



ATHLETE 'S GUIDE

2023 EDITION

WELCOME

Message from the Event Committee

Wow, it's hard to believe but our little event is celebrating its 5th year. We are so grateful for everyone who has made this event possible. Our major sponsor, The Capricornian is back and we'll have another army of volunteers to cheer you through every step of the way.

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 Capricornian Rocky Triathlon is the perfect place for our Women, Juniors and All-Ability superstars to give triathlon a go.

We once again congratulate all our participants who have entered – you've completed the hardest part, now you can relax and enjoy your day. Yes, there will be nerves, but know that we are all here to support you. 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 and 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!

We really do have to thank our major sponsor – **The Capricornian**. This event simply would not be possible without their generous financial support.

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 wave as you go past – they'll be sure to cheer you on. 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!



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THE CAPRICORNIAN ROCKY TRIATHLON



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!**

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 approx. 5 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.





WOMEN ' S ONLY EVENT FORMAT

Time	Event	Triathlon			Aquathlon		Duathlon		
		Swim	Ride	Run	Swim	Run	Run	Ride	Run
7:00am	Tri-Mums	Distances as per below							
7:15am	Sprint	750 m	15 km (5 laps)	4 km	750 m	4 km	2 km	15 km (5 laps)	4 km
7:30am	Enticer	350 m	9 km (3 laps)	2 km	350 m	2 km	2 km	9 km (3 laps)	2 km

WOMEN ' S ONLY EVENT SCHEDULE

SUNDAY 26 MARCH 2023

Time	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	Tri-Mums WAVE STARTS (Sprint-Mums followed by Enticer-Mums) Women Sprint Distance WAVE STARTS ³ Women Enticer Distance WAVE STARTS ³ (Triathlon and Aquathlon ⁴)	50m Pool
7:15am	Women's Duathlon ⁴ – Sprint & Enticer	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 6pm 24 March. No registrations will be accepted on race day.
3. Individuals and teams will start together. Aquathlon participants will start with the triathletes
4. Duathletes will gather at the end of the 50m Pool near the exit to Transition 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.

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). Most of the kids swim legs will follow along the edge of the pool making it easy for them to take a break if needed. And a parent can also swim along beside their child if extra assistance is required. 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.





THE CAPRICORNIAN ROCKY TRIATHLON



JUNIORS EVENT SCHEDULE

Time	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 6pm 24 March. No registrations will be accepted on race day.
3. Duathletes will gather at the end of the 50m Pool near the exit to Transition to start their race
(keep a look out for your friendly Frogs volunteer)

JUNIORS EVENT FORMAT

SUNDAY 26 MARCH 2023

Event	Category*	Group	Distance
Juniors Triathlon	7's & under	A	100m swim 1km ride 500m run
Juniors Triathlon	7-12 Years Old	B	100m swim 3km ride 500m run
Juniors Triathlon	10-14 Years Old	C	200m swim 6km ride 2km run
Juniors Triathlon	13-14 Years Old	D	350m swim 12km ride 4km run
Juniors Duathlon	7's & under	A	1km ride 500m run
Juniors Duathlon	7-12 Years Old	B	3km ride 500m run
Juniors Duathlon	10-14 Years Old	C	500m run 6km ride 2km run
Juniors Duathlon	13-14 Years Old	D	500m run 12km ride 4km run

*Ages are as at 31 December 2023

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.



THE CAPRICORNIAN ROCKY TRIATHLON



TRIATHLON TRAINING

Training for a triathlon can often seem a little overwhelming – try not to overthink things.

The key – get together some friends & make it fun. Be consistent, start off slowly and keep it simple.

Check out our website for a basic program: <https://www.fitzroyfrogs.net/training-programs-2/>

And here's a little video put together by our club president to hopefully inspire you to believe "I CAN"
<https://www.fitzroyfrogs.net/video-library/>

And for more visit: www.triathlon.org.au/Participation/New_to_Tri_/How_to_train_for_your_first_triathlon.htm





THE CAPRICORNIAN ROCKY TRIATHLON



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.

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 Raymond Huish 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.



THE CAPRICORNIAN ROCKY TRIATHLON



CHECK IN & TRANSITION

CHECK IN

A check-in desk will be located in the carpark near transition - you **must** pre-register online before 6pm Fri 24th Mar. All participants need to check-in on race morning to verify their event details.

This year our women will again be using our automated timing system complete with timing chips to be collected at check-in. This goes on your **left ankle**. You will hand back your chip after crossing the finish line (note – there is a \$100 fee for non-returned chips).

Juniors will be assigned a race number written on their arm in marker. They'll give their race number to the time keepers at the start before you get in the pool & at the end as you cross that finish line.

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.

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.

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)

★ TIP 1 You'll visit transition twice - once between the swim and the ride, and once between the ride & the run. Make sure you take note of where you've racked your bike - you'll need to find it when you get out of the pool, and also when you come back in from the ride. Try to find a landmark or something unique near your space.

★ TIP 2 Keep it simple, don't bring excess equipment. As space is limited, setup as neat & compact as possible. Ensure your helmet meets Australian Safety Standards. No bags.

★ Tip 3 Set your equipment up in the order in which you are going to use it – start with your head, helmet on first, then work your way down to your feet. When you come back, start at the feet (if you've got separate bike/run shoes) & work back up to your head, taking your helmet off last. You can setup at home & practice this.





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 on Graeme Acton Way.

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, parents may run alongside).

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

Please cheer for competitors and take photos. Our finish line will be in front of 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 due to Civil Aviation Safety Authority regulations.

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 at the water station.

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.





THE CAPRICORNIAN ROCKY TRIATHLON



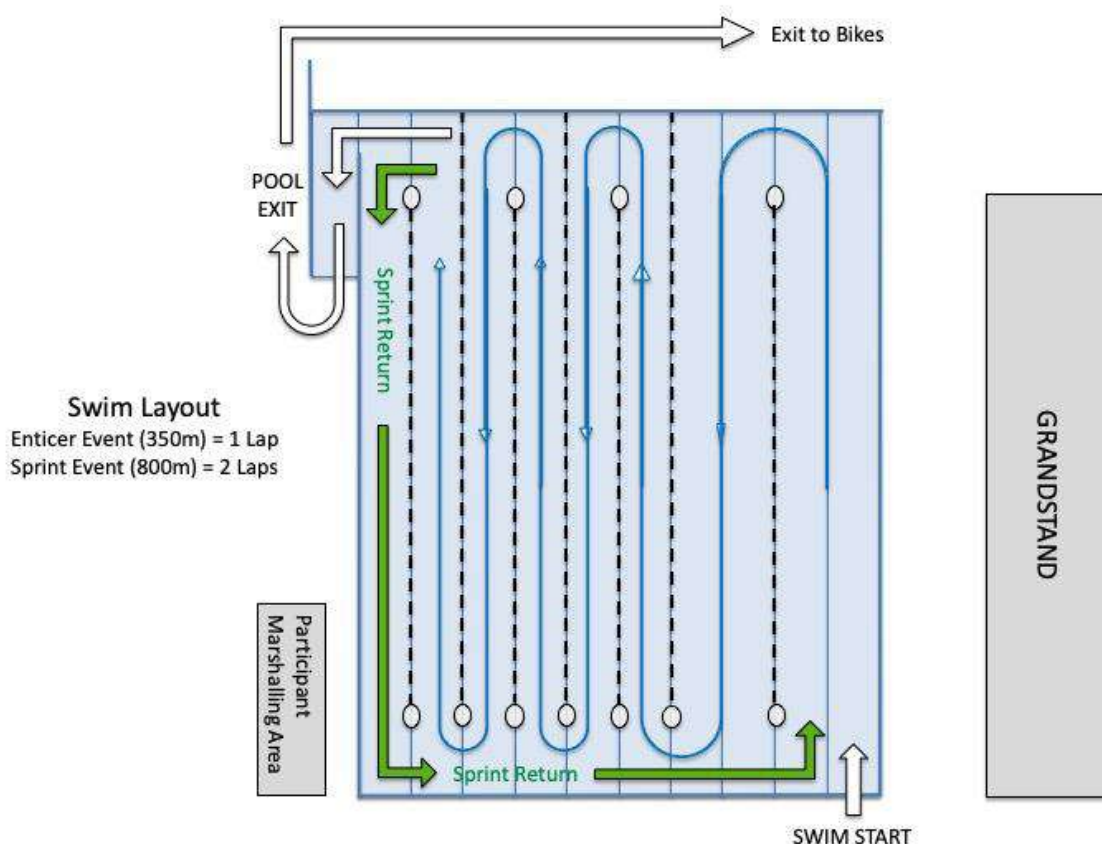
EVENT PHOTOGRAPHERS

The Fitzroy Frogs would like to thank the volunteers who will be out on course taking plenty of photos & even some videos 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 (TRIATHLON & AQUATHON)

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. You can take a break at the end of a lap if needed.

JUNIOR EVENTS

The course will be modified for our younger participants in Groups A, B & C, with different starting points, swimming around the edge of the pool (so they can easily take a break). More instructions will be provided on event day. Parents can walk along the pool deck beside their child for safety and encouragement. Group D completes the same 350m course as the Women.



THE CAPRICORNIAN ROCKY TRIATHLON



RIDE & RUN MAPS



Bike Course Summary

- 2023 sees us follow the same bike course as 2022, avoiding the showgrounds & enable us to find a suitable date that doesn't clash with our neighbouring stakeholders.
- 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 closed roads. There are three (3) U-turns so practice your cornering before race day (tip stay wide & coast around the corner, don't cut it tight)
- Riders will need to keep count of their circuits (honesty system). Parents you may need to help your children keep count of how many laps they have left to complete.
- 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.

Mount/Dismount Lines

- After transitioning from the swim and changing into your riding gear (make sure that helmet is on), collect your bike & wheel it out to the MOUNT line.
- Once you cross the mount line, hop on your bike & start your ride.
- When you have completed the required number of laps of the bike course, come to a stop and hop off your bike **BEFORE** crossing the DISMOUNT line.
- You cannot ride your bike in transition.





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 & other valuations must not be left in transition.

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, complete your U-turn before 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.



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THE CAPRICORNIAN ROCKY TRIATHLON



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. And maybe get it a service.
- 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. Socks optional.
- 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.
- For safety reasons music/headphones etc are not permitted during the event.





THE CAPRICORNIAN ROCKY TRIATHLON



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.



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

	 SOCIAL	 BASIC	 STANDARD	 PREMIUM
INSURANCE	N/A	\$20m Public Liability Insurance for Training only Lower Limited level of Personal Accident Cover a) Training only b) Lower Lump Sum benefits upon Death/TPD c) Lower cover for medical costs and loss of income	\$20m Public Liability Insurance for Training and Racing Standard Personal Accident Cover a) Both Training and Racing b) Lump Sum Capital benefits for Death/TPD c) Medical costs and loss of income	\$20m Public Liability Insurance for Training and Racing Superior Personal Accident Cover a) Both Training and Racing b) Lump Sum Capital benefits for Death/TPD c) Medical costs and loss of income
Individual training	x	✓	✓	✓
Club training	x	✓	✓	✓
Racing	x	x	✓	✓
International travel	x	x	x	Discount available Visit triathlon.org.au for details