- Post-Race clothing
- Have a Great Race!

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EVENT DAY Saturday - 3K Bay 2 Bay Swim

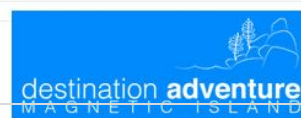
This is an open water challenging swim from X-Base to Picnic bay the distance is approximately 3Km of which takes you around the headland at Picnic bay. The start will be a deep water (Thigh deep) start and you will head for the next beach where once you touch the sand with your feet you are off again rounding the headland you will pick up the iconic Picnic Bay Pier and head towards that and finish at the beach, to beach refreshments. If you are a not so strong swimmer we encourage the use of fins snorkel and mask to help you along. However if you suddenly become very speedy and win ohla la we might think you tried to pull the wool over our eyes, ad send you round again for good measure.



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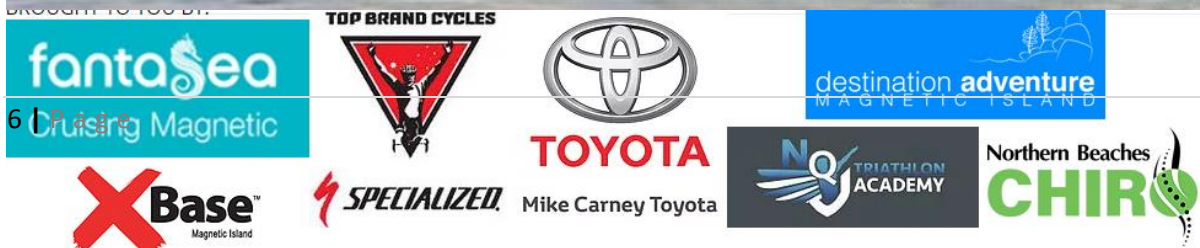
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EVENT DAY Sunday - Triathlon SWIM

SWIM LEG – Sprint 750 Enticer 350

You are required to swim the distance you have nominated if you are a weak swimmer then if you want to use fins then you are welcome to do so - however if you suddenly become speedy then you won't be eligible for a trophy! Wetsuits are permissible due to the time of year and for safety. Enticer will be climbing down the ladders for the swim start, Sprint will start from the beach.

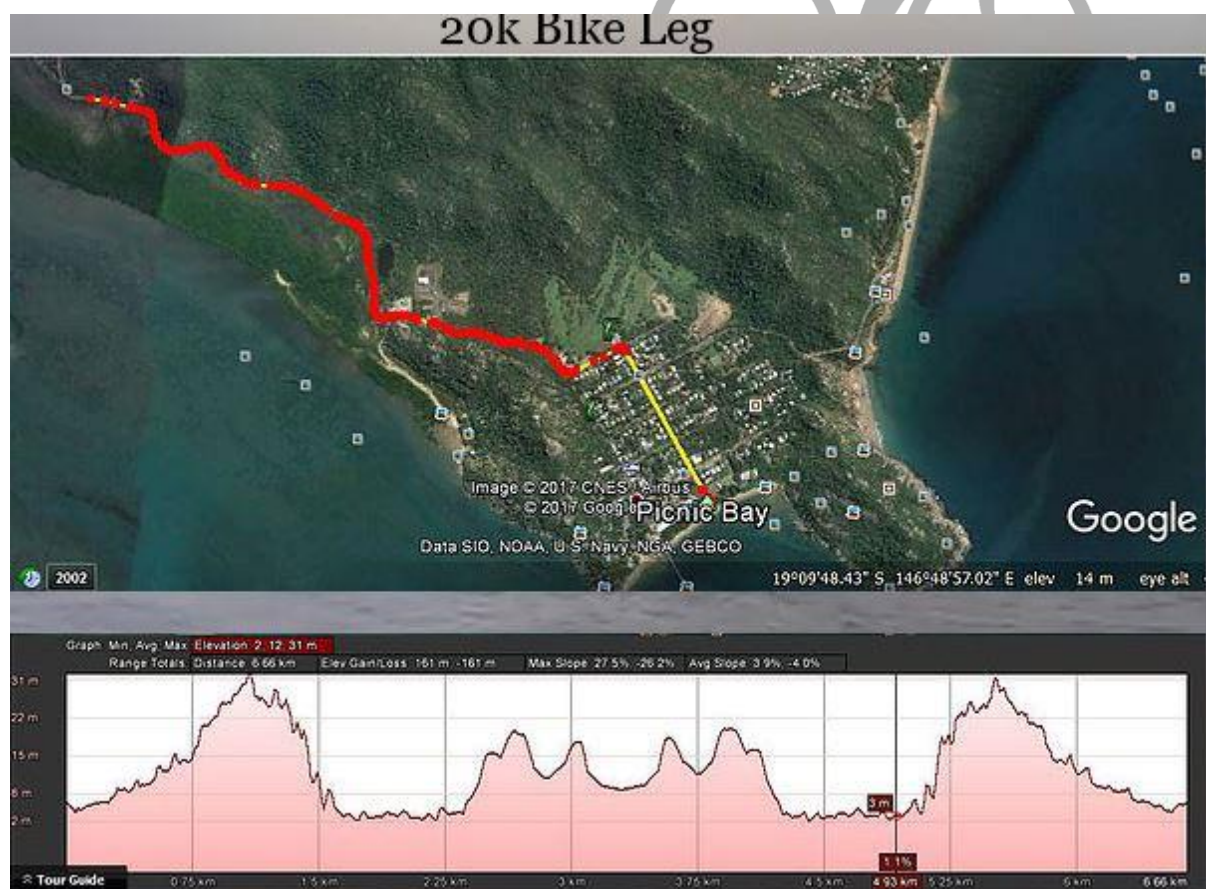


EVENT DAY Sunday - Triathlon BIKE

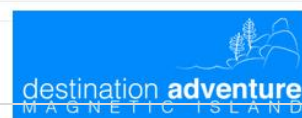
BIKE LEG – All distances

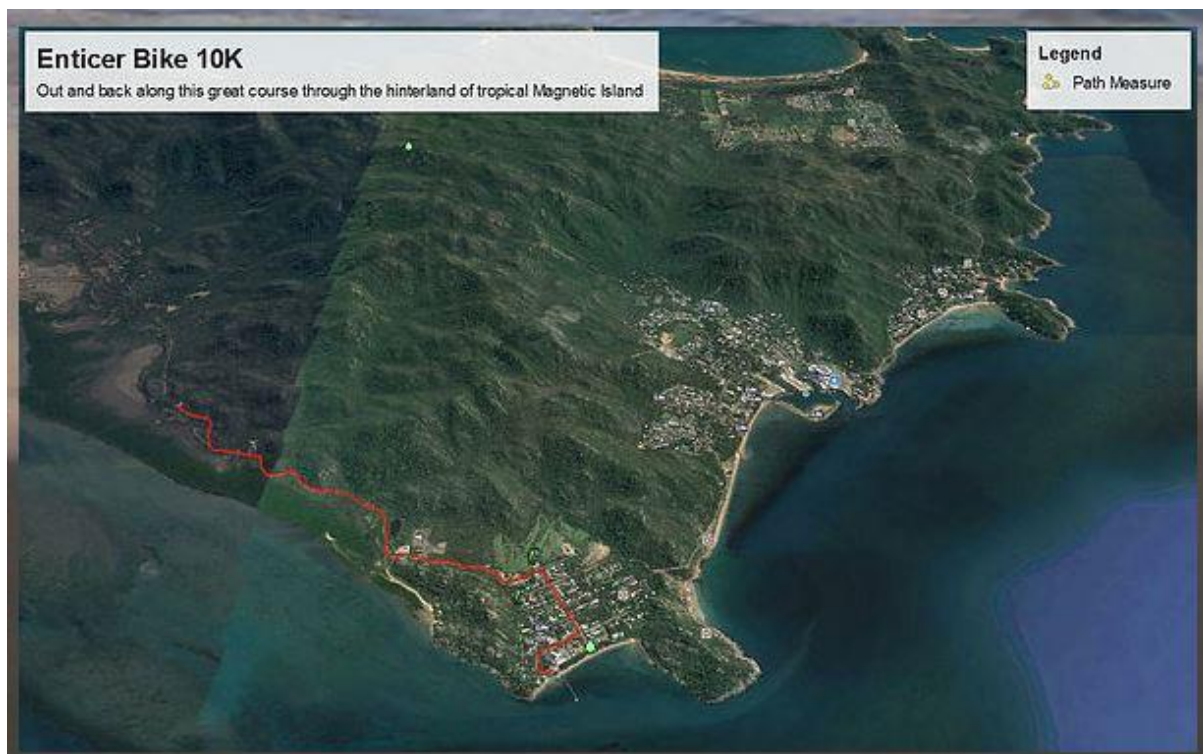
You are required to bike your nominated distance and complete the entire course which then allows you to continue on to the run leg, again there are NO road closures and you must adhere to ALL road regulations and signage. There is only 30 meters of climb on the bike, it's pretty much a flat fast course. The entire course is 2 laps and the Sprint is 4 laps of the same course.

The bike course will be explained in detail for both events at the briefing.



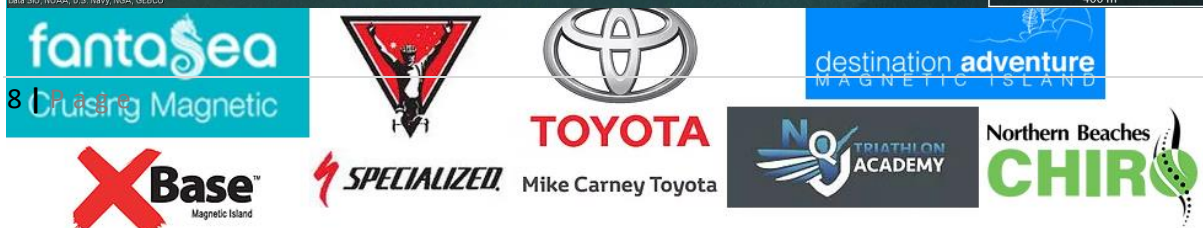
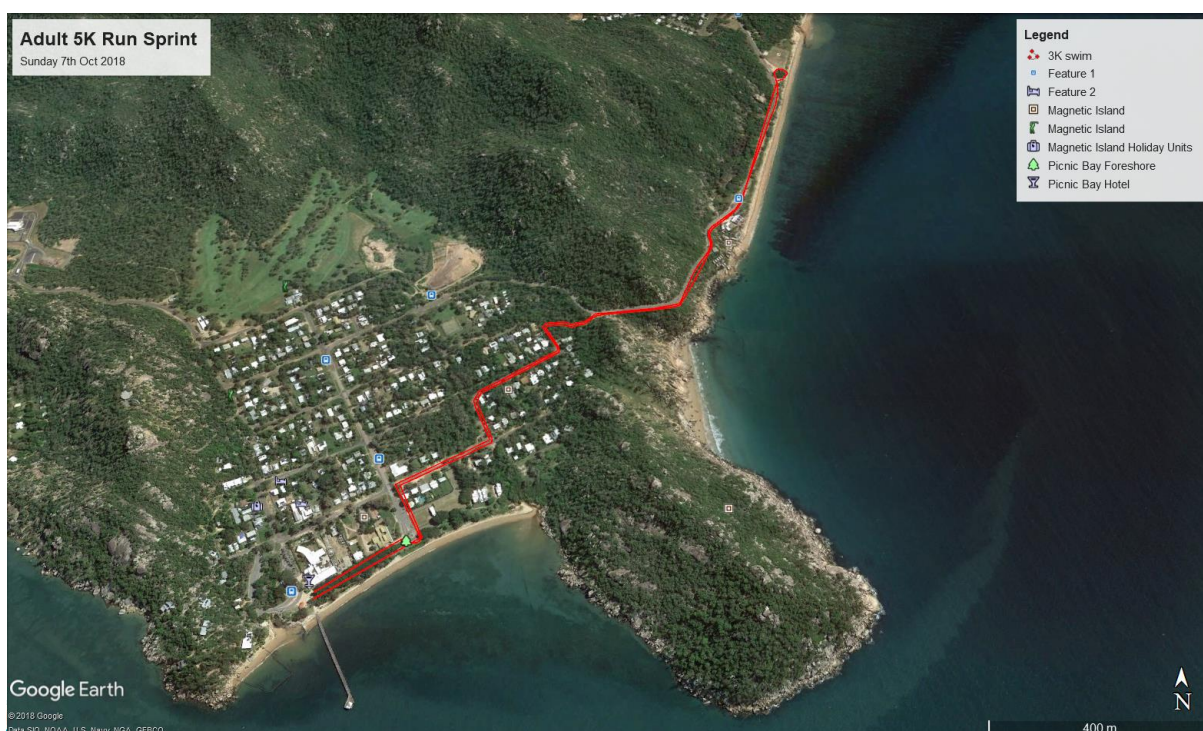
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EVENT DAY Sunday - Triathlon Run

After the bike comes the run, the run for the Sprint is out over the hill towards X-Base where you will run past X-Base and turn at the prominent tree, and around the helipad twice, then back track the same course to the finish line, in front of the Picnic Bay Hotel. The enticer goes out the same way and turns around after 1K at the top of Barbara St then return to finish under the arch along the esplanade in front of the Picnic Bay Hotel.





Event Day Sunday - Aquathon RUN

The run is the first thing they do 750m around the block followed by a 200m swim along and under the jetty and finish with the 750 run.



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Event Day Sunday - Aquathon Swim

The 300m swim is after the 750m run and goes along and under the pier, followed by a further 750 run to the finish line.



General Information

Grouping and Drafting

Riding as a group and or drafting as a group is not allowed

Sag Wagon

There will be a sag (Safety vehicle) roving up and down the course during the event, it will stop should you be stationary at the side of the road. The Sag wagon can transport you back to the finish if required or help with mechanical problems. It will have a small first aid kit limited water and supplies. DO NOT rely on the Sag wagon to replenish your water as it will not do so unless there is a medical need.

Drinking bidon

You must start the bike leg with no less than 2 drinking bidon's or the equivalent, on course replenishment will be available on course. You will be required to fill your own bidon's from the on course nutrition provided. Water melon will also be available.

RACE NUMBERS

After check-in you will be marked with a nikko on your arm and given a race number, this will be used for your overall time at the end.

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Start Swim

Start times are posted above all starts will be deep water starts (no crazy running down the beach!) Take your time at the beginning and ease into your swim so you can have a good experience if you think your faster start at the front if you're not such a good swimmer or are wearing fins then go to the back, not so sure? Then just stand at the side. If you get into difficulty float on your back or raise an arm we will come get you.

Finish

The finish is where we want you to end up! And get a great finish line photo so don't be looking at your watch or your navel get the arms up and smile for the camera!

See you all at the start line!

Prizes for overall fastest male and female - Prize giving will be at the conclusion of the event

Sprint Fastest Male overall

Sprint Fastest Female overall

Adult Enticer Fastest Male overall

Adult Enticer Fastest Female overall

Aquathon Fastest Female overall

Aquathon Fastest Male overall

Fastest Team overall

For the 3K B2B swim

Fastest Male Swimmers only

Fastest Female Swimmers only

Fastest Male - anything goes

Fastest Female - anything goes

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