

ROCKHAMPTON TRIATHLON

Women & Junior Events



ATHLETE'S GUIDE



WELCOME

Message from the Event Committee

Fitzroy Frogs is excited to be back at the 2nd World War Memorial Aquatic Centre for our 2nd annual Rockhampton Triathlon (Women's & Juniors').

The Fitzroy Frogs Triathlon Club is extremely passionate about providing opportunities for individuals and families to get active in a supportive environment where everyone is welcome, no matter their abilities or ambitions. And the Rockhampton Triathlon is the perfect place for our Women and Juniors to give triathlon a go.

Congratulations to all of our participants who have entered – you've completed the hardest part, now you can relax and enjoy your day. And thank you to the parents/guardians who are out there, giving their kids an opportunity to do something pretty cool, cheering on their every effort.

This special event is not about who is the fastest or the strongest. It's about participation; trying something new. Perhaps you are getting out of your comfort zone – savour that feeling when you cross the finish line knowing that you've just completed something pretty amazing.

Please do not feel intimidated by your fellow competitors, by what bike they have, what they are wearing, or what they look like. The sport of triathlon brings together all types; the most important thing is giving it a go. It's normal to be nervous, but don't worry, you're in good company –so is everyone else!

This event wouldn't be possible without our sponsors:

- Main event sponsor – Rockhampton Regional Council
- Women's events sponsor – Capricorn Obstetrics and Gynaecology Service
- Junior events sponsor – Evolution Multisport (triathlon coaching)

We would also like to take a moment to recognise our fantastic team of volunteers – this day wouldn't happen without them, so thank you ♥. Make sure you give them a high five or a wave as you go past. We are very grateful for the support of the community, and most importantly, to each of you for coming along and supporting our event.

We hope you enjoy the support of our Frogs community and most importantly, stay safe and have a fun day!

Fitzroy Frogs



WOMEN'S EVENT INFORMATION



**Come along and experience a triathlon in a supportive environment.
You don't need fancy gear or any experience – just a willingness to tri!**

This event is proudly sponsored by Capricorn Obstetrics and Gynaecology Service and our major sponsor Rockhampton Regional Council.

The event will be held at Rockhampton's 2nd World War Memorial Aquatic Centre (South Side Pool). The swim will take place in the pool, transition in the carpark, bike course around the Rockhampton Show Grounds and Huish Drive (roads will be closed for a safe event), and finish with the run leg along the banks of the Fitzroy.

Participants will start in waves of 10 ladies kicking off at a time. Flippers or floaties can be used to get you through the swim if needed. For safety reasons, hand paddles are not allowed. Any bike is good to go for a spin on and if you only want to walk instead of run that's totally up to you. Having fun and giving it a go are the only things that are mandatory.

Read on for detailed maps of the course and loads more information.



Capricorn Obstetrics and Gynaecology Service

Capricorn Obstetrics and Gynaecology Service has been developed to give women of Central Queensland a choice of provider. As the only Female Obstetrician Gynaecologist in private practice in the Capricornia region, Dr Davenport wishes to provide a warm caring environment.

Suite 5, Kenmore Medical Centre, Ward St,
Rockhampton Queensland Australia 4700
Phone: 07 4931 8730
Email: cogsreception@mercycq.com

www.capricornogs.com.au



WOMEN'S ONLY EVENT FORMATS

Time	Event	Triathlon			Duathlon		
		Swim	Ride	Run	Run	Ride	Run
7:00am	Sprint	750 m	18 km	4 km	2 km	18 km	4 km
7:30am	Enticer	350 m	9 km	2 km	1 km	9 km	2 km

WOMEN'S ONLY EVENT SCHEDULE

Sun 31 March	Event	Venue
5:45am - 6:45am	Participant Check In ² Transition and Bag Drop Open	South Rockhampton Pool Carpark
6:45am	Check In and Transition Close	South Rockhampton Pool Carpark
6:45am	Mandatory Event Briefing	50m Pool Grand Stand
7:00am	Women Sprint Distance WAVE STARTS ³ (Triathlon and Duathlon ⁴)	50m Pool
7:20am * after Sprint finish swim	Women Enticer Distance WAVE STARTS ³ (Triathlon and Duathlon ⁴)	50m Pool
9:45am	Transition Open for Bike Checkout & Bag Collection	South Rockhampton Pool Carpark

1. Please note times are subject to change on the day
2. Participants **MUST** pre-register before noon 28 March. No registrations will be accepted on race day.
3. Individuals and teams will start together
4. Duathletes will gather in Transition near the Check-In tent to start their race
(keep a look out for your friendly Frogs volunteer)

JUNIORS' EVENT INFORMATION



Fitzroy Frogs love Junior Frogs. A great family friendly event & a chance for the kids to give something pretty cool a go in a safe & friendly environment.

This event is proudly sponsored by Evolution Multisport Coaching and our major sponsor Rockhampton Regional Council.

The Juniors will commence after the women's event gets underway and will follow a similar format and course.

Although we encourage independent participation by our Juniors, a parent/guardian will be allowed to accompany their child in transition to provide assistance as required

Flippers or floaties can be used to assist the kids through the swim (no hand paddles). And a parent can also swim along beside their child if extra assistance is needed. Fun & participation is what it's all about.

You may also like to run alongside them on the bike or run leg. For the safety of all participants you will be unable to ride your own bike on the bike or run course. There will also be volunteers circulating on course to provide assistance and encouragement.

Evolution
multisport

Providing personalised training programs to help YOU achieve YOUR goals. From the Ironman to the beginner, Glenn & Gracie have got you covered.

JUNIORS EVENT SCHEDULE

Sun 31 March	Event	Venue
6:45am - 8:00am	Participant Check In ² Transition and Bag Drop	South Rockhampton Pool Carpark
8:15am	Mandatory Event Briefing	50m Pool Grand Stand
8:30am	Juniors WAVE STARTS (Triathlon and Duathlon ³)	50m Pool
9:45am (approximately)	Transition Open for Bike Checkout & Bag Collection	South Rockhampton Pool Carpark

1. Please note times are subject to change on the day
2. Participants **MUST** pre-register before noon 28 March. No registrations will be accepted on race day.
3. Duathletes will gather in Transition near the Check-In tent to start their race
(keep a look out for your friendly Frogs volunteer)

JUNIORS EVENT FORMATS

Event	Category*	Group	Distance
Juniors Triathlon	5-8 Years Old	A	100m swim 1.5km ride 500m run
Juniors Triathlon	7-11 Years Old	B	100m swim 3km ride 1km run
Juniors Triathlon	10-13 Years Old	C	200m swim 6km ride 1.5km run
Juniors Triathlon	12-14 Years Old	D	350m swim 9km bike 2km run
Juniors Triathlon	13-14 Years Old	E	350m swim 15km ride 4km run
Juniors Duathlon	5-8 Years Old	A	1.5km ride 500m run
Juniors Duathlon	7-11 Years Old	B	3km ride 1km run
Juniors Duathlon	10-13 Years Old	C	1km run 6km ride 1km run
Juniors Duathlon	12-14 Years Old	D	1km run 9km ride 2km run
Juniors Duathlon	13-14 Years Old	E	1km run 15km ride 4km run

*Ages are as at 31 December 2020

Please note Junior's will follow the similar routes for swim, run and bike legs as the Women's Only Triathlon (see maps) however these will be adjusted on course for shorter distances and explained on the day.

WOMEN'S TRAINING CLINICS

In 2020, under the guidance of coach Gracie from Evolution Multisport (and her trainee Frogs coach Michelle), we have been running a set of 4 training clinics for women & juniors.

There's been lots of learning, lots of smiles & a little bit of hard work.

The cost of the women's sessions were funded via a grant from Ironman – Women for Tri. The junior sessions were made possible by Evolution Multisport. And we also thank Val from Aqualification Fitness and the North Rockhampton Pool for providing us with access to their beautiful venue.

Thank you to our participants for their enthusiasm, we hope to bring this back again next year.

Here's a few snaps from our Swim, Ride & Run clinics



VENUE & PARKING

2nd World War Memorial Aquatic Centre (South Rockhampton Pool)

You can access the Aquatic Centre via the corner of Graeme Action Way and Sir Raymond Huish Drive, Wandal.

There will be road closures in place on the bike course so you will be unable to access Sir Raymond Huish Drive. There will be a single lane of traffic around the Showgrounds.

Limited parking is available along Graeme Action Way on the gravel next to Rockhampton State High School.

Parking is not available in the Aquatic Centre carpark area as this area will be used for Transition and Check In.

Athletes are not permitted to bring their bikes through reception or on to pool deck. Bikes must be taken directly to the Transition Area in the carpark.

Once the event has started for everyone's safety all spectators and finished athletes must use the designated crossings and stay off the course.



SPECTATORS

Spectators can also park along Graeme Action Way or Exhibition Road and walk down to the Event. Please be aware of athletes on the course (cyclists and runners) if arriving after the start time.

ONLY athletes and officials can enter the Transition Area. Spectators can enter/exit the pool through the front entrance.

Spectators can watch the Swim leg from the Grand Stand and we recommend finding a spot along Sir Huish Raymond Drive as you will be able to see both the Cycle and Run legs. Once the event has started all spectators must use the designated Crossings and stay off the course.

Cheering on the participants is strongly encouraged.

CHECK IN, BAG DROP & TRANSITION

CHECK IN

A check-in desk will be located in the carpark near transition - you **must** pre-register online before noon Sat 28th March). All participants need to check-in to verify their event details.

Please bring a copy of your registration (on your phone is fine) to help officials check you in. You will be assigned your race number which will be written on your arms in marker.

TRANSITION

Transition area is where you leave your bike and running gear. Please don't leave any bags or valuables in transition just your race essentials.

A helmet check will be conducted before racing begins to ensure it meets Australian Safety Standards.

There are different Transition Areas for the Women and Juniors. Make sure you look at signage and ask Transition Volunteers if you are unsure.

Before transition closes, please rack your bike and setup your equipment beside your bike, as compact as possible. You can store any unneeded equipment in Bag Drop.

Other than when participating in your event, entry to transition is prohibited. Even if you are finished, please show consideration to other participants by staying out of transition – why not spend this time cheering for others.

Transition will open for gear collection immediately following the last event (approx 9:45 am)

BAG DROP

After you have checked in and set up your bike and equipment in Transition you can drop your bag and unneeded gear to the Bag Drop. Your race number will be used to identify your bag and belongings.

Lost property will be taken to the Bag Drop Area .

If you have lost property after the event please contact the club via email frogstri@gmail.com



WAVES STARTS & TIMING

When your race is called please gather near the start line in groups of 10 (this means you can start with your friends). Ten participants will start in each wave from within the pool (no diving in). Please remain in the wave waiting area and listen closely to the Race Officials for when your group is called to the start.

Timing Officials will record a start and finish time for each participant. Results will be posted to our website and Facebook page after the event.

BRIEFING & EVENT SAFETY

BRIEFING

Briefings are compulsory for all participants. Please arrive at the 50m pool grandstand at least 5 minutes before briefing time and listen for announcements.

The women's briefing will begin at 6:45am and the Juniors' at 8:15am.

EVENT SAFETY

It is important for spectators to be aware of race courses and transition zones to ensure races are not disrupted and athlete performance is not hindered.

Start areas, Transition and the finish chute are STRICTLY for athletes ONLY.

Please obey all signage and instructions from event officials and volunteers.

A full road closure is in place along Sir Raymond Huish Drive and a partial road closure is in place around the Showgrounds for the event.

Please stay left when on the Bike and Run course to avoid any collisions. You must overtake on the right.

SPECTATOR SAFETY

Do not run or ride beside a competitor on course as this will result in disqualification (noting an exception for Juniors requiring assistance).

Do not use permanent paint or crayons on the road or footpaths.

Please cheer for competitors and take photos. Our finish line will be within the pool precinct this year.

Volunteers are on course to support participants if required.

Please only cross the course in designated spectator crossing zones.

Please obey all instructions from Police, traffic management, event marshals & volunteers.

The use of drones is not permitted at the Rockhampton Women's Only Triathlon and Juniors events. According to Civil Aviation Safety Authority regulations, you must not fly any remote-controlled aeroplanes/helicopters or drones over populous beaches, parks or sports ovals when they are in use. Therefore, the use of drones during the event will result in an unsafe operations complaint being lodged with the Civil Aviation Safety Authority.

RUBBISH

Fitzroy Frogs are committed to minimising environmental impact, so we request that all participants and spectators collect and discard their own rubbish in the bins provided throughout the event precinct.

While on course, participants discarding rubbish can be done in the designated rubbish zone at or near the water stations.

HYDRATION

We recommend all participants have water bottle(s) in their Transition Area and carry water on their bike (if possible).

There is one water stations on the run course.

Please discard cups in the bins provided near the Water Stations.

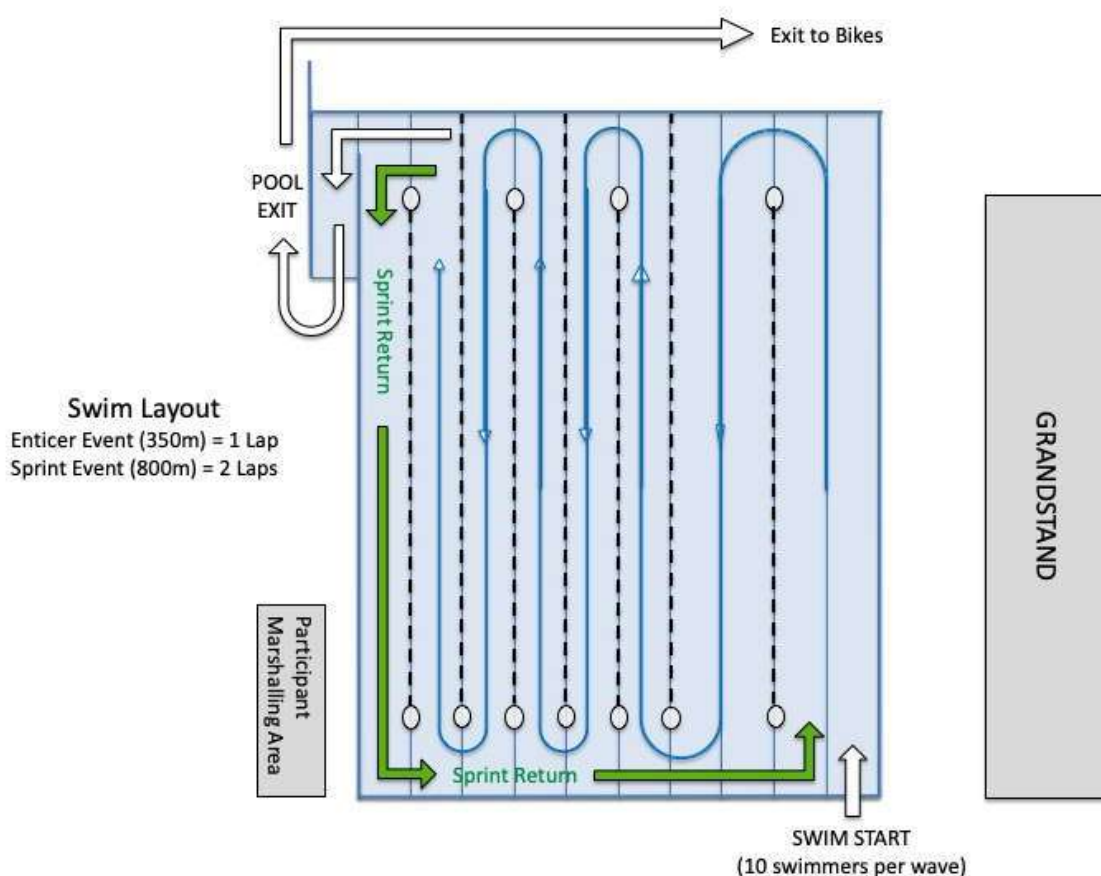
EVENT PHOTOGRAPHERS

The Fitzroy Frogs would like to thank the volunteers from the Rockhampton Photography Club who will be out on course taking plenty of photos of the event and the participants. These will be made available through the Fitzroy Frogs Facebook page as soon as practical after the event.

Don't forget to be on a big winning smile as you cross the finish line.

★★

Swimming Map



Women's Events

The swim leg snakes its way, up and back along the course setup in the pool, starting at the bottom right and exiting up the ramp. Anyone completing the Sprint Distance will swim back to the starting point by swimming around the edge of the pool to complete a second lap.

Junior Events

The course will be modified for our younger participants in Groups A, B & C, with different starting points & will swim around the edge of the pool (allowing for easy access to the edge should they need a break). More instructions will be provided on event day. A parent will be permitted to accompany their child on the swim leg if required.

Groups D & E will complete the same 350m course as the Women.

Ride & Run Maps



Transition

- Transition (where you rack your bike and leave your running gear prior to the event) is located in the swimming pool carpark.
- You visit transition twice during the event - after you swim to collect your bike to begin the bike leg; and before the run leg to return your bike back to where you racked it earlier that morning.
- Note the transitions closing and opening times (no casual access during events).

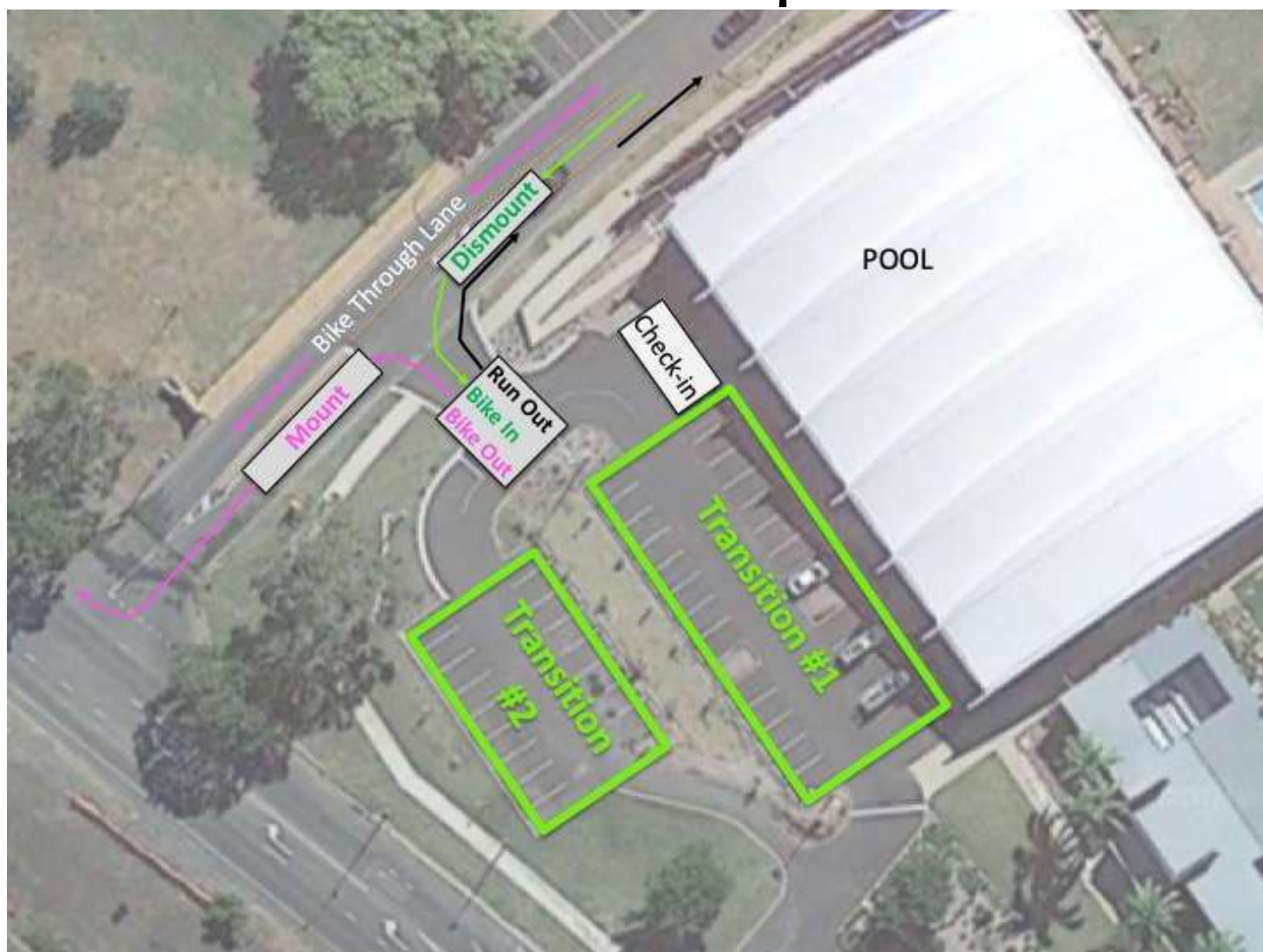
Bike Course Summary

- You **MUST** have your helmet on and fastened **BEFORE** touching your bike. It must remain on until you rack your bike (but don't forget to take it off before you start running!).
- The bike course is a 3km loop on partially-closed roads.
- Riders will need to keep count of their circuits (honesty system).
- Marshals are located on course to provide direction.
- There are no water stations on the bike course (carry a water bottle).
- For our juniors in particular, the boys will need to put on a shirt/single before heading off on the bike.

Run Course Summary

- The run course is a 2km loop (modified for some junior events).
- Duathletes use part of this course during their first event leg (instructions will be given on the day).
- This year the run finishes within the pool precinct.

Transition Maps



TRANSITION

On race day you will be directed to your designated area to rack your bike and setup your equipment. If you need assistance we will have a few Frogs on hand to provide guidance. As space on our racks are limited & we expect to have a lot of excited triathletes, please keep your area compact & tidy. Bags must not be left in transition, they can be stored at the Bag Drop.

Once racing begins, all athletes must walk their bike in the Transition Area - you cannot ride! The Mount/ Dismount Line is on the road near the bottom of the driveway into the carpark.

You cannot hop on your bike until AFTER you cross the Mount Line.

You must hop off your bike BEFORE you cross the Dismount Line.

When nearing the transition entry/exit please be mindful of other competitors. If you are completing another lap, please stay to the right of the traffic islands. If you are entering or exiting transition, observe the mount/dismount line and stay to the left. Be mindful of other competitors in transition, including when you are exiting for the run leg.

And don't forget, you will need to keep track of your own lap count.

What Gear Do I Need?

You don't need to spend a bunch of money on triathlon-specific gear to do a triathlon. It's more than likely that you already have most of the equipment you'll need. Here's a list of basic gear that will get you started:

- *Sunscreen – don't forget to be Sunsmart and apply before the race (spectators, that includes you too!) Minimum SPF30 recommended*
- *Swimsuit – any swimsuit will do just something comfortable that won't fall down or off in the ocean/pool. Some women choose to wear bike pants/tights & a crop top.*
- *Goggles – any pair that fit!*
- *Swimming Cap – recommended to help keep your hair in place, but not mandatory.*
- *Towel – this will help you dry off a bit in transition after your swim. Great for getting sand and dirt off feet.*
- *Bike – mountain or road, whatever is in your shed. We suggest if you're on a mountain bike swap out your knobby tyres for slicks for a bit of extra speed.*
- *Helmet – you will not be allowed to ride without one of these. Must be Australian approved.*
- *Running shoes – make sure they fit and are comfortable to run in. You may or may not want to wear socks with them.*
- *Hat & Sunnies – an important part of being Sunsmart.*
- *Exercise clothing – yes there are loads of trisuits and clothing available out there but if you're just starting you can just pull on some exercise gear over your bathers for the bike and run. You must not have a bare torso on the bike or run so if you're not in a trisuit a shirt or singlet is required.*
- *Water Bottle – make sure you have water on your bike and in transition.*

Some optional equipment includes bike shoes and clip-less peddles, spare parts bag on your bike (in case of a flat), running belt to hold little water bottle, and many more but you can worry about this once you get into it.



FITZROY
FROGS

Triathlon

Thanks to our media partners

PROUDLY SUPPORTING OUR COMMUNITY WITH OUR DOING GOOD CHARITY PROGRAM.

We love regional Queensland and there's nothing more Queenslander than helping our mates in need.

Over the years we have had the pleasure of donating more than 1 million in Outdoor Advertising to QLD charities, and now we wish to extend that support through the Paradise Outdoor Advertising Doing Good Charity program.

Four times a year, we will partner with 4 carefully selected charities, each receiving 1 of 4 Outdoor Advertising packages valued at more than \$130,000 each. The Paradise Outdoor Advertising Doing Good Charity program is designed to raise awareness for the selected charities, allowing them to continue to support the local community.

To find out more go to paradiseoutdoor.com.au

POA
Doing Good

**Stockland
Rockhampton**



FITZROY
FROGS

Triathlon



We're for
bringing you the stories
that matter.

The^{MORNING} Bulletin We're for *you*

CR130904A



EVERYTHING CENTRAL QLD

BANKSY & PINKY

6-9AM WEEKDAYS

TRIPLE
101.5 & 95.1



BECOMING A FROG

Membership to the Fitzroy Frogs is linked Triathlon Australia membership, there is no separate local membership.

Because of this, Fitzroy Frogs welcomes everyone to participate in our local events. You **DO NOT** need Triathlon Australia membership to come along and have a go.

If you decide to take up membership, you will simultaneously become a member of Triathlon Australia and Triathlon Queensland – and you can join the Fitzroy Frogs – all at the same time! There are two very important aspects to membership:

- Supporting Fitzroy Frogs in its efforts to encourage and develop triathlon in Central Queensland, and
- Obtaining insurance protection suitable to your activity level.

Triathlon Australia (TA) Membership also gives you discounted entry fees to local and TA sanctioned events,.



**NEW YEAR, NEW GOALS
JOIN FITZROY FROGS**

TAKE ADVANTAGE OF DISCOUNTED MEMBERSHIP - AVAILABLE 1 JAN

FUN, SOCIAL & SUPPORTIVE TRIATHLON CLUB - JOIN NOW!

WWW.FITZROYFROGS.NET

So if you plan to do a few events over the season, there's another good reason to become a member. There are a few membership options, all managed via the Triathlon Australia website.

You can still participate in local events without TA membership however you will pay a 'one-day event' insurance fee as part of your entrance fee. So if you are planning on entering a few events over the year joining up will save you money.

www.fitzroyfrogs.net/membership



2019/2020 MEMBERSHIP BENEFITS & TYPES

BENEFITS

- Up to **30% OFF TRAINING PEAKS**
- NORMATEC** 2 x \$200 vouchers
- Discounted **VIRGIN FLIGHTS**
- Wear the **GREEN & GOLD**
- Additional **BAGGAGE ALLOWANCE**
- DISCOUNTS** on Lounge Membership
- PROJECT CLOTHING** 15% OFF general apparel
- LOWER ENTRY FEES** ODL** \$55
- Become a **CHAMPION**
- ACCESS TO TRIATHLON CLUBS** Priceless ★★★★★
- Your contribution to **TRIATHLON** Thank you!

** ODL (One Day Licence) Fee based on industry average 3 events annually

TYPES

TYPES	FEE* CLUB	FEE* NON-CLUB
Adult	\$147	\$243
Junior (5-11yrs)	\$35	\$60
Junior (12-19yrs)	\$73	\$122
Coach Volunteer	\$147	\$243
Coach Professional	\$341	\$485
Non-Competing/Non-Training	\$5	\$46

• We strongly support club membership and our annual fee reflects this, lower if you're a member of an affiliated club
• Club membership varies and is additional to the fees outlined
* Price inclusive of GST, exclusive of processing fees

FAMILY MEMBERSHIP
We offer a discount of 20% off annual membership for families of four or more individuals (with a maximum of two individuals 20+yrs).