

Tinaroo Long Course and Short Course Sunday 25th October 2020



Cairns Crocs Triathlon Club
PO Box 6401
ABN: 83 443 329 527
info@cairnscrocs.org.au
www.cairnscrocs.org.au
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Race Information

A message from the Cairns Crocs Committee

The Cairns Crocs Committee 2020 is excited to hold this unique event in the beautiful close-knit community town of Tinaroo, on Sunday, 25th October 2020.

Prior to athlete arrival and check-in, the Race Director and Race Referee will conduct an inspection of the course and manage risks accordingly. We sincerely hope you all have a great weekend of racing, lots of fun, support your fellow competitors, respect and thank all the volunteers who have given up their time to allow you to race and we hope you achieve every single one of your racing goals!

The Cairns Crocs Committee

COVID-19 Safety Procedures

INTRODUCTION

These procedures are developed to ensure the safe running of Cairns Crocs Triathlon Club events, in a COVID-19 environment. They are to ensure the safest environment is created for Athletes, Volunteers, Officials, Spectators and Members of the General Public.

GENERAL COVID-19 INFORMATION

Transmission

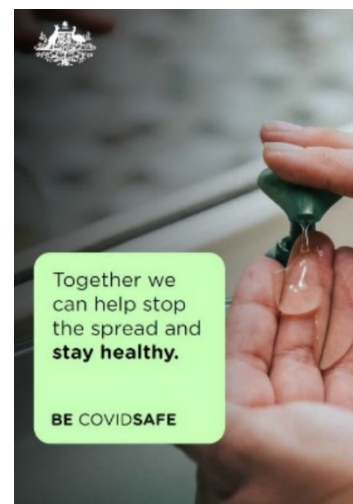
COVID-19 is highly transmissible from person-to-person and readily spreads to close contacts of infected individuals. The disease can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales. These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these objects or surfaces (fomites), then touching their eyes, nose or mouth. People can also catch COVID-19 if they breathe in droplets from a person with COVID-19. The virus can persist in the air for up to three hours and on a variety of surfaces for up to 72 hours.

Prevention

Pre-emptive low-cost interventions such as enhanced hygiene and social distancing measures reduce numbers of cases through several mechanisms. Social distancing decreases the risk of transmission by reducing incidence of contact while enhanced hygiene reduces disease transmission, if a contact occurs.



Keep 1.5m apart
from others



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REMEMBER: Do not attend the event if you are sick or showing signs and symptoms of COVID19 – Fever – Cough – Runny Nose – Extreme Fatigue. If you are in doubt, don't attend.

Everyone attends the event will be required to provide Contact Tracing details, Name, Phone Number and e-mail address.

There will be a health Check prior to registration, and when entering the site, prior to registration.

Remember to Keep Social distancing when you are on site – 1.5m Between each person that are not in family groups.

Whilst we love spectators, the less people that are pnm site the safer we all will be. Please try to attend with as few people as possible, to ensure we can comply with the requirements to social distance.

There will be NO Recovery nutrition provided at this event – so please plan accordingly. To reduce the congregation of persons, registration will be staggered, and starts will be in waves.

There will be 6 waves of approx. 25 Persons per wave.

Wave start times will be allocated Saturday Morning. Please arrive at the time for your wave to register, as this will keep the flow of the event smooth and reduce the requirement for persons to crowd.

There will be no Presentation for this event, we will be flexible with allowing bikes to be collected from Transition Early, but please follow the directions of the volunteers – do not randomly wander into transition.

Results will be posted online as soon as practical after the event.

There will be hand sanitiser strategically placed throughout the race precinct and in the toilettes, please ensure you regularly disinfect your hands, especially after touching surfaces.

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Schedule of Events

Event	Time	Venue
Sign In / Numbering	6.00 – 7.00	Registration Hut
Transition Open/Bike Racking	6.00 – 7.00	Transition
Transition closes	7.00 (SHARP)	
Race Briefing Short and Long Course	7.15	In front of Timing Hut
Swim Count Long Course	7.20**	Water's Edge
Race Start Long Course (Wave Starts)	7.30**	Water's Edge
Swim Count Short Course	7.55	Water's Edge
Race Start Short Course (Wave Starts)	8.00	Water's Edge
Race Briefing – Aquathlon	8.10	In front of Timing Hut
Race Start – Kids/Juniors Aquathlon	8.30	Water's Edge
Race Start – Adults Aquathlon	8.50	Water's Edge
First Finisher (Short Course) (Approx.)	10.20	Finish Line
First Finisher (Long Course) (Approx.)	11.30	Finish Line
Last Finisher (Approx.)	12.30	Finish Line
Presentation (Approx)	1.00	Race Precinct

** Race time may be adjusted on the day depending on numbers and race conditions. Please arrive early and listen out for announcements. Make sure you plan your nutrition and hydration around these race times.

Wave Starts:

Long Course Solo (W1) 7.30 (Green Cap)
Long Course Teams (W2) 7.32 (Pink Cap)
Short Course Teams (W3) 8.00 (Orange Cap)
Short Course Solo (W4) 8.02 (Pink Cap)
Short Course Solo (W5) 8.02 (Green Cap)
Short Course Solo (W6) 8.02 (Yellow Cap)
Kids and Juniors Aq. (W7) 8.30 (Kids Green Cap, Juniors Pink Cap)
Adults Aquathlon (W8) 8.50 (Yellow Cap)

Directions to Lake Tinaroo

Regulars of Lake Tinaroo Triathlons are familiar with the location of where we conduct the Triathlon, but for all our new members, below are directions:

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Via Gillies Range:

- Travel up the Gillies Highway
- Drive through the township of Yungaburra
- Turn right into Marks Lane
- Turn right into Tinaroo Falls Dam Road
- Continue onto Irvine Street
- Turn left onto Tinaroo Falls Dam Road and continue along until you reach Lake Tinaroo (look out for signage)

Via Kuranda Range:

- Travel up the Kuranda Range
- Drive until you reach Tolga
- Turn left into Main Street
- Continue onto Kairi Road
- Turn left onto Tinaroo Falls Dam Road
- Continue onto Irvine Street
- Turn Left onto Tinaroo Falls Dam Road and continue along until you reach Lake Tinaroo

Road Closures

Lamb Street will be closed, Hanley Street between Lamb St and Severin St, and Severin St will be closed, between 5.45am and 11.30am

Registration

Registration (to confirm you are racing and get your race number) opens at 6.00am.

Please confirm your registration before racking your bike. Proceed to the registration desk and confirm your registration even if you booked online.

On registration you will be provided with a timing chip and a race number, which will need to be placed on your leg and arm. Make sure the race chip and number are applied immediately.

Transition set up and Key Times

Transition opens at 6.00am and closes at 7.00am for Long and Short Course Triathlon. Technical officials will be on hand to do a helmet and a visual bike check. Please refer to the schedule of events above for all other times.

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Equipment and Racing Gear

Leg	Compulsory	Optional
Swim	Cap - provided at registration. Swim suit, tri suit, skins or similar	Goggles, drinking water for start/finish of swim, sunscreen. Wetsuit
Bike	Bike, Helmet. Torso must be covered (bikini or one-piece swimsuit acceptable for female athletes)	Water bottle, (sun)glasses, towel in transition, bike or running shoes, sunscreen, spare parts/pump
Run	Running shoes – all runners must wear shoes. Torso must be covered (bikini or one-piece swimsuit acceptable for female athletes)	Cap / hat / visor, socks, sunscreen, spare singlet / t-shirt, water bottle

Bike Check-in

Bike check-in is compulsory for all individuals and at least one team member. Please **wear your helmet for the check-in**. Immediately prior to bike check-in Triathlon Queensland (TQ) officials will carry out a visual inspection of your helmet. Your helmet therefore must be correctly fastened on your head when you present your bike for check-in. This visual inspection is not a certification of function or safety effectiveness.

TQ officials will visually inspect your bike and no bike will be accepted unless it passes the inspection. The officials will be checking for: handlebar plugs, tyres in reasonable condition, stripped cables etc. The ends of the handlebars must be plugged – please ensure no bare metal. The bike must have two functional brakes.

Please note that the bike check-in is a safety precaution to monitor basic soundness of your bike and is essentially a visual check on obvious defects. It is not a certification of roadworthiness by TQ or that your bike meets any specific minimum criteria or a guarantee it will not break down during the race.

It is your sole responsibility to ensure the mechanical and safe operation of your bike prior to and during the race.

Race Briefing

A short briefing will be held before each race. However, competitors should be familiar with the course and the rules of Triathlon. Please check out our course maps on the homepage. The use of unauthorised equipment such as MP3 players, Oakley Thumps,

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cameras, video cameras, iPods or other audio listening or communication devices is an infringement and will cause a penalty by TQ official.

Swim Course



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Cycle Course

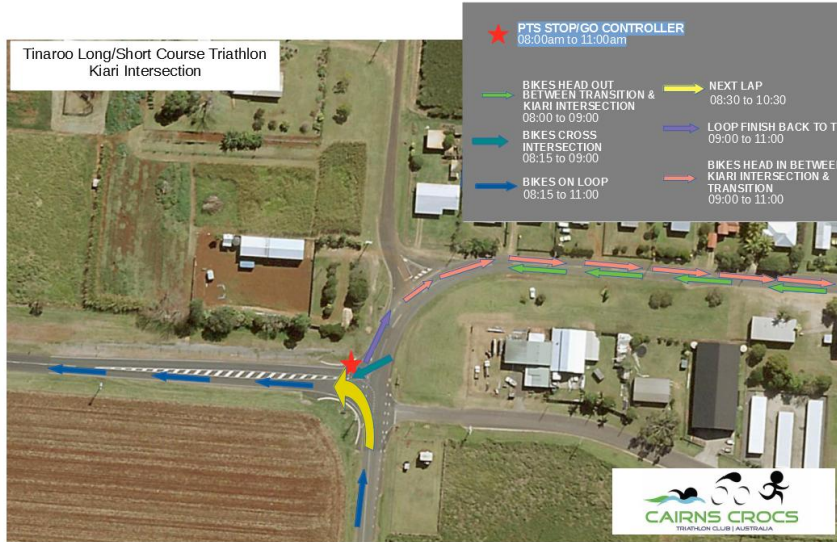
You must put on your helmet before you touch your bike. No drafting, no illegal passing and no littering on the course. All road rules must be obeyed at all times. Follow police and traffic control directions at all times.



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Tinaroo Long Course Triathlon
Race Precinct and Transition

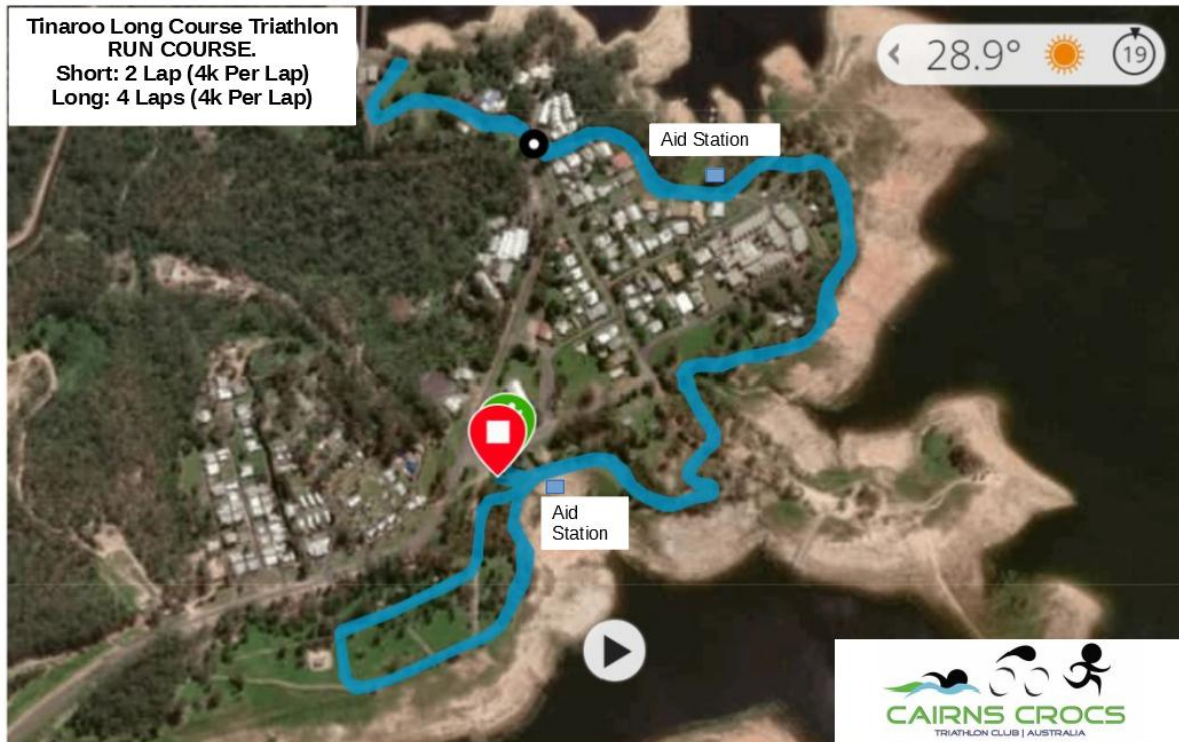


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Run Course



Aquathlon

Tinaroo Long Course Triathlon
 3rd November 2019.
 Aquathlon Course.....



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Aid Stations

There will be an Aid Station on the Bike Course, approx. half way along Barsons Road, with both water and Endura. The run will have an aid station opposite the Race Precinct with water, and an Aid Station at Kalorama Street with Water. Please remember to stay hydrated.

Assistance

Please ask for medical help if you have the slightest hint you may need it. In the swim leg please put up your hand to attract attention. There will be first aid near the finish line and on stand-by at all times. Any aid given by race medical personnel on the course is permissible and will **NOT** lead to disqualification. **If, however, you have any other form of outside assistance you will be disqualified.** You will be withdrawn from the race only if you require transportation or if medical personnel consider your continued participation presents a danger to the health or welfare of you or others.

Feel free to refer to the full race rules at:

http://www.triathlon.org.au/Technical/Race_Competition_Rules.htm

Withdrawals during the Race

If you have to withdraw at any stage of the race you (or someone representing you, such as a relative or friend) **MUST** report to the recorders at the Finish Line and hand back your chip so we can ensure you are accounted for and not lost.

Recovery

A recovery station will be set up near the finish water. Please help yourself and make sure you get some water back into your system to aid recovery. Please make sure you dispose of your rubbish thoughtfully.

ENJOY YOUR RACE!