



AQUA ISLAND DUATHLON COURSE

JUNIOR SHORT COURSE:

300m run | 1.8km bike | 600m run

JUNIOR LONG COURSE:

500m run | 3.6km bike | 1.2km 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 and your child/ren are able to join us ! The venue has ample parking – please see below.

Note: There are currently no working onsite toilet facilities.



KEY INFORMATION

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 at the end of 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

SURFACE: Both the bike and run legs are on bitumen / paved surface.

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 first run leg, after you return from the bike leg, and then at the end of the second run leg to finish.

MOUNT / DISMOUNT LINE: Will be marked with cones as you turn LEFT out of the transition area. Participants must mount their bike AFTER the mount line, and BEFORE you return to the dismount line.

RULES & SAFETY

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

All juniors:

- Are required to follow directions of marshals or Club Volunteers
- Ensure your child's bike is in good working order including brakes, and tyres are pumped up
- Helmets must be fastened on the head prior to heading out on the bike leg
- Helmets must remain fastened until the child racks / places their bike back in transition
- When riding and running, please stay left unless otherwise advised / directed.
- All juniors will be provided with a bright running vest that will be worn for the duration of the event. There will be two different colours based on which course distance: SHORT course or LONG course
- Shoes must also be worn on both bike and run legs.
- All juniors should bring a water bottle, they may leave a bottle in transition or have on the bike.
- Please remove any bags / unused gear from transition prior to the start of the event.
- To ensure we can maintain a safe course, parents will be requested at times to assist in course marshalling. We are unable to run these events safely without the help of parents.



RUN LEG #1

SHORT COURSE: 300m | LONG COURSE: 500m

The first run Leg of our duathlon format starts at the transition area. Heading LEFT from the transition area you will run on the road – staying left.

SHORT COURSE - turn around at the first marshal

LONG COURSE - Run all the way to the end turn around point where there will be a second marshal, then coming back the same way you went out. Arriving back at the transition area.

Don't forget to 'touch on' with your yellow band at the timing point to record your run time.

BIKE LEG

SHORT COURSE: 1.8KM | LONG COURSE: 3.6KM

As you leave transition you will turn LEFT and run with your bike to the mount line. Once you pass the mount line you will be able to jump onto your bike and start riding. You will follow this road to the end marshal. Turn around here and head the same way back you came. You will then keep riding PAST transition, a marshal will direct you to TURN LEFT onto a paved road. Follow this road all the way down to the end to the marshal. Turning around and heading the same way back to transition.

SHORT COURSE – When you arrive back at transition, your bike leg is done! Make sure you hop off your bike BEFORE the dismount line. And then Run your bike back into transition.

LONG COURSE – You will complete this course twice. So you will go past transition, and complete the course for a second time before arriving back at transition. Make sure you hop off your bike BEFORE the dismount line. And then Run your bike back into transition.

RUN LEG #2

SHORT COURSE: 600m | LONG COURSE: 1.2km

As you leave transition, don't forget to 'touch on' with your yellow band at the timing point to record your bike time.

Out of transition turn RIGHT. You will be completing a LOOPED run. Short Course ONE lap, long course TWO laps. Stay left while running.

SHORT COURSE – 1 lap

LONG COURSE – 2 laps

Again don't forget to 'touch on' at the timing point to record your second run time and finish your race!

