



AQUA ISLAND TRIATHLON COURSE

SENIORS
200m Lake Swim
10.6km Road Ride
2.6km Path & Trail Run

RACE VENUE

While we are unable to use WINBI due to current river levels, we have the privilege to be able to utilise **AQUA ISLAND** and thank Jayne from Waterfront Moama and Aqua Island for the support in offering us this space to allow our members and the community to get our season underway. As such, we request that you are courteous and respectful when on site and racing, including parking in the designated areas, taking any rubbish away with you, being mindful of those in the area, and giving way to vehicles as required.

One major rule we have is WE **MUST NOT** use or be on any of the Aqua Park Obstacles (in the water). This is for safety and insurance purposes. We trust that **EVERYONE** will respect this rule.

Aqua Island is an easy 15km drive from WINBI. We understand this is a little further out of town but hope you are able to join us ! The venue has ample parking – please see below.

Note: There are currently no working onsite toilet facilities.



RULES & SAFETY

Please ensure you are aware of our rules and safety instructions.

All participants:

- Are required to follow directions of marshals or Club Volunteers
- Ensure your bike is in good working order including brakes
- Ensure you have an Australian standard bike helmet
- Must have a red light on the rear of your bike for the bike leg
- Helmets must be fastened on your head prior to heading out on the bike leg
- Helmets must remain fastened until you rack / place your bike back in transition
- While on the bike leg, you must abide by all road rules and/or directions of our marshals/volunteers
- NO DRAFTING on the bike leg. Please be respectful of this.
- When attempting to pass another rider you MUST do a head check over your right shoulder for any cars before veering out. Please only pass when safe to do so.
- No bare torsos are allowed on the bike or run legs.
- Shoes must also be worn on both bike and run legs.
- You are encouraged to have a hydration bottle on the bike and you may leave a bottle in transition also.
- Please remove any bags / unused gear from transition prior to the start of the event.



TRANSITION AREA

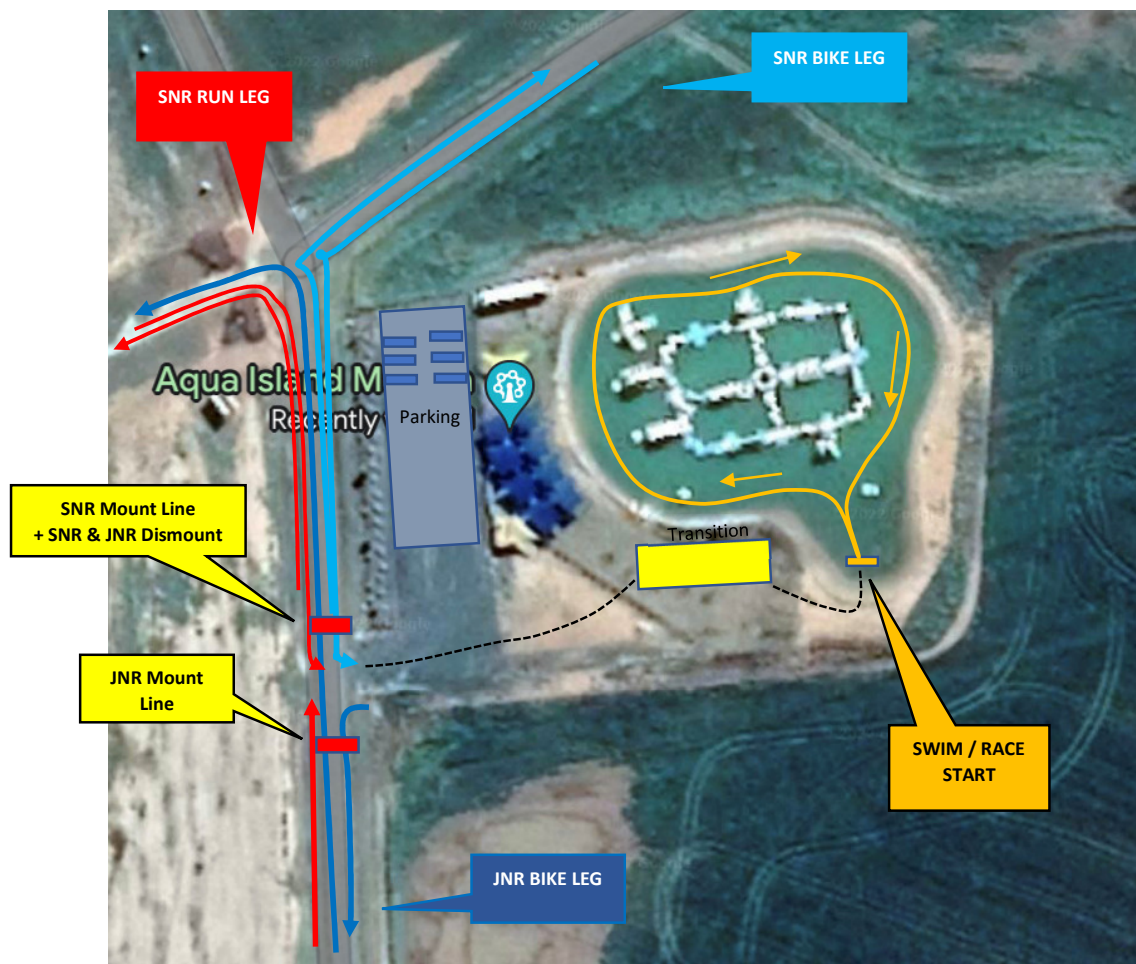
PARKING: When you turn into the Aqua Island, veer left for parking. Please ensure you park perpendicular so we can fit as many cars in as possible.

TRANSITION: The transition area will be set up in the carpark area at Aqua Island. Please note that it is GRAVEL underfoot, so you will want to bring with a towel to put on the ground for the transition area. As well you may choose to have a pair of thongs or runners to run from the swim to transition.

TIMING: Will be located just near the transition area. All participants are required to 'touch on' with their yellow band at the end of the SWIM, after you return from the BIKE leg, and then at the end of the RUN leg to finish. (note transition times are included in your bike time)

MOUNT / DISMOUNT LINE: Will be marked with cones as you turn RIGHT out of the transition area. Please ensure you do not mount your bike until AFTER you pass the mount line, and BEFORE you return to the dismount line.

SAFETY: As you will see, the road adjustment to Aqua Island will have lots of participant 'traffic'. With the bike and run courses for Seniors and Juniors crossing through this point. Please ensure you remain aware of your surrounding and slow down / stop should you be required for safety. We will have marshals in this area, but please keep in mind that safety is paramount over a run / bike split time.



SWIM LEG – 200m

The first leg of a triathlon is the swim. Swimmers will wait on the banks of the lake until their name is called to start. You will start just in the water ankle/knee deep and running / walking in to start your race. Your swim time will start on your handicapped time. Please ensure you start in the correct handicap. The bank starts off shallow and gradually deepens and is sandy underfoot. You will swim straight out, around the first buoy and turning left, swimming clockwise around the lake. Keep all of the inflatables on our RIGHT hand side as you swim around the lake. Make our way around and then coming back into the water edge near where you started. Be mindful that some swimmers may still be starting, and the juniors may also be on your lefthand side.

You will then have a short run from the swim exit to transition. This is over grass and slightly rocky area. You may choose to leave a pair of thongs/runners at the waters edge should you want to run in them to your transition area.

Once you make your way into transition, don't forget to 'touch on' with your yellow band at the timing point to record your swim time and then you are onto the bike leg!



BIKE LEG – 10.6km

The bike leg heads out of transition, turning right onto Marine Drive and down the long Driveway to Perricoota Road. **PLEASE NOTE** – there are TWO large rough sections on Marine Drive. The first approx. 300m into the bike leg, the second near the end of the driveway. (see below pictures) You must veer AROUND these – please DO NOT attempt to ride through these rough sections. It covers the left-hand side of the road only so will not impact you on the return.

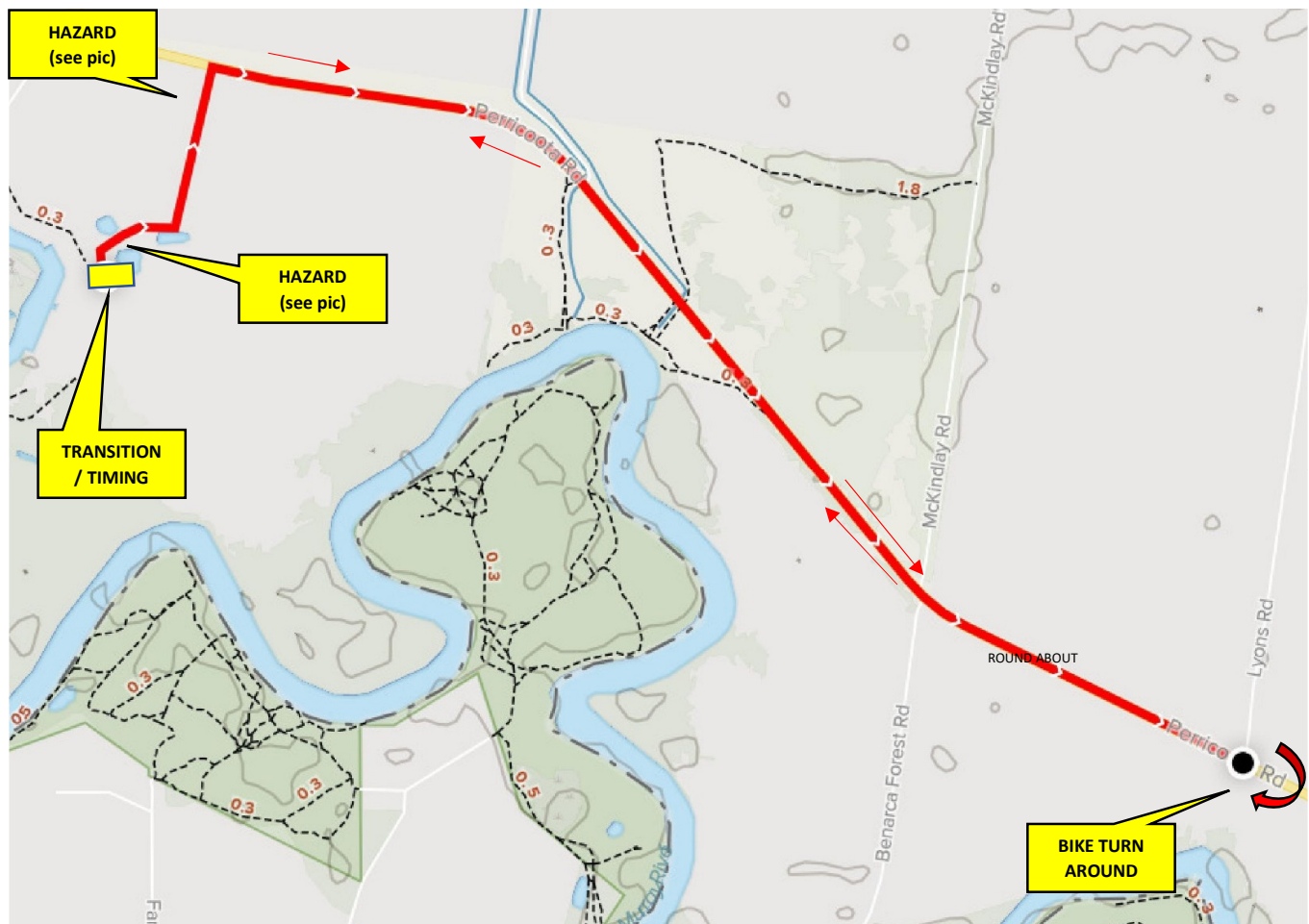
Once you have made your way to the end of the driveway, you will be turning RIGHT onto Perricoota Road. We will have a marshal here, but you must only turn when it is safe to do so, and the marshal has given you the all clear.

Traffic flow on this section of the road should be fairly minimal, but they do travel at 100km an hour. Please ensure you follow road rules when riding on this section of the course. The bike turn around is at LYONS ROAD (approx. 5.3km) – where we will also have a marshal. Again, you must only turn when it is safe to do so and the marshal has give you the all clear.

You then head back the same way you came, turning left back into Marine Drive and make your way back to the transition area. PLEASE ENSURE you dismount at the dismount line.

ADDITIONAL NOTES:

- All cyclists must giveaway to traffic and abide by any directions from the bike marshals on course.
- All cyclists are required to have a RED REAR light on the back of there bike. PLEASE DO NOT FORGET THIS.



BIKE HAZARDS – MARINE DRIVE

There are TWO large rough sections on Marine Drive. The first approx. 300m into the bike leg, the second near the end of the driveway. (see below pictures) You must veer AROUND these – please DO NOT attempt to ride through these rough sections. It covers the left-hand side of the road only so will not impact you on the return.

Bike Hazard #1 – early part of Marine Drive / Driveway



Bike Hazard #2 – end of Marine Drive / Driveway



RUN LEG – 2.6km (2 laps)

Don't forget to 'touch on' to the timing as you head out for your second run! This records your bike time. (note transitions are included in your bike time)

Turn right out of transition and then turn left on Marine Drive, run all the way down Marine Drive on the road (staying to the left of the road) and turn around at the boom gate and onto the footpath. Come back via the footpath until it runs out (see below pic) and then cross straight over / onto the gravel path. Follow this gravel path where it will link back into Aqua Vista Road and bring you back towards transition. **NOTE – juniors will be using this section of the road for their run and ride, so please be mindful of them and stay to the LEFT of the road.**

You will run straight past transition for your first lap and then complete the same lap TWICE.

Once you complete the second lap, you will need to cross over Aqua Vista into transition / the finish line. **REMEMBER – juniors may be coming LEFT or RIGHT on this road on their bikes. They will have right away. So please STOP and give way if needed before crossing over into transition / finish line.** Don't forget to 'touch on' at the timing point to record your run time and finish your race!

