

FINDEX

DALBY TRIATHLON 2021

Athlete Information Guide



Welcome

Welcome to the 2021 Findex Dalby Triathlon.

The Dalby Tri Sports Inc Committee wish you a safe and successful race. This is a Triathlon organised by Triathletes for Triathletes. We hope you enjoy your day and race.

An event like this is not possible without the wonderful support of our sponsors. We would like to thank the following organisations, companies and businesses for their continuing support of our event:

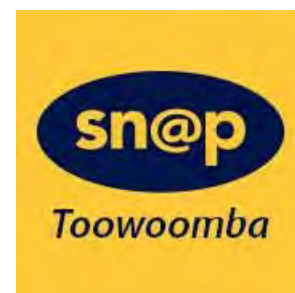
Platinum Sponsor



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Race Pack Collection

Athlete Race Packs can be collected from the following locations:

Thursday 18th & Friday 19th February 2021 – 9 am – 3pm each day

Tate Auto Electrics – 6 Loudoun Road, Dalby

Saturday 20th February 2021 – 3:00 pm – 4:30 pm

Race Venue – Dalby Aquatic Centre – Patrick Street, Dalby

Race Day Collection – Sunday 21st February 2021 – 5:00 am – 5:20 am

Race Venue – Dalby Aquatic Centre – Patrick Street, Dalby

Event Timetable

Thursday 18th February	
9 am	Race Pack Collection Opens – Tate Auto Electrics 6 Loudoun Road, Dalby
3 pm	Race Pack Collection Closes
Friday 19th February	
9 am	Race Pack Collection Opens Tate Auto Electrics 6 Loudoun Road, Dalby
3 pm	Race Pack Collection Closes
Saturday 20th February	
3 pm	Race Pack Collection Opens Race Venue Dalby Aquatic Centre Patrick Street, Dalby
4:30 pm	Race Pack Collection Closes

Sunday 21st February	
5:00 am	Race Kit Collection Open – Enticer, Adult Sprint and Adult Sprint Teams
5:00 am	Transition Opens - Enticer, Adult Sprint and Adult Sprint Teams
5:20 am	Race Kit Collection Closes – Enticer, Adult Sprint and Adult Teams Sprint
5:30 am	Transition Closes – Enticer, Adult Sprint and Adult Sprint Teams
5:40 am	Enticer Race Start
6:00 am	Adult Sprint Men Start
6:30 am	Adult Sprint Female Start
7:00 am	Adult Sprint Teams Start
7:30 am	Race Kit Collection Open – Business House Challenge, 13 -15 Years and 12 years and under
7:45 am	Transition Open - Business House Challenge, 13 -15 years
8:00 am	Transition Closes – Business House Challenge, 13 - 15 years
8:15 am	All Juniors (12 years and under) to marshalling area in front of Pool Entrance
8:15 am	Business House Challenge Start 13 – 15 Years Start
9:00 am	12 Years and Under Race Start

Juniors – 12 years and Under

Transition and Marshalling Information

To comply with COVID 19 restrictions we have made changes to the transition arrangements for our Junior competitors in 2021. In order to limit the number of people in the transition area the following will apply on Race morning:

- Junior Race Kit Collection opens at 7:45 am in Anzac Park in front of the pool.
- Once the Race Pack has been collected, Juniors are to marshal in front of the main indoor pool entrance. This area will be clearly marked.
- Once marshalled, junior competitors will be accompanied to transition by experienced adult volunteers. The volunteers will assist each child with racking their bike in Transition and setting up their race kit. **No Parents will be permitted in the transition area.**
- When bike racking is completed, junior competitors will be accompanied to the race start by the experienced adult Volunteers.
- Parents will be able to view the Swim leg by entering the designated viewing area. This is the grass area to the east of the Indoor Pool. Access will be via the entrance to the Indoor Pool. We ask parents and supporters to practice Social Distancing while in this area.
- **Parking** – Best parking for the junior events will be on street parking on the western side (Shopping Centre side) of Myall Creek in Marble Street. Easy access to the Race Kit Collection will be available via the Patrick Street Bridge and the Dalby Aquatic Centre Car Park.



Event Distances and Laps

	Swim	Bike	Run
Enticer	300m 6 Laps	7km 1 Lap	2 km 1 Lap
Adult Sprint Adult Sprint Teams	750m 15 Laps	20km 3 Laps	5km 3 Laps
Business House Challenge 13 – 15 Years	300m 6 Laps	7km 1 Lap	2km 1 Lap
Juniors (12 years and under)	100m 2 Laps	2 km 1 Lap	400m 1 Lap

Event Briefing

To comply with COVID – 19 guidelines, there will be no Race Briefing on Race day this year. This guide is considered to be the Race Briefing. **It is the individual athletes' responsibility to read this guide prior to the race.**

The 2021 Findex Dalby Triathlon is a sanctioned Triathlon Queensland Event. As such, all Triathlon Australia rules apply. **It is the responsibility of each participant to know and follow these rules.**

Timing Chips (Adult, Enticer & 13 – 15 years only)

Timing chips are supplied in your race pack. This year we are using disposable timing chips.

The timing chip should be attached to your **LEFT ANKLE**. The foam padding should face to the outside of your leg (as per the picture below). This will assist in recording an accurate reading of your times.



Swim

The swim leg will take place in the Dalby Aquatic Centre 50m Outdoor Pool. Participants will commence in waves. Wave start details will be provided in the days leading up to the event and will depend on final numbers.

Swim Caps are provided in Race Packs and **must** be worn during the swim leg.

The Pool will be divided in to 4 lanes. Participants should self-seed according to their swim ability. Faster swimmers in the lane closest to transition (eastern side of the pool). Slower swimmers in the lane closest to the Grandstand. Athletes are to spread out evenly across the lanes.

Lap totals for each event are provided in the table above.

Enticer, Business House, 13 – 15 years and Juniors (12 years and Under) will commence at the **shallow end** of the pool.

Adult Sprint and Adult Teams events will commence at the **deep end** of the pool.

Participants are responsible for counting their own laps.

Please be aware of other swimmers around you (particularly at the turns at each end). Swimmers should complete laps in a clockwise direction keeping to the left side of the lanes.

Bike

Bikes – Technical Officials will inspect all bikes upon entry to transition. It is the athletes' responsibility to ensure their bike is in good condition and safe to ride. Officials will be checking to ensure handlebar ends have plugs in place or are covered. Helmets will also be checked and athletes should have the helmet on with chin straps secured before entering transition.

The Bike Leg consists of an “out and back” course. Roads are closed to the roundabout at Orpen Street. After this point you will be on open roads and normal road rules apply. Please be aware of other cyclists and vehicles.

Helmets must be on and fastened before Participants remove their bike from the rack. Participants will leave transition and run bikes to the clearly marked **MOUNT** line. **Do not attempt to mount your bike before this line.**

The course will be clearly marked. On leaving transition, participants will turn **LEFT** into Myall Street, then **RIGHT** at the roundabout on to Patrick Street. Follow Patrick Street through the roundabout at Orpen Street (Rugby grounds) and continue along Blaxland Road until the turnaround point at 3.5 km (Derrick Avenue). The Turnaround will be clearly marked.

Following turnaround, participants will return along the same route back to the Myall Street roundabout. Adult Sprint and Adult Sprint Teams will turn around the roundabout here to commence their next lap. Upon completion of the 3rd lap Participants will turn left at the roundabout and proceed to transition.

Business House Challenge, Enticer and 13 – 15 years Participants will turn left at the Myall Street roundabout and proceed to transition to complete their Bike Leg.

The Dismount line is at the entry to the carpark and will be clearly marked. **Participants must have fully dismounted from their bikes before this line.**

Junior (12 years and under) Bike

Juniors will follow the same course as adults out of transition. The turnaround for Juniors is located at Charles Street and will be clearly marked. Following turnaround, Juniors will follow the same course back to transition.

Blocking

NO BLOCKING – “A competitor who has completed a pass and is not passing another competitor or motorcycle or vehicle and who fails to move safely and immediately to the left of the cycle lane will receive a Blocking penalty.” Triathlon Australia, Rule 3.8

Drafting

This is a NON-DRAFTING event.

For all events with a cycling distance up to and including the standard distance, the bicycle or motorcycle draft zone is a distance of 10 metres. The front edge of the front bicycle or motorcycle wheel defines the start of the draft zone. Competitors have 20 seconds to pass through this zone.

Upper torso must be covered at all times during the ride.

Run

Race Number Bib is supplied in your race pack and must be worn on the run leg. You will require a race belt or safety pins to attach the bib.

After racking bikes, participants will continue in the same direction to the run exit of transition. Turn **LEFT** at Myall Street and then **LEFT** again at Patrick Street. Follow the marked course to the walking path beside Myall Creek. Participants will then complete laps of this path in an **anticlockwise direction**. The course this year is a full loop single direction course. A new footbridge near the old turnaround point will take competitors to the new section of the path on the northern side of Myall Creek. Upon return to the Patrick Street bridge, Adult Sprint and Adult Sprint teams will commence their next lap.

Enticer, Business House Challenge and 13-15 years participants will complete 1 lap and then continue straight towards the finish line in Anzac Park.

Juniors (12 years and Under)

Juniors will follow the same run course out of transition. Turn **LEFT** at Myall Street and **LEFT** at Patrick Street. From here Junior competitors will continue straight on the right-hand side of the road towards the Patrick Street bridge to the turnaround point near the Aquatic Centre driveway entry. Turn around at the marked point and proceed to the finish line in Anzac Park.

Run Aid (Water) Stations

There are 2 Aid Stations on the run course and participants will pass both on each lap. These will be located either side of the footbridge near Woolworths. Aid Stations will be self-serve. Please collect your own cup and dispose of the empty cup in the bins provided. **Please make use of the aid stations each lap to reduce the risk of dehydration.**

Teams Information

This year each team member will have their own individual timing chip. This means there will be no need to swap the timing chip between team members.

Teams changeover point will be at the bike rack. Team swimmer will exit the pool and follow the chute to transition. They will then proceed to their cyclist who will be waiting at their racked bike.

Upon return the cyclist will proceed to the bike entry chute to transition and make their way back to the original racked position of their bike. This is where the changeover to the team runner will take place.

COVID-19 Information

Please read these carefully - note that the field of play for triathlon includes all areas out on the course as well as Transition and the Start / Finish areas.

Once commenced maintain a distance of 1.5 metres where practical, such as avoiding handshakes and high fives, no sharing of drinks.

Participants requested to not run side by side

Water Stations on run course will be 'contactless' self-serve only, this INCLUDES THE DISPOSAL OF YOUR RUBBISH into rubbish bins provided

A reminder to competitors that event rules already include not touching or moving other competitors equipment including within transition areas and these rules remain in place.

Participants and course personnel once commenced in the actual event and on the field of play do so under a more practical arrangement as outlined by the AIS return to Sport Tool Kit

https://www.sportaus.gov.au/return-to-sport#detailed_checklist:

Along with other community sport and recreation, The AIS return to sport guideline recommends participants and spectators help support physical distancing by turning up ready to participate, compete/complete and to depart the venue as practical to do so.

As a participant or attendee we ask you to:

- Stay at home if unwell or display any symptoms of COVID-19 infection. People are advised to seek medical advice and testing for COVID-19 if they suspect they have the infection. Please refer to our website www.dalbytrisports.com for details of our COVID – 19 refund policy. We request that you do not attend if you are unwell or display any symptoms of COVID-19.

Do not attend if:

- You have been in close contact with a person who is positive for COVID-19
- You are positive for COVID-19
- You are waiting for a COVID-19 test result
- You have travelled overseas or to a declared COVID-19 Hotspot in the previous 14 days
- Maintain 1.5m physical distance at all times at the venue - this is every individual's responsibility
- Seek assistance if you become unwell during the event - please locate event staff, Event COVID19 monitors or attend the First Aid Officer located near the finish line.
- We ask attendees to frequently use the supplied hand sanitizer stations throughout the venue.

Spectators and Supporters Information

To comply with our COVID-19 Safe plan, Spectators and Supporters will not have access to areas deemed "Field of Play". These areas will be marked and will be accessible only to competitors.

Spectators and Supporters can view the swim leg by entering the Aquatic Centre via the Indoor Pool. The grassed area in front of the Indoor Pool is the viewing area. The Grandstand is restricted to athletes only.

The Western side of Anzac Park will be the best option to view the finish line. This area will also have access to the BBQ run by Dalby South State School.

There will be QR Codes around the venue and we ask that all spectators and supporters "check in" to the event by using their phone's camera to scan the code and complete their details.