



## AQUA ISLAND TRIATHLON COURSE

### JUNIOR SHORT COURSE:

50m swim | 1.8km bike | 600m run

### JUNIOR LONG COURSE:

50m swim | 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:** **\*\*PLEASE park outside of the carpark / transition area at Aqua Island, this will allow you to be able to leave PRIOR to the seniors finishing their event. So parking safely anywhere on the sides of the roads. Please ensure you are off any of the main roads we will be using during the event.**

**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.

**SURFACE:** Both the bike and run legs are on bitumen / paved surface. The run does have a very small portion of off road / gravel.

**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.

**MOUNT / DISMOUNT LINE:** Will be marked with cones as you turn LEFT out of the transition area. Participants must not mount their bike until they are on the road 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 vest that will be worn for the duration of the event. There will be two different colours based on which course distance: SHORT course is PINK or LONG course GREEN. These are required while swimming also. You can choose whether to keep another top on underneath.
- 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.

## FREQUENTLY ASKED QUESTIONS:

### **Will my child be required to wear a life jacket in the water?**

If your child is not a confident and strong swimmer in open water they will be required to wear a life jacket for safety. The swim course is marked out in a section close to the edge of the water where most juniors will be able to stand should they require. If you are unsure speak to one of our Club Volunteers.

### **Does my child have to swim?**

No, if your child prefers not to swim they can always complete the bike and run leg only. It's all about having fun and getting involved and they can go at their own pace with what they feel comfortable with.

### **Do I have to be there to supervise my child?**

Yes. Active supervision by a guardian must occur at all times, especially whilst completing the swim.

### **What equipment does my child have to bring along?**

Essential equipment: Bike, helmet, runners, water bottle, wearing something comfortable to swim, bike and run in.

Suggested equipment: lifejacket, hat, sunscreen, mozzie spray, tri-suit, goggles, towel

All children will be supplied with a swimming cap and Hi-Vis vest to swim in by the club.

### **Can my child choose which course they wish to complete?**

Yes.

Short course: 50m swim, 1.8km bike ride, 600m run

Long course: 50m swim, 3.6km bike ride, 1.2km run

### **How will my child know where to go?**

Our courses are marked by cones and helpful volunteers at each checkpoint.

### **What are the different age groups for Club Championships?**

Mini: 5-9 years old

Juniors: 10- 13 years old

### **As a parent am I expected to volunteer?**

Absolutely!! We are always seeking for volunteers to assist at check points and supervising each leg, this helps for the continual smooth running of the event. Please be aware all parents/ guardians are required to volunteer at least once during the season for your child to qualify for Club Championships.

### **What are the costs involved?**

Children under 11 years of age: Tri Victoria/Australia membership approx. \$38, club membership \$11

Children 11- 19 years of age: Tri Victoria/Australia membership approx.. \$82, club membership \$22.50

Details can be found here: <https://www.echucamoamatriclub.com/emtc-membership>



## SWIM LEG

**SHORT COURSE: 50m | LONG COURSE: 50m**

The first leg of a triathlon is the swim. For both our short and long course athletes the swim leg is the same distance. Swimmers will start just near the end of the water and will swim up, around our 'turn around marshal' in the water and then back to where they started. The swim is in a section close to the edge of the water where most juniors will be able to stand should they require. If you have any concerns speak to one of our Club Volunteers.

Don't forget to 'touch on' with your yellow band at the timing point as you finish your swim and head into transition to record your swim 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

**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 run time and finish your race!

