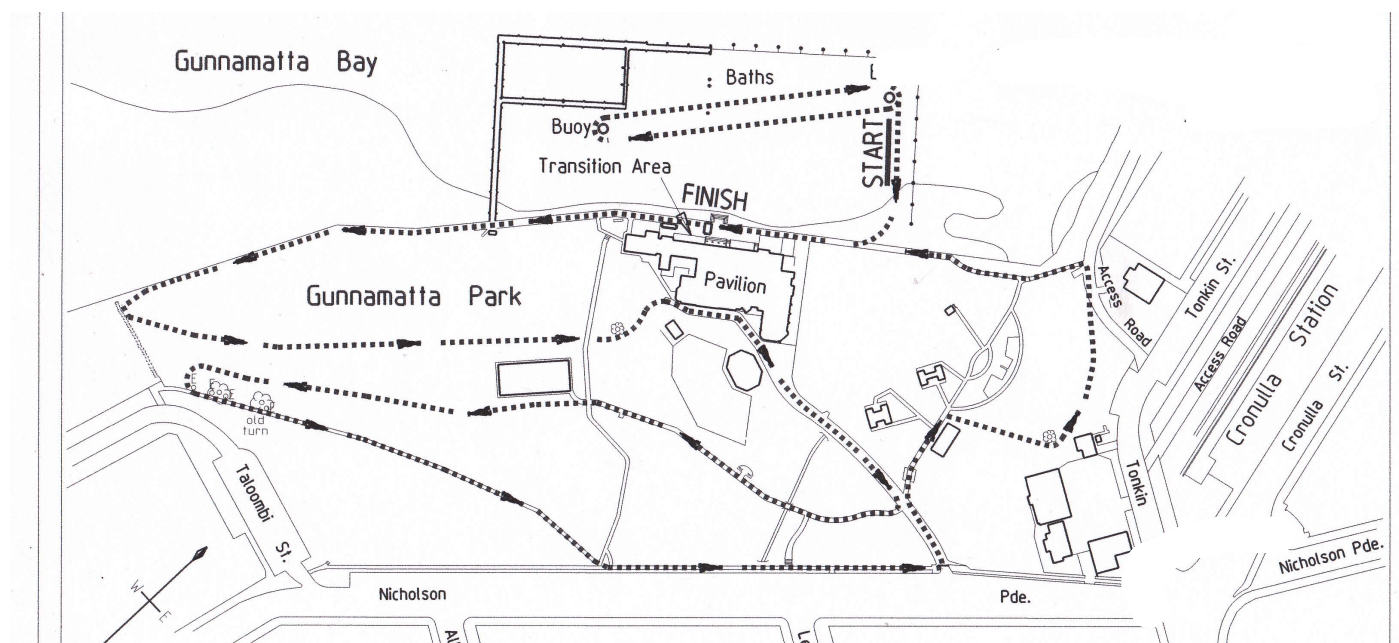




AQUATHLON

ATHLETE INFORMATION GUIDE



2021 SEASON

RACE DIRECTOR 2020-21 UPDATES

Welcome to the **Cronulla Triathlon Club 2020-21 AQUATHLON Series** and if you're not a local, welcome to the Shire. We thank the Sutherland Shire Council for their continued support and the use of the incredible facilities that enable us to provide one of the safest and most enjoyable race series in NSW.

This season due to COVID a number of restrictions have been put in place to allow us to maintain physical distancing amongst competitors and spectators:

- Anyone feeling unwell will be asked not to participate in the event, same goes for spectators.
- Hand sanitiser will be provided at the venue for all participants and spectators to use.
- Transition spacing will be spaced 2m apart.
- Spectators must maintain physical distancing at all time, and it is suggested that only one spectator per athlete is in attendance.
- Athletes must bring their own nutrition/drinks, and this can be placed on a table during the race.
- The CTC club house will be closed for congregation and will only be available for lavatory facilities.
- All athletes, spectators and volunteers must "sign in" with name and phone number/email for contact tracing purposes.
- Masks and gloves will be made available to volunteers.
- It is RECOMMENDED that athletes provide their own timing chip strap, however the club will still provide the strap and upon completion of the event the athlete must separate the chip and strap and place the strap into a sanitiser solution and the chip back in the container.
- Attendees that have recently visited hot spot areas: <https://www.nsw.gov.au/covid-19/latest-news-and-updates> will not be allowed entry to the event.
- Please avoid sharing of equipment or touching another person's belongings.
- We may stagger the individual racer starts as numbers dictate. Please understand the start times are guidelines and there may be delays. The race director will communicate as much information head of time as possible.

These circumstances are quite unique and we as a club are first and foremost concerned about our member and wider community's safety and health. We believe that if we follow these guidelines then we can have the best of both worlds – race AND stay healthy. I wish you all the best in your training and hope you enjoy the races. Please feel free to come have a chat at any time and any feedback is most welcome. See you at the finish line!

Regards,

Johnathan von Ell
Race Director
Technical Official No. 65118



GENERAL EVENT ENQUIRIES

Website: <https://www.cronullatriclub.com.au>

E-mail: race@cronullatriclub.com.au

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EVENT SCHEDULE & RACE INFORMATION

RACE INFORMATION

The purpose of this race is to provide race and transition experience for age group athletes of all abilities (juniors and seniors) in a fun, organised and safe environment. These races are organised and run by volunteers who are committed to making these races accessible, which is why the cost per race is kept to a minimum. The races also provide professional-level results catering to those looking to improve on their best time, however all participants who give it their best on the day are celebrated.

We follow the [Triathlon Australia race rules](#) and there are a few additional rules that allow our event to run safely and smoothly.

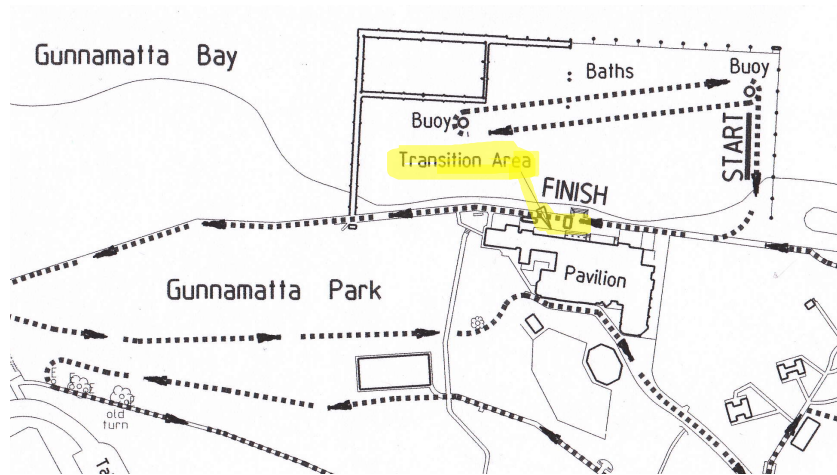
Additional Rules

- Participants will not be allowed to use personal music devices during the race,
- Please follow instructions of the race course marshals.
- PLEASE SEE COVID UPDATES ON RACE DIRECTOR UPDATES PAGE

Transition

Transition is located on the steps of the Gunnamatta Pavilion facing the enclosed Baths. Athletes may place their items anywhere within the sectioned off area which is a first-come-first-served basis. Please be courteous to your fellow racers and keep your belongings contained to a reasonable area. See [below](#) for details on transition zone flow.

- PLEASE SEE COVID UPDATES ON RACE DIRECTOR UPDATES PAGE



Hydration Station

There will be a hydration table set up just outside of transition exit. If you want access to water during the race, please place your drink bottle on this table before race start. In an attempt to be more environmentally friendly, we do not provide disposable cups, however water will be available for filling drink bottles at the table.

- PLEASE SEE COVID UPDATES ON RACE DIRECTOR UPDATES PAGE

SCHEDULE – FRIDAY & SATURDAY

Please note that Friday evening races may not have time to send off separate wave starts for junior athletes.

2020-21 DUATHLON SERIES DATES

Aquathlon no. 1	Saturday AM	03 October
Aquathlon no. 2	Friday PM	06 November
Aquathlon no. 3	Saturday AM	12 December
Aquathlon no. 4	Saturday AM	23 January
Aquathlon no. 5	Friday PM	19 February

	EVENT	LOCATION
SATURDAY MORNING		
6:45 - 7:00AM	JUNIOR (all) REGISTRATION	Gunnamatta Pavilion Steps
7:00AM	JUNIOR (all) RACE BRIEFING	Gunnamatta Pavilion Steps
7:00 - 7:15AM	OPEN/ENTICER REGISTRATION	Gunnamatta Pavilion Steps
7:10AM	JUNIOR (all) RACE START	Gunnamatta Baths
7:15AM	OPEN/ENTICER RACE BRIEFING	Gunnamatta Pavilion Steps
7:25AM	OPEN/ENTICER RACE START	Gunnamatta Baths
8:30AM (approx.)	POST RACE PRESENTATION	Gunnamatta Pavilion Steps

	EVENT	LOCATION
FRIDAY EVENING		
6:00 - 6:25PM	REGISTRATION	Gunnamatta Pavilion Steps
6:25PM	RACE BRIEFING	Gunnamatta Pavilion Steps
6:30PM	RACE START	Gunnamatta Baths
7:15PM (approx.)	POST RACE PRESENTATION	Gunnamatta Pavilion Steps

DISTANCES

EVENT	SWIM	RUN
Open	1000m (8 lengths)	5km (3 lap)
Enticer	500m (4 lengths)	3.3km (2 lap)
Junior A (17-19)	1000m (8 lengths)	5km (3 lap)
Junior B (15-16)	750m (6 lengths)	5km (3 lap)
Youth A (13-14)	500m (4 lengths)	3.3km (2 lap)
Youth B (10-12)	250m (2 lengths)	1.6km (1 lap)
Youth C (7-9)	125m (1 length)	1.1km (short lap – see map below)
Mini (< 7)	50m (*see map)	400m (fence and back)

LOCATION

Gunnamatta Pavilion Steps & Gunnamatta Baths. Please note there is no parking available within Gunnamatta Park. Parking is available on Nicholson Pde. otherwise the Pavilion is a short walk from the Cronulla Train Station.

PRE-RACE INFORMATION

To keep things moving along during morning registration/check-in, it is advised that you register yourself online prior to the race ([CLICK HERE](#)). The online registration process incurs no cost to you; race fees are accepted on the day during registration or via EFT (details on the registration page). **Online registration closes at midnight the day before the Saturday races, and 5PM the day of the Friday races.**

Race Fee

Cash accepted on day of race or via EFT details on registration page:

- Current CTC Members: \$5
- Non-CTC members: \$10

Registration/Check-in Process

1. [SIGN UP](#) online (prior to race), or
2. Register in person during morning registration/check-in (online preferred)
3. Check-in and pay race fee
4. Receive/confirm your bib number
5. Receive your timing chip & timing strap (attach to left or right ankle)
6. Race number written (sharpie) on **LEFT** arm or calf

****MAY CHANGE AS COVID RESTRICTIONS INDICATE****

POST-RACE INFORMATION

After you're done smashing your PB, please remember the following:

Return of Club Equipment

Please ensure **timing chips are returned** once you finish your race to the race organisers.

- PLEASE SEE COVID UPDATES ON RACE DIRECTOR UPDATES PAGE

Presentation

We invite you to stick around until the last participant has completed the race as we will do a brief presentation and maybe even some other fun stuff.

- PLEASE SEE COVID UPDATES ON RACE DIRECTOR UPDATES PAGE

Results

Basic results will be posted up online soon after the race is completed (usually within 24 hours). You can find all results [HERE](#). The full split results take a bit more time to process and they will be posted out usually within a few days. You can find them and other achieved race results on the [Cronulla Triathlon Club](#) website.

SPECTATOR INFORMATION

Spectators are more than welcome at the races; however, we do ask that you do not interfere with the progress of the race.

- PLEASE SEE COVID UPDATES ON RACE DIRECTOR UPDATES PAGE

EMERGENCY PROTOCOL

First aid, including a defibrillator, is available in the transition area. If you have an emergency during this event, please notify the Race Director immediately.

Emergency contact details

Emergency Medical: 000

Sutherland Police: (02) 9542 0899

Sutherland Hospital: (02) 9540 7111

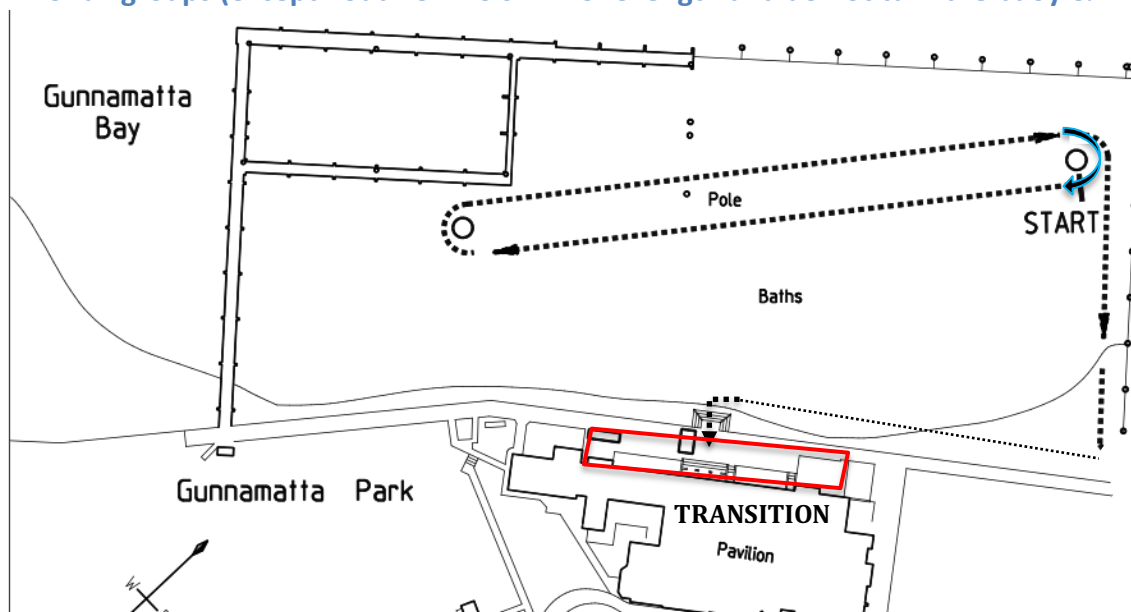
RACE DETAILS & MAPS

SWIM

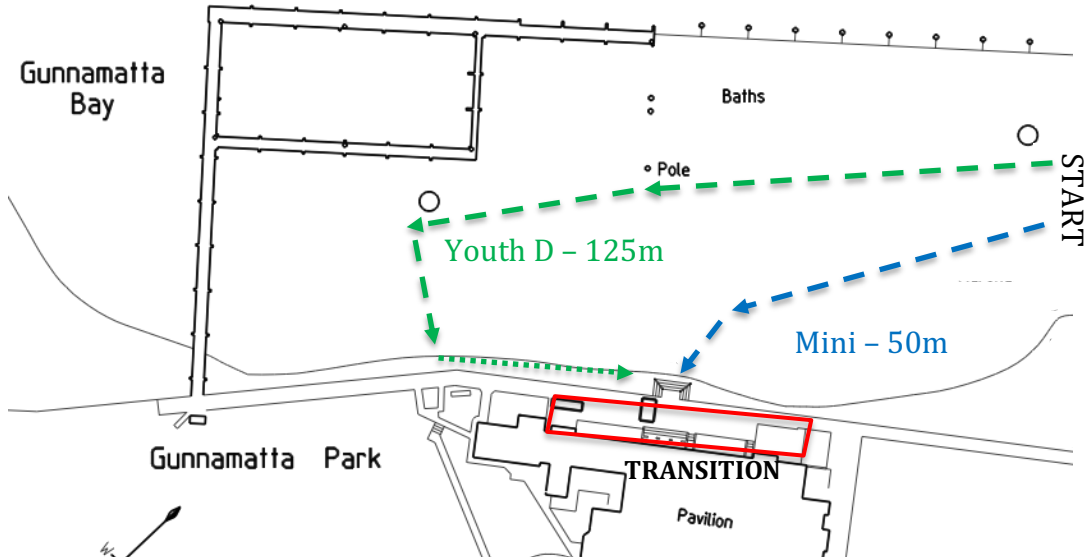
The swim is held within the baths and is a “floating” start at the “deep” northern end of the netted pool. It is a 125m swim to the buoy at the southern end of the baths which marks the turnarounds for those groups with a multi-length swim. The large orange buoy needs to be rounded, keeping it on the right, and swimming 125m to the buoy from where they started. Keep this buoy on the right and either head back for another lap or when completed turn right to the shore. All swimmers exit at the same point (with the exception of Mini and Junior C groups) inside the northern end of the netted pool.

There will be volunteers watching the swim so if at any time you need assistance please stop and raise one arm. Please familiarise yourself with your group’s distance and laps required so that you can count your laps accurately as there will not be external counters.

Swim for all groups (except Youth C who swim one length and do not turn the buoy & Mini 50m)



Mini & Youth C Swim

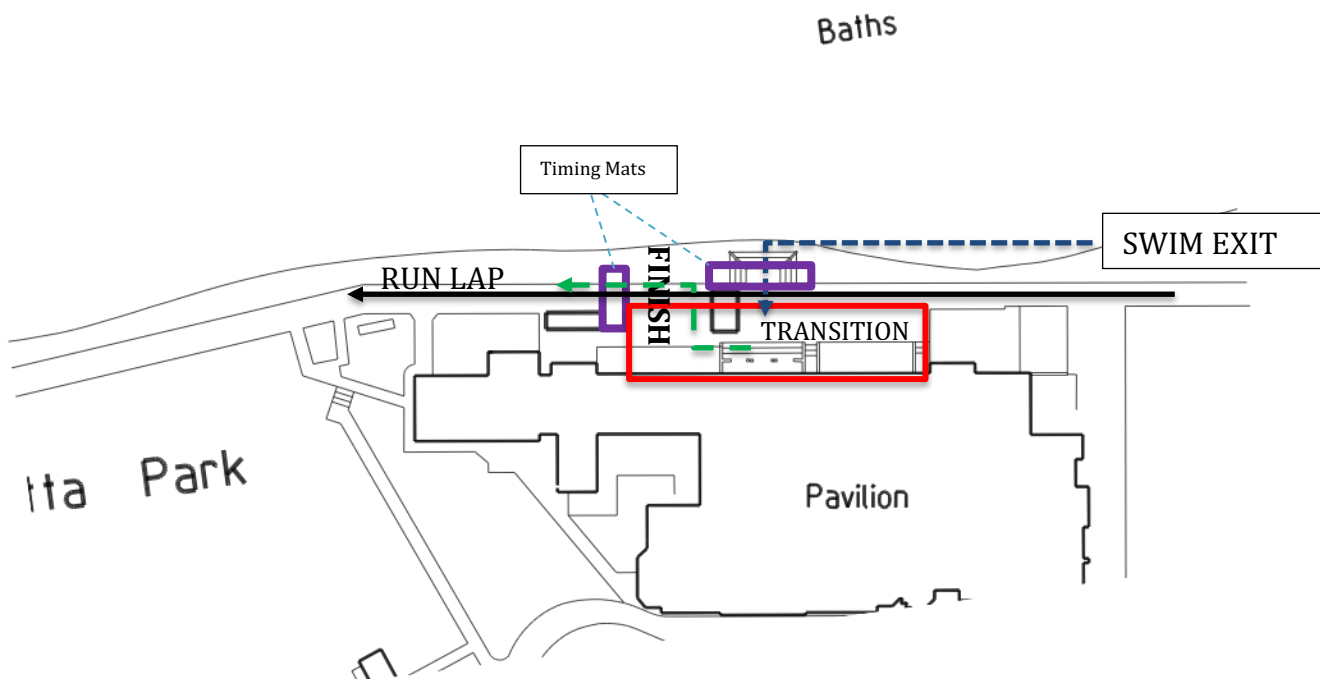


TRANSITION

Transition is located on the steps of the Gunnamatta Pavilion facing the enclosed Baths. Athletes may place their items anywhere within the marked transition area which is a first-come-first-served basis. Please be courteous to your fellow racers and keep your belongings contained to a reasonable area.

Once completed the swim, you will run along the shore and proceed into transition via the Pavilion steps over the timing mat. Please be cautious on the steps, and please look both ways before crossing the footpath as there may be racers completing laps or other public non-racers.

Once you have finished in transition, once again look both ways before exiting the transition area and proceed to the run by crossing over the purple timing mat on the footpath (heading South).



RUN

There are two run courses relative to distance:

1. Main run course (1.6 – 5km)
 - [YOUTUBE LINK](#)
 - [GARMIN COURSE LINK](#)
2. Youth D course (1.1km)
 - [YOUTUBE LINK](#)
 - [GARMIN COURSE LINK](#)

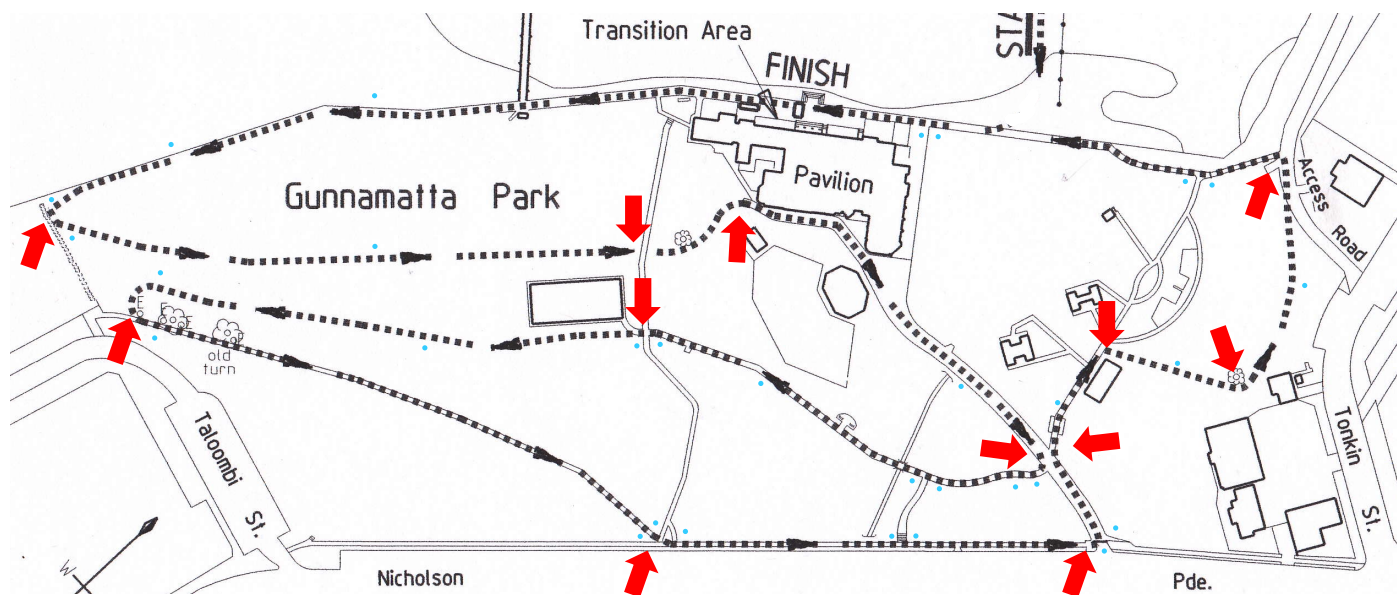
The run is fully contained within Gunnamatta Park. It is a cross-country style course with uphill and downhill with a single lap distance of approximately 1.6km. Athletes in events requiring multiple laps will need to turn right at the completion of the lap to continue on for subsequent laps. Once all laps are completed, all athletes will run down the finish chute in front of the Gunnamatta Park Pavilion.

The course will be marked as well as possible, however it is suggested that first time athletes familiarise themselves with the details of the course before race start. Large cones will be placed along the course in the areas shown below in **RED**, and smaller cones will be placed as breadcrumbs between the larger cones. Gunnamatta Park is still open for public use, so please be mindful of other park users.

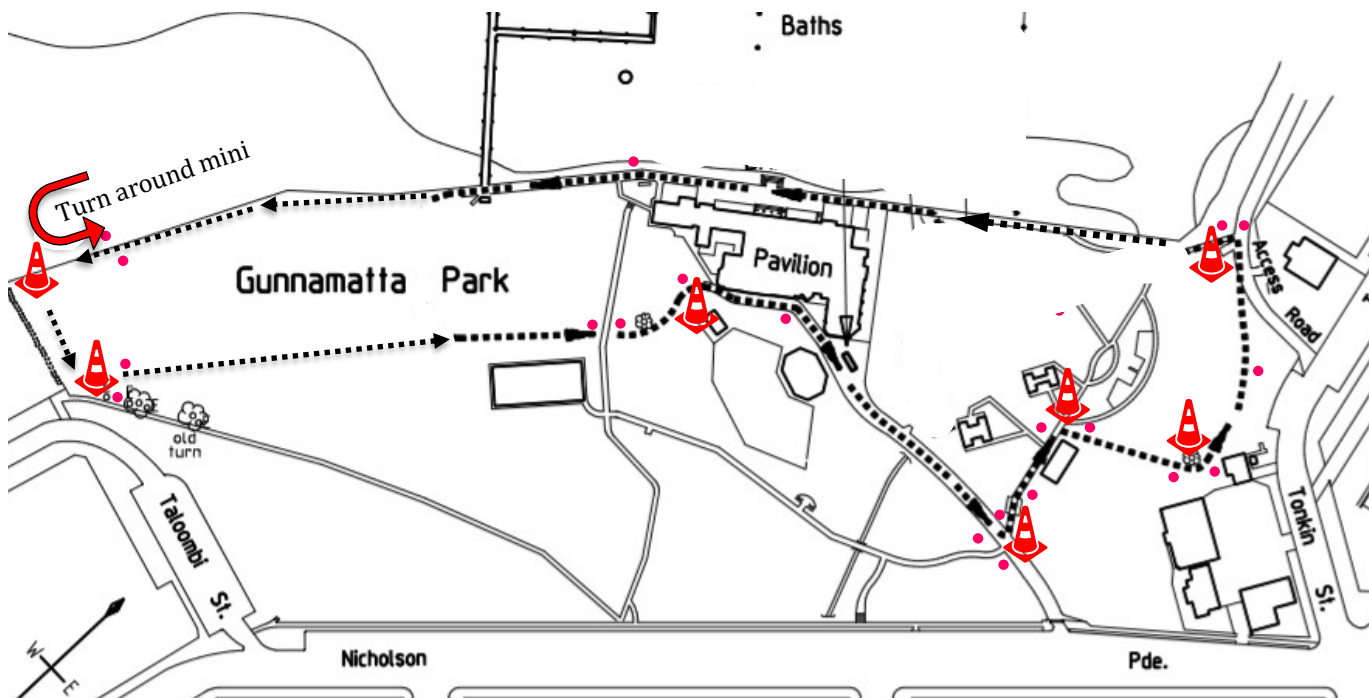
Run Rules

- Your torso must be covered otherwise you will not be allowed on to the run course.
- You need to count your own laps! **No** race wristbands will be given at the completion of each lap (as in previous years).

Main Run Course



Youth C Course (1.1km)



VOLUNTEERS

The Cronulla Triathlon Club is a not-for-profit organization and the proceeds of these races are invested back into club programs. To run these events smoothly and safely, we do require multiple volunteers each race. The volunteer roles are not complicated, as you'll see in the descriptions below, and in most cases you get to see the action right up close. There will be a volunteer briefing right before the start of the race to ensure everyone is clear about their own role.

If you're interested in volunteering, please register online ([CLICK HERE](#)) on the race registration page by selecting the event you wish to volunteer at. You'll find the open volunteer roles in the "race distance" dropdown box once you've selected your event (see screenshot below).

THANK YOU FOR VOLUNTEERING!

RESPONSIBILITIES

Swim Marshal

- Keep an eye on swimmers in water
- Required until last athlete is out of water

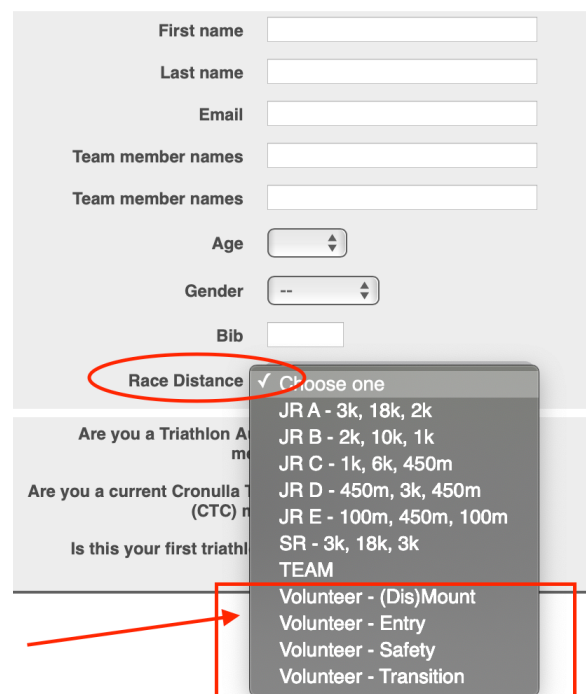
Transition Zone

- Support flow of traffic in/out of transition area
- Warn athletes of potential hazards
- Required until last athlete has started their run

Run (multiple required)

- Help direct athletes along running path
- Warn athletes of potential hazards
- Warn public of race in progress
- Your role is completed once race is over

Add a new participant



First name

Last name

Email

Team member names

Team member names

Age

Gender

Bib

Race Distance

Are you a Triathlon A

Are you a current Cronulla T

Is this your first triathl

Choose one

- JR A - 3k, 18k, 2k
- JR B - 2k, 10k, 1k
- JR C - 1k, 6k, 450m
- JR D - 450m, 3k, 450m
- JR E - 100m, 450m, 100m
- SR - 3k, 18k, 3k
- TEAM
- Volunteer - (Dis)Mount
- Volunteer - Entry
- Volunteer - Safety
- Volunteer - Transition