

# NOOSA TRIATHLON

30 OCTOBER – 3 NOVEMBER 2019



## Athlete Information Guide



📍 NOOSA HEADS | SUNSHINE COAST

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# ATHLETE CHECK LIST

Whether you are returning, or it is your first time at the Noosa Triathlon Multi Sport Festival, we have provided the below check list for convenience to make sure everybody is prepared to have a great event.

- Read the Athlete Information Guide (AIG) in its entirety
- Familiarise yourself with the Event Schedule
- Ensure you have received your confirmation email – check all personal information is correct. Contact [noosatri@ironman.com](mailto:noosatri@ironman.com) if you are concerned details have changed
- Book flights and accommodation ensuring you arrive in time for Athlete Check In
  - Friday 1 November 10:00am – 7:00pm
  - Saturday 2 November 10:00am – 4:00pm
- Check Athlete List (available 4 October) and ensure your name, country and details are correct (if incorrect email [noosatri@ironman.com](mailto:noosatri@ironman.com))
- Ensure you have Photo Identification (Drivers Licence, Passport, etc) and bring to Check In.
  - **No Photo ID = No Check In**
- Confirm your emergency contact is available on the day (and not racing) and ensure their correct and full number is provided
- Confirm your Medicare/Health Insurance details are current
- Check the weather forecast to ensure you bring all the relevant clothing and equipment
- Familiarise yourself with the course – it is your responsibility to know this on race day





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# WELCOME MESSAGES

## MESSAGE FROM THE MINISTER FOR TOURISM INDUSTRY DEVELOPMENT

**The Hon Kate Jones MP**

Welcome to the 37th annual Noosa Triathlon Multi Sport Festival.

This five-day festival of sport brings together families, weekend warriors and elite athletes for a celebration of health, fitness and fun.

The Queensland Government supports events via Tourism and Events Queensland because they create local jobs in the tourism sector. The 2018 Noosa Triathlon Multi Sport Festival attracted 29,182 visitors, generating 9,664 visitor nights and a spend of \$22.73 million.

This event forms part of TEQ's It's Live! in Queensland events calendar, which will generate \$800 million for Queensland's economy in 2019.

Congratulations to the event organisers and the enormous group of volunteers who work tirelessly to ensure this event is a success every year and best of luck to everyone competing.

If you are visiting the Sunshine Coast for the event, I encourage you to make some time to explore this wonderfully diverse region, from the stunning coastline and breathtaking beaches to the beauty of the hinterland.



**The Hon Kate Jones MP**  
**Minister for Tourism Industry**  
**Development**

## MESSAGE FROM THE CEO, TOURISM NOOSA

**Steve McPharlin**

Welcome to Noosa and congratulations for being part of the world's largest triathlon – the Noosa Tri!

As your destination host, we can't think of a better way to enjoy Noosa than swimming in our beautiful Laguna Bay, running along our tropical pathways and cycling from the beach through our stunning Noosa hinterland.

The Festival offers a great line-up of events for all ages and fitness levels and we wish you all the best in competing and hope you enjoy your stay in Noosa!



**Steve McPharlin**  
**CEO**  
**Tourism Noosa**  
[www.visitnoosa.com.au](http://www.visitnoosa.com.au)

Tourism Noosa acknowledges the ongoing connection to country of the traditional custodians of this beautiful region, the Kabi Kabi people.

SWIM, CYCLE, RUN...  
THEN RELAX IN  
NOOSA



Take time out after the Noosa Triathlon Multi Sport Festival to rest on our bright beaches, recharge at award-winning cafés and restaurants and browse eclectic boutiques, from beachside to river's edge. However you choose to recover, you'll find it in Noosa.

[VISITNOOSA.COM.AU](http://VISITNOOSA.COM.AU)





## NOOSA TRIATHLON MULTI SPORT FESTIVAL CONSISTS OF THE FOLLOWING STACKED LINE-UP OF EVENTS:

**October 30**

### **Noosa Run Swim Run**

The Noosa Run Swim Run is a great part of the fun of the Noosa Triathlon Multi Sport Festival. This event continues to offer competitors of all ages and abilities the opportunity to experience a great sporting occasion.

**October 31**

### **Noosa Tri Charity Golf Day**

18 Holes of golf on one of Noosa's best playing courses. Resident celebrity faces at Noosa Tri time will join you on course. Enter as a team of 4 or individually. Heaps of prizes to be won including random draws, closest to the pin and longest drive.

**November 1**

### **Tour de Noosa - Garth Prowd Ride**

All proceeds from this ride will go towards the Garth Prowd OAM Triathlon Scholarship, to continue the legacy created by Garth Prowd at the Noosa Triathlon in assisting athletes to reach their full potential. It is a brisk recreational ride over part of the Noosa Triathlon cycle course. Open to everyone young and old, join us on a recreational ride to raise funds for the Garth Prowd Triathlon Scholarship.

### **GemLife Noosa Breakfast Fun Run**

Whether you are a runner or a walker, come and enjoy the beautiful Noosa area for National Breast Cancer Foundation! Come dressed in pink and join some of Australia's premier runners to raise awareness and funds for this great cause. Entry includes breakfast in Noosa Woods following the run and lots of great random draw prizes!

### **TITAN Noosa 1000 Ocean Swim**

Celebrating its 27th year as part of the Noosa Triathlon Multi Sport Festival, the TITAN Noosa 1000 Ocean Swim will once again attract swimmers of all ages and abilities back to Noosa Main Beach. Be part of this Festival tradition and join us to celebrate one of Australia's premier ocean swims on one of Australia's best-known beaches.

**November 2**

### **Noosa Superkidz Triathlon**

The Noosa Superkidz Triathlon is the kids' only version of the famous Noosa Triathlon. Short achievable distances for kids aged 7-13 years based on participation and fun. Entry includes event singlet, finisher's medallion and lots of great random draw prizes.

### **Tingirana Noosa Special Triathlon**

This is one of the few triathlons specifically held for people with special needs. This triathlon showcases some of the most special moments of the weekend with the emphasis on fun and enjoyment. Entry includes event shirt, finisher's medallion and lots of great random draw prizes

### **ASICS Noosa Bolt**

The ASICS Noosa Bolt is Australia's premier 5km road race attracting Australia's best middle-distance runners over an exciting, flat, multi-lap course. Huge crowd support and a fantastic atmosphere make this event a must see.

### **Australian Open Criterium**

A star studded Australian and International field of cyclists will be heading for Noosa come November to compete on the tight 'hot dog' circuit along Noosa Parade in front of a 20,000 strong crowd.

### **Noosa Legends Triathlon**

Always a crowd pleaser, join in the fun of watching the Legends Tri as all your favourite stars take on each other in their own mini triathlon all vying for the 2019 Legends Trophy.

**November 3**

### **Noosa Triathlon**

Arising from very humble beginnings in 1983, Noosa Triathlon has developed into a first-class international multi-sport and entertainment event. Every year national and international competitors and spectators flock to Queensland's shores to witness not only Noosa's most prominent annual festival, but also Australia's largest triathlon event and the largest standard distance Triathlon in the World!

**November 1-3**

### **Noosa Sport and Lifestyle Expo**

Noosa Triathlon is again playing host to the Noosa Sport & Lifestyle Expo as part of Australia's biggest Triathlon Multi Sport Festival with over 70 exhibitors.

For further details on the Festival events please go to the website [www.noosatri.com](http://www.noosatri.com)



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If you are a Lexus owner, you are entitled to special privileges when you show your keys including:

- Priority Check-in
- Priority bike racking at festival village (Limited spots available)
- Priority parking of your Lexus at Noosa Heads Surf Club car park on race day (Sunday) (Limited spots available)



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Overseas Lexus RX shown.



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TRIATHLON  
MULTI SPORT FESTIVAL



# VENUE

## FESTIVAL VILLAGE, NOOSA WOODS

- o Athlete Check In
- o Noosa Sport and Lifestyle Expo
- o Merchandise
- o Main Stage
- o Information (Fri- Sat)
- o Massage (Fri – Sat)
- o Volunteer Tent
- o Main Stage – Presentations (Sun)
- o GemLife Noosa Breakfast Fun Run Check In
- o TITAN Noosa 1000 Ocean Swim Check In

## LIONS PARK, NOOSA HEADS

- o Transition
- o Medical
- o Recovery

## NOOSA HEADS MAIN BEACH

- o Noosa Run Swim Run Start
- o TITAN Noosa 1000 Ocean Swim Start – Noosa Groyne end
- o Noosa Triathlon Swim Start

## CHAPLAIN PARK

- o Noosa Superkidz
- o Tinigirana Special Triathlon

## NOOSA HEADS BUS STOP

- o Information (Sat – Sun)
- o Volunteer Tent (Sun Only)
- o Sunbus - Bus Stop
- o Shuttle Bus - Bus Stop
- o Gear Bag Drop
- o Bike Pump Drop
- o Noosa Australian Open Criterium Check In
- o ASICS Noosa Bolt Check In

## NOOSA PARADE

- o Noosa Triathlon Finish Line
- o Grandstand
- o VIP Lounge
- o VIP Trackside Garden
- o Charity Park – Laguna Park
- o Club Tents – Laguna Park
- o Noosa Australian Open Criterium Start/Finish Line
- o Legends Triathlon Start/Finish Line
- o ASICS Noosa Bolt Start/Finish Line



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**Promo code: Noosa19**

Terms and conditions: Valid until 31 December 2019 12:00am AEST for combined covers (hospital and extras) only. One month free will apply to the third month of your membership. Eligibility requirements apply. Promotional code only valid when joining online. Not transferable or redeemable for cash. Not valid in conjunction with any other offer or discount.





# Cancer... we're coming for you!

Take on Noosa Triathlon 2020 as part of Team Smiddy and make your race about more than just the finish line!

**Premium benefits including:**

- Priority check-in
- Premium bike racking
- Early wave start
- Custom sun-safe tri suit
- Track-side hospitality and more!

**Register today:** [smiddy.org.au/noosa](https://smiddy.org.au/noosa)



# PRE-RACE INFORMATION

## CHECK IN

### When

Friday 1 November 10:00am to 7:00pm

Saturday 2 November 10:00am to 4:00pm

All Race Kits must be picked up by 4:00pm Saturday 2 November. If you do not check in during these times you will not be able to race. Allow extra time when making travel arrangements as a precaution.

### Where

Festival Village, Noosa Woods, Hastings Street.

Bike racks are available in Festival Village.

Please do NOT bring your bike into the Check-In queue.

### What you will need

Photo Identification (Drivers licence or passport).

**You will NOT be able to pick up your race kit without ID.**

Only the person registered can pick up their Race Kit at Check-In. Please note that it is illegal for someone else to compete under your name or for you to compete under someone else's name, this will result in suspension from your State Triathlon Association and banning of both parties from future IRONMAN Oceania/Multi Sport Tri races.

### Athenas and Clydesdales

All Athletes in the Athena and Clydesdale categories **must check in at the Help Desk** to be weighed.

### Teams Check-In

It is only necessary for one team member to check in for their team. One team member must rack the bike during the Transition opening times. Please ensure that the team member checking in is registered in our system. Team changes after the online cut off, Sunday 27 October, will need to be made at the Teams Help Desk. A Team matching board will be available onsite for those requiring or able to assist teams with additional competitors.

### Race Kit

Race Bib Number, Bike Seat Post Number Sticker, Helmet Number Sticker, Number Tattoo (Individual and Team Runner only), Category Tattoo (Individual and Team Runner only), ID Wristband (one for each competitor), Timing Chip, Coloured Swim Cap and Athlete Gift.

## ID Wristband

This will be secured to your wrist prior to leaving the Check-In area. This band identifies you as an official race competitor and must be worn at all times. The wristband is your means of access into Transition over the weekend. You will not be allowed to remove your bicycle and/or gear from the Transition area without your wristband secured to your wrist.

**No Wristband = No Access.**

**LEGEND = GOLD INDIVIDUAL = BLUE TEAMS = GREEN**

If you present a broken wristband, you will need to show ID at Information in order to collect a new wrist band. This is to ensure the safety of your belongings and to ensure we know who is on course at all times.

### Individual & Team Changes

Individual and Team changes need to be correct as of Sunday 27 October. This includes changes to categories, team members and swapping of legs. After this time, you can make changes at the Help Desk when checking in.





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**TIM REED** - PROFESSIONAL IRONMAN

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# PRE-RACE INFORMATION

## BIKE CHECK IN

### When

Saturday 2 November 10:00am to 4:30pm

### Where

Noosa Heads Lions Park, Noosa Parade.

You must have already checked in and picked up your Race Kit before you rack your bike.

### What you will need

Your bike must display your seat post sticker, and you must be wearing your corresponding numbered ID wristband found in your Race Kit.

If you do not have either of these, you will not be allowed into transition.

Your bike will be visually inspected by a Technical Officials. For equipment standards see the Triathlon Australia Rules at [www.triathlon.org.au](http://www.triathlon.org.au).

Security will be on patrol Saturday night and Sunday morning.

Memorise the position of your bike in Transition. The end of the racks will be numbered.

### Bike Mechanic Support

CycleZone will be on site at the Noosa Sport & Lifestyle Expo for all bike mechanic services on Friday and Saturday. A limited 'emergency service' will be available at Transition in Noosa Heads Lions Park car park on Saturday 10:00am – 4:30pm and Sunday 4:45am – 10:30am.

### Pre-Race Training

Remember the Road Rules. Do not ride two abreast on narrow road sections and obey all traffic rules. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Queensland and Police can issue on the spot fines for breach of this law. Make sure you lock your bike whenever you leave it.



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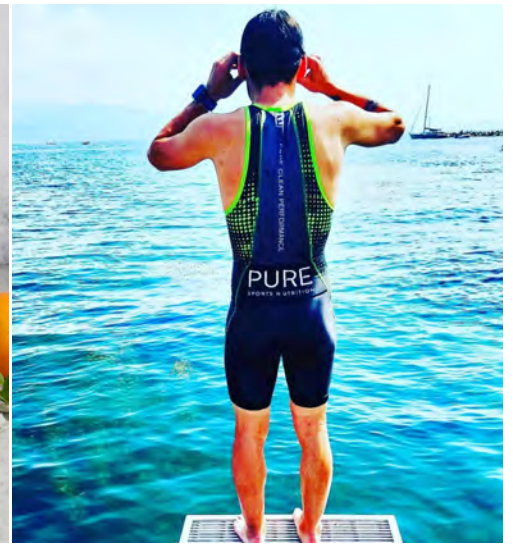
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# RACE DAY INFORMATION

## Transition Area

Transition is divided into two areas Individual and Teams. Your colour coded wristband allows you access into your respective area.

On Sunday morning before you enter transition, please have your helmet on and done up so they can be checked by Technical Officials. Officials will be looking for a well-fitting, uncompromised helmet in good condition. Ensure your Helmet Sticker is on the front of your Helmet. Only the equipment you need for your race can be left in transition. **No bags are to be left in Transition.**

## Individual Transition

Open from 4:45am – 6:00am on Sunday morning. All Individual competitors must leave transition by 6:00am.

## Team Transition

Transition Access	4:45am	Enter outside of the Individual Transition via the far end of the Lions Park or through Recovery.
Access during Individual swim	From 6:15am	Enter through the Teams Entry/Exit Gate at the back of transition. All swimmers must be at the swim start by 8:45am.
Access for team cyclists	9:00am	Only team cyclists must remain in the team transition from 9:00am
Team runners	10:00am approx.	Will only have access once transition is clear of all bikes

We must ensure Teams Transition is as clear as possible during race times for the safety of all competitors.

## Timing

Your timing chip will be included in your Race Kit. It must be worn on your **LEFT ankle** (if it is on your wrist you will not record a time). On Race morning you must wear your timing chip to enter the Swim Start Pen. Volunteers will be checking this. If you lose or forget your timing chip, please see race officials at Information or on the start platform. Please remember that we are recording your time through each Transition chute so come through in an orderly fashion. Timing results will include swim split, transition splits, cycle split, run split and finish time – overall and category results. If you do not start or pull out for any reason you must return your timing chip to Information or return it to a race official. If your timing chip is not returned or is lost, you will be charged \$150 for a replacement.

## Teams Timing Info

The swimmer, cyclist and runner must wear the timing chip. The swimmer must transfer the chip to the cyclist in transition. The cyclist cannot unrack their bike until they have their timing chip secured around their left ankle. The cyclist must transfer the chip to the runner within transition after racking their bike. The runner wears the chip until they cross the finish line.

**No Timing Chip = No Time.**

## Athlete Race Bib Number

Wearing your race number bib is compulsory for the Run Leg for Individual and Team competitors. Your number must be clearly visible at the front.

## Athlete Tattoos

Wearing your race number tattoo and category tattoo is Compulsory. Your race number must be displayed on your right bicep. Your category letter tattoo must be displayed on your left calf.

Individuals must wear the tattoo. The Teams runner must wear both the Number Tattoo and the Category Tattoo.

The tattoos can be easily applied by firstly removing the plastic cover and placing the number face-down on your body, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper.

## Gear Drop

Gear Drop is located in the Noosa Bus Stop Car Park (across the road from Transition) on race day. It will be open from 5:00am to 2:00pm on race day. **It is compulsory to use the Gear Bag provided.** This facility is provided because bags cannot be stored in the Transition area. Please attach the gear bag number label located in your Race Kit to your bag before dropping it at Gear Drop. Please note that no responsibility or liability is taken by IRONMAN.

All large bike pumps will be stored separately from your bag. Please use the pump label from your Race Kit to number your pump.

Any gear left behind will be at Information until 3pm.



# WHEN TO USE



## BEFORE

BARS INCLUDED  
IN YOUR RACE KIT



## DURING

GELS AVAILABLE ON COURSE



## AFTER

BARS AVAILABLE IN RECOVERY  
AREA AT FINISH LINE



[CLICK HERE](#)

TO CHECK OUT THE FULL PRODUCT RANGE

# RACE DAY INFORMATION

## Aid Station / Hydration

There will be 5 aid stations on the run course.

### Aid Station Locations

- **R1 - Ravenwood Drive** – Double sided
- **R2 - Nancy Cato Park** – Double sided
- **R3 - BP Petrol Station on Weyba Road** — Double sided
- **R4 - The Noosa AFL Grounds** - inbound runners only
- **R5 - Wyuna Drive** - inbound runners only

### Aid Stations will offer:

- Water
- PURE Electrolyte – R1 & R3 only
- Clif Shot Energy Gels – R4 only
- Toilets

Pure Electrolyte – Superfruits and Lemon Flavour

Clif Shot Energy Gels – Razz and Mocha Flavour

## Cut Off Times

All competitors must be finished by 1:15pm

**Swim** – Athletes must complete the swim by 10:15am.

Any remaining team cyclists in transition will be sent out on the cycle course by 10:15am. (50 Minutes after last swim start)

**Cycle** – There will be two early turnaround points to maintain our Police approved opening times. The First at 10:55am at the 14km mark and the second at 11:00am at the 16.5km mark. Any athletes that are turned early will be recorded as a DNF. Athletes must complete the cycle by 12:15pm.

**Run** – Any remaining runners in transition will be sent out on the run course by 12:15pm. Every endeavour will be made to allow you to run to the finish line however, any runners on course after 12:45pm may be asked to move onto the footpath in order to allow the scheduled reopening of the roads. Athletes must complete the run by 1:15pm

**If you believe that these cut off times may be an issue, please call the event hotline on 1300 761 384 to discuss.**

## Finish Line

Friends and family members, including children are not permitted in the finish chute or finish area. We ask that all athletes respect the finish line area and other athletes.

## Recovery Area

As you cross the finish line you will be directed through to the Recovery Area in Lions Park. Volunteers will be on

hand to take off your timing chip (any unreturned timing chips will be charged at \$150 per chip).

There will be medical personnel available if you require treatment otherwise you will be able to proceed to the recovery area where there will be water, Pure Electrolyte and fruit available. This is an athlete only area and family members will need to wait outside of the recovery area for the athletes. Athletes will not be able to re-enter recovery.

## Massage Area

On race day the massage area is located at the back of recovery near the beach. There are trained massage therapists on hand to provide massage for competitors. Massage is also available on Friday and Saturday in the Festival Village, Noosa Woods. If you wish to book prior to the event – [click here to register](#) . The online booking service will close at 5pm Wednesday 30 October. Any bookings after this time will be taken onsite.

## Bike Check Out

Bike Check Out will be done progressively from 10:30am. Timings will be displayed on the end of your bike rack in transition. Please make sure you have your ID Wristband on to verify your race number. Security will check your ID wristband with your bike sticker when exiting the transition area. Transition will be unsecured at 1:45pm.

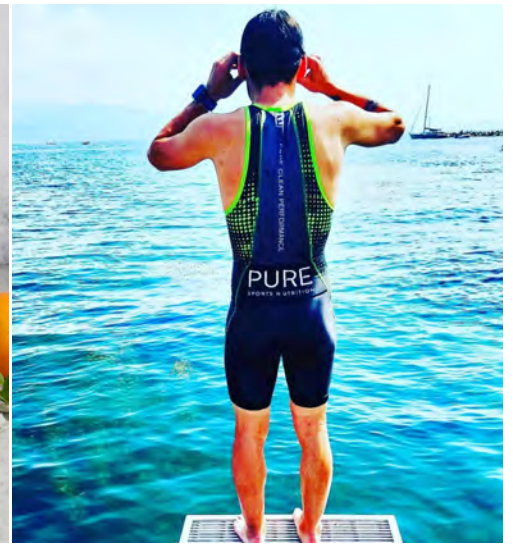
## Results

Results will be on the Noosa Triathlon website by Sunday evening. [www.noosatri.com](http://www.noosatri.com)

## Race Photos

Official photographer **Finisher Pix** will be on course and at the finish line on race day. Try to remember in the finish chute that the photographer will be at the finish line to capture your 2019 Noosa Triathlon finish, so avoid looking down. Remember also your race number must be properly displayed on your front. Photos will be available from [www.finisherpix.com](http://www.finisherpix.com), 24 – 48 hours after the race. Simply browse through the thumbnails and purchase any shots of yourself, friends or family.





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### Presentations Ceremony

The Awards Ceremony will be held at 4:00pm on the Main Stage in the Festival Village, Noosa Woods. There will be medals and prizes awarded to 1st – 3rd in each individual age group category. Team categories will receive medals for 1st – 3rd. All placegetters (1st – 3rd) are to assemble at 3:45pm in the 'Winners Area', the area next to the presentation stage.

If you are a placegetter in your category and are unable to stay for presentations, you will need to contact the IRONMAN office within 30 days of the event to arrange collection of your medal. You will be able to collect your prize from the IRONMAN office or alternatively have your medal posted to you at your expense.

Random draw prizes will be presented at the Awards Ceremony. To be eligible be sure to place the tear off section on the bottom of your race bib in the barrel on the stage area. **YOU MUST BE PRESENT TO WIN.**

### Noosa Tri Legends Club

Noosa Triathlon Tri Legends Club inductions will take place for athletes competing in their 10<sup>th</sup> Noosa Triathlon as well as athletes reaching their 15<sup>th</sup>, 20<sup>th</sup>, 25<sup>th</sup>, 30<sup>th</sup> and 35<sup>th</sup> milestone.

### Lost & Found Property

Any lost or found property that is handed in will be taken to Information near Lions Park. All items will be returned to the IRONMAN office. Please note that no responsibility or liability is taken by the Race Organisers for lost property. For any enquiries after the event please contact IRONMAN on 1300 761 384. Postage will be at the athlete's expense.



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VISIT US AT THE FESTIVAL







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**CONTACT US**

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# TITAN SWIM COURSE

## Course Summary

The swim is a 1500m ocean swim at Noosa Main Beach. New for 2019, the swim start will be a 'Rolling Category Start' and will start from in front of the Noosa Heads Surf Life Saving Club.

Competitors are to keep the area directly in front of the swim start clear. Swim warm-up, if required, must take place off to the right of the swim course.

All competitors will be required to be at the swim marshalling area 15mins prior to their start.

Competitors will turn left around the pink buoys on the first two turns and turn right around the yellow buoy on the last turn, before heading back to shore.

You must follow the swim buoys turns precisely. Any short cuts will result in disqualification.

## Rolling Category Starts

For the first time, The Noosa Triathlon will feature a Rolling Category Start. Athletes will seed themselves within their respective category or age group, based on their projected swim times. Self-seeding will be based on your individual abilities according to your expected finish time.

Within each Rolling Category Start there will be 4 Start Zones. You can avoid being overtaken by stronger swimmers by seeding yourself with athletes of a similar skill and ability level.

The four Start Zones are:

**Zone 1** - Under 28 minutes

**Zone 2** - Between 28 - 31 minutes

**Zone 3** - Between 31 - 35 minutes

**Zone 4** - Over 35 minutes

The Rolling Category Start will continue from Zone 1 to Zone 4 until all athletes in that Rolling Category Start have crossed the timing mat and commenced the swim. The next Rolling Category Start will then self-seed into the 4 Start Zones and this process will be repeated until all Rolling Category Starts have commenced the swim.

Athletes must start in the correct category group or will result in disqualification.

## Swim Rules Summary

See full rules at [www.triathlon.org.au](http://www.triathlon.org.au)

- All competitors must wear the swim cap that has been provided in your Race Kit. Check your cap colour is correct with the Rolling Category Start Group posted around Festival Village.

- Any other swim equipment is prohibited including iPods/MP3 Players.
- Do not discard your swim cap on the course, as it will be considered littering. Please place it in transition with your gear.
- Competitors must not use gloves or socks (including but not limited to compression socks)

## Speed Suits

A competitor may wear a speed suit at any time during an event. Please note the Triathlon Australia definition of a speed suit. A speed suit must be comprised of 100% textile material such as nylon or lycra and must not include rubberised material such as polyurethane or neoprene. The speed suit may contain a zipper.

## Wetsuits

For Elite competitors, wetsuits will be allowed if the water temperature is below 20 degrees Celsius.

For Open and Age Group competitors, wetsuits will be allowed if the water temp is below 22 degrees Celsius.

The wetsuit thickness must not exceed 5mm for all competitors.

A provisional wetsuit ruling will be posted at Check-In and Information on Saturday from 11:00am.

## Swim Cut Off

Please see Race Day Information above

## Course Map

[View here](#)





**FĒNIX® 6**  
SERIES  
**GARMIN®**

# BIKE COURSE

## Course Summary

The cycle is a 40km cycle, out and back, undulating course with only one long climb and technical downhill. It is 20.5km to the turnaround point and 19.5km to transition from turnaround point.

Extreme care must be taken within the first and last 1.5km of the cycle course as there are two very narrow bridges that require cyclist to form a single file.

At approximately the 10km mark, you will climb for 3.5km up Garmin Hill.

At approximately 27km into the cycle leg you will encounter a steep 1km descent in which (depending on your ability) you will reach speeds in excess of 50km per hour. Ride to your ability! Slower and more inexperienced riders should keep to the left of the lane to enable the more experienced to pass on the right. The road will be closed so you have use of the whole lane (you will be disqualified if you cross the double white lines).

## Bike Rules Summary

See full rules at [www.triathlon.org.au](http://www.triathlon.org.au)

- Your helmet must remain securely fastened at all times while you are on the cycle course. This includes any time you stop on the side of the road, for example for mechanic repairs.
- Competitors must cycle with appropriate footwear.
- You must obey road rules. Do not pass on the left or cross centre lines.
- A competitor must mount and dismount the bicycle at the respective designated mounting and dismounting zones.
- A competitor must at all times rack his/her own bicycle and equipment at their designated bicycle rack location and leave it in a stable position.
- A competitor must not wear, use or carry items deemed to be hazard to self or others. Electronic and entertainment devices such as but not limited to mobile phones, mobile disc players, MP3 players or 2-way communication devices.
- Any blatant drafting will be penalised.

## 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. Road conditions will be assessed before issuing this penalty. Athletes will receive a Yellow Card and must proceed to the next penalty box to serve their Stop/Start Penalty.

## Drafting

DRAFTING IS NOT ALLOWED AT THE NOOSA TRIATHLON. Experienced Technical Officials will be on the course and will issue Blue cards to offenders.

Noosa Triathlon due to the number of competitors will operate under a special ruling. When passing a forward competitor or motorcycle, you are allowed a maximum of 15 seconds to pass through the 7m x 3m wide draft zone. Failure to achieve this may result in a blue card penalty for drafting. If you are issued with a blue card you will need to serve a three-minute penalty in the next penalty box on the bike course.

When passing a forward vehicle, you are allowed a maximum of 90 seconds to pass through the 35m x 5m draft zone. Failure to achieve this may result in a blue card penalty as outlined above.

If you are passed by another competitor, you must immediately commence to drop back out of the draft zone of the forward competitor before attempting to re-pass.

Penalty Box locations –

- Cycle turnaround
- Noosa Parade at corner of William Street (Bus stop) inbound only

## Litter Zone

There will be a designated litter zone where you will be able to drop any gels, bar wrappers, fruit or drink bottles. This will be at the far end turnaround point, 50m before and after the turn. If you are caught littering outside of this area you will be issued with a blue card and be required to report to the on-course penalty box. The volunteers on course are not there to pick up after athletes. If you see other athletes littering, please report them to technical officials and help keep Noosa beautiful!

## Bike Cut Off

Please see Race Day Information above

## Course Map

[View here](#)





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**asics**

# ASICS RUN COURSE

## Course Summary

The ASICS Run course is a one lap out and back course. Keep moving in the same direction after racking your bike and use the run chute to exit transition.

## Run Rules Summary

See full rules at [www.triathlon.org.au](http://www.triathlon.org.au)

- You may not run with a bare torso or without shoes on any part of the run course.
- You may not crawl.
- You must clearly display your race number on your front at all times on the run course. If you don't comply you may incur a Stop/Start penalty. However, if the Technical Official considers that the identification number has been unintentionally lost, then you may not be penalised.
- A competitor must not wear, use or carry items deemed to be hazard to self or others. Electronic and entertainment devices such as, but not limited to, mobile phones, MP3 players, iPods or 2-way communications devices.

## Run Cut Off

Please see Race Day Information above



## Course Map

[View here](#)

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# GENERAL RACE RULES

Please refer to the Triathlon Australia Race Competition Rules available from the Triathlon Australia website [www.triathlon.org.au](http://www.triathlon.org.au)

These rules are applicable across the entire course.

Competitors must:

- Practise good sports conduct at all times
- Be responsible for their own safety, the safety of their own equipment and be considerate of the safety of others
- Be responsible for understanding and following the TA Race Competition Rules available from the TA website [www.triathlon.org.au](http://www.triathlon.org.au)
- Obey traffic regulations unless otherwise instructed by an event official
- Treat other competitors, officials, volunteers and spectators with respect and courtesy
- Avoid the use of abusive language
- Not use any equipment which may provide an unfair competitive advantage
- Not accept assistance from anyone other than an event official
- Not discard any equipment on the course, except the approved dedicated locations
- Not wear, use or carry items deemed to be a hazard to self or others e.g. a hard cast, jewellery, glass/metal containers or electronic and entertainment devices such as, but not limited to, mobile phones, MP3 players, iPods or 2-way communication devices
- Not cause offence to others through the deliberate acts of nudity, or personal toilet which might be seen in public.
- Specific course rules are included with course information for each Swim, Cycle and Run.
- If a competitor receives two or more blue card penalties the competitor may complete the event, as the Race Referee will rule on the infringement(s) at the conclusion of the event and if ratified, the competitor can expect to be disqualified.



## PREVENTION AND CURE

Recovery Space will be available for both **pre race** and **post race** treatments all weekend.

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# GENERAL INFORMATION

## RULES TO REMEMBER FOR CHEER SQUAD, FAMILY AND FRIENDS

**DO NOT** ride or run beside a competitor on any part of the course as you will result in the competitor being disqualified.

**DO NOT** use permanent paint or crayon for graffiti on any road. Chalk is acceptable but where paint is identified to a competitor, that competitor will be disqualified.

**DO** make sure your competitor has read and knows the Triathlon Rules pertaining to this race and has thoroughly read this booklet.

**DO** make sure your competitor has all necessary equipment on race morning including timing chip and bib number.

## INFORMATION

Festival Village, Noosa Woods

Friday 1 November 8:00am – 7:00pm

Saturday 2 November 8:00am – 5:00pm

Noosa Transit Centre, Lions Park

Saturday 2 November 9:30am – 5:00pm

Sunday 3 November 4:30am – 3:00pm

Information will have maps, app information, transport info, rolling category starts, lost property collection and helpful staff.

Information will also have all information regarding the medical tent on the day so if you are concerned about a competitor, please check with information – not the announcer or medical tent.

## Noosa Sport & Lifestyle Expo

The Noosa Sport & Lifestyle Expo is back as part of the 2019 Noosa Triathlon Multi Sport Festival. There will be over 70 exhibitors in Expo with autograph signings from some of Australia's favourite Triathletes. Entry is free.

Trading Times

- Friday 1 November: 8:00am – 7:00pm
- Saturday 2 November: 8:00am – 5:00pm

## Merchandise

Come and grab your Noosa Triathlon merchandise and take home a keepsake.

Trading Times

- Friday 1 November: 8:00am – 7:00pm
- Saturday 2 November: 8:00am – 5:00pm
- Sunday 4 November: Merchandise trading from 11:00am – 4:00pm

Be sure to grab our Name Tee featuring all athletes' names, (Athletes entered by 25 August), available exclusively in the Merchandise store.

ASICS shoes will also be available in the Merchandise store.

## Noosa Triathlon App

All spectators, supporters, friends and competitors should download the app. Great information of the events, course details and maps, news and most importantly athlete tracking. Search for **Noosa Tri** and add to your apple or android device.

## Get Social

See, Like and Share all the excitement of the 2019 Noosa Triathlon Multi Sport Festival via social media @NoosaTri

Don't forget to tag us in your photos! #NoosaTri

## Athlete Tracker

Download the Noosa Triathlon App and select the athletes you want to follow live during the race. Search Noosa Tri in your app store.

## Changed Traffic Conditions

Please take time to make yourself aware of all the changed traffic conditions (CTC) for yourself and all athletes and supporters.

[View CTC Flyer](#)

## Parking/Transport

Parking close to the event area is limited. Please be aware all parking regulations will still apply throughout the Festival. Refer to council parking signs for more details. There are three designated all day parking areas available throughout the festival. Please follow the advertised blue parking signs. Noosa Triathlon event crew staff or volunteers will be directing drivers toward these car parks from Saturday afternoon onwards.

- Cooyar St Carpark, Noosa Junction
- Noosa AFL Grounds, Weyba Rd, Noosaville
- Bicentennial Drive, Sunshine Beach

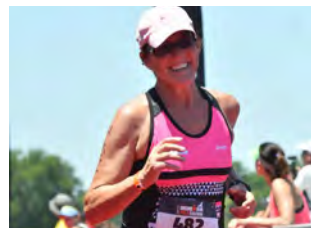




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## Shuttle Bus Information

### WEDNESDAY, 30 OCTOBER

<b>7:00AM - 9:00AM</b>	Shuttle Bus Operating	Noosa Junction Transit Centre – Lions Park
<b>5:00PM - 7:00PM</b>	Shuttle Bus Operating	Noosa Junction Transit Centre – Lions Park

### THURSDAY, 31 OCTOBER

<b>7:00AM - 9:00AM</b>	Shuttle Bus Operating	Noosa Junction Transit Centre – Lions Park
<b>5:00PM - 7:00PM</b>	Shuttle Bus Operating	Noosa Junction Transit Centre – Lions Park

### FRIDAY, 1 NOVEMBER

<b>6:00AM - 8:00PM</b>	Shuttle Bus Operating	Noosa Junction Transit Centre – Lions Park
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### SATURDAY, 2 NOVEMBER

<b>6:00AM - 7:00PM</b>	Shuttle Bus Operating	Noosa Junction Transit Centre – Lions Park
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### SUNDAY, 3 NOVEMBER

<b>4:00AM - 6:00AM</b>	Shuttle Bus Operating	AFL Grounds Weyba Rd – Lions Park
<b>4:00AM - 7:00PM</b>	Shuttle Bus Operating	Noosa Junction Transit Centre – Lions Park
<b>4:00AM - 3:00PM</b>	Shuttle Bus Operating	Bicentennial Dr Sunshine Beach – Lions Park
<b>1:15PM - 3:00PM</b>	Shuttle Bus Operating	AFL Grounds Weyba Rd - Lions Park

## Event Contact Details

Additional information can be found via our following details

Website: [www.noosatri.com](http://www.noosatri.com)  
Phone: 1300 761 384  
Email: [noosatri@ironman.com](mailto:noosatri@ironman.com)

### Emergency Services

#### Police

Noosa Heads Police Beat  
48 Hastings Street  
Noosa Heads  
Ph: 07 5473 8933

#### Medical

Noosa Medical Centre  
3/26 Sunshine Beach Road  
Noosa Heads  
Ph: 07 5447 1234

#### Hospital

Noosa Hospital  
111 Goodchap Street,  
Noosaville  
Ph: 07 5455 9200

#### Local Services

#### Sun Bus

07 5450 7888

#### Taxi

Suncoast Cabs  
13 10 10

Enjoy your race and we look forward to welcoming you over the finish line of the world's largest standard distance triathlon, the Noosa Triathlon!



[View map here](#)





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