

OCEANIC TRIATHLON CLUB



OCEANIC EVENT ATHLETE INFORMATION

Oceanic Triathlon Event is scheduled for the **Sunday 15th January 2023**. Our Oceanic Olympic Distance Triathlon Event is returning with more race options and an upgraded course.

Race Entries

Online Registrations are open until race morning.

Race Location

Start/Finish and Transition at Whitfords Nodes Park, Hillarys

Race Distances

Olympic Distance – 1500m swim // 40km ride // 10km run

- Individuals
 - Age groups 18+ (18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+)
 - Open category
- Teams

Sprint Distance – 750m swim // 20km ride // 5km run

- Individuals
 - Age groups 18+ (18-29, 30-39, 40-49...etc.)

Enticer Distance – 200m swim // 7km ride // 2km run

- Juniors 12-17 and adults 18+
- Suited to those new to triathlon, no awards or placing, just come and have a go!

Aquabike – 1500m swim // 40km ride

- Ages 18+

TryStars – 100m swim // 3km ride // 500m run

- Ages 7-12
- A fun and safe race experience for kids, who will all receive their own SunSmart TryStars medal.

Elite Development (Draft Legal) Enticer – 400m swim // 14km ride // 4km run

- Open to elite Tri WA juniors only

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Race Pack Collection

Race packs will be available for collection on the days and times listed below. Please do not print your registration confirmation – stating your full name at the registration desk and the distance you're racing will suffice. We strongly encourage car-pooling for pre-race day pack collection to assist us with making this a more sustainable and eco-friendly event, and to avoid pack collection queues the morning of the race.

Collection is available at Whitfords Nodes Park, Hillarys on

- Saturday 14th January between **3-6pm**
- Sunday 15th January between **5-6am**

Your race pack contains the following items –

- Timing Chip
- Race Bib
- 4 x Safety Pins
- Race Stickers (2 – 1 helmet, 1 bike)
- Swim Cap

Swimming cap, timing chip and race bib are **COMPULSORY** items and without them you will not be allowed to race. Please wear the race bib on both bike and run course.

****NOTE:** lost timing chips will incur a \$100 replacement fee

Bike Check In

Bike check-in and racking will be on race day Sunday 15th January prior to race start, between **5:15am to 6:30am**. Bike racking will occur on a first-come first-serve basis so be sure to get to the race in good time to rack your bike. Please ensure you are wearing your helmet with buckle done up and that your race number sticker is on your bike before entering transition. You will need to show your race bib number corresponds with bike sticker number in order to withdraw your bike from transition after the race.

Bag Drop

A bag drop will be available on race morning near the registration/pack collection desk.

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Parking

The following car parks are accessible off Whitfords Ave before the roads are closed at 6am. They will remain closed until ~11am when the roads will be reopened to the public. Please note vehicle access in or out of the carpark will be **not be allowed between 6-11am** while event road closures are in place. Please be cautious if you are walking up from these parking areas or heading up on your bike as it is a shared path and open to the public. After the race please look out for other competitors on the shared path that may still be completing the run course leg.

- Whitfords Nodes carpark
 - Closest to the race start and transition this is a popular parking location.
- Hillarys Animal Beach carpark
 - Is around 900m north of race transition, accessible from Whitfords Ave. If you are walking up
- Pinnaroo Point carpark
 - Is around 1400m from race transition heading south up the shared path to Whitfords Nodes.

NOTE** Please do NOT park at the car park at Hillary's marina! It will be closed to event attendees and spectators. Also refrain from using the parking at the Mullaloo Surf Club so they can continue their surf-life saving activities without disruption.

Competitors or visitors arriving after 6am are expected to park with common sense and in accordance to the City of Joondalup's Local Parking Laws. These include but are not limited to:

- No parking on/over a footpath
- Park facing the same direction as the traffic
- No parking on private verge/driveway/property (without the owner's consent)

Please help us make our event more eco-friendly and reduce overcrowding by carpooling with others where possible.

Road Closures

For competitors to participate in complete safety there will be road closures on the cycle course route between 6-11am. The road closures will affect Whitfords Ave between Northshore Drive and north of Angove Drive; and Northshore Drive between Mullaloo Drive and Whitfords Avenue.

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Course Maps

Swim

Olympic Distance and Aqua Bike: (yellow line) 2x lap of 750m with an Aussie Exit (participants exit the water and along a chute before entering the water for a second lap). Turning Buoys are Pink with smaller yellow buoys to be used as sighting buoys

Sprint Distance: 1 x lap of yellow line course

Enticer Distance: (Black Line) 1x lap of 200m – Participants head out to the yellow marker and turn left swimming to the Pink Buoy before heading into the shore.

TryStars: (blue line) 1 x lap of 100m

Junior Elite Enticer: (grey line) 1 x lap of 400m – Junior Elites will use the smaller Yellow buoys as their turnaround for the 400m course.



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Bike Course

Participants head out of transition and head left onto Whitfords Avenue heading north. On participants final lap, they keep left at the southern turnaround and head left at the roundabout back into Whitfords Nodes Park heading back to transition.

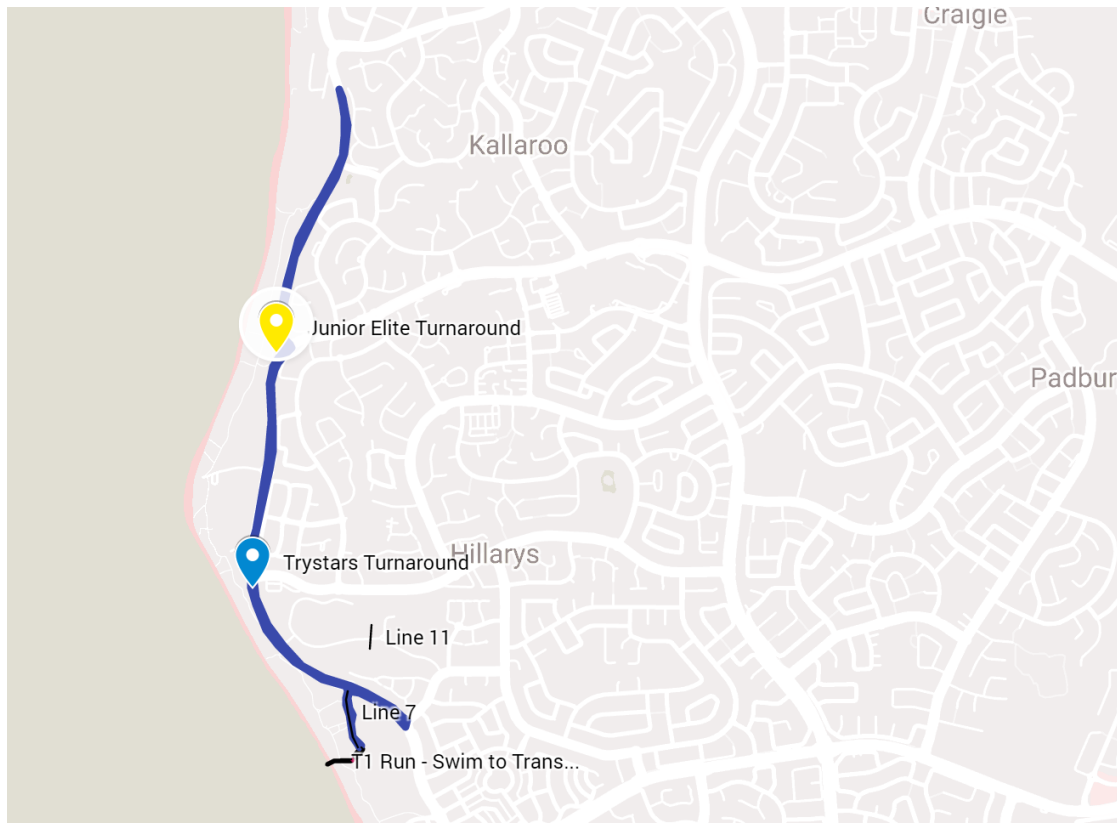
Olympic Distance and Aqua Bike: 6x laps of full bike course that covers 40km.

Sprint Distance: 3 x laps of the full bike course.

Enticer Distance: 1x lap that covers 7km

TryStars: 1 x short lap, covers 3km.

Junior Elite Enticer: 3 x lap turning at Whitfords Ave Roundabout that covers 14km



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Run Course

Olympic Distance: 3 laps of a 3.33km course. Competitors exit transition and head SOUTH towards Hillarys Marina. Running around the lake following the course directions before heading North to Traffic cone at the end of the Dog Beach Carpark marked as OD turnaround. Competitors complete 2 more laps heading past the finish area and looping back again. On the final lap, competitors turn left into the finish chute.

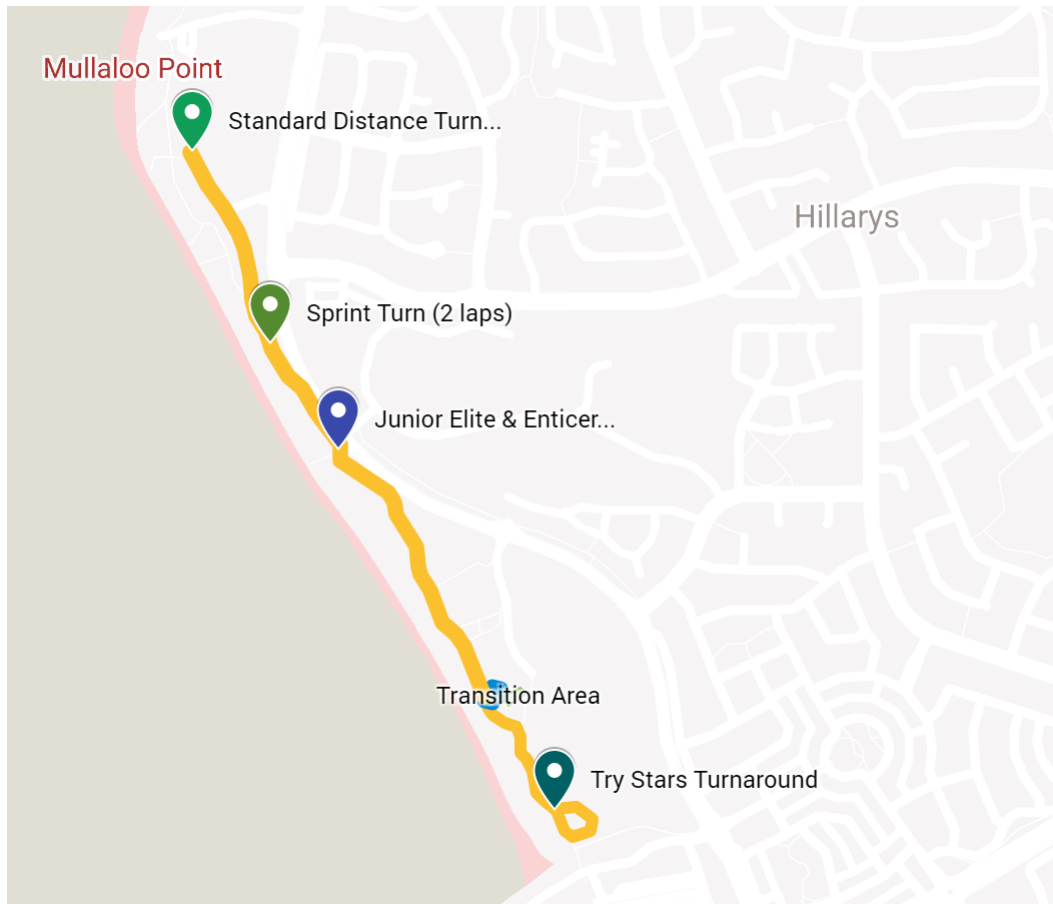
Sprint Distance: 2 laps of a 2.5km course. Competitors exit transition and head SOUTH towards Hillarys Marina. Running around the lake following the course directions before heading North to Traffic cone just before the Dog Beach Carpark. Competitors complete 1 more laps heading past the finish area and looping back again. On the final lap, competitors turn left into the finish chute.

Enticer Distance: 1x lap that covers 2km. Competitors exit transition and head SOUTH towards Hillarys Marina. Running around the lake following the course directions before heading North to Traffic cone to the Enticer turnaround point located at the underpass just past the Nodes Carpark.

Junior Elite Enticer: 2 x Laps that covers 4km. Competitors exit transition and head SOUTH towards Hillarys Marina. Running around the lake following the course directions before heading North to the turnaround point located at the underpass just past the Nodes Carpark (Shared Enticer Turnaround). Competitors complete 1 more laps heading past the finish area and looping back again. On the final lap, competitors turn left into the finish chute.

TryStars: 1 x lap that covers 500m. Competitors exit transition and head SOUTH towards Hillarys Marina. The turnaround is just before the park and will be marked with a cone and volunteers.

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AID STATIONS

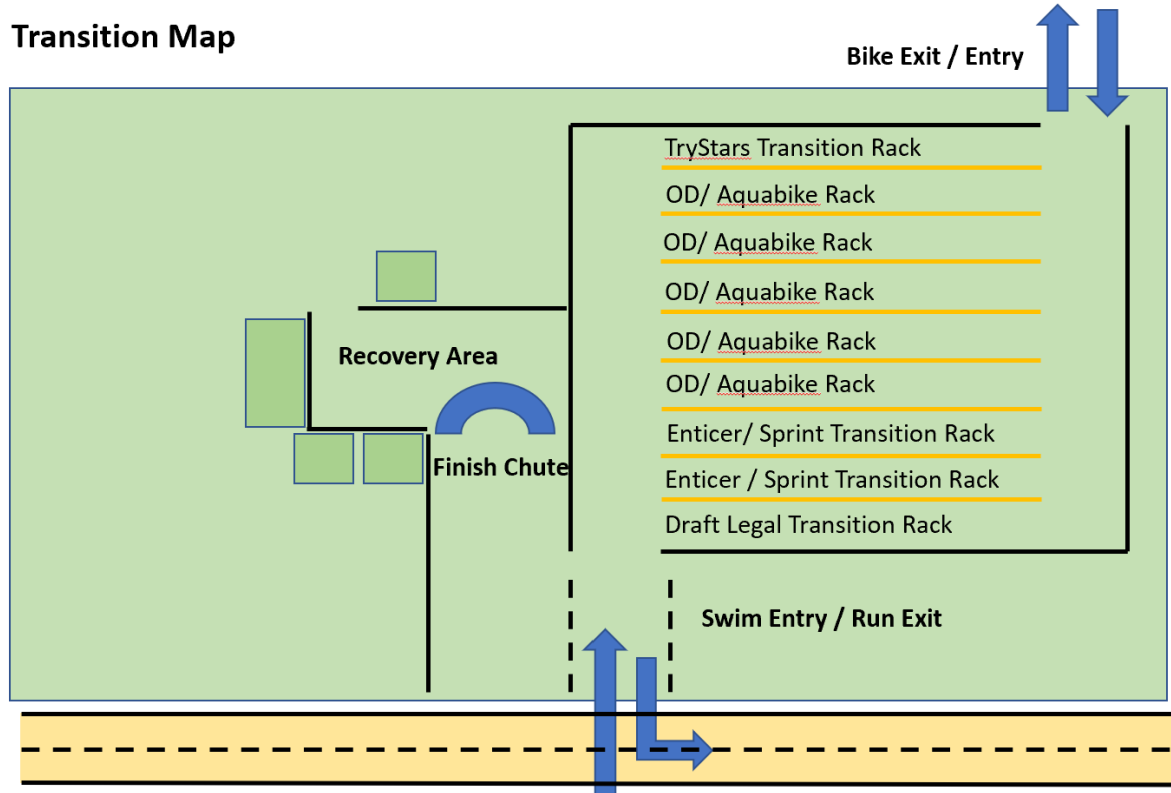
There is 1 Aid station located just near the finish Chute. Athletes pass this both heading South and North. Additional refreshments will be available at the finish line. Water and recovery will be available.

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TRANSITION

Transition Map



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Event Schedule

Saturday 14th Jan		
Time	Activity	Location
3-6pm	Athlete Check-In	Whitfords Nodes Park
3-6pm	Club Marquee Set Up	Whitfords Nodes Park
Sunday 15th Jan		
Time	Activity	Location
5am - 6 am	Athlete Check-In	Whitfords Nodes Park
5:15am	Transition Opens	Whitfords Nodes Park
6:00am	Road Closures in Place	See Course Map
6:30am	Transition Closes	Whitfords Nodes Park
6:40am	Try Stars Race Briefing	Whitfords Nodes Beach
6:45am	Try Stars Race Start	Whitfords Nodes Beach
7:00am	Junior Elite Race Briefing	Whitfords Nodes Beach
7:10am	Junior Elite Race Start	Whitfords Nodes Beach
7:15am	Enticer, Sprint, Aquabike & OD Race Briefing	Whitfords Nodes Park
7:35am	Enticer Start	Whitfords Nodes Beach
7:40am	OD & Aquabike Start	Whitfords Nodes Beach
7:50am	Sprint Start	Whitfords Nodes Beach
From 8:30am	Development Awards Presentation	Whitfords Nodes Park
From 9:30am	Enticer & Sprint Awards Presentation	Whitfords Nodes Park
From 10am	OD Awards Presentation	Whitfords Nodes Park
11am	Road Closures Re-Open	See Course Map

Wave Starts

Wave starts are as follows

Wave Starts

Try Stars		
Time	Wave	
6:45am	Trystars - in groups of 10 every 1-2 min	
Junior Elite (Draft Legal)		
Time	Wave	
7:10am	All Athletes	
Enticer		
Time	Wave	Wave
07:35am	All Enticer	E
Olympic Distance		
Time	Wave	Wave
07:40am	Open (Male & Female)	O
07:42am	18-34 Male and Female	A
07:44am	35-49 Male and Female	B
07:46am	Over 50 Male and Female	C
07:48am	Aqua Bike & Teams	D
Sprint		
Time	Wave	Wave
07:50am	All Sprint Athletes	F

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Race briefing

Race briefings will be held near transition and recovery area for Enticer, Sprint, Aquabike and OD races. For Try Stars and Junior elite this will be held on the beach before the race start..

Please check the event schedule for race briefing times which are ~15 minutes prior to each race start.

NOTE** Whether wetsuits will be allowed on the swim will depend on the water temperature **on race day**. We will announce wetsuit option the morning of the event and at the race briefing.

Presentations

Presentations will take place near the finish/recovery area. Please check the event schedule for approximate presentation start times – these are subject to change and will start earlier if ahead of schedule.

Prizes

- **TryStars** – ALL participants will receive a finishing medal!
- **Aquabike** – Overall male and female 1st/ 2nd/ 3rd place medals
- **Elite Junior (Draft Legal) Enticer**
 - Youth male and female 1st/ 2nd/ 3rd place medals
 - Junior male and female 1st/ 2nd/ 3rd place medals
- **Olympic Distance**
 - **Age Group Individual**- male and female 1st/ 2nd/ 3rd place medals per AG (18-29, 30-39, 40-49, 50-59, 60+)
 - **Teams** – 1st place medals for male, female and mixed
 - **Open Individual** – Male and female 1st/ 2nd/ 3rd place medals. In addition, cash prizes for 1st (\$250), 2nd (\$150), 3rd (\$50), 4th (\$20)

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- Medals for Enticer and Sprint Distance Triathlon will be limited to overall place for male and female.

Thank you to our event sponsors



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