

2021 SUPER SATURDAY EVENTS RACE BRIEF

The Festival of Hell is a COVID SAFE event and has passed all Qld Government CovidSafe checklist for outdoor events



Competitor and Spectator Responsibilities

- Stay at home if feeling unwell or suffering from any Covid19 symptoms
- Do not attend if travelled to a hotspot or overseas in the last 14 days
- Social distancing of 1.5m must be adhered to at all time except on the race course “field of play”
- Practice good hygiene – wash your hands regularly, cover your mouth when coughing and avoid touching your face.

Specific Covid Rules for Festival of Hell

- All competitors and spectators entering the Festival of Hell race precinct will be required to register personal details using the QR codes provided.
- Only competitors are permitted in the registration/race bag pickup area. It is recommended a parent/guardian collect Hell Kids race bag to reduce crowding in this area.
- Race brief is not compulsory, and all briefing material will be made available digitally.
- Only 1 parent/guardian per family is allowed in the pool complex to spectate Hell Kids swim start to reduce crowding in this area.
- Run aid stations are NOT to hand out hydration. Competitors must collect cups themselves from aid station.
- Competitors will be required to remove their own timing chip and slap bands at completion of the race.
- Only competitors will be permitted in finish line and recovery area.



Registration for ALL Super Saturday Events

- Registration will be in Town Park on Friday 05 Feb **STRICTLY** from 12noon – 6:00pm and Saturday 6:00am – 7:30am.
- To comply with social distancing only competitors will be allowed in the registration area.

- For Hell Kids their registration collection can be by parent/guardian (Hell Kids are not required to be present).

Gundy Inferno 5km & 10km Race Preparation

Your registration pack contains:

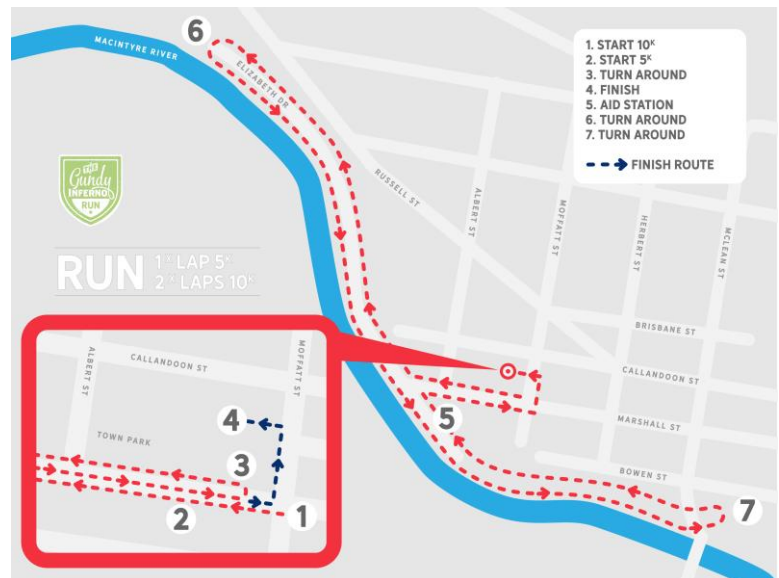
- **Race Bib** (this contains you timing chip) is to be worn on the front of body either pinned to the shirt or on race belt.
- **GREEN WRIST BAND** is for **5km entrants** and is to be placed on **RIGHT HAND**. This assists marshals to direct you to the correct start line and to the finish line.
- 5km runners do 1 lap of run course.
- **ORANGE WRIST BAND** is for **10km entrants** and is to be placed on **RIGHT HAND**. This assists marshals to direct you to the second lap and to the finish line.
- 10km runners do 2 laps of run course.

6:45am Race Brief - 7:00am Race START

- Race bag drop off area will be available in the park.
- Race brief will be conducted near the start line on the Marshall Street side of park.

Run Course

1. The 5km and 10km runners will start from different start lines at the same time.
2. The 5km run leg consists of single lap. The 10km run is two laps.
3. Please stay to the **RIGHT** of running path at all times.
4. See map for run course.
5. The run leg will be well marked and marshalled including lead cyclist for directions.
6. At the completion of the 1st lap the 5km competitors proceed to the finish line then enter the HOTW finishing chute and cross the line into the recovery tent.



7. At the completion of the 1st lap 10km competitors turn around the turning point close to the start line for second lap.
8. After completing 2nd lap 10km runners enter the HOTW finishing chute and cross line and into recovery tent.
9. There is a water aid stations at the Golden Age Centre, which you pass 2 times in 5km or 4 times in 10km.

WARNING - IF YOU DO NOT USE AID STATIONS AND YOU CONTINUE TO RUN WHEN DEHYDRATED AND OVERHEATED, IT CAN BE DANGEROUS TO YOUR HEALTH.

10. Each finisher will receive finisher cap or visor – your choice.

Firestarter Race Preparation

Bike racking – **STRICTLY 7:00 – 8:00am ONLY** Saturday morning (this includes Hell Kids)

Your registration pack contains:

- **Numbered wrist band** to be placed on **RIGHT HAND** for swimmer identification and bike transition access. This wrist band **MUST** be worn at ALL TIMES.
- **Bike Sticker** to be placed on **SEAT POST** on bike (this is security for bike collection).
- **Timing chip** attach to your **LEFT ANKLE** and wear at all times during the race.
- **Swim cap** is provided but not compulsory.

Transition to Race Start

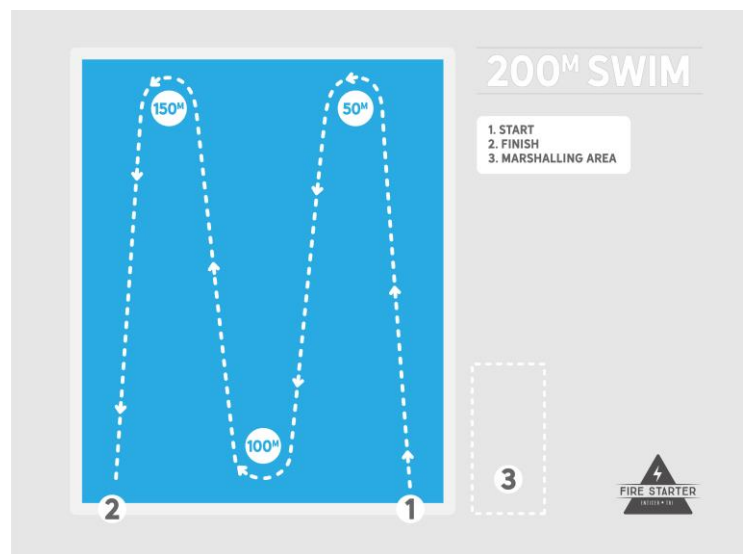
Saturday morning

1. Transition will open at 7:00am and closes at 8:00am. Before entering this area make sure your security stickers are on your bike and your numbered wristband is attached to your wrist. **YOU WILL NOT BE ALLOWED TO ENTER TRANSITION WITHOUT YOUR WRISTBAND.**
2. You are required to have your helmet on so it can also be checked along with your bike.
3. Rack your bike where directed by officials.
4. Race bag drop off area will be available in the park.
5. Race brief will be at 8:15am and will be conducted at the town pool on the large grassed area.
6. Enter the pool from the side gates on Marshall Street (south). The front pool gates will be locked.

8:15am Race Brief – 8:30am Race START

Swim Course

1. Wetsuits are not allowed unless water temperature is below 22 degrees.
2. The swim start is a rolling start so your time won't start until you cross the starting mat when entering the pool.
3. We will ask the competitors to self-seed with fast swimmers starting first, for example:
 - a. Group 1 – swim 100m under 1:30min
 - b. Group 2 – swim 100m in 1:30min to 2:00min
 - c. Group 3 – swim 100m in 2:00min to 2:30min
 - d. Group 4 – wouldn't have a clue but know it is slow!
4. The swim leg is 200m 'M' shaped swim course in one direction.
5. If you need to stand or hold the side this is fine.
6. After exiting the pool run down transition chute to your bike.
7. Teams must swap the timing chip in transition before the cyclist unracks their bike.



7. There is an aid station in the transition chute with water.
8. **WARNING - IF YOU DO NOT USE AID STATIONS AND YOU CONTINUE TO RUN WHEN DEHYDRATED AND OVERHEATED, IT CAN BE DANGEROUS TO YOUR HEALTH.**
9. Athletes may not use communication devices of any type including mobile phones or headphones.

Recovery Area

- Please make use of the recovery area to rehydrate.
- There will be several food and drink vendors in the park on race morning for spectators and competitors.

General Information

- Transition **OPENS** for bike collection from 10:30am.
- It is your responsibility to read and understand these rules. This briefing covers only some rules. See link below:
<https://www.triathlon.org.au/Assets/Triathlon+Australia+Digital+Assets/TA+RCR+2020-2021.pdf>

HELL KIDS TRIATHLON

Hell Kids Triathlon is a PARTICIPATION ONLY event so no times or places are recorded

Hell Kids Race Preparation

- 6-9yrs Kids place **GREEN** wristband on right arm
- 10-11yrs Hell Kids place **ORANGE** wristband on right arm
- Ensure bike is in good working order including working brakes, handlebar grips attached and handle bar ends must be plugged/covered.
- Helmet must meet Australian Standards and be well fitted.
- Officials will be checking bike condition and helmet fit when racking bike.
- Its compulsory for kids to wear provided swim caps, covered shoes on cycle and run and torso must be covered on bike and run.
- We also recommend goggles for swim, a towel for transition and cap and/or sunscreen

Transition to race start

Bike racking – STRICTLY 7:00am – 8:00am ONLY Saturday morning

- Hell Kids are required to have their helmet on when racking bike so it can also be checked along with their bike by officials.
- Rack your bike where directed by officials.

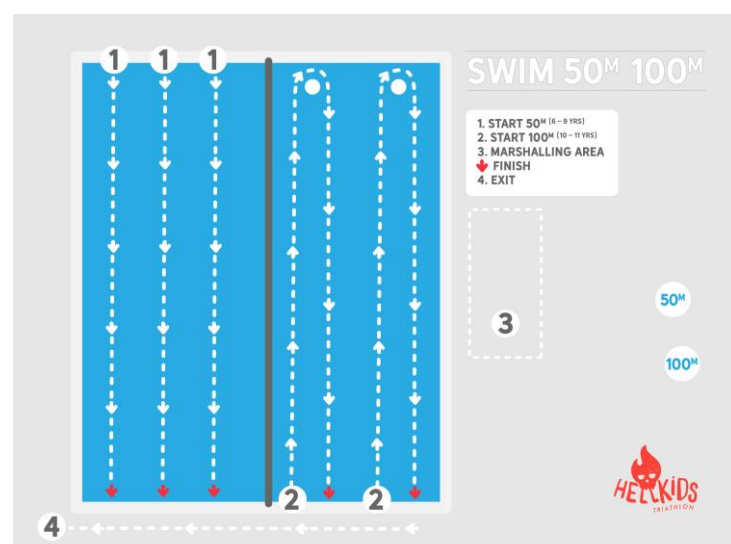
Approx 9:15am Race Brief – 9:30am Race START

Reminder that Hell Kids **MUST** be wearing enclosed shoes and have a covered torso for the cycle and run leg.

Swim Course

6-9yrs swim 50m and 10-11yrs swim 100m

- All Hell Kids races will be started in waves, separated into age group and gender. Final number of waves will be decided at race brief.
- 6-9yrs will swim a single lap from deep end to shallow end.
- 10-11yrs will start in shallow end and swim to deep end around a buoy and



back to shallow end. Always stay on left hand side of the lane.

- Exiting the pool participants will run through transition chute to transition.
- Once at transition they **MUST** put on their helmet, shoes and shirt (unless they have tri suit) before touching their bikes.

Bike Course

6-9yrs cycle 2.5km and 10-11yrs cycle 5km

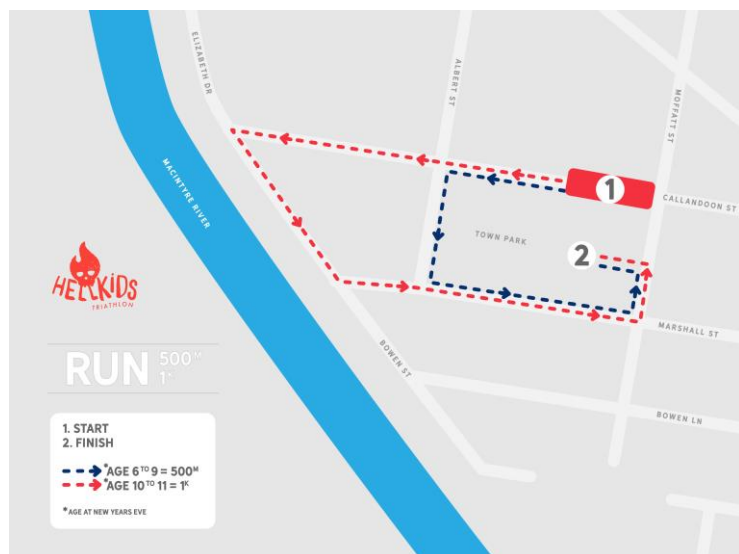
- You must be wearing enclosed shoes and have a covered torso for the cycle leg.
- Run/walking bike past the mount line kids can mount their bike
- Always stay to the left-hand side of road and it's illegal to cross the centre line. The road is closed but be mindful of vehicles or pedestrians.
- 6-9yrs complete 1 lap then dismount before dismount line to enter transition
- 10-11yrs turn at marker near dismount line and do a 2nd lap
- Always slow down to safe speed when turning and dismounting bike.



Run Course

6-9yrs run 500m and 10-11yrs run 1km

- You must be wearing enclosed shoes and have a covered torso for the run leg.
- Always stay on far left of course on run.
- 6-9yrs turn left at end of tennis courts then run around the perimeter of the pool to the HOTW finish chute and into recovery tent.
- 10-11yrs run to river before turning left back toward town park.
- Once past pool they enter the HOTW finish chute to the finish line.
- All participants will receive a finishes cap at finish line and refreshments/fruit/lollies in recovery tent.



ALL SUPER SATURDAY EVENTS

Course Maps

It is also your responsibility to know the course, maps can be found on this document, our website and in the electronic race booklet

Super Saturday Presentations

- Commence approx. 11:00-11:30am in the Town Park.
- Presentations (except Hell Kids – as it is a participation race only) and prizes will be award to the Gundy Inferno and Firestarter (no team prizes) male and female overall podium (1st, 2nd & 3rd).