



# 2013 Super Sprint Race Weekend

Race 1 - 2014 SCODY Australian  
Junior Triathlon Series

13<sup>th</sup> - 15<sup>th</sup> December 2013

## COMPETITOR INFORMATION BOOKLET





Hello Competitors,

Welcome to the 2013 Super Sprint Race Weekend.

**We welcome all returning athletes to this event in addition to those who are participating for the first time.**

It is important to read the information in this booklet carefully before arriving at the event. There will be no printed version in the race pack.

A thorough understanding of this document will ensure that you have the best weekend possible.

We look forward to seeing you across weekend.

A handwritten signature in black ink, appearing to read 'Tony Compier'.

Tony Compier  
*Race Director*  
**Triathlon Queensland**

# INFORMATION FOR COMPETITORS

## Weekend Schedule

### Thursday 12 December 2013

**4:00pm**      **Registration Open (4:00pm-7:00pm) - Registration & Race Suit Check**

### Friday 13<sup>th</sup> December 2013

**8:30am**      **Registration Open (8:30am-9:30am) – Registration & Race Suit Check**

**10.00am**      **Event 1 - Swim Meet**

ITU Junior - 50m Free, 100m Free & 200m Free Swimming Races

ITU Youth - 50m Free, 100m Free & 200m Free Swimming Races

**2.30pm**      **Event 2 - Bike Criterium**

ITU Junior - 6km Criterium Bike Race (3 Laps) w. "Le Mans" Start (Heats only)

ITU Youth - 4km Criterium Bike Race (2 Laps) w. "Le Mans" Start (Heats only)

**5:30pm**      **Event 3 – Athletic Track Run**

ITU Junior - 1000m Track Running Races (Heats & Finals)

ITU Youth - 800m Track Running Races (Heats & Finals)

### Saturday 14 December 2013

**9:00am**      **Event 4 - Super Sprint Triathlon**

ITU Junior - Swim 300m /Bike 6km (3 Laps)/Run 1.6km

ITU Youth - Swim 200m /Bike 4km (2 Laps)/Run 1.2km

**3:00pm**      **Event 6 - Ultra Sprint Triathlon**

ITU Junior - Swim 200m/Bike 4km (2 Laps)/Run 1.2km

ITU Youth - Swim 300m /Bike 6km (3 Laps)/Run 1.6km (GRAND FINAL!)

### Sunday 15 December 2013

**9:15am**      **Event 7 - Super Sprint Triathlon GRAND FINAL**

ITU Junior Only - Swim 400m /Bike 8km (4 Laps)/Run 2.4km (GRAND FINAL)

**2.00pm**      **BBQ Lunch and Presentation Ceremony (ITU Junior & ITU Youth)**



# Race Information

## ELIGIBILITY

- This event is Race 1 – 2014 SCODY Australian Junior Triathlon Series.
- To be eligible to compete in this event (Super Sprint Race Weekend), you must be;
  - A financial “ITU Junior” OR “ITU Youth” member of Triathlon Australia (state and territory triathlon association (STTA) membership encompasses this) and be in good standing with TA and respective STTA
  - You must be aged 13-19 years as of **31st December 2014**
    - ITU Junior (16-19) must be born in the years 1995, 1996, 1997 or 1998
    - ITU Youth (13-15) must be born in the years 1999, 2000 or 2001

## AWARDS

- SCODY Australian Junior Triathlon Series medals will be awarded to all place getters
- Prize Money will be awarded to the top 3 placings overall (male & female)

ITU Junior	ITU Youth
1st - \$500	1st - \$250
2nd - \$300	2nd - \$200
3rd - \$150	3rd - \$100

## SUPER SPRINT RACE WEEKEND HONOUR ROLL

Year	ITU Junior Men	Year	ITU Junior Women
2012	Jake Birtwhistle (TAS)	2012	Jodie Duff (QLD)
2011	Marcel Walkington (VIC)	2011	Bree Jones (NSW)
2010	Scott Llewellyn (NSW)	2010	Ellie Salthouse (QLD)
2009	Drew Viles (QLD)	2009	Ashleigh Gentle (QLD)
2008	Brian McLeod (QLD)	2008	Emma Jackson (QLD)
2007	Joshua Amberger (QLD)	2007	Ashleigh Gentle (QLD)
2006	Sam Betten (QLD)	2006	Ashleigh Gentle (QLD)





**Year**                      **ITU Youth Men**  
**2012**                      **Matthew Hauser (QLD)**



**Year**                      **ITU Youth Women**  
**2012**                      **Kira Hedgeland (WA)**



### **POINTSCORE – ITU JUNIOR**

- The winner of the Super Sprint Race Weekend – ITU Junior will be the athlete that accumulates the most points from the six (6) events.
- In the event of two or more athletes finishing on equal points, the winner will be determined by the highest placed finisher in the GRAND FINAL race on Sunday.
- Points will be awarded to the top 16 placing in each of the 6 events.
  - Except event 2 – where points will be distributed between each heat
- Events 1 & 3 will be awarded the below base points.
- Event 2 will be awarded the below base points
  - e.g. 3 x ITU Junior Men Heats = Top 5 in each heat will earn below points
  - e.g. 2 x ITU Junior Women Heats = Top 8 in each heat will earn below points
- Events 4 & 5 will be awarded base points x 1.5.
- Event 6 - The GRAND FINAL will be awarded double points.

Placing	Points (Events 1&3)	Points (Event 2)	1.5 Points (Events 4&5)	Double Points (Event 6)
1 <sup>st</sup>	25	15M 20F	37.5	50
2 <sup>nd</sup>	20	12M 15F	30	40
3 <sup>rd</sup>	17	10M 12F	25.5	34
4 <sup>th</sup>	15	8M 10F	22.5	30
5 <sup>th</sup>	13	7M 8F	19.5	26
6 <sup>th</sup>	11	6F	16.5	22
7 <sup>th</sup>	10	4F	15	20
8 <sup>th</sup>	9	3F	13.5	18
9 <sup>th</sup>	8		12	16
10 <sup>th</sup>	7		10.5	14
11 <sup>th</sup>	6		9	12
12 <sup>th</sup>	5		7.5	10
13 <sup>th</sup>	4		6	8
14 <sup>th</sup>	3		4.5	6
15 <sup>th</sup>	2		3	4
16 <sup>th</sup>	1		1.5	2

## **POINTSORE – ITU YOUTH**

- The winner of the Super Sprint Race Weekend – ITU Youth will be the athlete that accumulates the most points from the five (5) events.
- In the event of two or more athletes finishing on equal points, the winner will be determined by the highest placed finisher in the GRAND FINAL Race on Saturday.
- Points will be awarded to the top 16 placing in each of the 5 events.
  - Except event 2 – where points will be distributed between each heat
- Events 1 & 3 will be awarded the below base points.
- Event 2 will be awarded the below base points (TBC - based on number of heats)
  - e.g. 2 x ITU Youth Men Heats = Top 8 in each heat will earn below points
  - e.g. 2 x ITU Youth Women Heats = Top 8 in each heat will earn below points
- Events 4 will be awarded base points x 1.5.
- Event 5 - The GRAND FINAL will be awarded double points.

<b>Placing</b>	<b>Points (Events 1&amp;3)</b>	<b>Points (Event 2)</b>	<b>1.5 Points (Events 4)</b>	<b>Double Points (Event 6)</b>
<b>1<sup>st</sup></b>	<b>25</b>	<b>20</b>	<b>37.5</b>	<b>50</b>
<b>2<sup>nd</sup></b>	<b>20</b>	<b>15</b>	<b>30</b>	<b>40</b>
<b>3<sup>rd</sup></b>	<b>17</b>	<b>12</b>	<b>25.5</b>	<b>34</b>
<b>4<sup>th</sup></b>	<b>15</b>	<b>10</b>	<b>22.5</b>	<b>30</b>
<b>5<sup>th</sup></b>	<b>13</b>	<b>8</b>	<b>19.5</b>	<b>26</b>
<b>6<sup>th</sup></b>	<b>11</b>	<b>6</b>	<b>16.5</b>	<b>22</b>
<b>7<sup>th</sup></b>	<b>10</b>	<b>4</b>	<b>15</b>	<b>20</b>
<b>8<sup>th</sup></b>	<b>9</b>	<b>3</b>	<b>13.5</b>	<b>18</b>
<b>9<sup>th</sup></b>	<b>8</b>		<b>12</b>	<b>16</b>
<b>10<sup>th</sup></b>	<b>7</b>		<b>10.5</b>	<b>14</b>
<b>11<sup>th</sup></b>	<b>6</b>		<b>9</b>	<b>12</b>
<b>12<sup>th</sup></b>	<b>5</b>		<b>7.5</b>	<b>10</b>
<b>13<sup>th</sup></b>	<b>4</b>		<b>6</b>	<b>8</b>
<b>14<sup>th</sup></b>	<b>3</b>		<b>4.5</b>	<b>6</b>
<b>15<sup>th</sup></b>	<b>2</b>		<b>3</b>	<b>4</b>
<b>16<sup>th</sup></b>	<b>1</b>		<b>1.5</b>	<b>2</b>

# Event Rules

- In all races athletes MUST wear bike shoes for the cycle leg (No riding in running shoes on platform pedals) and wear running shoes for the run leg (No running in bare feet – except when running from swim exit to bike transition) and No Spikes!
- This event is a DRAFT LEGAL TRIATHLON – All Bikes must meet the ITU Rules for DRAFT Legal races - go to [www.triathlon.org.au](http://www.triathlon.org.au) for more information
- In all races athletes MUST use the same bike, race wheels and helmet as per ITU Draft Legal Rules (No TT frames, disk wheels, aero bars or aero helmets will be allowed).
- December is thunderstorm season in QLD and therefore all events are subject to change in the event that the weather will adversely affect the athletes. Please stay in contact with the race organisation staff as we may need to bring an event forward or delay an event!
- False Start/Breaks –
  1. Swimming Events – 1 start policy. If an athlete is deemed to have false started in the swimming event the race will continue. The following penalty will be added to the athletes time:
    - a. 50m Free – 1sec
    - b. 100m Free – 3secs
    - c. 200m Free – 5 secs

NB – If the false start is deemed to be a deliberate break to gain an advantage the athlete will be disqualified!

  2. For all other events – Any breaks at the start of a race deemed by the starter or Race Referee to be a clear break and/or a deliberate break will incur a 10sec stop/start penalty at the completion of the swim leg – This penalty will be served in the transition area.
- The exact numbers of athletes in each race/wave is at the absolute discretion of the Event Manager and Race Referee.
- All other rules in the Super Sprint Race Weekend as per ITU Draft Legal events.
- All race start times on above schedule are a guide only. All race start times will be confirmed once entries have closed and all heats/waves in each race are finalised.
- All events are conducted in and around the Sports Super Centre (SSC), Runaway Bay.
  - [http://rbssc.com.au/sports\\_super\\_centre\\_gold\\_coast](http://rbssc.com.au/sports_super_centre_gold_coast)
  - SSC Swimming Pool (50m)
  - Luke Harrop High Performance Cycling Circuit
  - SSC Athletic Track (400m)

# Instructions for Numbering Athletes

- athletes must not use sunscreen on upper arms before or after numbering
- numbers must be **written vertically** not horizontally on both upper arms
- numbers must be prominent when looking at the athlete directly from the front
- use only a very thick black permanent marking pen
- **ALL NUMBERS TO BE CLEAR & VISIBLE - IF REQUIRED RE-WRITTEN FOR EACH NEW EVENT!**
- **numbers must be large and thick**
- the shape of the numbers is very important
  - no tops or tails on the number one
  - no loops on the number two
  - a simple not a crossed four [not like this 4]
  - no crossed sevens

## Race Format

### ITU Junior & ITU Youth

#### **Event 1: Friday AM – Swim Meet**

- 50m, 100m & 200m Freestyle Race
- 8 swimmers per race (1 swimmer per lane)
- Random draw to determine pool lanes
- Swimmers times for each of the 3 races are combined to determine the outright winner.
- Fastest 16 athletes overall will be awarded placing points

#### **Event 2: Friday PM – Criterium Bike Race**

- Bike criterium race w. “le mans” style start including transition (T1 & T2)
- ITU Junior - 6km Criterium Bike Race (3 Laps)
- ITU Youth - 4km Criterium Bike Race (2 Laps)
- Random draw to determine heats – only heats will be conducted
- Heats will be approx. 20-29 athletes per race (TBC – subject to entry/field size)
  - ITU Junior – anticipate there will be 3 male and 2 female heats
  - ITU Youth – anticipate there will be 2 male and 2 female heats
- Run from start to T1 and from T2 to finish will be approx 200m (refer to course maps)
- Fastest athletes in each heat will be awarded points as per points table
- Points will be divided from the total available points per event



**Event 3: Friday PM – Athletic Meet**

- 1000m Running Race – ITU Junior
- 800m Running Race – ITU Youth
- Random draw to determine heats
- Heats and a FINAL will be conducted
- Only the 16 athletes in the FINAL will be awarded points

**Event 4: Saturday AM - Super Sprint Triathlon (Draft Legal)**

- Swim 300m/Bike 6km (3 Laps)/Run 1.6km (4 Laps) – ITU Junior
- Swim 200m/Bike 4km (2 Laps)/Run 1.2km (3 Laps) – ITU Youth
- Waves of 16-18 athletes per race- some waves will have more than 18 athletes
- Random draw to determine waves and pool lanes
- Fastest 16 athletes overall will be awarded placing points (x 1.5)

**Event 6: Saturday PM - Ultra Sprint Triathlon (Draft Legal) – ITU Junior**

- Swim 200m/Bike 4km (2 Laps)/Run 1.2km (3 laps) – ITU Junior
- Waves of 16-18 athletes per race - some waves will have more than 16 athletes
- Random draw to determine waves and pool lanes
- Fastest 16 athletes overall will be awarded placing points (x 1.5)

**Event 6: Saturday PM - Super Sprint Triathlon (Draft Legal) – ITU Youth GRAND FINAL**

- Swim 300m/Bike 6km (3 Laps)/Run 1.6km (4 Laps) – ITU Youth (GRAND FINAL)
- Rankings based on point score from first 4 events.
- **The “A” Final is a double points race.**
- Only athletes in the “A” final are eligible for ranking points – top 16 only earn points
- “A” Final consists of athletes ranked 1-18
- “B” Final consists of athletes ranked 19+

**Event 7: Sunday AM - Super Sprint Triathlon (Draft Legal) – ITU Junior GRAND FINAL**

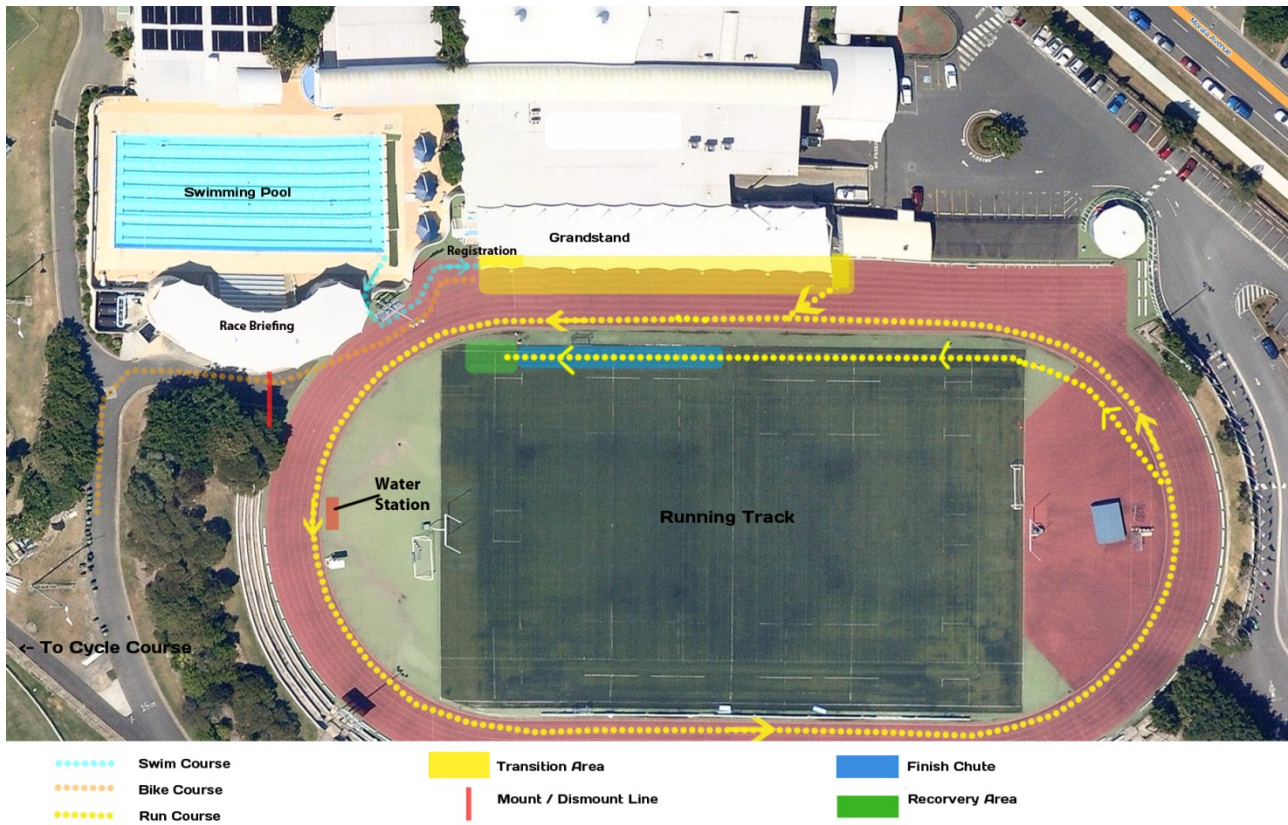
- Swim 400m/Bike 8km (4 Laps)/Run 2.4km (6 Laps) – ITU Junior (GRAND FINAL)
- Rankings based on point score from first 5 events.
- **The “A’ Final is a double points race.**
- Only athletes in the “A” final are eligible for ranking points – top 16 only earn points
- “A” Final consists of athletes ranked 1-18
- “B” Final consists of athletes ranked 19-36
- “C” Final consists of athletes ranked 37-59 (tbc)
- “D” Final consists of athletes ranked 60+ (tbc)





# MAPS

## Event Site



## Swim Map

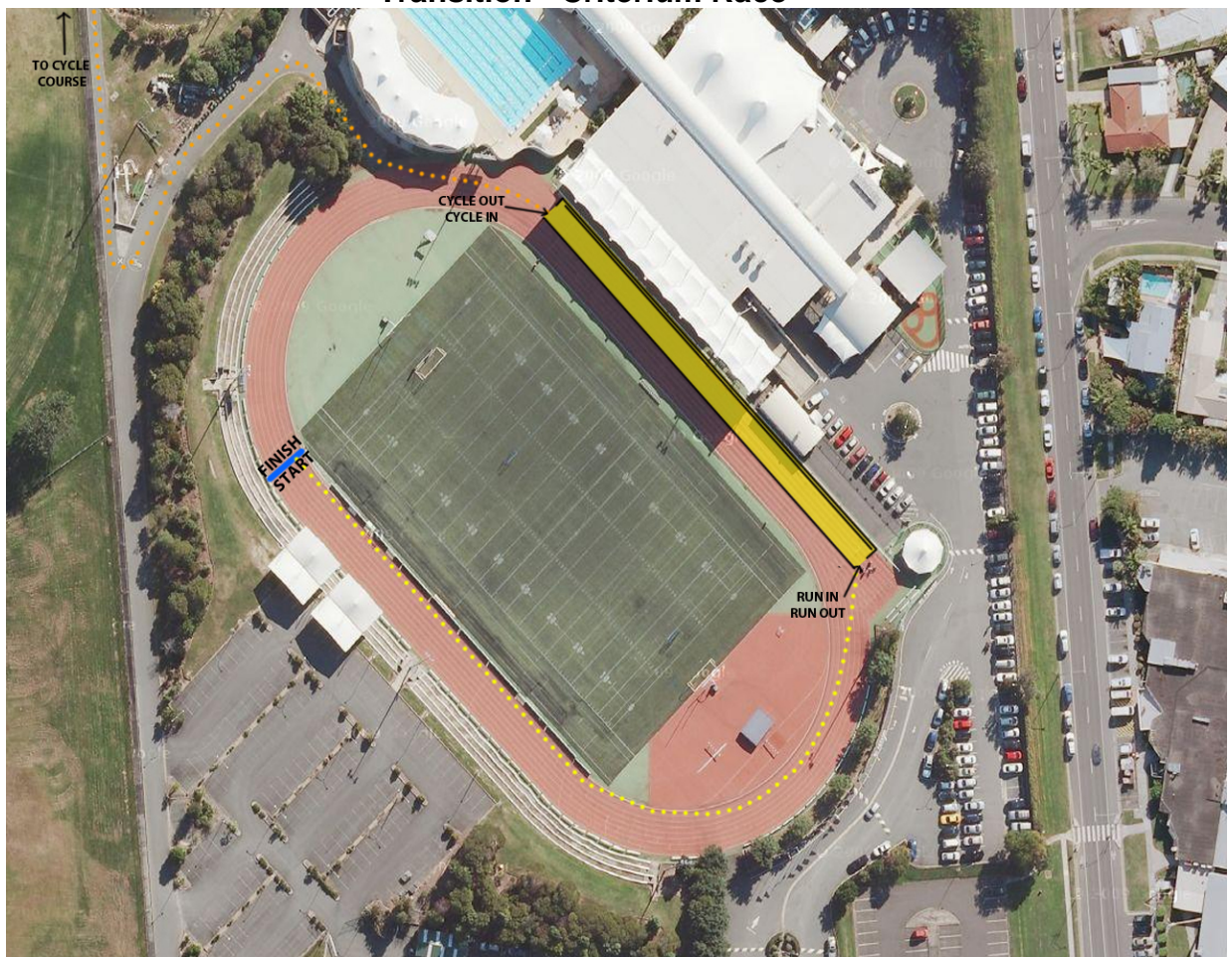




## Transition - Triathlons



## Transition - Criterium Race





## Cycle Course



## Event Area





# Bike Mechanic

## 99 Bikes

Bike mechanic in store at all times

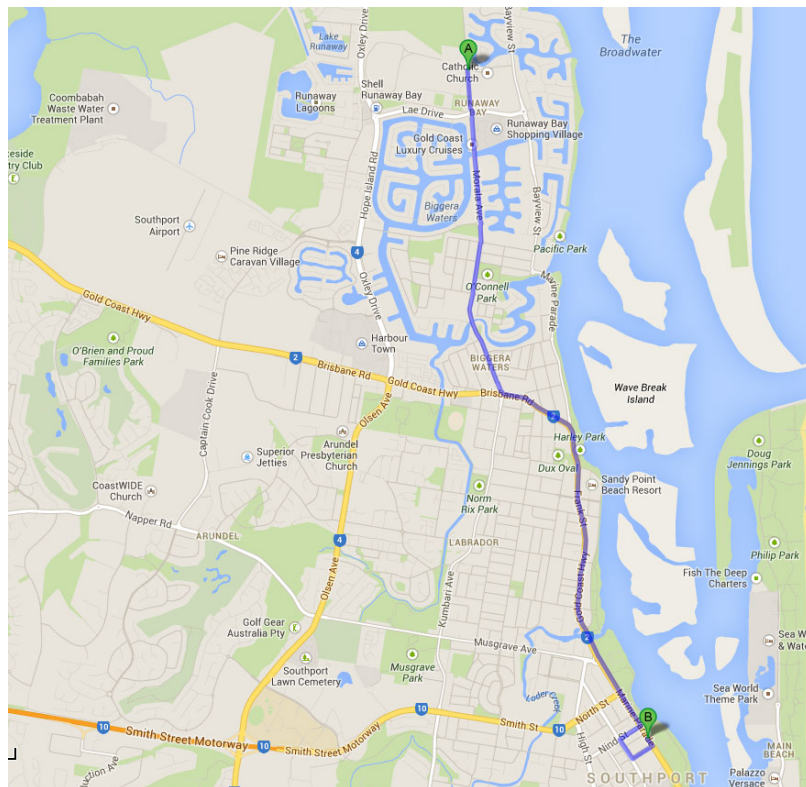
74 Marine Parade  
Southport QLD 4215

## Opening hours

Friday 9:00am – 5:30pm

Saturday 9:00am – 5:30pm

Sunday 10:00am – 4:00pm



## 2013 Super Sprint Race Weekend Competitor List

ITU JUNIOR WOMEN				
No.	Name	Surname	State	Age 2014
1	Brittany	Dutton	QLD	17
2	Jaz	Hedgeland	WA	19
3	Sophie	Malowiecki	QLD	17
4	Laura	Dennis	QLD	19
5	Kirsty	Deacon	VIC	17
6	Sophie	Heeney	NSW	17
7	Shai	O'Brien	VIC	18
8	Lucy	Smith	QLD	17
9	Rachel	Knellwolf	NSW	17
10	Brooke	Willis	QLD	19
11	Freya	Aisbitt	ACT	18
12	Brandi	Alberts	QLD	17
13	Ashley	Bleakley	ACT	16
14	Lily	Clapham	QLD	16
15	Ella	Connaghan	NSW	16
16	Jessica	Corliss	QLD	16
17	Madison	Crook	VIC	16
18	Tayla	Croudson	NSW	16
19	Ashlee	Diston	VIC	18
20	Mikala	Falconer	WA	19
21	Breony	Heaton	QLD	18
22	Kira	Hedgeland	WA	16
23	Edwina	Hobson	NSW	17
24	Grace	Hoitink	ACT	17
25	Jessica	Hoskin	QLD	16
26	Isabella	Khoudair	NSW	18
27	Hannah	McClusky	ACT	18
28	Haylee	Norris	ACT	18
29	Ayla	Rudgley	ACT	19
30	Tegan	Scott	WA	17
31	Jacqueline	Smith	QLD	16
32	Hayley	Stanford	VIC	16
33	Meg	Stevenson	VIC	19
34	Matilda	Terry	VIC	18
35	Abby	Tozer	NSW	17
36	Matilda	Vidler	VIC	16
37	Katinka	Von Elsner-Wellsteed	QLD	16
38	Tarni	Cunningham	NSW	



ITU JUNIOR MEN				
No.	Name	Surname	State	Age 2014
41	Luke	Willian	QLD	18
42	Matthew	Roberts	QLD	-
43	Ben	Anderson	VIC	19
44	Calvin	Quirk	QLD	17
45	Daniel	Coleman	QLD	19
46	Sam	Blake	VIC	19
47	Charlie	Quin	QLD	19
48	Brandon	Copeland	NSW	18
49	Gabriel	Cipriano	WA	19
50	Nick	McGuire	VIC	19
51	Hayden	Allder	QLD	18
52	Lachlan	Ashworth	QLD	17
53	Mitchell	Baker	NSW	18
54	Corey	Benham	ACT	16
55	Adam	Brown	QLD	16
56	Luke	Burns	VIC	16
57	Liam	Burton	NSW	16
58	Daniel	Canala	SA	18
59	Luke	Chalker	NSW	18
60	Bryce	Chong	Singapore	17
61	Elliott	Collins	NSW	19
62	James	Copperthwaite	QLD	16
63	Gabe	Dennison	TAS	17
64	Tayte	Dixon	QLD	17
65	Thomas	Driscoll	NSW	16
66	Lennart	Faller	NSW	16
67	Nicholas	Free	QLD	16
68	Jake	Freeman	QLD	18
69	Blake	Fulko	NSW	19
70	Aidan	Fuller	QLD	16
71	Lawrence	Garufi	QLD	17
72	Brady	Goodyear	NSW	18
73	Tom	Grieve	QLD	19
74	Shaun	Hahn	SA	17
75	Matthew	Hauser	QLD	16
76	Sam	Head	QLD	19
77	Ryan	Hudson	ACT	18
78	Carl	Jackson	NSW	17
79	Jordan	King	QLD	16

80	Thomas	Kotzur	NSW	18
81	Samuel	Lade	WA	19
82	Julian	Lam	VIC	18
83	Samuel	Lewis	NSW	17
84	Kane	Luhrmann	QLD	18
85	Fraser	Lyon	TAS	18
86	Ryan	MacNicol	QLD	16
87	Hamish	Martin	VIC	16
88	Callum	McClusky	ACT	16
89	Hamish	McGowan	VIC	16
90	Michael	McGuire	VIC	16
91	Connor	McKay	QLD	17
92	Jordan	McLennan	QLD	19
93	Max	Neumann	QLD	19
94	James	Nevill	VIC	17
95	Caleb	Noble	VIC	19
96	Campbell	Oram	QLD	17
97	David	Pinto	QLD	16
98	Kane	Richards	QLD	18
99	Lachlan	Richards	QLD	16
100	Nathan	Rodgers	VIC	18
101	Max	Rose	QLD	17
102	Jake	Schumacher	NSW	17
103	Cambell	Smith	WA	17
104	Liam	Smith	QLD	16
105	Conor	Sproule	ACT	18
106	Liam	Sproule	ACT	16
107	Nick	Swanson	QLD	17
108	Brandon	Swift	WA	16
109	Kieren	Tall	NSW	16
110	Nicholas	Thomas	VIC	17
111	Christopher	Thrupp	QLD	18
112	Jack	Tierney	SA	17
113	Ronan	Turley	QLD	16
114	Jack	Van Stekelenburg	VIC	17
115	Declan	Wallace	QLD	18
116	Justin	Webb	QLD	19
117	Jordie	Welch	ACT	17
118	Kurt	Wesley	WA	17
119	Wyatt	Westmoreland	QLD	17
120	Jess	Whittaker	QLD	16
121	Joseph	Willian	QLD	16

<b>122</b>	Daniel	Willis	QLD	17
<b>123</b>	Morgan	Woodley	NSW	18
<b>124</b>	Ethan	Woolford	SA	17
<b>125</b>	Kye	Wylde	QLD	17
<b>126</b>	Alexander	Young	QLD	16
<b>127</b>	Patrick	Moore	NSW	17

ITU YOUTH WOMEN				
No.	Name	Surname	State	Age 2014
131	Sabrina	Quirk	QLD	15
132	Dimi	Coventry	QLD	15
133	April	Scurr	QLD	15
134	Ellie	Hoitink	ACT	14
135	Olivia	Sargent	NSW	15
136	Samantha	Whitting	QLD	14
137	Gabby	Mastroianni	NSW	15
138	Milan	Agnew	QLD	15
139	Sarah	Dobie	VIC	15
140	Jessica	Ashworth	QLD	14
141	Georgina	Clarke	VIC	15
142	Jessica	Claxton	WA	15
143	Emily	Crispin	VIC	14
144	Fern	Davies	SA	15
145	Sara	Edwards	SA	14
146	Lauren	Elliott	NSW	15
147	Lucy	Evans	QLD	15
148	Olivia	Fry	NSW	15
149	Dayna	Gosper	QLD	13
150	Odette	Hodgson	NSW	15
151	Emily	Houston	QLD	15
152	Emily	Jamgotchian	NSW	14
153	Jessica	Just	QLD	14
154	Lauren	Kerwick	NSW	15
155	Emily	King	QLD	15
156	Kobi	Kiraly	ACT	15
157	Laura	May	NSW	15
158	Kayla	Munson	QLD	14
159	Ally Rose	Ogden	VIC	15
160	Inghion	Quinn	TAS	14
161	Lili	Rogers	WA	15
162	Sophie	Saunders	NSW	15
163	Neve	Smith	QLD	14
164	Lucie	Spurling	SA	13
165	Gabrielle	Stanek	NSW	15
166	Amy	Steven	SA	15
167	Carmen	Teiniker	QLD	14
168	Bree	Thistlethwait	QLD	14
169	Lily	Toussaint	VIC	15
170	Keely	Whittaker	QLD	13
171	Lauren	Wormald	SA	14

ITU YOUTH MEN				
No.	Name	Surname	State	Age 2014
175	Caleb	Agostino-Morrow	NSW	15
176	Jace	Grant	QLD	15
177	Kieran	Reilly	ACT	15
178	Max	Spurling	SA	15
179	Elliot	Schultz	QLD	14
180	Jack	Ferris	NSW	15
181	Kai	Healey	NSW	15
182	William	Atkinson	QLD	15
183	Harry	Bennett	QLD	14
184	Lachlan	Bonney	TAS	15
185	Mitchell	Bradbrook	QLD	15
186	Lloyd	Clode-Roberts	QLD	15
187	Harry	Dennis	QLD	15
188	Shaun	Earp	QLD	14
189	Joshua	Ferris	NSW	13
190	Declan	Gillard-Martin	SA	13
191	Colby	Jachmann	SA	15
192	Lachlan	Jones	QLD	14
193	Callam	Lang	NSW	14
194	Cameron	Luksich	NSW	15
195	Brian	Matthews	QLD	14
196	Kurt	McDonald	VIC	15
197	Duncan	Miller	ACT	14
198	Jack	Palmer	VIC	15
199	Jack	Porter	NSW	15
200	Lorcan	Redmond	NSW	14
201	Jakub	Rehula	VIC	15
202	Braelan	Renton	QLD	15
203	Hugo	Sharples	QLD	14
204	Liam	Simpson	QLD	15
205	Lachlan	Sinclair	QLD	14
206	Jack	Sosinski	QLD	15
207	Connor	Whiteley	NSW	15
208	Aaron	Yerbury	NSW	14