



ROCKHAMPTON WOMEN'S ONLY TRIATHLON

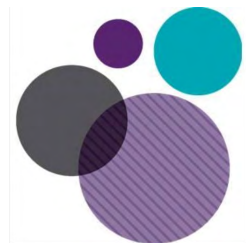
31 March 2019



FITZROY
FROGS

Triathlon

ATHLETE'S GUIDE



Capricorn Obstetrics and
Gynaecology Service



ROCKHAMPTON WOMEN'S ONLY TRIATHLON

Come along, learn and experience a triathlon in a supportive environment.
You don't need fancy gear or any experience - just a willingness to tri!

SPLASH SPIN STROLL

Your choice of distance 300m swim 9km ride 2km run or 600m swim 18km ride 4km run

Sunday 31 March 2019

2nd World War Memorial Aquatic Centre South Rockhampton Pool

Register Online www.fitzroyfrogs.net
Registrations Close Friday 29 March and Limited Entries

*FREE CLINICS included in your registration



FITZROY
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Triathlon

www.fitzroyfrogs.net

Major Sponsors



Capricorn Obstetrics and
Gynaecology Service

Proudly supported by



ROCKHAMPTON JUNIOR FROGS TRIATHLON

Come along and give it a tri! Encouraging children and juniors to get active and have fun while giving the sport a go.

Various Distances and Categories for 5 - 15 year olds

SPLASH SPIN STROLL

2nd World War Memorial Aquatic Centre South Rockhampton Pool

Sunday 31 March 2019

Register Online www.fitzroyfrogs.net
Registrations Close Friday 29 March



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WELCOME

Message for the Race Director

Congratulations to all of our participants who have entered, be this your first event (huge kudos) or your fifteenth. You should feel proud to take the first step and have a go.

Our event is not about who is the fastest (although you will be able to find out.) It is about trying something different, meeting new faces and overall having a fun day!

Please do not feel intimidated by your fellow competitors, by what bike they have, what they are wearing, or how much they look like an athlete. Do not worry that you don't think you have the "right" gear, really it is all about what you are comfortable in.

We at Fitzroy Frogs Triathlon Club hope that you have a fun and safe day, tell your friends co-workers and family about the opportunities that are available to women in Rockhampton.

Have a fantastic event, hopefully this athlete guide helps to reduce some anxiety about triathlon, along with the Facebook posts and the clinics we are running.

Happy Tri Day!

Tanya Davenport
Race Director



Capricorn Obstetrics and Gynaecology Service

Capricorn Obstetrics and Gynaecology Service has been developed to give women of Central Queensland a choice of provider. As the only Female Obstetrician Gynaecologist in private practice in the Capricornia region, Dr Davenport wishes to provide a warm caring environment.

www.capricornogs.com.au

Suite 5, Kenmore Medical Centre , Ward St ,
Rockhampton Queensland Australia 4700
Phone: 07 4931 8730
Email: cogsreception@mercycq.com



WOMEN'S ONLY EVENT INFORMATION



Come along, learn and experience a triathlon in a supportive environment. You don't need fancy gear or any experience – just a willingness to tri!

This event is proudly sponsored by Capricorn Obstetrics and Gynaecology Service and Rockhampton Regional Council.

Register online www.fitzroyfrogs.net
Registrations close Friday 29th March at 12:00pm.

Event will be held at Rockhampton War Memorial Pool (South Side) with the swim in the pool, transition in the carpark, with a bike course around the Rockhampton Show Grounds and Huish Drive, and finish with the run leg around Col Brown Park.

You have your choice of distances 300m Splash 9km Spin 2km Stroll or 600m Splash 18km Spin 4km Stroll. On the day participants will start in waves with 10 ladies going off at a time. Roads will be closed for a safe event.

Flippers or floaties can be used to get you through the swim if needed – teams are welcome but no sneaking the blokes in!

Any bike is good to go for a spin on and if you only want to walk instead of run that is up to you.

Individual Cost: \$35 per participant (includes one-day Triathlon Australia insurance) or \$25 for Triathlon Australia members.

Team Cost: \$15 per team member (you can have teams of two or three participate in each leg of the event).

Check out our website for more details on Triathlon's and heaps of information to help get you started if you're not sure. We also have detailed maps of the course and loads more information.

The event will be followed by a Junior Frogs Triathlon for all the kids too!



WOMEN'S ONLY EVENT SCHEDULE

Sat 23 March	Event	Venue
7:30am - 8:30am	Run Clinic Movement Improvement	Hegvold Stadium Sir Raymond Huish Drive
Sun 24 March	Event	Venue
8:00am - 9:00am	Swimming Clinic hosted by Aqualifiation & Fitness	North Rockhampton Pool 330-360 Berserker Street
Wed 27 March	Event	Venue
6:00pm - 7:00pm	Bike Maintenance Clinic hosted by Giant Rockhampton	Giant Rockhampton 123 Musgrave Street
Sun 31 March	Event	Venue
6:00am - 6:45am	Check In and Participant Pack Pick Up	South Rockhampton Pool Carpark
6:00am - 6:45am	Transition and Bag Drop Open	South Rockhampton Pool Carpark
6:45am	Check In and Transition Close	South Rockhampton Pool Carpark
6:50am	Event Briefing	South Rockhampton Pool Grand Stand
7.00am	Women's Only Sprint Distance WAVE STARTS (Triathlon and Duathlon)	South Rockhampton Pool 50m Pool
7:30am <i>* after Sprint finish swim</i>	Women's Only Enticer Distance WAVE STARTS (Triathlon and Duathlon)	South Rockhampton Pool 50m Pool
9:00am <i>* after ALL finished</i>	Women's Only Presentation Ceremony	Parklands near John Leak Monument
9:00am - 11:00am	Transition Open for Bike Checkout & Bag Collection	South Rockhampton Pool Carpark

** Please note times are subject to change on the day*

WOMEN'S ONLY EVENT FORMATS

Event	Category	Distance
Women's Only Triathlon	Enticer (Individual & Teams)	300m Swim 9km Ride 2km Run/Walk
Women's Only Triathlon	Sprint (Individual & Teams)	600m Swim 18km Ride 4km Run/Walk
Women's Only Duathlon	Enticer (Individual)	1km Run/Walk 9km Ride 2km Run/Walk
Women's Only Duathlon	Sprint (Individual)	2km Run/Walk 18km Ride 4km Run/Walk

JUNIORS EVENT SCHEDULE

Sun 31 March	Event	Venue
6:00am - 9:00am	Women's Only Triathlon	South Rockhampton Pool
8:00am - 8:45am	Transition and Bag Drop Open <i>*Please be aware Women's Triathlon still on</i>	South Rockhampton Pool Carpark
8:45am	Check In and Transition Close	South Rockhampton Pool Carpark
8:50am	Event Briefing <i>* Will start after Women's Only Presentation</i>	South Rockhampton Pool Grand Stand
9.00am	Juniors WAVE STARTS (Triathlon and Duathlon)	South Rockhampton Pool 50m Pool
10:30am <i>* after ALL finished</i>	Juniors Presentation Ceremony	Parklands near John Leak Monument
10:30am - 11:00am	Transition Open for Bike Checkout & Bag Collection	South Rockhampton Pool Carpark

** Please note times are subject to change on the day*

JUNIORS EVENT FORMATS

Event	Category	Distance
Juniors Triathlon	5-8 Years Old	100m swim 1km ride 500m run
Juniors Triathlon	7-11 Years Old	100m swim 3km ride 1km run
Juniors Triathlon	10-13 Years Old	200m swim 6km ride 1.5km run
Juniors Triathlon	12-15 Years Old	300m swim 9km bike 2km run
Juniors Duathlon	5-8 Years Old	1km ride 500m run
Juniors Duathlon	7-11 Years Old	3km ride 1km run
Juniors Duathlon	10-13 Years Old	500m run 6km ride 1.5km run
Juniors Duathlon	12-15 Years Old	1km run 15km ride 4km run

** Please note Junior's will follow the same routes for swim, run and bike legs as the Women's Only Triathlon (see maps) however these will be adjusted on course for shorter distances and explained on the day.*



WOMEN'S ONLY FREE CLINICS

As part of your registration, our amazing event supporters will be hosting free clinics to help you improve your knowledge and skills in the lead up to the event. Sign up to these clinics when you register.

RUN CLINIC

Movement Improvement will be hosting a basic running clinic on Saturday 23rd March at 7:30am to 8:30am at Hegvold Stadium (Sir Raymond Huish Dr).

You will need to wear exercise gear for running, joggers and water.

www.movementimprovement.com.au

SWIM CLINIC

Aqualification & Fitness will be hosting a swim clinic Sunday 24th March at 8:00am to 9:00am at North Rockhampton Pool (330-360 Berserker St).

You will need bathers (or whatever you're swimming in), goggles and a towel.

www.aqualification.com.au

BIKE MAINTENANCE CLINIC

Giant Rockhampton will be hosting a bike maintenance clinic Wednesday 27th March at 6.00pm to 7:00pm at Giant Rockhampton (123 Musgrave St).

You do not need anything for this clinic!

You will learn some basic bike maintenance, how to change tyre tubes, and plenty of tips and tricks

www.giantrockhampton.com.au

*If you would like to attend a clinic please leave a comment on the free clinic facebook events on www.facebook.com/fitzroyfrogs



VENUE & PARKING

2nd World War Memorial Aquatic Centre (South Rockhampton Pool)

You can access the Aquatic Centre via the corner of Graeme Action Way and Sir Raymond Huish Drive, Wandall.

There will be road closures in place and you will not be able to access Sir Raymond Huish Drive and there will be single lane of traffic around the Showgrounds.

Please park along Graeme Action Way on the gravel next to Rockhampton State High School.

Please do not park in the Aquatic Centre carpark area as this is the Transition and Check In area.

Athletes are not permitted to bring their bikes through reception or on to pool deck. Bikes must be taken directly to the Transition Area in the carpark.

Once the event has started all spectators and finished athletes must use the designated crossings and stay off the course.



SPECTATORS

Spectators can also park along Graeme Action Way or Exhibition Road and walk down to the Event. Please be aware of athletes on the course (cyclists and runners) if arriving after the start time.

ONLY athletes and officials can enter the Transition Area.

Spectators can enter/exit the pool through the front entrance.

Spectators can watch the Swim leg from the Grand Stand and we recommend any of the parks along Sir Huish Raymond Drive as you will be able to see both the Cycle and Run legs. Once the event has started all spectators must use the designated Crossings and stay off the course.

CHECK IN, BAG DROP & TRANSITION

CHECK IN

Check In will be open from 6:00am to 6:45am for all participants to check in and pick up their participant packs.

Please bring a copy of your registration (on your phone is fine) to help officials check you in.

TRANSITION

Transition is open from 6:00am to 6:45am for all participants to rack their bikes.

During this time, the Transition Official and Volunteers will check your bike and helmet to ensure they are safe.

There are different Transition Areas for the Enticer, Sprint, Teams and Juniors. Make sure you look at signage and ask Transition Volunteers if you are unsure.

Please rack your bike by the seat over the rail. All your equipment must be placed in front of your bike before Briefing and any unneeded equipment stored in Bag Drop.

Transition access ONLY by athletes and officials.

Transition will be closed from 6:45am at the start of Briefing to set up your bike and gear.

Transition will be reopened to collect your bike and gear after the Presentations.

BAG DROP

After you have checked in and set up your bike and gear in Transition you can drop your bag and unneeded gear to the Bag Drop. Your number will be used to identify your bag and belongings.

WAVES STARTS & TIMING

Ten participants will start in each wave ie. 10 - 19 then 20 - 29 then 30 - 39 and so on. Please remain in the wave waiting area and listen closely to the Race Director for when your wave is called to move to the start zone and start.

Officials will write your number on your arms in marker. You will need to check in and be given your number before going to bag drop (as your number will be attached to your bag).



Lost property will be taken to the Bag Drop Area. If you have lost property after the event please contact the club via email frogstri@gmail.com

Timing Officials will record a start and finish time for each participant. Results will be posted to our website and facebook page after the event.

BRIEFING & EVENT SAFETY

BRIEFING

Briefings are compulsory for all participants. Please arrive at the start at least 5 minutes before briefing time.

The briefing will be held in the main grandstand - listen for announcements. Transition closes at 6:45am and Briefing will begin at 6:50am.

EVENT SAFETY

It is important for spectators to be aware of race courses and transition zones to ensure races are not disrupted and athlete performance is not hindered.

A full road closure is in place along Sir Raymond Huish Drive and a partial road closure is in place around the Showgrounds for the event.

Start areas, Transition and the finish chute are STRICTLY for athletes ONLY.

Please stay left when on the Bike and Run course to avoid any collisions. You must overtake on the right.

Please obey all signage and instructions from event officials and volunteers.

SPECTATOR SAFETY

- Do not run or ride beside a competitor on course as this will result in disqualification.
- Do not use permanent paint or crayons on the road or footpaths.
- Do cheer for competitors and take photos
- Volunteers are on course to support participants if required
- Please only cross the course in designated spectator crossing zones.
- Please obey all instructions from Police, traffic management, event marshals & staff.

The use of drones is not permitted at the Rockhampton Women's Only Triathlon and Juniors events. According to Civil Aviation Safety Authority regulations, you must not fly any remote-controlled aeroplanes/helicopters or drones over populous beaches, parks or sports ovals when they are in use. Therefore, the use of drones during the event will result in an unsafe operations complaint being lodged with the Civil Aviation Safety Authority

RUBBISH

Fitzroy Frogs are committed to minimising environmental impact, so we request that all participants and spectators collect and discard their own rubbish in the bins provided throughout the event precinct.

While on course, participants discarding rubbish can be done in the designated rubbish zone at or near the water stations.

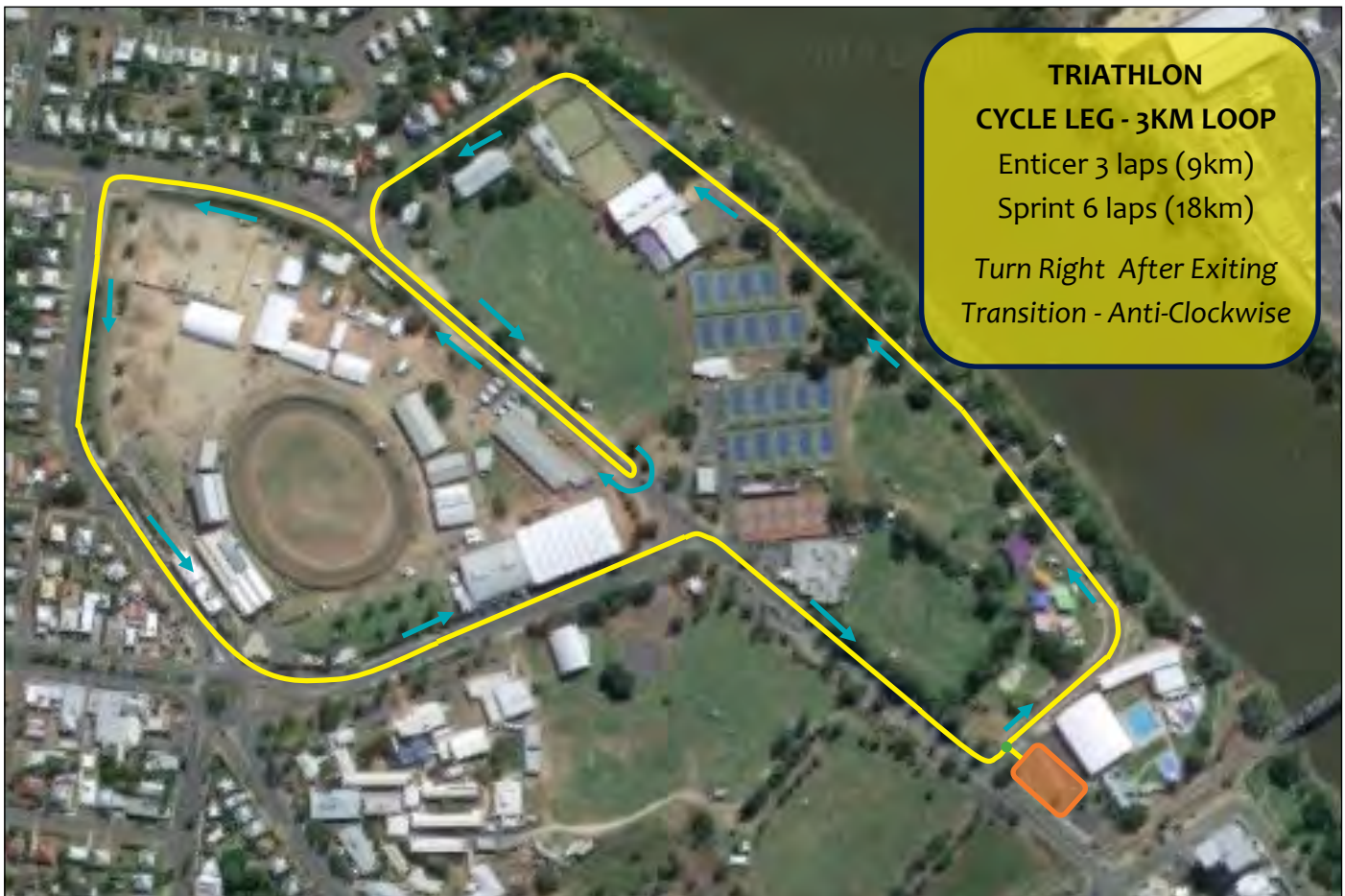
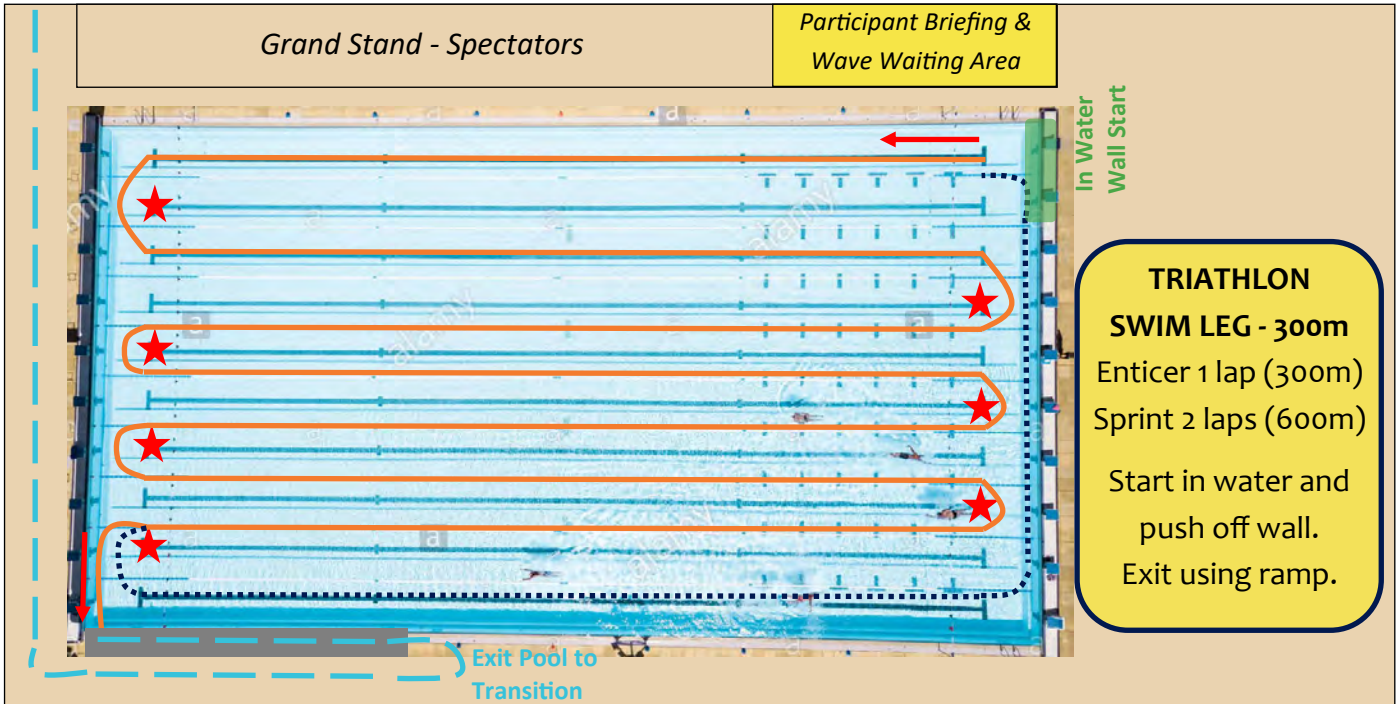
HYDRATION

We recommend all participants have water bottle(s) in their Transition Area and carry water on their bike (if possible).

There are two water stations on the run course. Please discard cups in the bins provided near the Water Stations.

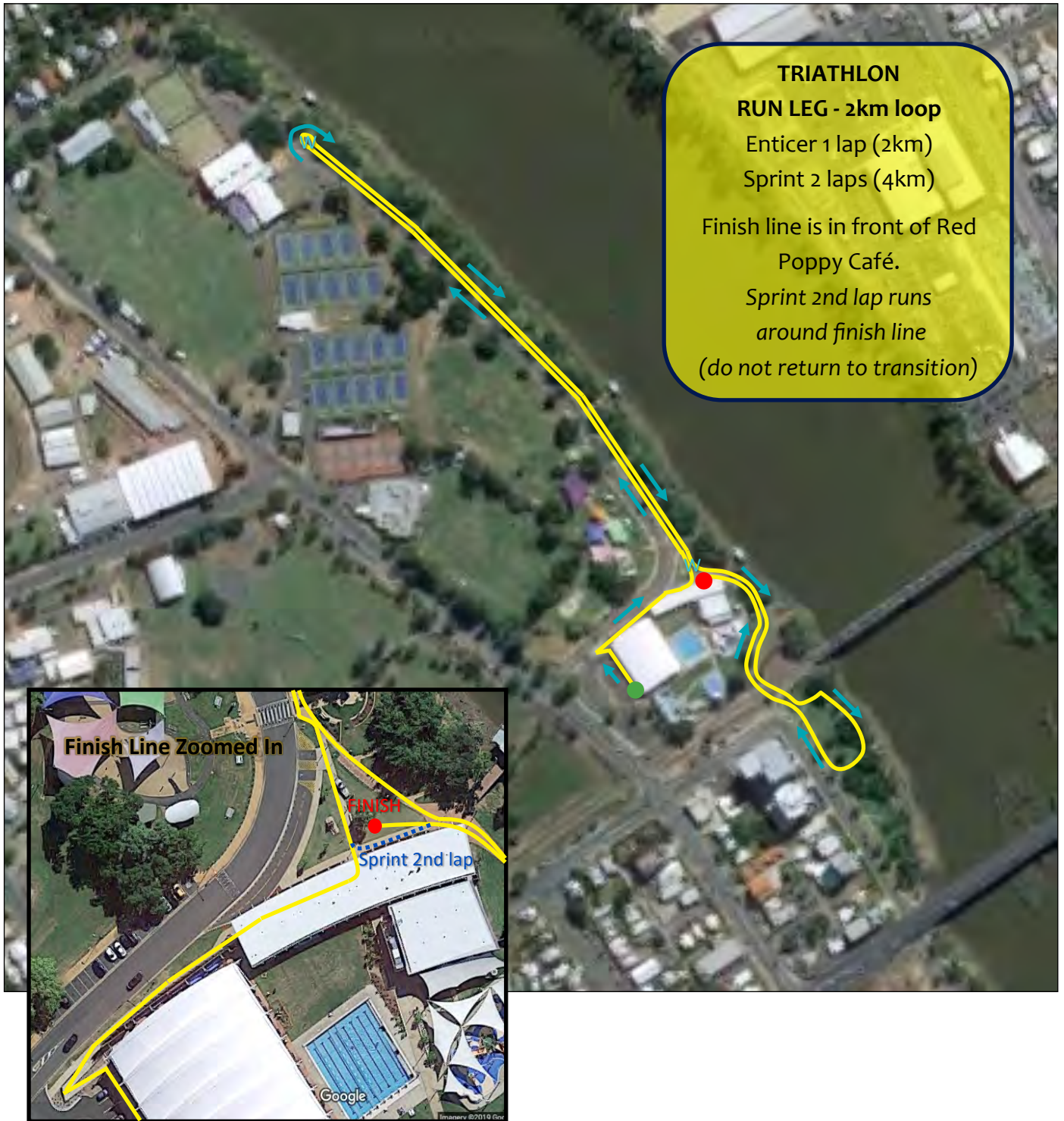


TRIATHLON COURSE MAPS



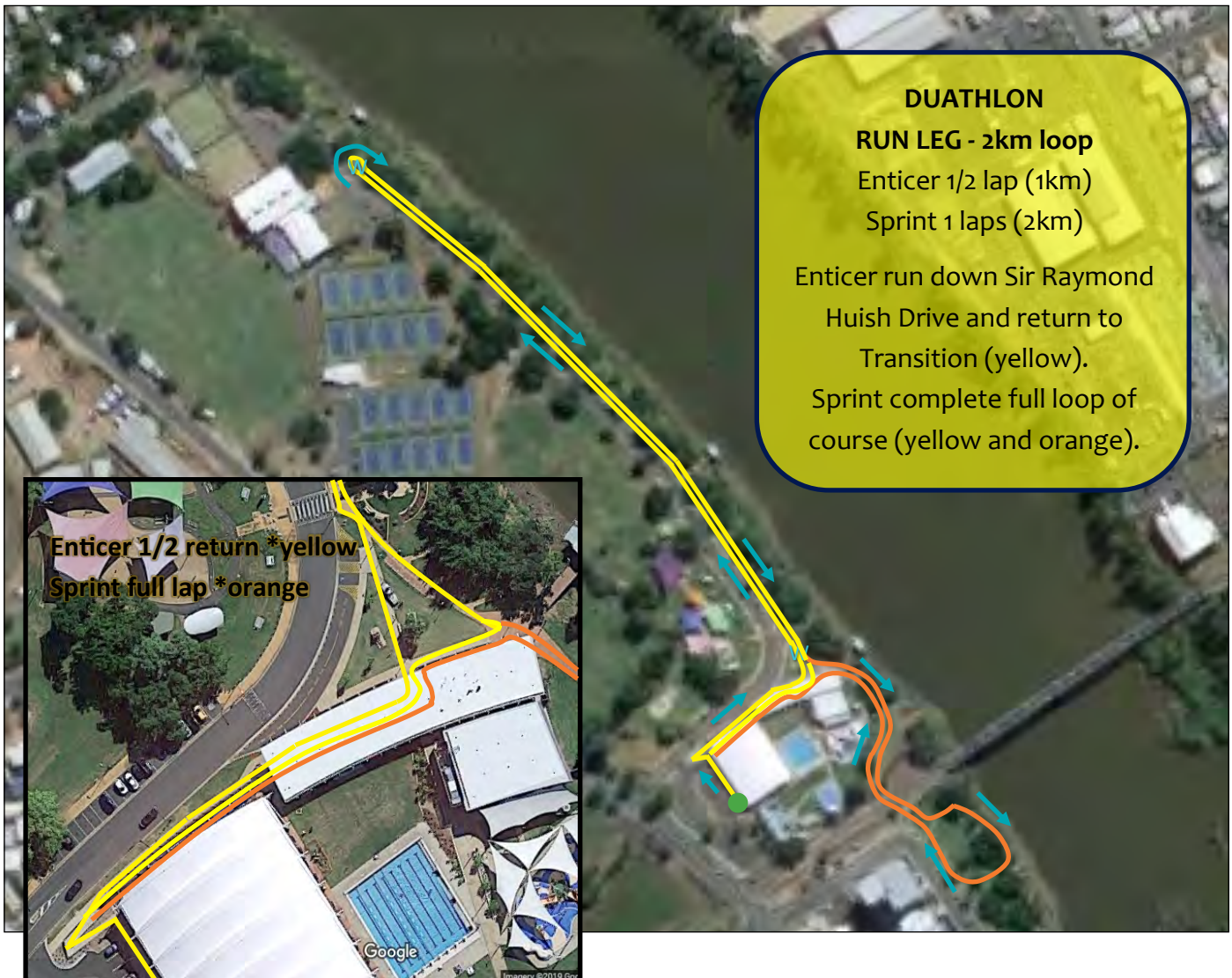
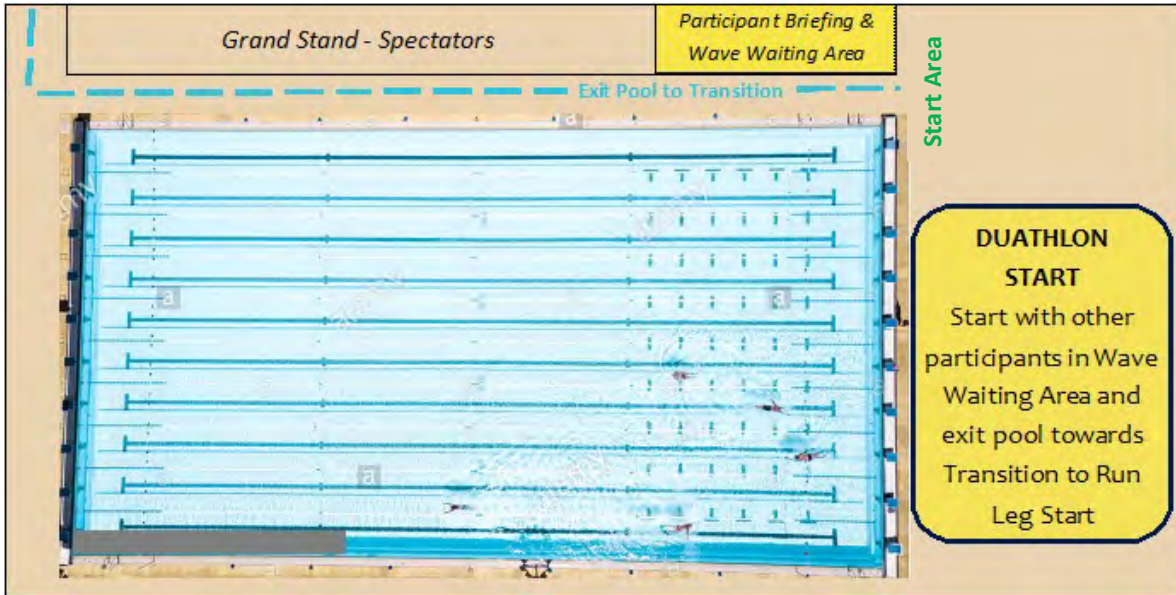


TRIATHLON COURSE MAPS





DUATHLON COURSE MAPS

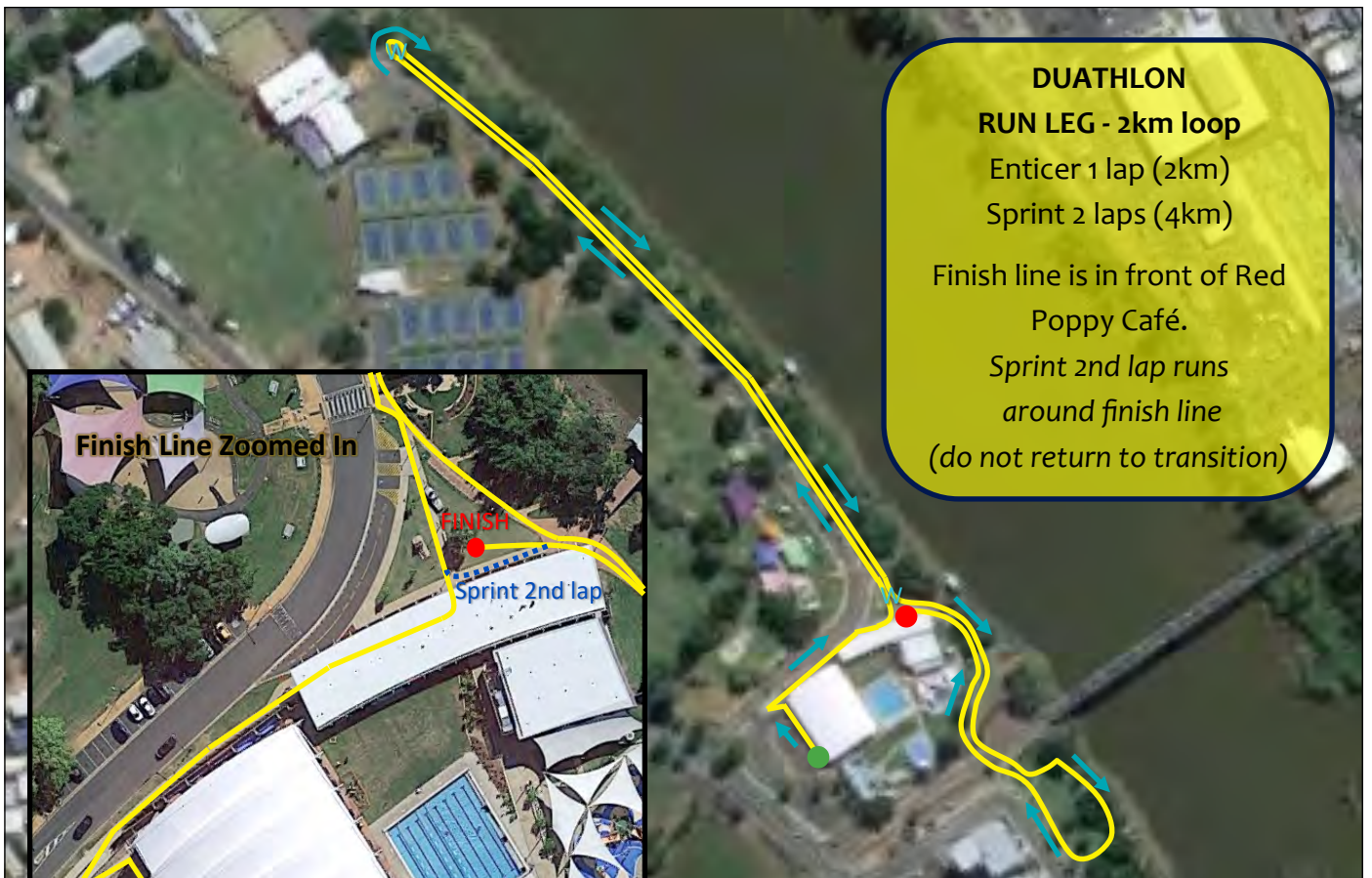




DUATHLON COURSE MAPS



DUATHLON
CYCLE LEG - 3KM LOOP
 Enticer 3 laps (9km)
 Sprint 6 laps (18km)
 Turn Right After Exiting
 Transition - Anti-Clockwise



DUATHLON
RUN LEG - 2km loop
 Enticer 1 lap (2km)
 Sprint 2 laps (4km)
 Finish line is in front of Red
 Poppy Café.
 Sprint 2nd lap runs
 around finish line
 (do not return to transition)



TRANSITION MAP



TRANSITION DIRECTION

All athletes must walk their bike in the Transition Area - you cannot ride! The Mount/Dismount Line is at the bottom of the driveway into the carpark.

The direction of movement in the Transition Area is anti-clockwise. Take note of where you Bike is

racked and how you must enter and exit the Transition Area.

When turning left onto Sir Raymond Huish Drive at the end of the bike lap you can continue to ride your next lap in the left lane or enter Transition in the right lane (follow signs). Keep track of your own lap counts.



WHAT GEAR DO I NEED?

You don't need to spend a bunch of money on triathlon-specific gear to do a triathlon. It's more than likely that you already have most of the equipment you'll need. Here's a list of basic gear that will get you started:

- Swimsuit – any swimsuit will do just something comfortable that won't fall down or off in the ocean/pool.
- Goggles – any pair that fit!
- Towel – this will help you dry off a bit after your swim during transition. Great for getting sand and dirt off too.
- Bike – mountain or road whatever is in your shed. We would recommend if you are on a mountain bike to swap out your knobby tyres with slicks for a bit of extra speed.
- Helmet – you will not be allowed to ride without one of these.
- Running shoes – make sure they fit and are comfortable to run in. You may or may not want to wear socks with them.
- Exercise clothing – yes there are loads of trisuits and clothing available out there but if you're just starting you can just pull on some exercise gear over your bathers for the bike and run.
- Water Bottle – make sure you have water on your bike and in transition.

Some optional equipment include hat, sunnies, bike shoes and clip-less peddles, spare parts bag on your bike (in case of a flat), running belt to hold little water bottle, shirt for sun safety, and many more but you can worry about this once you get into it.



BECOMING A FROG

When joining, you will simultaneously become a member of Triathlon Australia and Triathlon Queensland – and you can join the Fitzroy Frogs – all at the same time!

There are two very important aspects to membership:

- Supporting Fitzroy Frogs in its efforts to encourage and develop triathlon in Central Queensland, and
- Obtaining insurance protection suitable to your activity level.

Triathlon Australia (TA) Membership also gives you discounted entry fees to local and TA sanctioned events, so if you plan to do a few events over the season, there's another good reason to become a member.

There are a few membership options, all managed via the Triathlon Australia website.



**NEW YEAR, NEW GOALS
JOIN FITZROY FROGS**

- ☑ TAKE ADVANTAGE OF DISCOUNTED MEMBERSHIP - AVAILABLE 1 JAN
- ☑ FUN, SOCIAL & SUPPORTIVE TRIATHLON CLUB - JOIN NOW!

WWW.FITZROYFROGS.NET

You can still participate in local events without TA membership however you will pay a 'one-day event' insurance fee – so if you are planning on entering a few events over the year joining up will save you.

www.fitzroyfrogs.net/membership

2018/2019 MEMBERSHIP BENEFITS & TYPES



BENEFITS

Up to 30% OFF TRAINING PEAKS	SCODY 4 x \$25 vouchers	NORMATEC 2 x \$200 vouchers
Wear the GREEN & GOLD		
FLIGHT CENTRE Travel Packages	DISCOUNTS on Lounge Membership	5% OFF VIRGIN AIRFARES
LOWER ENTRY FEES ODM** \$50	Become a CHAMPION Your contribution to TRIATHLON <i>Thank you!</i>	ACCESS TO TRIATHLON CLUBS Priceless ★★★★★

** ODM (One Day Membership) Fee based on industry average 3 events annually

TYPES	FEE* CLUB	FEE* NON-CLUB
Adult	\$142	\$235
Junior (5-11yrs)	\$34	\$58
Junior (12-19yrs)	\$71	\$118
ITU Youth (13-16yrs)	\$71	\$118
ITU Junior (17-19yrs)	\$71	\$118
ITU U23 (20-23yrs)	\$142	\$235

- We strongly support club membership and our annual fee reflects this, lower if you're a member of an affiliated club
 - Club membership varies and is additional to the fees outlined
- * Price inclusive of GST, exclusive of processing fees

FAMILY MEMBERSHIP

We offer a discount of 20% off annual membership for families of four or more individuals (with a maximum of two individuals 20+yrs).