



# MOOLOOLABA

TRIATHLON

2023

## ATHLETE INFORMATION GUIDE

STANDARD DISTANCE



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# CONTENTS PAGE

Section	Page
Race Director Message	3
Race Rules	5
Welcome Message	6
Event Schedule	7-9
Athlete Check List	11
Race Kit	12
Relay Team Information	13
Pre Race Information	15-16
Venue Athlete Check-In Timing Chip Bike Mechanics Race Director Update Pre Race Training Parking Changed Traffic Conditions Shuttle Bus	
Gear Bag Drop / Collection	17
Gear Bag	
Transition Pre-Race	18
Bike Racking	
Transition Race Day	19
Helmet Check Gear Set Up Bike Pumps Bike Collection	
Aid Stations	20
Race Day Information	22-23
Cut Off Times Contingency Plan Race Day Services Finish Line Photo Recovery Process & Area	

Section	Page
Race Day Post Race	23
Results Lost & Found Property	
Swim Course	24-25
Bike Course	27
Run Course	28
Presentations	30
Additional Information	31
Volunteers Official Event App Spectators Get Social	
Event Partners	32



# RACE DIRECTOR MESSAGE



Hello and welcome to the 2023 Mooloolaba Triathlon!

We are excited to welcome you to Mooloolaba to be part of the iconic weekend of Triathlon on the Sunny Coast.

Moo Tri as its affectionately known, is both a great starting point for those beginning their triathlon journey and a challenge for seasoned athletes chasing their personal bests. The two distances offer a challenge for everyone in a stunning location.

We have relocated our festival precinct this year to take full advantage of the Mooloolaba waterfront with Check In and our Expo and Merchandise store now located in the recently completed Mooloolaba Esplanade Northern Parklands precinct.

The 2XU Swim Course will again take place within pristine waters of Mooloolaba Beach. Once you've conquered the Swim, the Bike Course will take you out to the Mooloolaba foreshore before tackling the climb up and out onto the Sunshine Motorway where you'll enjoy a flat out and back before making the turn for home. The Run Course will then take you from Mooloolaba over Alexandra Headlands and back allowing you to take in the sights one of the most picturesque courses in Australia.

As you finalise your race preparations please ensure that you read this Athlete Information Guide thoroughly as there are a few changes to the event, as well as tune in to the Race Director Virtual Briefing. If you still have questions, come along to our First Timer Q&A or attend one of our Transition Tours.

The event team are set and ready for another fantastic race on the Sunshine Coast and are looking forward to seeing you throughout the weekend.

A huge thanks to the Sunshine Coast Regional Council, Visit Sunshine Coast and Tourism and Events Queensland for their ongoing support. A big thanks also goes out to the local Sunshine Coast community with a special mention to our volunteers who play a huge part in ensuring that this event is a great success year after year.

The towns and regions surrounding Mooloolaba are amongst the most scenic areas on the Sunshine Coast and I encourage you to stay and explore all that they have to offer as you recover and celebrate your race.

Finally, I wish you the best of luck in the lead in to your race, remember preparation is key and race day is the celebration of all of your hard work. Share your experience with family and friends, explore the Sunshine Coast region and I look forward to seeing you out on course and crossing that finish line!

Train hard, race safe and enjoy every moment.



**Mel Kemp**  
*Race Director*

HORIZON FESTIVAL, SUNSHINE COAST,  
25 AUGUST - 3 SEPTEMBER 2023

# QUEENSLAND EVENTS YOU CAN'T MISS IN 2023

A silhouette of a group of people and two tall, thin structures on a pier or walkway, set against a vibrant sunset sky. The scene is reflected in the water in the foreground. The people are standing in a line, and the structures resemble stylized trees or poles. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon.

DISCOVER MORE

**IT'S LIVE!**  
*in Queensland*

Horizon Festival (Dawn Awakening) Image: Nic Morley



The event is sanctioned by Triathlon Australia.

All Athletes should read and understand the race rules and penalties prior to race day. Below highlights some of the race rules.

[Triathlon Australia Race Competition Rules 2022/2023](#)

## GENERAL

### Section 1

#### 1.1 Competitors must

j. not use any equipment that will distract the athlete from paying full attention to their surroundings: Athletes may not use communication devices of any type, including but not limited to mobile phones, smart watches, headphones and two-way radios, in any distractive manner during the competition.

m. not discard any equipment on the course, except at the approved dedicated locations;

## SWIM

### Section 2

2.1 When wetsuits are allowed, they must comply with the definition in Appendix A

#### 2.7 Competitors must not use:

a. artificial propulsion devices;

b. flotation devices;

c. swimwear that covers the hands or feet, except socks may be used when wetsuits are mandatory

2.8 Swimskins may be worn and need to meet the same requirements as a race suit. Please see definition of a Race Suit in Appendix A.

## BIKE

### Section 3

3.1 A competitor is not permitted to cycle without appropriate footwear or with a bare torso.

3.2 A competitor is not permitted to make any forward progress without the bicycle and all of its component parts.

3.9.a 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. Also, see Clause 3.11 (g)

## RUN

### Section 4

4.1 A competitor may not crawl.

4.2 A competitor may not run with a bare torso or without shoes on any part of the run course of an event.

4.4 A competitor cannot be accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or alongside the course. A competitor cannot be accompanied by any non-competing person in the finish chute (unless an exception has been issued by the use of a special rule approved by the sanctioning officer or Technical Delegate).

## PROTESTS

### Section 7

A competitor may file a protest with the Race Referee provided that the matter under consideration has not previously been ruled upon by the Race Referee. A protest cannot be made on any matter involving a judgment call by a Technical Official. Matters relating to the lodging and consideration of protests are explained in Appendix G – Protest Procedures.

## COMPETITION AGE

### Appendix C

Age determination for all categories is determined by age on December 31st during the season of the triathlon competition.

For the 2023 Mooloolaba Triathlon age is as of 31 December 2022.

# WELCOME MESSAGE



## SUNSHINE COAST COUNCIL

Sunshine Coast Council is pleased to support the 2023 Mooloolaba Triathlon and extends a warm welcome to participants and supporters. This year we will be seeing more international and interstate competitors returning to our Sunshine Coast.

In June 2022, our region achieved international recognition as a UNESCO biosphere, which demonstrates globally that we are a community that wants to live in harmony with our environment, supports responsible development and prioritises preserving our natural environment.

Our region is proud of its biosphere designation as we will continue to celebrate the supportive co-existence of people and nature. The Mooloolaba Triathlon is a perfect example of that in practice.

The diversity of the natural attractions –from our spectacular coastline to our pristine hinterland –truly showcase our region and I encourage everyone to take the time to sample the wide range of experiences, events and destinations on offer across our Sunshine Coast.

The Mooloolaba Triathlon promises to be another outstanding success and whether you are returning or are new to the course, I’m sure it will be a memorable experience for everyone involved.

On behalf of our Sunshine Coast Council, I wish the best of luck to everyone participating in this event.



**MAYOR MARK JAMIESON**  
**SUNSHINE COAST COUNCIL**

## QUEENSLAND GOVERNMENT

Welcome to Mooloolaba Triathlon Festival, a highlight on the *It's Live in Queensland* events calendar and a wonderful opportunity to showcase the Sunshine Coast as a tourism destination.

The Mooloolaba community is grateful to welcome visitors who fill their cafes and restaurants, stay in their accommodation, use local transport and explore our unique tourism experiences.

That’s why we support events through Tourism and Events Queensland’s Major Events Program because they bring a welcomed boost to the local community and supports local jobs.

Events like the Mooloolaba Triathlon Festival allows friends and family to reconnect and creates community pride. We hope you enjoy your stay and return again in the near future.

Be sure to immerse yourself in the local culture and get the opportunity to explore some of our world-class tourism experiences in this beautiful region.

Congratulations to the event organisers and volunteers – we wish you all the best for a successful event.



**MINISTER FOR TOURISM, SPORT AND INNOVATION**  
**AND MINISTER ASSISTING THE PREMIER ON OLYMPICS**  
**AND PARALYMPICS SPORT AND ENGAGEMENT**  
**THE HON. STIRLING HINCHLIFFE MP**

# EVENT SCHEDULE



Event Schedule is up to date as at 21/2/2023 and is subject to change.  
View the Event Schedule [online](#) and on the [Mooloolaba Triathlon App](#) for the most up to date Information.

FRIDAY 10 MARCH 2023		
Time	Event	Venue
12:00pm-7:00pm	Event Information Open	Mooloolaba Esplanade Northern Parklands
12:00pm-7:00pm	Mooloolaba Sport & Lifestyle Expo Open	Mooloolaba Esplanade Northern Parklands
12:00pm-7:00pm	Merchandise Store Open	Mooloolaba Esplanade Northern Parklands
12:00pm-7:00pm	Massage Open – Onsite bookings	Mooloolaba Esplanade Northern Parklands
12:00pm-7:00pm	Mooloolaba Triathlon Check In- <b>Standard and Sprint Distance Athletes</b> - (MUST BE PRE BOOKED)	Mooloolaba Esplanade Northern Parklands
1:00pm-7:30pm	Mooloolaba Triathlon Bike Racking – <b>Sprint</b> (MUST BE PRE BOOKED)	Parkyn Parade Park, Parkyn Parade, Mooloolaba
1:00pm-7:30pm	Transition Help Desk Open	Parkyn Parade Park, Parkyn Parade
3:00pm-4:00pm	Mooloolaba Tri <b>Sprint</b> Transition Tour	Parkyn Parade Park, Parkyn Parade, Mooloolaba
5:00pm-6:00pm	First Timer Q&A- Hosted by Pete Murray	Mooloolaba Esplanade Northern Parklands

# EVENT SCHEDULE



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View the Event Schedule [online](#) and on the [Mooloolaba Triathlon App](#) for the most up to date Information.

SATURDAY 11 MARCH 2023		
Time	Event	Venue
4:30am-5:30pm	Event Shuttle Service	Lady Musgrave Drive, Mountain Creek to River Esplanade
5:00am - 6:00am	Mooloolaba Triathlon Bike Racking – <b>Sprint</b> (MUST BE PRE BOOKED - LIMITED SPOTS AVAILABLE - MUST CHECK-IN FRIDAY)	Parkyn Parade Park, Parkyn Parade, Mooloolaba
5:00am - 6:00am	<b>Sprint</b> - Transition Open	Parkyn Parade Park, Parkyn Parade, Mooloolaba
5:00am - 4:00pm	Transition Help Desk Open	Parkyn Parade Park, Parkyn Parade, Mooloolaba
5:00am - 11:00am	Gear Bag Storage Open- <b>Sprint</b>	Parkyn Parade Park, Parkyn Parade, Mooloolaba
<b>6:15am</b>	<b>Mooloolaba Triathlon Sprint -Para triathlete- RACE START</b>	<b>Main Beach, Mooloolaba</b>
<b>6:17am</b>	<b>Mooloolaba Triathlon Sprint -Age Group- RACE START</b>	<b>Main Beach, Mooloolaba</b>
7:00am - 5:00pm	Event Information Open	Beach Terrace
9:00am-5:00pm	Mooloolaba Sport and Lifestyle Expo Open	Mooloolaba Esplanade Northern Parklands
9:00am-5:00pm	Merchandise Store Open	Mooloolaba Esplanade Northern Parklands
9:00am-5:00pm	Massage Open – Onsite bookings	Mooloolaba Esplanade Northern Parklands
9:00am-5:00pm	Mooloolaba Triathlon Check In - <b>Standard Athletes</b> - (MUST BE PRE BOOKED)	Mooloolaba Esplanade Northern Parklands
10:00am-11:00am	Transition Open for Bike Check Out - <b>Sprint</b>	Parkyn Parade Park, Parkyn Parade, Mooloolaba
11:00am-12:30pm	Mooloolaba Triathlon Presentation Ceremony <b>Sprint</b>	Finish line, Beach Terrace, Mooloolaba
12:00pm-5:30pm	Mooloolaba Triathlon Bike Racking – <b>Standard Athletes</b> (MUST BE PRE BOOKED - ALL BIKES MUST BE RACKED TODAY)	Parkyn Parade Park, Parkyn Parade, Mooloolaba
12:30pm-1:30pm	Mooloolaba Tri <b>Standard</b> Transition Tour	Parkyn Parade Park, Parkyn Parade, Mooloolaba
12:30pm-1:30pm	First Timer Q&A- Hosted by Pete Murray	Mooloolaba Esplanade Northern Parklands
2:00pm-3:00pm	Mooloolaba Tri <b>Standard</b> First Timer Transition Tour	Parkyn Parade Park, Parkyn Parade, Mooloolaba
3:00pm-4:00pm	Mooloolaba Tri <b>Standard</b> Transition Tour	Parkyn Parade Park, Parkyn Parade, Mooloolaba



# EVENT SCHEDULE



Event Schedule is up to date as at 21/2/2023 and is subject to change.

View the Event Schedule [online](#) and on the [Mooloolaba Triathlon App](#) for the most up to date Information.

SUNDAY 12 MARCH 2023		
Time	Event	Venue
4:30am-5:30pm	Event Shuttle Service	Lady Musgrave Drive, Mountain Creek to River Esplanade
5:00am-6:00am	Individual Transition Open	Parkyn Parade Park, Parkyn Parade
5:00am-11:15am	Teams Transition Open	Parkyn Parade Park, Parkyn Parade
5:00am-11:15am	Transition Help Desk Open	Parkyn Parade Park, Parkyn Parade
5:00am-2:00pm	Gear Bag Storage Open	Parkyn Parade Park, Parkyn Parade
<b>6:15am</b>	<b>Mooloolaba Triathlon Standard - OPEN - RACE START</b>	<b>Main Beach, Mooloolaba</b>
<b>6:18am</b>	<b>Mooloolaba Triathlon Standard - Para triathlete - RACE START</b>	<b>Main Beach, Mooloolaba</b>
<b>6:21am</b>	<b>Mooloolaba Triathlon Standard- Age Group - RACE START</b>	<b>Main Beach, Mooloolaba</b>
7:00am-1:30pm	Event Information Open	Beach Terrace
8:00am - 2:00pm	Massage Open – Onsite bookings	Finish line, Beach Terrace, Mooloolaba
<b>8:26am</b>	<b>Mooloolaba Triathlon Standard- Relay Teams Standard - RACE START</b>	<b>Main Beach, Mooloolaba</b>
11:20am-2:00pm	Transition Open for Bike Check Out - <b>Standard</b>	Parkyn Parade Park, Parkyn Parade
1:00pm-3:00pm	Mooloolaba Triathlon Presentation Ceremony - <b>Standard</b>	Finish line, Beach Terrace, Mooloolaba

# RISE, SHINE AND RECHARGE

📍 MOOLOOLABA BEACH



Sunshine  
Coast

Come and find your Sunshine Moment, and bring your happy place to life with moments that matter.  
From the beach to the Hinterland, whatever makes you shine from the inside out,  
you're guaranteed to find it here.

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# ATHLETE CHECK LIST



## PRE EVENT

- ☐ Book/confirm accommodation & flights (if applicable).
- ☐ Ensure event registration is confirmed (check for confirmation email).
- ☐ Familiarise yourself with Event Schedule (know all check-in/drop off times).
- ☐ Ensure you have booked your appointment time for Athlete Check-In and bike racking. You will receive an email three weeks from race day with a link to book these times.
- ☐ Review/update of medical & emergency contact details check. You will receive an email three weeks from race day with instructions
- ☐ Pack photo ID in your luggage.
- ☐ Familiarise yourself with the course - it is your responsibility to know this on race day.
- ☐ Check athlete list online & on event app **note:** web list won't be updated after 6 February 2023. Event app will be updated at close of Check-In prior to race day. If any details are wrong contact us via email [mooloolabatri@ironman.com](mailto:mooloolabatri@ironman.com) or phone 1300 761 384.

## ONCE I ARRIVE (PRE RACE)

- ☐ Familiarise yourself with the event venue and key areas (Check-In, bike racking, swim start & finish line).
- ☐ Familiarise yourself with road closures.
- ☐ Check-In and collect race kit.
- ☐ Book in for a massage- onsite bookings only
- ☐ Rack bike.
- ☐ Pack items for race day.
- ☐ Teams – Familiarise yourself with Team Transition entry point.

## RACE DAY

- ☐ Ensure you have all items for your race including, helmet, timing chip & wetsuit/trisuit.
- ☐ Enter Transition for last minute checks, set up gear & drop off bike pump (if relevant).
- ☐ Drop off gear bag (if relevant).
- ☐ Start the race - be at the start line at least 15 minutes prior to your start time.
- ☐ Finish the race.
- ☐ Recover.
- ☐ Collect your items – gear bag, bike pump, bike.

## POST RACE

- ☐ If an award winner – attend Presentations at the Finish Line, Beach Terrace.

# RACE KIT



## RACE KIT COLOURS

**Black** – Open Male

**Silver** – Open Female

**Light Blue** – Age Group Athletes

**Gold** – Legend Athletes

**Dark Blue** – Relay Teams

### 1. RACE BIB NUMBER

Worn on the front and attach with race belt (supplied by athlete) or safety pins (available at Event Information). Do not fold or alter race bib number.

### 2. ATHLETE WRISTBAND

Secured at Athlete Check-In and must be worn at all times until after Presentations. The IRONMAN Group will not allow access into athlete restricted areas without athletes wearing their wristband.

NO WRISTBAND = NO ACCESS

### 3. TATTOOS

Number Tattoo: Place on right bicep  
Category Tattoo: Place on left calf  
Application: Apply by peeling the clear film off, placing the tattoo face-down on your right arm, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper.

*Tattoos are compulsory to wear. In the case your tattoo becomes faulty please see the Event Information Staff who will be able to provide direction on how to write your number/letter on with a permanent marker.*

### 4. SWIM CAP

Provided swim cap, must be worn during swim leg. If wearing another cap, the official cap must be worn on top. Swim caps are Latex.

### 5. GEAR BAG

Place items required for post race (collected in the recovery area). Drop off race morning. Must use bags supplied.

### 6. BIKE SEAT POST STICKER

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

Your Category Group is listed on this sticker and will match your swim cap colour, this is your start group. Please ensure your bike rack area matches the colour/number of your Category Group.

### 7. HELMET STICKER

Place sticker on front of helmet. Attach prior to helmet check on race day.

### 8. BIKE PUMP STICKER

Place sticker on bike pump prior to drop off on race day.

### 9. GEAR BAG STICKER

Remove sticker from backing sheet wrap the label around the string on the bottom right-hand corner of your gear bag and stick securely onto the back of itself.



# RELAY TEAM INFORMATION



Please note the below information relates to the Relay Teams and outlines specific team details and difference to the Individual race.

Teams you must still read the complete AIG for all relevant information but please note the team information below.

## RACE KIT

Please refer to page 12 to see all inclusions in your racekit.

### **Please note the team differences:**

- Race Bib Number – this is worn by the runner
- Athlete Wristband – each team member will receive their own wristband during Check-In
- Gear Bag - each team member will receive.

### **Tattoos:**

- Number Tattoo – worn by runner.
- Category Tattoo – worn by runner.

## CHECK IN

**Only one team member will be required to attend Check-In.** The first team member to attend Check-In will receive the Race Kit and athlete gifts for all members. It is then the responsibility of the team member to distribute the race kit to the other team member/s.

It is recommended where possible, that all Relay Team Members Check-In together.

## TRANSITION

The change over between team members will occur at your bike racking space. You will then, exchange the timing chip. Your timing chip is your relay baton.

During the race, team members will enter through the Teams Entry and await in the Teams change over area.

Team change overs are self-managed and it is up to Relay Teams to ensure they know when they must be at the meeting point.

Only team cyclists must remain in the Team Transition area from 7:45am. Team runners will have access to transition once all the bikes have exited transition and are on the bike course.

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

- Team swimmers must not remove the timing band until within the Transition area.
- The team cyclist must remain in their position in Transition with their bike racked until the swimmer has tagged the cyclist and the cyclist has the timing chip secure around their LEFT ankle.
- Once returned to Transition the team cyclist must rack their bike before the timing band can be exchanged to the runner for them to commence the run leg. Team runners must wait in the team cyclist's bike race position. Remember to take the timing band off the cyclist and secure it to your ankle before exiting Transition.

## SWIM START

**Rolling Category Start:** Team swimmers will sort themselves into the correct start group based on their swim start time within their category.

## FINISH LINE

Only runners of the Relay Teams will be permitted down the finish line.

GOONDIWINDI'S HELL OF THE WEST,  
SOUTHERN QUEENSLAND COUNTRY, 25 - 26 MARCH 2023

# BE CHALLENGED

At world-class events in Queensland



**Brisbane**  
Brisbane Cycling Festival  
15 March - 16 April 2023



**Sunshine Coast**  
Noosa Ultra-Trail  
23 - 26 March 2023



**Gold Coast**  
Gold Coast Triathlon: Luke  
Harrop Memorial  
2 April 2023



**Brisbane**  
Straddle Salute  
19 - 21 May 2023

DISCOVER MORE

**IT'S LIVE!**  
*in Queensland*

# PRE RACE INFORMATION



## VENUE



## ATHLETE CHECK-IN

See page 7-9 for time and location. We will be operating Check-In by appointment only. You will receive an email three weeks from race day with a link to book these times.

All packs will need to be collected during Athlete Check-In opening hours. **Please note, no packs will be posted out prior to the event.**

### What you will need to bring:

- Photo ID (drivers licence or passport).
- QR Code.

### Who can collect?:

Only the person registered can pick up their race kit at Check-In. Please note that it is not permitted 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 both parties from future IRONMAN Oceania/Multisport Triathlon Races.

## TIMING CHIP

**Pick Up:** Your Timing Chip will be located in the envelope of your Race Kit.

**Hot Tip:** Place the timing chip somewhere safe after collection. Eg with your helmet.

**Drop Off:** Timing chips will be collected within Recovery. Please remove your own timing chip and give to volunteers.

**Lost During Race:** If you lose your timing chip during the race, inform Event Staff within Transition, so that timing providers can do their best to replace the chip.

**Drop Out:** If you do not start the race or pull out of the race, please return the timing chip to the drop out clerk located at Event Information or if unable to reach this location to an Event Staff member. Where possible only hand to an official Event Staff member not a volunteer.

**Lost Timing Chips:** If your timing chip is not returned or is lost, you will be charged \$150AUD for a replacement.

## HYDRATION

Hydration is an essential part to ensure your race day is a success. [PURE Electrolyte Hydration](#) will be on course at all aid stations and contains the electrolytes sodium, potassium, magnesium and calcium. It is formulated to replace electrolytes, provide fuel (5% carbohydrates) and hydrate while avoiding stomach upset.

- [Training Nutrition Plan](#)
- [Race day Nutrition Plan](#)
- [Hydration Plan](#)





# PRE RACE INFORMATION



## BIKE MECHANICS

Cyclezone Mooloolaba will be available at the Mooloolaba Sport & Lifestyle Expo Friday and Saturday for all pre-race bike mechanic services. A limited 'emergency service' will be available in Transition on Saturday between 5:00am – 4:30pm and Sunday from 4:30am – 6:30am for Individuals, and 5:00am – 9:30am for Teams if you require assistance.

Note: There is no technical support available on course.

## RACE DIRECTOR UPDATE

A virtual Race Director update will be available via our [Facebook Page](#). This will include a high level overview of the event.

## FIRST TIMER Q&A

Pete Murray will be hosting a Q&A for athletes to ask any questions you have about the event.

See page 9-11 for time and location.

## PRE RACE TRAINING

When you are on the road cycling or running, remember all the rules of the road apply.

**Swim:** There are many great pools on the Sunshine Coast, if you choose to swim at the beach, remember to swim between the flags.

**Bike:** Remember to obey the road rules and do not ride two abreast on narrow road sections. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Australia and Police can issue on-the-spot fines for breach of this law. Lock your bike whenever you leave it (unless it's during bike racking).

**Run:** Run on footpaths where possible and do not run more than two abreast.

## MASSAGE

Pre and post-race massage therapy will be available from Friday to Sunday. View the Event Schedule (pages 7-9) for times and location.

Cost: \$20 per 15 minutes.

Bookings are not required. Please see the massage tent during opening hours to request a massage.

## PARKING

Parking will be on surrounding local streets (please ensure that you are aware of the any parking restrictions and changed traffic conditions).

## CHANGED TRAFFIC CONDITIONS

Please take time to make yourself aware of all changed traffic conditions for yourself and all athletes on race day.

[View Changed Traffic Conditions Flyer](#)

## SHUTTLE BUS

A shuttle bus will run between Mountain Creek State High School and River Esplanade.

This service will run approximately every 30 minutes.

**Saturday 11 March: 4:30am – 5:30pm**

**Sunday 12 March: 4:30am – 5:30pm**





# GEAR BAG DROP / COLLECTION



## GEAR BAG

Your gear bag consists of any clothes you require post-race and is collected from the Gear Drop Storage Area. The bag provided to you during Athlete Check-In must be used as your gear bag. No other bag will be accepted. Please ensure that you have the gear bag sticker (located in your race kit) clearly stuck to the bottom of the handle. The Gear Drop Storage Area is outdoors so please ensure that your valuables are protected from the elements within your gear bag.

### Examples Include:

- Warm clothing (jumper, tracksuit pants)
- Different footwear.

*Please refrain from placing any valuables in your bag where possible.*

**View page 7-9 for times and locations.**

BAG	DROP OFF LOCATION	USE DURING RACE	POST RACE COLLECTION
GEAR BAG	<b>When:</b> Sunday 12 March, from 5am <b>Location:</b> Gear Bag Drop Storage Area – Parkyn Parade Park	No Use	<b>When:</b> Post Race Sunday 12 March until 2pm <b>Location:</b> Gear Bag Drop Storage Area – Parkyn Parade Park
BIKE PUMPS	<b>When:</b> Sunday 12 March, from 5am <b>Location:</b> Gear Bag Drop Storage Area – Parkyn Parade Park	No Access during race	<b>When:</b> Post Race Sunday 12 March until 2pm <b>Location:</b> Gear Bag Drop Storage Area – Parkyn Parade Park

*Note: When you collect your bike post race, gear bags and bike pumps should be collected at the same time.*

## PRE RACE

### BIKE RACKING

View the Event Schedule (page 7-9) for times and location.

#### Prior to Entry:

- Attend Athlete Check-In.
- Secure bike seat post sticker.

#### Bike Checks:

- Conducted by Triathlon Australia upon entry.
- You, the athlete are responsible for your bike being in safe working order.
- Inspectors will be checking for such thing as:
  - End plugs on handle bars.
  - Tyres in reasonable condition.
  - Stripped cabling.
  - At least one water bottle cage.
  - Brakes in working order.
  - Compliance with Triathlon Australia Competition Rules.

**How to Rack your Bike:** Rack your bike by the handlebars. On race morning you may change your bike to be racked by the seat, front wheel facing outward from the rack.

**Covers:** No full bike covers will be allowed for overnight racking. These will be removed and can be collected at Event Information (lost & found).

**Note:** No Helmets are to be left overnight as a compulsory helmet check is conducted on race morning.

## PARTICIPANT OFFER

Enjoy **25% Off** with code

**23MOOTRIATHLETES25**

to help you reach your finish line!

SHOP NOW



One use per customer. Offer expires 9 March 2023.  
Offer excludes outlet & wetsuits.

**2XU**



## RACE DAY

### HELMET CHECK

Triathlon Australia officials will be conducting compulsory helmet checks as you enter the Transition area. Please ensure you have your helmet on and secured (with your helmet sticker on the front of your helmet) prior to entering Transition.

Your helmet may be placed either on your bike or on the ground beside bike.

Competitors are responsible for ensuring that their bike helmet is in a safe working order, prior to presenting at Transition. [See Triathlon Australia Race Competition Rules](#).

### GEAR SET UP

All items required for your bike and run legs will be set up on race morning at your bike. Please note no bags/tubs are to be used or left in Transition, and all bags/tubs will be removed if left in transition.

**Gear may include:**

Bike	Run
Bike shoes (or on bike)	Running Shoes (compulsory)
Helmet	Race bib number (compulsory)
Sunglasses	Sunglasses
Towel	Hat/Visor
Socks	Socks
Change of clothes	Change of clothes
Nutrition and fluids (or on bike)	Nutrition and fluids

### BIKE PUMPS

Bike pump drop off will be available on race morning at the Gear Drop Storage Area and can be collected post event from the Gear Drop Storage Area. Please ensure your bike pump is labelled using the sticker within your racekit.

All bike pumps which aren't collected during bike collection times will be donated.

## POST RACE

### BIKE COLLECTION

View the Event Schedule on page 7-9 for collection times. Ensure you are aware of the closing time as, after this time Transition will become unsecure.

When collecting your bike, please ensure all gear bags and bike pumps are collected at the same time.



## BIKE LITTER ZONE

There will be a designated litter zone on the bike course where you will be able to dispose of litter without being penalised. The Litter Zone will be located 50m on either side of the turnaround on Sunshine Motorway. If you do not follow these rules you will be penalised with a Stop/Start penalty on the bike.

## RUN AID STATIONS

There will be 2 aid stations on the run course at Mooloolaba Esplanade (outbound) and Alexander Headland Surf Club (both outbound and inbound)

### Will offer:

- Water
- [PURE Electrolyte Hydration Lemon](#)
- Sunscreen
- Toilets

### Aid Station KM Markers

- 1km
- 3km
- 5km
- 7km
- 9km

## HYDRATION

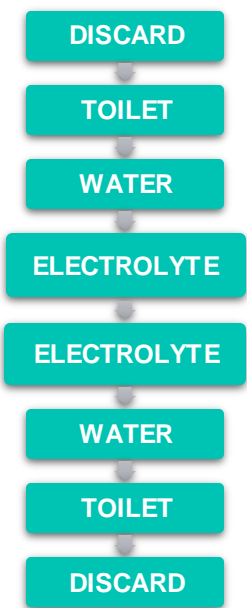
[PURE Electrolyte Hydration](#) is a premium electrolyte hydration drink, containing essential electrolytes Sodium, magnesium, Potassium and Calcium. It has a 5% carbohydrate content and is designed to help hydrate and fuel endurance, without being sickly sweet or causing stomach upsets. Trial a starter pack [here](#).



### Process:

Keep left when approaching a run aid station. If you do not require any product from a run aid station, please stay to the right of the roadway. There will be signs along the aid station listing what is on offer. Athletes will collect their own items from the aid station. Once items have been collected, please proceed to continue the race or move aside to ensure no blocking of fellow athletes.

## AID STATION LAYOUT



## DISCARD DROP ZONES

Please discard any unwanted items post the discard zone start sign and pre the discard zone finish sign. Anything discarded outside this area will be penalised.



# Nutrition Guide

Use our nutrition guide as a starting point and adjust to suit you!

For further information visit [puresportsnutrition.com](http://puresportsnutrition.com)



# PURE

SPORTS NUTRITION



## CUT OFF TIMES

Below cut off times provide final cut off locations and time of day based on the predicted last starter at time of publishing this document.

### Swim – 9:20am

Athletes must complete the swim by **9:20am**, 40 minutes after the last schedule team start at 8:26am (final start as per website). Any remaining team cyclist in transition will be sent out onto the bike course at the time. All swimmers will receive a finish time.

### Bike – 11:25am

All cyclists must be off the Sunshine Motorway by **11:10am** and completed the cycle by **11:25am**. Any cyclists unable to reach this cut off will be removed from the course and collected by event SAG wagons.

### Run – 1:00pm

All runners are required to be off the course by **1:00pm**. Every effort will be made to allow you to run to the finish line however you may be asked to move onto the footpath in order to allow the scheduled reopening of roads.

Should an athlete be unable to reach one of these cut off times, they will no longer be able to continue racing. Race results will be classified as a Did Not Finish (DNF). Event Personnel will assist in transporting the athlete back to the event precinct via sag wagons.

In addition to the above cut off times, athletes may be cut-off at any time based on the Race Directors discretion and judgement. Reasons for this may include, but are not limited to; medical, contingency, logistical and or race rule violations. In the situation of one or more legs (swim, bike, run) being modified under contingency scenarios, the Race Director also reserves the right to announce new cut off times.

## CONTINGENCY PLAN

If/when the contingency plan needs to be implemented you will be notified by the Race Director. This will be communicated by the event app or by the commentator.

## RACE DAY SERVICES

### Medical

A first aid provider will be engaged to provide first aid at all events operated by The IRONMAN Group.

First aid will be positioned in a variety of locations. The exact positions of first aid stations can be viewed via the [course maps](#). Athletes are responsible for any costs incurred as a result of a medical incident. This includes but is not limited to ambulance transfers, hospital stays, specialist treatment. It is therefore strongly advised that all athletes hold adequate personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international athletes are strongly advised to have adequate travel or personal insurance that will provide coverage for participation in an IRONMAN Group event. Athletes are responsible for understanding the terms and conditions of insurances held.

### SAG wagon

The SAG Wagon will collect athletes who are unable to complete the event or are unable to finish within the course cut-off time. Collected athletes will be transported back to the event venue.

Should you require a SAG Wagon at any time, please wave down a motorbike official and they will contact IRONMAN for SAG Wagon deployment. Alternatively advise volunteers at the nearest aid station.

**Please Note:** delays in SAG Wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a SAG Wagon has been requested as this could affect their ability to locate and transport you.

# RACE DAY INFORMATION



## PHOTOGRAPHS

Sportograf is proud to be the official athlete photo service for this event. They will provide you with their “Foto-Flat” which includes all your amazing personal pictures from several top locations around the course and the finish line, as well as the beautiful impression shots of the scenery and the race day in general.

Sign up for the email reminder for your race photos here:

<https://www.sportograf.com/en/event/9707/subevents>

**Help them take the best photo of you:**

- Please be sure to keep your bib number visible on the **FRONT** of your body and handlebars during the run and bike, to help us identify more photos of you!
- Notice our photo spots and smile for the camera – even if it hurts!
- Smile and celebrate when you cross the finish line! Don’t worry about touching your watch, the timing company will ensure an accurate record of your achievement.

Stay up to date and FOLLOW Sportograf on [Facebook](#) and [Instagram](#)

## RECOVERY PROCESS & AREA

After passing the finish line arch, you will then follow the recovery process and have the below available to you:

- Timing chip removal
- Recovery food/drink
- Medical support (if required)
- Official finisher photo by Sportograf
- **Important:** before exiting, please ensure all relevant nutrition and items have been collected. There is a no re-entry policy so make sure you are comfortable before you exit.

**THE POST FINISH RECOVERY AREA WILL OFFER:**

- Water
- [PURE Electrolyte Hydration in Lemon](#)
- Watermelon

## POST RACE

### RESULTS

Results can be viewed at the following locations:

- Mooloolaba Triathlon App - <https://mooloolabatri.com.au/athlete-info/pre-race-info/>
- Event website - <https://mooloolabatri.com.au/athlete-info/latest-results/>
- Finishers Certificate – [www.multisportaustralia.com.au](http://www.multisportaustralia.com.au)

No access to online services? Visit our Event Information who can assist.

### LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information. You can lodge your own lost items here:



Alternatively view the Event Schedule (page 9-11) for times and location.

**Please note:** No responsibility or liability is taken by the Race Organisers for lost property.

All lost property will be held for 30 days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN on 1300 761 384 or [mooloolabatri@ironman.com](mailto:mooloolabatri@ironman.com)

# 2XU SWIM COURSE 1.5km



Cut off – 9:20am

## WARM UP SWIM

Swim warm-up if required must take place off to the right of the 2XU swim course.

## PARATRIATHLETE SWIM START

Paratriathletes will be communicated to by the Race Director of their start time and process.

If you are a Paratriathlete and require support, please contact us at [mooloolabatri@ironman.com](mailto:mooloolabatri@ironman.com) or on 1300 761 384

## ROLLING CATEGORY START

The 2XU swim start will be a rolling category start format. Within each category, athletes will seed themselves based upon their own 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:

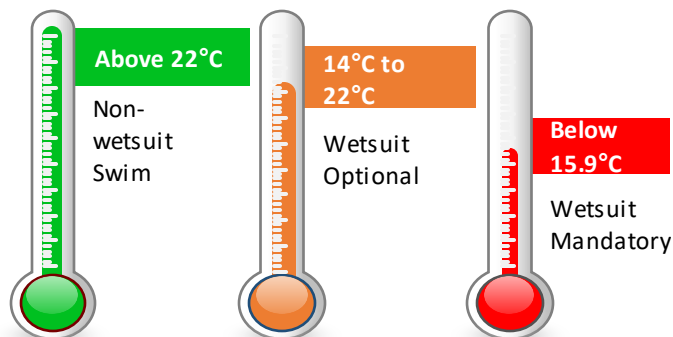
- Zone 1: Under 28 minutes
- Zone 2: Between 28 - 31 minutes
- Zone 3: Between 31 – 35 minutes
- Zone 4: Over 35 minutes

The rolling category start will continue from zone 1 to zone 4 with Athletes being released at intervals, across the start line and timing mat. Each Athletes official individual race time will start when they cross the clearly marked start line/timing mat on the beach.

The next category start will then self-seed into the 4 start zones and this process will be repeated until all category starts have commenced the swim.

[Click here](#) to view Swim Start Times

## WETSUIT RULING



Wetsuits will be optional if the water temperature is below 22 degrees Celsius and mandatory if the water temperature is below 14 degrees Celsius. See race rules on page 6 for more information.

A provisional wetsuit ruling will be posted at Athlete Check-In and Event Information on Saturday from 11am. The official wetsuit ruling will be announced race morning by the commentary team.

**Open Athlete:** Wetsuits will be optional if the water temperature is below 20 degrees Celsius and mandatory if the water temperature is below 15.9 degrees Celsius.

### Age Group from 60-64 to the oldest Athlete:

Wetsuits will be;

- Mandatory if the water temperature is below 15.9°C
- Optional if the water temperature is below 24.6 °C
- Non-Wetsuit if the water temperature is above 24.6°C.



# 2XU SWIM COURSE 1.5km



## COURSE

The Mooloolaba Swim starts 800m south of 'Loo with a View' so please allow 15 minutes to walk to the start. Competitors and athletes are asked to keep the swimstart area clear.

All competitors must be at the swim marshalling area 15 minutes prior to their start. You must follow the swim buoys precisely; any short cuts will result in disqualification.

## SWIM SAFETY

Water safety personnel and craft will be located on the water during the swim. They will have relevant equipment and are there to support you should you require.

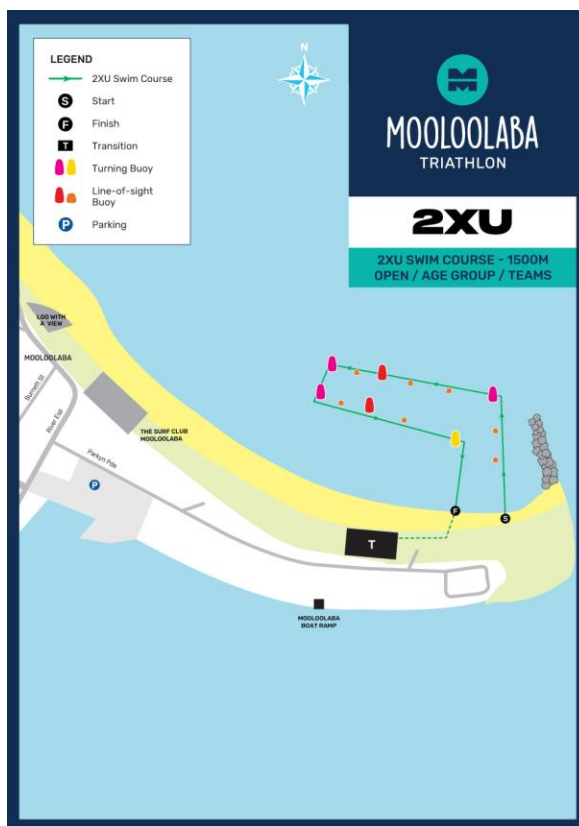
At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid. Should at any point in time you decide to abandon the swim, you will be taken to one of the swim extraction points. At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

## SWIM CAPS

All swim caps provided will be latex based. In the case you are allergic, please contact us [mooloolabatri@ironman.com](mailto:mooloolabatri@ironman.com) or via 1300 761 384.

[Click here](#) to view category swim cap colours.

## COURSE MAP



# WALK ON SUNSHINE

📍 GLASS HOUSE MOUNTAINS



Sunshine  
Coast

Come and find your Sunshine Moment, and bring your happy place to life with moments that matter.  
From the beach to the Hinterland, whatever makes you shine from the inside out,  
you're guaranteed to find it here.

[VISITSUNSHINECOAST.COM](http://VISITSUNSHINECOAST.COM)

# BIKE COURSE 40km



**Cut off – 11:25am – must be off motorway by 11:10am**

## COURSE

It is a 40km out and back bike course with one climb out to the motorway and then a very slick, fast, flat course. The course may be influenced by winds. It is 20km to the turnaround point and return to transition. Take caution as you approach Transition as it changes to single file.

## TRAFFIC

Event vehicle and personnel vehicles/motorbikes will be out on course during the event.

## PENALTY BOX

There will be two penalty boxes located at:

- Mooloolaba Road at Tantula Road West intersection – inbound only (at the top of Buderim Ave off-ramp)

## COURSE MAP





# RUN COURSE 10km

Cut off – 1:00pm

## COURSE

It is a 10km two-lap course taking in some of the most scenic coastal views of the Sunshine Coast.

## TRAFFIC

Event vehicle and personnel vehicles/motorbikes will be out on course during the event.

## COURSE MAP





3D Tri Squad  
80/20 Endurance  
Atlas Multisports  
Australian Defence Triathlon Club  
Azure TNQ  
B Mee Multisport  
Balance & UTS Triathlon Club  
Ballina Triathlon Club  
Balmoral Triathlon Club  
Bargara Triathlon Club  
Bayside Multisport  
Bayside Triathlon Club  
Be Energetic  
Bendigo Triathlon Club  
Bondi Running & Triathlon Club Inc (B.R.A.T)  
BOSS Multisport  
Brisbane Triathlon Club  
Bunbury Triathlon Club  
Burleigh Triathlon & Multisport Squad  
Cairns Crocs Triathlon Club  
Caloundra Triathlon Club Inc  
Canberra Bilbys Triathlon Club  
Carina Leagues Triathlon Club  
Central Coast Triathlon Club  
Central Highlands Triathlon Club  
Clarence Valley Triathlon Club  
Club Croc Inc  
Concord Triathlon Club  
Coogee Triathlon Club  
Core 4 Endurance  
Cronulla Triathlon Club  
Dan McTainsh Triathlon Squad  
Darwin Triathlon Club  
DGC Tweed Coast Multisport  
East Coast Cycos  
Eastern Suburbs Triathlon Club  
EFS Triathlon Club  
Eltham Tri And Open Water Club  
Endure IQ Squad  
Energy Lab Triathlon  
FitSets.com  
Fitzroy Frogs Triathlon Club  
FLOWITRI  
Forster Triathlon Club Inc.  
Free Radicals Tribe Triathlon Club  
Genesis Triathlon Club  
Goondiwindi Triathlon Club Inc.  
Hat Head Triathlon Club

Hawkesbury Triathlon Club  
Helix Triathlon  
Hervey Bay Triathlon Club Inc.  
Hill Top Coaching  
Hills Triathlon Club  
i4 Coaching  
Illawarra Triathlon Club  
Intraining Running And Triathlon Club  
Ipswich Triathlon Club - AU  
ISA RATS Running & Triathlon Club  
JT Multisport  
Kempsey Runners And Triathlon Club Inc  
Koa Sports  
Latrobe Valley Tri Club  
Launceston Triathlon Club  
Live2Tri  
Logan Triathlon Club  
M5 Acadamies  
Mackay Triathlon Club  
Mavericks Coaching Alliance  
Melbourne Triathlon Club Inc  
Moore Performance  
MōTTIV  
Multisport Gold  
MyProCoach  
Noosa Tri Club  
NQ Triathlon Academy  
Olympian Triathlon Club  
Orange Cycle And Triathlon Club  
PACTRAC  
Panthers Triathlon Club  
Personal Best Triathlon  
Pumicestone Tri Sports Club  
Purple Patch Fitness  
Pursue Multisport  
Pursue Multisports  
Race Pace Coaching  
Racepace  
Ratpack Multisport Inc  
ReadyToTri  
Red Dog Triathlon Training  
Redcliffe Tri Club  
Renegade Tri  
Reno Area Triathletes  
Sadler Coaching  
Sandgate Tri Club  
Sharks Triathlon Club  
Simon Knowles

Somerset Spartans Triathlon Club  
South Bank Triathlon Club  
Southern Stars Triathlon Club  
Southport Triathlon Club Inc  
Sovereign Slingers  
Sportfit Lab  
SSG MultiSports  
Standing Start Triathlon  
Starfish Tri-Athletic  
Sunshine Coast Tri Club  
Sunshine Coast Triathlon Academy SCTA  
Surfers Paradise Triathlon Club  
Swiftmultisport  
Tamborine Mountain Triathlon Club  
TCR Sport Lab Ltd  
Team Betty  
Team Carling  
Team Koach  
Team New2tri  
Team T Rex  
TEAM Tri Coaching  
Tempo Systems  
The Cupcake Cartel  
Tomaree Triathlon Club  
Toowoomba Triathlon Club Inc  
Townsville Tri Club  
Tri Alliance  
Tri Logic Cornwall  
Tri Nation  
Tri St George  
Tri-Activ8 Triathlon Squad  
Triathlon South  
TriEdge Coaching  
TriFury  
TriMotivate Performance Coaching  
Tuggeranong Vikings Triathlon Club  
Twin Towns Triathlon Club  
UQ TRIADS  
Vipers Triathlon Club  
Warringah Triathlon Club  
We Tri - Training and Coaching  
Western Suburbs Triathlon Club (WSTC)  
Westside Triathlon Club  
Whitsunday Triathlon Club  
Wilston Grange Triathlon Club  
Wyn Republic



## PRESENTATIONS

All awards will be presented at the Finish Line, Beach Terrace.

- Each competitive category will be awarded 1st-3rd place medals.
- Mooloolaba Tri Legends Club Inductions for 10, 15, 20, 25 and 30 years will be awarded

If you are a place-getter in your category and are unable to stay and collect your award, you will need to contact the IRONMAN office within two weeks 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.

## TRICLUB PODIUM AWARDS

The top five individual Age Group Ranking athlete results from each club will be added together to receive a club grand total.

The top three clubs with the highest score, no matter the division, will win the TriClub Podium Awards and no-doubt receive a wild standing ovation, as they take the podium with their trophies at the event awards. For full details of the Age Group Ranking points system please click [here](#)

## TA NATIONAL CHAMPIONSHIP AWARDS

The 2023 Mooloolaba Triathlon is the National Championship Standard Distance Triathlon for Age Group Athletes. It's your chance to be an Australian National Champion and also to represent your country at the ITU World Triathlon Grand Final.

The 2023 Mooloolaba Triathlon is worth double points to qualify for the 2023 ITU World Triathlon Grand Final. You must compete in the Age Group category to qualify for points.

To be eligible for the Australian Championship and to gain qualification points, please ensure you are a current annual financial Triathlon Australia member by midnight Thursday night prior to the event.

Each category will be awarded 1st- 3rd place.



## VOLUNTEERS

The 2023 Mooloolaba Triathlon requires the support of over 500 Volunteers in order to deliver the event.

Our team of Volunteers will contribute a combined total of around 3,000 hours to assist, support and motivate you from the start to the finish of your Mooloolaba Triathlon.

We encourage you to say THANK YOU to the Volunteers whenever possible! They love it when they are appreciated by our athletes and without the Volunteers, we simply would not be able to run any IRONMAN Group events.

## OFFICIAL EVENT APP

The Mooloolaba Triathlon app has everything you need to know as an athlete or a spectator.

Available for both iPhone and android, the app includes live athlete tracking, race leaderboard, race results, course maps and Event Schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead, and you can filter by age group.
- It's super easy to find and create your own list of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out the final results post-race.
- Always know where you are and want to be with interactive maps.
- Event Info and clear Schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the Mooloolaba Triathlon App now!

## GET SOCIAL



<https://www.facebook.com/MooTri/>



<https://www.instagram.com/mooloolabatri/?hl=en>

#MooTri

See you soon,  
Mooloolaba Tri Team



# EVENT PARTNERS

