

GARMIN.



NOOSA
TRIATHLON



1-5 NOVEMBER 2023

2023 ATHLETE INFORMATION GUIDE

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CONTENTS PAGE



Section	Page
Race Director Message	5
Race Rules	6
Welcome Message	7
Event Schedule	9 -13
Athlete Check List	15
Race Kit	16
Relay Team Information	17
Noosa Triathlon - Triclubbers	18
Pre Race Information	20-21
<ul style="list-style-type: none"> Venue Athlete Check-In Timing Chip Bike Mechanics Pre Race Training Massage Parking Changed Traffic Conditions Shuttle Bus 	
Gear Bag Drop / Collection	22
<ul style="list-style-type: none"> Gear Bag Bike Pumps 	
Transition Pre Race	24
<ul style="list-style-type: none"> Bike Racking 	
Transition Race Day	25
<ul style="list-style-type: none"> Helmet Check Gear Set Up Bike Collection 	
Aid Stations	26
Race Day Information	28-29
<ul style="list-style-type: none"> Cut Off Times Contingency Plan Race Day Services Finish Line Photo Recovery Process & Area Results Lost & Found Property 	

Section	Page
Swim Course	30-31
Bike Course	32
Run Course	33
Presentations	34
Additional Information	35
<ul style="list-style-type: none"> Volunteers Official Event App Spectators Get Social 	
EXPO & Festival Events	36
Event Partners	38

HAMILTON ISLAND TRIATHLON & OCEAN SWIM WEEKEND,
THE WHITSUNDAYS, 25 - 26 NOVEMBER 2023

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RACE DIRECTOR MESSAGE



Hello and a very special welcome to the 40th anniversary of Garmin Noosa Triathlon and Multisport Festival! This event is steeped in decades of history, and we are looking forward to celebrating this milestone throughout the week. From humble beginnings in Noosa Heads to now being able to boast the title of the largest Olympic distance triathlon in the world, I am proud to be able to deliver this year's edition to our athletes and the Noosa Shire as Race Director!

In the spirit of reconciliation, the IRONMAN Group are committed to honouring Australian Aboriginal and Torres Strait Islander peoples' unique cultural and spiritual relationships to the land, water and seas and their rich contribution. The land on which we hold our Noosa event on has significant cultural heritage value to the Kabi Kabi people. It is important that these values are acknowledged, and that Aboriginal and Torres Strait Islander cultural heritage is recognised and preserved.

Please ensure that you read this Athlete Information Guide thoroughly as there are a few changes to the event, as well as tune in to the Race Director Virtual Briefing which will be released in the lead up to the event!

Once again there are no changes to the course this year. The Swim Course will again take place within the pristine waters off Noosa Main Beach. Once you've conquered the swim, the Bike Course takes you out to Cooroy with a 'quick' detour up GARMIN Hill. From the far turnaround it's a straight, fast ride back into Noosa Heads. The Run Course heads out along Noosa Parade and Weyba Road before turning and making a detour through Dolphin Crescent and Wyuna Drive. Before you know it, you'll be on the blue carpet running underneath the finish arch and enjoying a cold drink in the Noosa Heads Surf Club.

If you or your supporters are looking for something to do pre-event, there is a Festival Event for everyone, including; Noosa Run Swim Run, Tour de Noosa – Garth Prowd Ride, ASICS Noosa Breakfast Fun Run, 2XU Noosa 1000 Ocean Swim, Noosa Superkidz Triathlon and Tingirana Noosa Special Triathlon. In addition to this, we will also have 'Super Saturday' featuring some of Australia's best athletes racing the Australian Open Criterium and ASICS Noosa Bolt. The Legends Triathlon will also be making a comeback so come on down and cheer on your favourite celebrities in this light hearted edition of racing.

IRONMAN continues to work closely with Tourism Noosa and Plastic Free Noosa to reduce our event generated landfill. This year we aim to divert >80% of waste from landfill and in future years we will strive for continuous improvement. This is in addition to other

initiatives we are already doing including using only using compostable aid station cups and switching to elastic bungees instead of nylon zip ties.

To our over 300 Noosa Triathlon Legends that will be racing once again this year, you are an inspiration to us all. You'll all be able to spot these athletes on course with their gold race bibs – make sure you give them an extra cheer as they pass.

The Garmin Noosa Triathlon really is an iconic event, and this was recognised in 2019 when the event won Gold in the Best Major Event and Festival category at the Queensland Tourism Awards. A huge thanks to Tourism and Events Queensland, Noosa Council, Tourism Noosa, ASICS, Garmin and all of our event partners for their continued support. A big thanks also goes out to the Noosa community and volunteers who play a huge part in ensuring that this event is a great success year after year.

The team here at IRONMAN have put in a huge amount of work in preparing for over 10,000 athletes to descend on Noosa Heads and surrounding areas. The culmination of this work will hopefully be an experience you and your support crew will remember for a lifetime! We can't wait to see you at the start line.

All the best,



Luke Palmer
Race Director



The event is sanctioned by AusTriathlon.

All Athletes must read and understand the race rules and penalties prior to race day. Below we have highlighted **some** of the race rules.

[AusTriathlon Race Competition Rules 2022](#)

GENERAL

Section 1

1.1 Competitors must

j. not use any equipment that will distract the athlete from paying full attention to their surroundings: Athletes may not use communication devices of any type, including but not limited to mobile phones, smart watches, headphones and two-way radios, in any distractive manner during the competition. A “distractive manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs. Using a communication device in a distractive manner during the competition may result in disqualification;

m. not discard any equipment on the course, except at the approved dedicated locations;

SWIM

Section 2

2.1 When wetsuits are allowed, all components of the wetsuit will fit to the athletes’ body tightly.

2.7 Competitors must not use:

a. artificial propulsion devices;

b. flotation devices;

c. swimwear that covers the hands or feet, except socks may be used when wetsuits are mandatory

2.8 Swim skins may be worn and need to meet the same requirements as a race suit. Please see definition of a Race Suit in Appendix A.

BIKE

Section 3

3.1 A competitor is not permitted to cycle without appropriate footwear or with a bare torso.

3.2 A competitor is not permitted to make any forward progress without the bicycle and all of its component parts.

3.12 Bicycles must have all of the following characteristics:

e. fairings which reduce air resistance are prohibited;

Special Rule – Race Specific

Due to the number of competitors within Noosa Triathlon, the event will operate under a special ruling. When passing a forward competitor or motorcycle, you are allowed a maximum of 15 seconds to pass through the 7m x 3m wide draft zone. Failure to achieve this may result in a blue card penalty for drafting.

RUN

Section 4

4.1 A competitor may not crawl.

4.2 A competitor may not run with a bare torso or without shoes on any part of the run course of an event.

4.4 A competitor cannot be accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or alongside the course. A competitor cannot be accompanied by any non-competing person in the finish chute (unless an exception has been issued by the use of a special rule approved by the sanctioning officer or Technical Delegate).

PROTESTS

Section 7

A competitor may file a protest with the Race Referee provided that the matter under consideration has not previously been ruled upon by the Race Referee. A protest cannot be made on any matter involving a judgment call by a Technical Official. Matters relating to the lodging and consideration of protests are explained in Appendix G – Protest Procedures.

COMPETITION AGE

Appendix C

Age determination for all categories is determined by age on December 31st during the season of the triathlon competition.

For the 2023 Noosa Triathlon age is as of 31 December 2023

PENALTIES

Yellow Card - stop-start penalty. Minor infringement served with Technical Official anywhere on course.

Blue Card – 3min time penalty. If instructed to proceed to a bike course penalty box... the competitor is required to attend the next penalty box. Failure to do so may result in disqualification.

Red Card – major infringement.

WELCOME MESSAGE



Message from the Minister for Tourism, Sport and Innovation and Minister Assisting the Premier on Olympics and Paralympics Sport and Engagement The Hon. Stirling Hinchliffe MP

Welcome to 2023 Garmin Noosa Triathlon, a highlight on the It's Live in Queensland events calendar and a wonderful opportunity to showcase the Sunshine Coast region as a tourism destination.

The Noosa community is grateful to welcome visitors who fill their cafes and restaurants, stay in their accommodation, use local transport and explore our unique tourism experiences.

That's why we support events through Tourism and Events Queensland's Major Events Program because they bring a welcomed boost to the local community and supports local jobs.

Events like the Noosa Triathlon allows friends and family to reconnect and creates community pride. We hope you enjoy your stay and return again in the near future.

Be sure to immerse yourself in the local culture and get the opportunity to explore some of our world-class tourism experiences in this beautiful region.

Congratulations to the event organisers and volunteers – we wish you all the best for a successful event.



The Hon. Stirling Hinchliffe MP
Minister for Tourism, Sport and Innovation and Minister Assisting the Premier on Olympics and Paralympics Sport Engagement.

Message from the Chief Executive Officer of Tourism Noosa, Sharon Raguse

In the words of our traditional owners the Kabi Kabi people, 'Wunya Ngulum' - welcome to Noosa, a UNESCO Biosphere Reserve and the 10th World Surfing Reserve. Congratulations for taking part and getting involved in the 40th Anniversary of the iconic 2023 Garmin Noosa Triathlon and Festival Events!

As the destination partner, we are proud to have been the home of the largest triathlon in the world over the past 40 years and can't think of a better way to celebrate Noosa than swimming in our beautiful ocean, running along our tropical pathways and cycling through the lush Noosa hinterland. The Festival line up of events also offers a great opportunity for both the local community and supporters of all ages and fitness levels to get involved.

So let the hustle and bustle of daily life melt away as it's replaced by a tranquil rhythm that can only be described as a deep breathe in and slow exhale. A reminder to live in the present, to fully engage the senses and savour the beauty of the world around us.

We wish you all the best in competing this year and hope you enjoy your stay and find your inner [Noosa!](https://www.visitnoosa.com.au)



Sharon Raguse,
Chief Executive Officer of Tourism Noosa
www.visitnoosa.com.au

SOMETIMES YOU
HAVE TO SPEED UP
to slow down



STAY

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or countryside.



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destination



SEE & DO

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fun and adventure.

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EVENT SCHEDULE



Event Schedule is up to date as at 05/10/2023 and is subject to change.

View the Event Schedule [online](#) and on the [Noosa Triathlon App](#) for the most up to date Information.

Wednesday 1 November 2023		
Time	Event	Location
5:30am - 6:15am	Noosa Run Swim Run 8-13 years Check-In	Festival Events Hub – Noosa Heads SLSC Car Park
5:30am - 6:30am	Noosa Run Swim Run 14 years + Check-In	Festival Events Hub – Noosa Heads SLSC Car Park
6:30am	Noosa Run Swim Run 8-13 years Race Start	Noosa Heads Main Beach
7:00am	Noosa Run Swim Run 14 years and over Race Start	Noosa Heads Main Beach
7:30am	Noosa Run Swim Run Presentations	Festival Events Hub – Noosa Heads SLSC Car Park

Thursday 2 November 2023		
Time	Event	Location
6:00pm – 8:00pm	Garmin Noosa Triathlon Official Launch (Invitation Only)	Beach Marquee- Noosa Heads Main Beach

** Subject to change*

EVENT SCHEDULE



Event Schedule is up to date as at 05/10/2023 and is subject to change.

View the Event Schedule [online](#) and on the [Noosa Triathlon App](#) for the most up to date Information.

Friday 3 November 2023		
Time	Event	Location
5:00am - 5:45am	Tour de Noosa - Garth Prowd Ride Check-In and New Entries	Festival Events Hub – Noosa Heads SLSC Car Park
6:00am	Tour de Noosa - Garth Prowd Ride Event Start	Festival Events Hub – Noosa Heads SLSC Car Park
6:00am – 8:00pm	Shuttle Bus Operating- Return Service	Noosa Junction Transit Centre (platform 2 Stop C) – Noosa Drive (adjacent to Avis Hire)
6:00am - 7:15am	ASICS Noosa Breakfast Fun Run Check-In and new entries	Festival Events Hub – Noosa Heads SLSC Car Park
7:35am	ASICS Noosa Breakfast Fun Run Event Start	Park Rd- Noosa Heads
9:30am - 7:00pm	Event Information Open	Festival Village - Noosa Woods, Hastings St
9:00am - 7:00pm	Noosa Sports & Lifestyle Expo Open	Festival Village - Noosa Woods, Hastings St
9:00am - 7:00pm	Garmin Noosa Triathlon Merchandise Store Open	Festival Village - Noosa Woods, Hastings St
9:30am - 7:00pm	Garmin Noosa Triathlon Check-In (Must be pre-booked)	Festival Village - Noosa Woods, Hastings St
11:00am	Press Conference	Beach Marquee – Noosa Heads Main Beach
12pm - Late	Massage Open	Festival Village – Noosa Woods, Hastings St
12:30pm	Elite Athlete Briefing	Beach Marquee- Noosa Heads Main Beach
2:30pm - 4:00pm	2XU Noosa 1000 Ocean Swim Check-In and Late Entry	Festival Events Hub – Noosa Heads SLSC Car Park
4:15pm	2XU Noosa 1000 Ocean Swim Race Start	Festival Events Hub – Noosa Heads SLSC Car Park
5:30pm	2XU Noosa 1000 Ocean Swim Presentations	Festival Events Hub – Noosa Heads SLSC Car Park
5:40pm	Garmin Noosa Triathlon Legends Function (Invitation Only)	Beach Marquee- Noosa Heads Main Beach

* Subject to change

EVENT SCHEDULE



Event Schedule is up to date as at 05/10/2023 and is subject to change..

View the Event Schedule [online](#) and on the [Noosa Triathlon App](#) for the most up to date Information.

SATURDAY 4 NOVEMBER 2023		
Time	Event	Location
6:00am – 7:00pm	Shuttle Bus Operating	Noosa Junction Transit Centre (platform 2 Stop C) – Noosa Drive (adjacent to Avis Hire)
6:00am - 7:15am	Noosa Superkidz Triathlon Check-In and New Entries	Chaplain Park, Noosaville
6:30am - 7:30am	TINGIRANA Noosa Special Triathlon Check-In and New Entries	Chaplain Park, Noosaville
7:30am	Noosa Superkidz Triathlon Event Start	Chaplain Park, Noosaville
8:00am – 4:00pm	Garmin Noosa Triathlon Check-In (Must be pre-booked)	Festival Village - Noosa Woods, Hastings St
8:00am - 5:00pm	Event Information Open	Festival Village - Noosa Woods, Hastings St
8:00am - 5:00pm	Noosa Sports & Lifestyle Expo Open	Festival Village - Noosa Woods, Hastings St
8:00am – 5:00pm	Massage Open	Festival Village - Noosa Woods, Hastings St
8:00am - 5:00pm	Garmin Noosa Triathlon Merchandise Store Open	Festival Village - Noosa Woods, Hastings St
8:15am (approx.)	TINGIRANA Noosa Special Triathlon Event Start (Tingirana Noosa Special Triathlon will commence immediately after all Superkidz have commenced on the run course. This will be approximately 8:15am)	Chaplain Park, Noosaville
9:00am	Tri Clinic with Toby Coote	Transition - Noosa Heads Lions Park
9:30am - 5:00pm	Event Information Open	Transition - Noosa Heads Lions Park
9:30am - 9:45am	Priority Bike Racking (Noosa Tri Legends Club & Garmin Beach Club) (Must be pre-booked)	Transition - Noosa Heads Lions Park
10:00am - 4:30pm	Noosa Triathlon Transition Bike Racking (Must be pre-booked)	Transition - Noosa Heads Lions Park

* Subject to change

EVENT SCHEDULE



Event Schedule is up to date as at 05/10/2023 and is subject to change..

View the Event Schedule [online](#) and on the [Noosa Triathlon App](#) for the most up to date Information.

SATURDAY 4 NOVEMBER 2023 (Cont.)

Time	Event	Location
11:00am	Garmin Noosa Triathlon Transition Tour with Multisport Consultants lead by Nick Croft	Transition - Noosa Heads Lions Park
11:00am	Tri Clinic with Toby Coote	Transition - Noosa Heads Lions Park
1:30pm-2:15pm	Australian Open Criterium – Women Check-In	Noosa Bus Stop, Noosa Parade
2:00pm - 5:30pm	Garmin Noosa Triathlon Beach Club, VIP and Trackside Garden	Noosa Parade, Noosa Heads
2:00pm	Noosa Triathlon Transition Tour with Multisport Consultants lead by Nick Croft	Transition - Noosa Heads Lions Park
2:15pm – 3:00pm	Legends Relay Triathlon Check-In	Noosa Parade, Noosa Heads
2:30pm	Australian Open Criterium – Women – Race Start	Noosa Parade, Noosa Heads
3:15pm – 4:00pm	Australian Open Criterium – Men Check-In	Noosa Bus Stop, Noosa Parade
3:20pm	Legends Relay Triathlon Event Start	Laguna Park, Noosa Heads
4:10pm	Australian Open Criterium – Men Race Start	Noosa Parade, Noosa Heads
4:30pm – 5:00pm	ASICS Noosa Bolt Check-In	Noosa Bus Stop, Noosa Parade
5:20pm	ASICS Noosa Bolt – Race Start	Noosa Parade, Noosa Heads

SUNDAY 5 NOVEMBER 2023

Time	Event	Location
4:00am - 6:00am	Shuttle Bus Operating - Return Service	AFL Grounds, Weyba Rd to Noosa Drive (Adjacent to Avis Hire)
4:00am - 3:00pm	Shuttle Bus Operating - Return Service	Bicentennial Dr (Sunshine Beach) to Noosa Drive (Adjacent to Avis Hire)
4:00am - 7:00pm	Shuttle Bus Operating - Return Service	Noosa Junction Transit Centre (Platform 2 Stop C) to Noosa Drive (Adjacent to Avis Hire)
4:30am - 3:00pm	Event Information Open	Noosa Bus Stop, Noosa Parade

* Subject to change

EVENT SCHEDULE



Event Schedule is up to date as at 05/10/2023 and is subject to change.

View the Event Schedule [online](#) and on the [Noosa Triathlon App](#) for the most up to date Information.

SUNDAY 5 NOVEMBER 2023 (Cont.)		
Time	Event	Location
4:45am	Gear Bag Drop, No access during the race	Noosa Bus Stop, Noosa Parade
4:45am	Garmin Noosa Triathlon – Transition Open	Transition - Noosa Heads Lions Park
6:00am	Garmin Noosa Triathlon – Individual Transition Close	Transition - Noosa Heads Lions Park
6:00am - 1:00pm	Garmin Noosa Triathlon Beach Club, VIP and Trackside Garden	Noosa Parade, Noosa Heads
6:15am	Garmin Noosa Triathlon – Elite Male Race Start	Swim Start, Main Beach, Noosa Heads
6:17am	Garmin Noosa Triathlon – Elite Female Race Start	Swim Start, Main Beach, Noosa Heads
6:18am	Garmin Noosa Triathlon – Paratriathlete Race Start	Swim Start, Main Beach, Noosa Heads
6:21am	Garmin Noosa Triathlon – Individual Age Group Race Start	Swim Start, Main Beach, Noosa Heads
8:00am – 2:30pm	Merchandise Store Open	Noosa Bus Stop, Noosa Parade
8:00am - 4:00pm	Massage Open	Recovery area , Noosa Heads Lions Park
8:45am	Garmin Noosa Triathlon - Relay Team Transition Close	Transition - Noosa Heads Lions Park
9:05am	Garmin Noosa Triathlon – Relay Team Race Start	Swim Start, Main Beach, Noosa Heads
10:30am - 3:00pm	Garmin Noosa Triathlon - Transition Bike Collection	Transition - Noosa Heads Lions Park
1:15pm - 3:00pm	Shuttle Bus Operating - Return Service	Noosa Drive (Adjacent to Avis Hire) to AFL Grounds Weyba Rd
4:00pm	Garmin Noosa Triathlon Presentation Ceremony	Beach Marquee - Noosa Heads Main Beach
6:00pm	Party on at the Noosa Heads Surf Club	Noosa Heads Surf Club

* Subject to change

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PRE-EVENT

- Book/confirm accommodation & flights (if applicable)
- Order Medal tag for your finisher medals by visiting myevents.active.com, choosing Noosa Triathlon, additional purchases, Medal Tag. This will be posted after the race. Otherwise, this can be purchased at the merchandise store onsite.
- Ensure event registration is confirmed (check for confirmation email)
- Familiarise yourself with event schedule (know all check-in/drop off times)
- Ensure you have booked your appointment time for Athlete Check-In and Bike Racking. You will receive an email three weeks from race day with a link to book these times.
- Review/update of medical & emergency contact details check. You will receive an email three weeks from race day with instructions.
- Pack photo ID in your luggage
- Familiarise yourself with the course - it is your responsibility to know this on race day
- Check athlete list online & on event app. **Note:** web list won't be updated after 30 September 2023. Event app will be updated at close of Check-In prior to race day. If any details are wrong, contact us via email noosatri@ironman.com or phone 1300 761 384.

ONCE I ARRIVE (PRE-RACE)

- Familiarise yourself with the event venue and key areas (Athlete Check-In, bike racking, swim start & finish line)
- Familiarise yourself with road closures
- Check-In and collect race kit (must be pre-booked)
- Rack bike (must be pre-booked)
- Pack items for race day
- Teams – familiarise yourself with team transition entry point

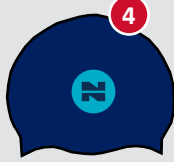
RACE DAY

- Ensure you have all items for your race including, helmet, timing chip & wetsuit/tri suit
- Enter Transition for last minute checks, set up gear & drop off bike pump (if relevant)
- Drop off gear bag (if relevant)
- Start the race - be at the start line at least 15 minutes prior to your start time
- Finish the race
- Recover
- Collect your items – gear bag, bike pump, bike

POST RACE

- If an award winner – attend Presentations at the Beach Marquee – Noosa Heads Main Beach

RACE KIT



RACE KIT COLOURS

Black – Open Male

Silver – Open Female

Light Blue – Individual Athletes

Navy– Relay Teams

Gold – Legend Athletes

Red – Smiling for Smiddy

Orange – Charity Partners

1. RACE BIB NUMBER

Worn on the front and attach with race belt (supplied by athlete) or safety pins (available at Event Information). Do not fold or alter race bib number.

2. ATHLETE WRISTBAND

Secured at Athlete Check-In and must be worn at all times until after presentations. The IRONMAN Group will not allow access into athlete restricted areas without athletes wearing their wristband.

NO WRISTBAND = NO ACCESS

3. TATTOOS

Number Tattoo: Place on right bicep

Category Tattoo: Place on left calf

Application: Apply by peeling the clear film off, placing the tattoo face-down on your right arm, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper

Tattoos are compulsory to wear. In the case your tattoo becomes faulty please see the Event Information Staff who will be able to provide direction on how to write your number/letter on with a permanent marker.

4. SWIM CAP

Provided swim cap, must be worn during swim leg. If wearing another cap, the official cap must be worn on top. Swim caps are Latex.

5. GEAR BAG

Place items required for post race (collected in the recovery area). Drop off race morning. Must use bag supplied.

6. BIKE SEAT POST STICKER

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

Your Category Group is listed on this sticker and will match your swim cap colour, this is your start group. Please ensure your bike rack area matches the colour/number of your Category Group

7. HELMET STICKER

Place sticker on front of helmet. Attach prior to helmet check on race day.

8. BIKE PUMP STICKER

Place sticker on bike pump prior to drop off on race day.

9. GEAR BAG STICKER

Remove sticker from backing sheet wrap the label around the string on the bottom right-hand corner of your gear bag and stick securely onto the back of itself.

RELAY TEAM INFORMATION



Please note the below information relates to the Relay Teams and outlines specific team details and difference to the Individual race.

Teams you must still read the complete AIG for all relevant information but please note the team information below.

RACE KIT

Please refer to page 16 to see all inclusions in your race kit.

Please note the team differences:

- Race Bib Number – This is worn by the runner
- Athlete Wristband – each team member will receive their own wristband during Check-In
- Gear Bag- each team member will receive

Tattoos:

- Number Tattoo – worn by runner
- Category Tattoo – worn by runner

CHECK-IN

Only one team member is required to attend Check-In, but it is recommended that all attend if possible. The first team member to attend Check-In will receive the Race Kit and athlete gifts for all members.

It is then the responsibility of the team member to distribute the race kit to the other team member/s.

It is recommended where possible, that all Relay Teams Check-In together.

Please note: Check-in must be pre-booked

TRANSITION

The changeover between team members will occur at your bike racking space. You will then, exchange the timing chip. Your timing chip is your relay baton.

During the race, team members will enter through the Teams Entry and await in the teams change over area to meet at their bike racking space.

Team changeovers are self-managed, and it is up to Relay Teams to ensure they know when they must be at the meeting point.

All Team Swimmers must be at the swim start by 8:45am. Only team cyclists can remain in the team transition area from 9:00am. Team runners will have access to transition once all the bikes have exited transition and are on the bike course.

We must ensure Teams Transition is as clear as possible during race times for the safety of all competitors.

- Team swimmers must not remove the timing band until within the transition area.
- The team cyclist must remain in their position in transition with their bike racked until the swimmer has tagged the cyclist and the cyclist has the timing chip secure around their LEFT ankle.
- Once returned to transition the team cyclist must rack their bike before the timing band can be exchanged to the runner for them to commence the run leg. Team runners must wait in the team cyclist's bike race position. Remember to take the timing band off the cyclist and secure it to your ankle before exiting transition.

SWIM START

Rolling Category Start: Team swimmers will seed themselves based upon their own projected swim times.

FINISH LINE

Only runners of the Relay Teams will be permitted down the finish line.

RECOVERY

Team members will have access to water upon exiting transition as well as access to the main recovery area within Lions Park.

There will also be bidon filling stations as you walk to and from the Teams transition area.



GOOD LUCK TRICLUBBERS

- A BODY 2 FIT Triathlon Club
- Adelaide Triathlon Club
- Allie Performance Coaching
- Aspire #LiveFit
- Atlas Multisports
- Australian Defence Triathlon Club
- Azure TNQ
- B Mee Multisport
- Balance Tri Club
- Ballarat Triathlon Club
- Ballina Triathlon Club
- Balmoral Triathlon Club
- Bargara Triathlon Club
- Bayside Multisport
- Bayside Triathlon Club
- Be Energetic
- Beckworth Racing
- Bendigo Triathlon Club
- Big Sexy Racing LLC
- Bondi Running & Triathlon Club Inc (B.R.A.T)
- Bondi Running and Triathlon
- Boost Coaching
- BOSS Multisport
- Brisbane Triathlon Club
- Burleigh Triathlon & Multisport Squad
- Cairns Crocs Triathlon Club
- Caloundra Triathlon Club Inc
- Canberra Bilbys Triathlon Club
- Carina Leagues Triathlon Club
- Central Coast Triathlon Club
- CF Racing
- City Tri Club (Inc)
- Clapham Chasers
- Club Croc Inc
- Coffs Harbour Triathlon Club
- Concord Triathlon Club
- Coogee Triathlon Club
- Core 4 Endurance
- Core4 Endurance
- Cradle Coast Triathlon & Multisport
- Cronulla Triathlon Club
- Dan McTainsh Triathlon Squad
- Darwin Triathlon Club
- Davey Black Tri Club
- DGC Tweed Coast Multisport
- DONGGUAN TRIATHLON SPORTS ASSOCIATION
- East Coast Cycos
- Eastern Suburbs Triathlon Club
- Echuca Moama Triathlon Club
- EFS Triathlon Club
- Elevate Tri Club
- Elite Triathlon Performance Australia
- Eltham Tri And Open Water Club
- Energy Lab Triathlon
- Engadine Triathlon Club Inc
- Fast Lane Coaching
- Fit2Tri Triathlon Club
- FitSets.com
- Fitter Radio Coffee Club
- Fitzroy Frogs Triathlon Club
- Flickaa TT
- Forster Triathlon Club Inc.
- Fortitude Performance Coaching
- Free Radicals Tribe Triathlon Club
- Fremantle Triathlon Club
- ful-on tri
- Genesis Triathlon Club
- Goondiwindi Triathlon Club Inc.
- GPC Squad
- Greensborough Triathlon Club
- Hamilton Triathlon Club
- Hat Head Triathlon Club
- Hawkesbury Triathlon Club
- Hawthorn Triathlon Club
- Helix Triathlon
- Hervey Bay Triathlon Club Inc.
- Highlands Triathlon Club
- Hills Triathlon Club
- Holistic Endurance
- Hong Kong Dragons Triathlon Club
- Hurt Locker Tri
- i4 Coaching
- Illawarra Triathlon Club
- Intraining Running And Triathlon Club
- Ipswich triathlon club
- Ipswich Triathlon Club - AU
- ISA RATS Running & Triathlon Club
- JET Coaching
- JQ Triathlon Team
- JT Multisport
- Kempsey Runners And Triathlon Club Inc
- Kiama Triathlon club
- Knox Triathlon Club Inc.
- Koa Sports
- Lakers Triathlon Club
- Latrobe Valley Tri Club
- Launceston Triathlon Club
- Leichhardt & Parramatta Drum-moyne Triathlon Club Inc (Lapd)
- Live2Tri
- Lockyer Lightning Multisport Club Inc.
- Logan Triathlon Club
- M5 Acadamies
- Macarthur Triathlon Club
- Maccabi Triathlon And Cycle Club, Inc.
- Mackay Triathlon Club
- Maitland Triathlon Club Inc
- Mandurah Triathlon Club
- Manningham Triathlon Multisport Inc
- Mavericks Coaching Alliance
- Melbourne Triathlon Club Inc
- Momentum Endurance Coaching
- Momentum Endurance Coaching
- Moore Performance
- Moree Services Cycle and Triathlon Club
- Mornington Peninsula Triathlon Club
- MRA Multisport
- Multisport Gold
- MX Endurance
- My Training Day
- MyProCoach
- Newcastle Triathlon Club
- Ngungun Tri Club
- Noosa Tri Club
- North Harbour Triathlon Club
- Northern Suburbs Triathlon Club
- NQ Triathlon Academy
- Nunawading Triathlon Club
- Olympian Triathlon Club
- Orange Cycle And Triathlon Club
- PACTRAC
- Panthers Triathlon Club
- Peddlar
- Pine Rivers Tri Sports Club Inc
- Port Macquarie Triathlon Club
- Pulse Triathlon Club - Australia
- Purple Patch Fitness
- Pursue Multisport
- Pursue Multisports
- Race Pace Coaching
- Racepace
- Ratpack Multisport Inc
- Red Dog Triathlon Training
- Redcliffe Tri Club
- Redlands Cycling and Multisport Club
- Redline Tri Club
- Reed Performance Group
- Ringwood Triathlon Club
- Riverland Triathlon Club
- Riviera Triathlon Club Inc
- Sandgate Tri Club
- Sansego Triathlon Club
- Sharks Triathlon Club
- Sheldon Triathlon Club
- Shepparton Tri Club
- Simon Knowles
- Somerset Spartans Triathlon Club
- South Bank Triathlon Club
- Southport Triathlon Club Inc
- Sovereign Slingers
- Spaero Triathlon
- SSG MultiSports
- Stadium Triathlon Club
- Standing Start Triathlon
- Starfish Tri-Athletic
- Stingers Triathlon Club
- Sunshine Coast Tri Club
- Sunshine Coast Triathlon Academy
- SCTA
- Surfers Paradise Triathlon Club
- Sutherland Shire Triathlon Club
- Swiftmultisport
- Sydney Triathlon Group
- T-Zero Multisport
- TCR Sport Lab Ltd
- Team Betty
- Team NRGY LLC
- Team SFQ
- Team Sirius Tri Club
- Team T Rex
- TEAM TISSINK TRIATHLON
- TEAM Tri Coaching
- Team Tri Force (UK)
- Temora Running and Multisports Club
- Tempo Systems
- The Cupcake Cartel
- The Olympic Club
- Tomaree Triathlon Club
- Toowoomba Triathlon Club Inc
- TRG Triathlon and Multisport
- Tri Alliance
- Tri Connect Coaching
- Tri Fitness
- Tri Nation
- Tri St George
- Tri-ActiV8 Triathlon Squad
- Triathlon Adventures Geelong
- Triathlon Association of Singapore
- Triathlon South
- TriBabes
- TriChicks
- Tridents Triathlon Club
- TriEdge Coaching
- TriFury
- TriKings Triathlon Club
- TriMob
- TriMotivate Performance Coaching
- TriSpecify
- TRITONES RIOJA
- TriVelo Coaching
- Tuggeranong Vikings Triathlon Club
- Tulsa Area Triathletes
- Twin Towns Triathlon Club
- T-Zero
- UQ TRIADS
- Vietnam Triathlon Club
- Vipers Triathlon Club
- Vision Tri Club
- Wagga Triathlon Club
- Warrindah Triathlon Club
- We Tri - Training and Coaching
- Wellington Triathlon Club (NZ)
- Western Suburbs Triathlon Club (WSTC)
- Westside Triathlon Club
- Whitsunday Triathlon Club
- Wicklow triathlon club
- Wilston Grange Triathlon Club
- Wyn Republic
- Yarra Tri Club
- Yoska Tri A New Life

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PRE-RACE INFORMATION



VENUE



ATHLETE CHECK-IN

See pages 9-13 for time and location. We will be operating Athlete Check-In by appointment only. You will receive an email three weeks from race day with a link to book these times.

All packs will need to be collected during Athlete Check-In opening hours. **Please note, no packs will be posted out prior to the event.**

What you will need to bring:

- Photo ID (drivers licence or passport)
- QR Code (you will find in your email from ACTIVE)

Who can collect?

Only the person registered can pick up their race kit at Athlete Check-In. Please note that it is not permitted for someone else to compete under your name or for you to compete under someone else's name. This will result in suspension from your State Triathlon Association and banning both parties from future IRONMAN Oceania races.

TIMING CHIP

Pick Up: Your Timing Chip will be located in the envelope of your Race Kit.

Hot Tip: Place the timing chip somewhere safe after collection. Eg with your helmet.

Drop Off: Timing chips will be collected within Recovery. Please remove your own timing chip and give to volunteers.

Lost During Race: If you lose your timing chip during the race, inform Event Staff within Transition, so that timing providers can do their best to replace the chip.

Drop Out: If you do not start the race or pull out of the race, please return the timing chip to a drop out clerk located at Event Information or if unable to reach this location to an Event Staff member. Where possible only hand to an official Event Staff member not a volunteer.

Lost Timing Chips: If your timing chip is not returned or is lost, you will be charged \$150AUD for a replacement.



PRE RACE INFORMATION



BIKE MECHANICS

Bike Mechanics from local shop Spoke n Trail will be available at the Festival Village Friday and Saturday for all pre-race bike mechanic services. A limited 'emergency service' will be available in transition on Sunday from 4:45am – 6:00am for Individuals, and 4:45am – 10:15am for Relay Teams if you require assistance.

They will also be roaming the course to assist with any oncourse issues.

If you require any assistance prior to the Event their shop is located at 1/3 Leo Alley Rd, Noosaville, QLD, 4566 for all bike services and needs.

PRE-RACE TRAINING

Swim: There are many great pools on the Sunshine Coast, if you choose to swim at the beach, remember to swim between the flags

Bike: Remember to obey the road rules and do not ride two abreast on narrow road sections. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Australia and Police can issue on-the-spot fines for breach of this law. Lock your bike whenever you leave it (unless it's during bike racking).

Run: Run on footpaths where possible and do not run more than two abreast.

MASSAGE

Pre and post-race massage therapy will be available from Friday to Sunday. View the Event Schedule (pages 9-13) for times and location.

Cost: \$20 per 15 minutes.

Bookings by emailing glaux@netpace.net.au prior to Thursday 2 November 4pm. Bookings also available onsite from Friday 9am.

PARKING

Parking will be on surrounding local streets (please ensure that you are aware of any parking restrictions and changed traffic conditions).

Athlete drop off on Sunday morning must be at the top of Noosa Drive hill at the Stop, Drop & Go Zone, and athletes are to walk down the footpath to transition. Do not attempt to drive into Noosa Heads as closures are in place.

CHANGED TRAFFIC CONDITIONS

Please take time to make yourself aware of all changed traffic conditions for yourself and all athletes on race day.

[View CTC Flyer](#)

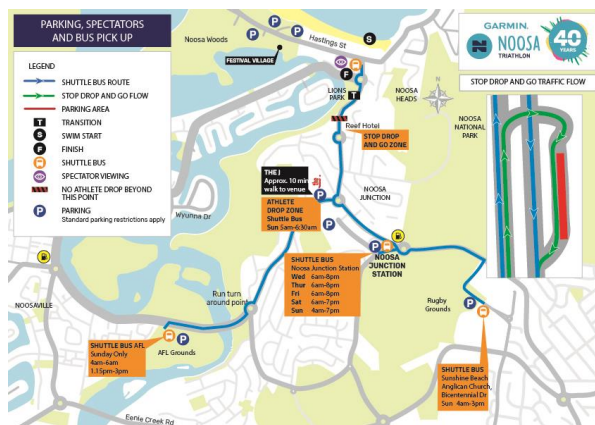
SHUTTLE BUS

There will be a shuttle bus service available from Wednesday 1 November to Sunday 5 November for athletes and public.

On race day an additional two routes will be available from all-day parking.

This service will run approximately every 30 minutes.

[View Schedule here](#)



GEAR BAG DROP / COLLECTION



GEAR BAG

Your gear bag consists of any clothes you require post-race and is collected from the Gear Drop Area. The bag provided to you during Athlete Check-In must be used as your gear bag. No other bag will be accepted. Please ensure that you have the gear bag sticker (located in your race kit) clearly stuck to the bottom of the handle. The Gear Drop is outdoors so please ensure that your valuables are protected from the elements within your Gear Bag.

Examples Include:

- Warm clothing (jumper, tracksuit pants)
- Different footwear

Please refrain from placing any valuables in your bag where possible.

View page 9-13 for times and locations.

Ensure you are aware of the closing time as after this time the Gear Drop Area will become unsecure.

BIKE PUMPS

Bike pump drop off will be available on race morning at the Gear Drop Area and can be collected post event from the Gear Drop Area. Please ensure your bike pump is labelled using the sticker within your race kit.

All bike pumps which aren't collected during bike collection times will be donated.

Ensure you are aware of the closing time as after this time the Gear Drop Area will become unsecure.



BAG	DROP OFF LOCATION	USE DURING RACE	POST RACE COLLECTION
GEAR BAG	<p>When: Sunday 5 November, from 4:45am</p> <p>Location: Gear Drop – Noosa Bus Stop Car Park</p>	No access during race.	<p>When: Post Race Sunday 5 November until 2:00pm</p> <p>Location: Gear Drop – Noosa Bus Stop Car Park</p>
BIKE PUMPS	<p>When: Sunday 5 November, from 4:45am</p> <p>Location: Gear Drop – Noosa Bus Stop Car Park</p>	No access during race.	<p>When: Post Race Sunday 5 November until 2:00pm</p> <p>Location: Gear Drop – Noosa Bus Stop Car Park</p>

Note: When you collect your bike post race, gear bags and bike pumps should be collected at the same time.

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PRE-RACE

BIKE RACKING

View the event schedule (page 9-13) for times and location (must be pre-booked).

Prior to Entry:

- Attend Athlete Check-In
- Secure bike seat post sticker

Bike Checks:

- Conducted by AusTriathlon upon entry
- You, the athlete, are responsible for your bike being in safe working order
- Inspectors will be checking for such thing as:
 - End plugs on handlebars
 - Tyres in reasonable condition
 - Stripped cabling
 - At least one water bottle cage
 - Brakes in working order
 - Compliance with AusTriathlon Race Competition Rules

How to Rack your Bike: Rack your bike by the handlebars. On race morning you may change your bike to be racked by the seat, front wheel facing outward from the rack.

Covers: No full bike covers will be allowed for overnight racking. These will be removed and can be collected at Event Information (lost & found).

Note: No helmets are to be left overnight as a compulsory helmet check is conducted on race morning.



MICRO EDGE TIMELESS PERFORMANCE
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BOLLE



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RACE DAY

HELMET CHECK

AusTriathlon officials will be conducting compulsory helmet checks as you enter the Transition area. Please ensure you have your helmet on and secured (with your helmet sticker on the front of your helmet) prior to entering Transition.

Your helmet may be placed either on your bike or on the ground beside bike

Competitors are responsible for ensuring that their bike helmet is in a safe working order, prior to presenting them at Transition. [See AusTriathlon Race Competition Rules](#)

TRANSITION GEAR SET UP

All items required for your bike and run legs will be set up on race morning at your bike. Please note no bags/tubs are to be used or left in transition and all bags will be removed if left.

Gear may include:

Bike	Run
Bike shoes (or on bike)	Running Shoes (compulsory)
Helmet	Race bib number (compulsory)
Sunglasses	Sunglasses
Towel	Hat/Visor
Socks	Socks
Change of clothes	Change of clothes
Nutrition and fluids (or on bike)	Nutrition and fluids

POST RACE

BIKE COLLECTION

View the event schedule on page 9-13 for collection times. Ensure you are aware of the closing time as after this time Transition will become unsecure.

When collecting your bike, please ensure all gear bags and bike pumps are collected at the same time.

Bike Collection will be progressive, meaning athletes will be permitted to enter Transition in the order of the swim start. This is to ensure a safe and organized collection for our athletes. Please check the end of your bike rack row for the approximate time of your bike collection. Please follow the direction of event staff and volunteers on the morning



BIKE LITTER ZONE

There will be a designated litter zone where you will be able to drop any gels, bar wrappers, fruit or drink bottles. This will be at the far end turnaround point on Cooroy-Noosa Road, 50m before and after the turn. If you are caught littering outside of this area you will be penalised with a Stop/Start penalty on the bike. The volunteers on course are not there to pick up after athletes. If you see other athletes littering, please report them to technical officials and help keep Noosa beautiful!

RUN AID STATIONS

There will be 5 aid stations on the run course, located at:

- R1a Outbound – 0.9km (Water, Pure)
- R1b Inbound – 9.3km (Water Only)
- R2a Outbound – 2.1km (Water, Pure)
- R2b Inbound – 6.9km (Water, Pure)
- R3a Outbound – 3km (Water, Pure)
- R3b Inbound – 6km (Water, Pure)
- R4 Inbound – 4.9km (Water, Pure)
- R5 Inbound – 8.1km (Water, Pure)

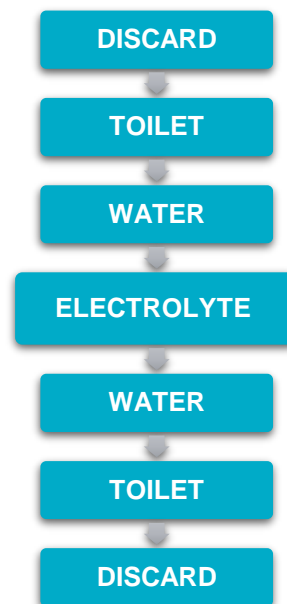
Will offer:

- Water
- PURE Electrolyte – Lemon
- Sunscreen
- Toilets
- First Aid
- Rubbish bin

Process:

Keep to the inside channel when approaching a run aid station. If you do not require any product from a run aid station, please stay to the outside of the roadway. There will be signs along the aid station listing what is on offer. Volunteers will be handing items to athletes from the aid stations. Once items have been handed over, please proceed to continue the race or move aside to ensure no blocking of fellow athletes.

AID STATION LAYOUT



DISCARD DROP ZONES

Please discard any unwanted items post the discard zone start sign and pre the discard zone finish sign. Anything discarded outside this area will be penalised.

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Go beyond the finish line to experience all the feels at Noosa Triathlon 2024.

Premium benefits include:

- Priority check-in
- Premium bike rack parking
- Early wave start
- Custom sun-safe tri suit
- Track-side hospitality and more!



RUSSELLS



FITSTOP.



CUT OFF TIMES

Below cut off times provide absolute cut off locations and time of day based on the predicted last starter at time of publishing this document.

All competitors must be finished by 1:25pm

Swim – Athletes must complete the swim by 10:10am. Any remaining team cyclists in transition will be sent out on the cycle course by 10:15am. (50 minutes after last swim start)

Cycle – There will be two early turnaround points to maintain our Police approved opening times. The first at 11:00am at the 14km mark and the second at 11:07am at the 16.2km mark. Any athletes that are turned early will be recorded as a DNF.

There is also a hard cut-off point at 11:20am at the 20km mark.

Athletes must complete the cycle by 12:20pm.

Run – Any remaining runners in transition will be sent out on the run course by 12:20pm. Every endeavour will be made to allow you to run to the finish line however, any runners on course after 12:52pm may be asked to move onto the footpath in order to allow the scheduled reopening of the roads. Athletes must complete the run by 1:25pm

In addition to the above cut off times, athletes may be cut-off at any time based on the Race Director's discretion and judgement. Reasons for this may include, but are not limited to; medical, contingency, logistical and or race rule violations. In the situation of one or more legs (swim, bike, run) being modified under contingency scenarios, the Race Director also reserves the right to announce new cut off times.

If you believe that these cut off times may be an issue, please call the event hotline on 1300 761 384 to discuss.

CONTINGENCY PLAN

If/when the contingency plan needs to be implemented you will be notified by the Race Director. This will be communicated by the event app or by the commentator.

RACE DAY SERVICES

Medical

A first aid provider will be engaged to provide first aid at all events operated by The IRONMAN Group.

First aid will be positioned in a variety of locations. The exact positions of first aid stations can be viewed via the [course maps](#). Athletes are responsible for any costs incurred as a result of a medical incident, this includes but is not limited to ambulance transfers, hospital stays, specialist treatment; it is therefore strongly advised that all athletes hold adequate personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international athletes are strongly advised to have adequate travel or personal insurance that will provide coverage for participation in an IRONMAN Group event. Athletes are responsible for understanding the terms and conditions of insurances held.

SAG wagon

The SAG Wagon will collect athletes who are unable to complete the event or are unable to finish within the course cut-off time. Collected athletes will be transported back to the event venue at the Bus Stop near Transition.

Should you require a SAG Wagon at any time, please wave down a motorbike official and they will contact IRONMAN for SAG Wagon deployment. Alternatively advise volunteers at the nearest aid station.

Please Note: delays in SAG Wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a SAG Wagon has been requested as this could affect their ability to locate and transport you.



FINISH LINE PHOTO

Sportograf is proud to be the official athlete photo service for this event.

They will provide you with their “Foto-Flat” which includes all your amazing personal pictures from several top locations around the course and the finish line, as well as the beautiful impression shots of the scenery and the race day in general.

Sign up for the email reminder for your race photos here: www.sportograf.com

Help them take the best photo of you:

- Please be sure to keep your bib number visible on the FRONT of your body and handlebars during the run and bike, to help us identify more photos of you!
- Notice our photo spots and smile for the camera – even if it hurts!
- Smile and celebrate when you cross the finish line! Do not worry about touching your watch, the timing company will ensure an accurate record of your achievement.

Stay up to date and FOLLOW Sportograf on [Facebook](https://www.facebook.com/sportograf) and [Instagram](https://www.instagram.com/sportograf)

RECOVERY PROCESS & AREA

After passing the finish line arch, You will then follow the recovery process and have the below available to you:

- Timing chip removal.
- Recovery food/drink.
- Medical support (if required).
- Gear bag and bike pump collection.
- Official finisher photo by Sportograf.
- Massage.

Important: before exiting, please ensure all relevant nutrition and items have been collected. There is a no re-entry policy so make sure you are comfortable before you exit.

THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- PURE Electrolyte hydration –Superfruits
- Watermelon
- Blue Dinosaur bars

POST RACE

RESULTS

Results can be viewed at the following locations:

- Noosa Triathlon App
- Event website - <https://noosatri.com.au/history/latest-results/>
- Finishers Certificate – www.multisportaustralia.com.au

No access to online services? Visit our Event Information who can assist.

LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information. You can lodge your own lost items via the QR code below:



Alternatively view the event schedule (page 9-13) for times and location.

Please note: that no responsibility or liability is taken by the Race Organisers for lost property.

All lost property will be held for 30 days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN on 1300 761 384 or noosatri@ironman.com

2XU SWIM COURSE 1.5km



Cut off – 10:10am all swimmers must be out of water and have crossed the Swim Exit timing mat.

WARM UP SWIM

Swim warm-up if required must take place off to the right of the swim start.

ELITE SWIM START

Elite athletes will start their race in a wave start format from the beach.

PHYSICALLY CHALLENGED SWIM START

Physically challenged athletes will be communicated to by the Race Director of their start time and process.

If you are Physically Challenged and require support, please contact us at noosatri@ironman.com or on 1300 761 384

ROLLING CATEGORY START

Once again, the swim start will be a rolling category start format. Within each category, athletes will seed themselves based upon their own projected swim times. Self-seeding will be based on your individual abilities according to your expected finish time.

Within each rolling category start there will be 4 start zones. You can avoid being overtaken by stronger swimmers by seeding yourself with athletes of a similar skill and ability level.

The four Start Zones are:

Zone 1. Under 28 minutes

Zone 2. Between 28 - 31 minutes

Zone 3. Between 31 – 35 minutes

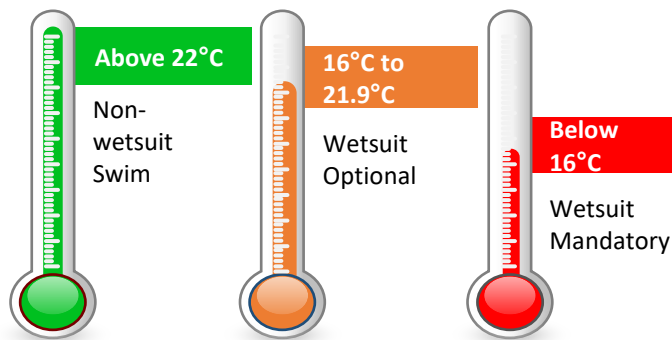
Zone 4. Over 35 minutes

The rolling category start will continue from Zone 1 to Zone 4 with Athletes being released at intervals, across the start line and timing mat. Athletes official individual race time will start when they cross the clearly marked start line/timing mat on the beach.

The next category start will then self-seed into the 4 start zones and this process will be repeated until all category starts have commenced the swim.

[Click here](#) to view Swim Start Times and Swim Cap colours.

WETSUIT RULING



Wetsuits will be optional if the water temperature is up to and including 22 degrees Celsius.

See [AusTriathlon Race Competition Rules](#) for more information.

A provisional wetsuit ruling will be posted at Athlete Check-In and Event Information on Saturday from 11am. The official wetsuit ruling will be announced race morning by the commentary team.

Elite/Open Athlete: Wetsuits will be optional if the water temperature is below 20 degrees Celsius

Ages 60 to the oldest Athlete:

Wetsuits will be:

- Mandatory if the water temperature is below 15.9°C
- Optional if the water temperature is below 24.6 °C
- Non-Wetsuit if the water temperature is above 24.6°C.

SWIM SAFETY

Water safety personnel and craft will be located on the water during the swim. They will have relevant equipment and are there to support you should you require.

At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid. Should at any point in time you decide to abandon the swim, you will be taken to one of the swim withdrawal or extraction points. At this point in time, if required you will be checked over by medical and your timing band removed. If your timing band has been removed, do not attempt to re-enter the race.

SWIM CAPS

All swim caps provided will be latex based. In the case you are allergic, please contact us noosatri@ironman.com or via 1300 761 384.

2XU SWIM COURSE 1.5km



COURSE

1500m oblong swim in the beautiful clear waters of Laguna Bay off iconic Noosa Main Beach. Athletes will swim in an anti-clockwise direction. Athletes must swim through the 2XU Gate between the swim start and the first pink triangle turn can. After you pass through the gate, you will keep four pink triangle buoys on your left shoulder and the final yellow triangle buoy on your right shoulder.

All competitors must be at the swim marshalling area 15 minutes prior to their start. You must follow the swim buoys precisely; any short cuts will result in disqualification.



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BIKE COURSE 40KM

Cut off – 12:20pm – all bikes must be back in transition

COURSE

40km out and back giving you just a taste of the lush Noosa hinterland. You'll get a unique chance to take in all that the Noosa area has to offer. Noosa Pde has undergone a face lift and is looking stunning, but with that come some tight sections between Garth Prowd Bridge and Quamby Bridge. Please use caution and follow all event caution signage between this 2km stretch, as well as familiarising yourself with the course prior to racing.

The course is unchanged from 2022 where outbound cyclists will take the inside lane across as you turn right from Noosa Pde to Weyba Rd. Inbound cyclists will continue straight on Gympie Tce and turn right down Howard St before linking back up with Noosa Pde. The infamous 2km GARMIN Hill Climb is once again back around 10km into the ride with the far turnaround just prior to Swift Dr. It's a fast ride back from the Cooroy turnaround and please use caution coming back down the hill on Cooroy-Noosa Rd.

TRAFFIC

Event vehicle and personal vehicles/motorbikes will be out on course during the event.

PENALTY BOX

There will be one penalty box located at:

- Inbound on the Bike Course on Gympie Terrace, before the right hand turn onto Howard St at the 36.5km mark.

KING OF THE MOUNTAIN

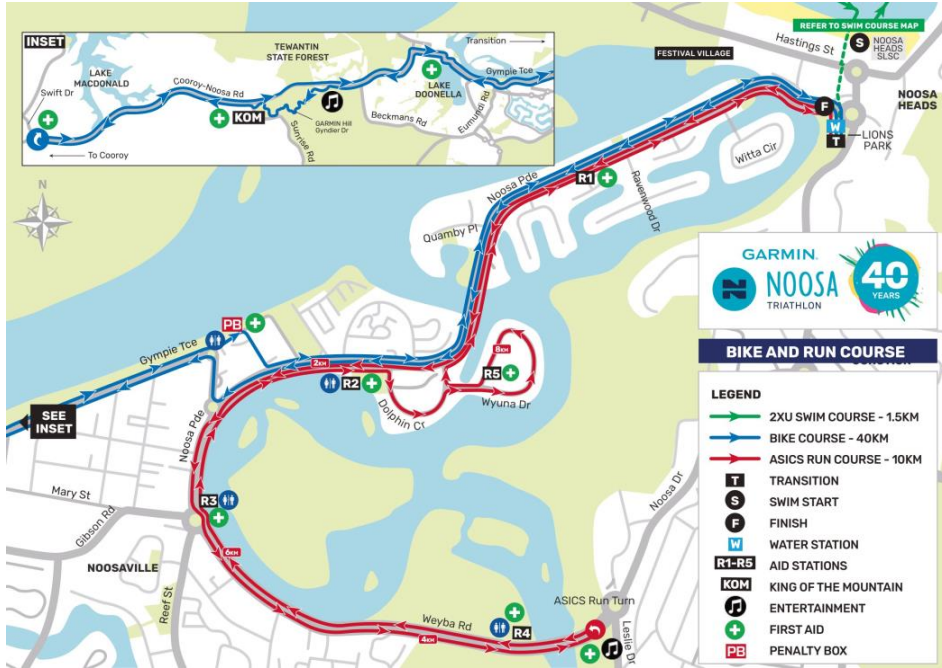
This year will see the return of the K.O.M at Garmin Hill (Gyndier Dr). Save a bit of energy and contest to be the fastest over this 3km section of windy, hilly course. The following categories will be awarded prizes at the awards ceremony for the fastest time;



ASICS RUN COURSE 10km



Cut off – 1:25pm all runners must have crossed finish line



COURSE

10km of fast and flat roads from Noosa Heads to Noosaville and back again, with the crowds cheering you on all the way to the finish line.

You'll pass plenty of aid stations out on the course to keep you well hydrated and get you to the famous Noosa Tri blue carpet finish line.

OAKBERRY AÇAÍ
BOWLS
OAKBERRY AÇAÍ
SMOOTHIES



@OAKBERRYAU



PRESENTATIONS

All awards will be presented at the Presentation Ceremony at the Beach Marquee on Noosa Heads Main Beach.

- Each competitive category will be awarded 1st-3rd place medals.
- Noosa Tri Legends Club Inductions for 10, 15, 20 and 25, 30, 35, 40 years will be awarded

If you are a place-getter in your category and are unable to stay and collect your award, you will need to contact the IRONMAN office within two weeks of the event to arrange collection of your medal. You will be able to collect your prize from the IRONMAN office or alternatively have your medal posted to you, at your expense.

TRICLUB AWARDS

The top 3 TriClubs overall of the day will be awarded. For more information on the TriClub Awards and program [visit here.](#)



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OFFICIAL EVENT APP

The Noosa Triathlon app has everything you need to know as an athlete or a spectator.

Available for both iPhone and android, the app includes live athlete tracking, race leaderboard, race results, course maps and event schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list the of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out the final results post-race.
- Always know where you are and want to be with interactive maps.
- Event info and clear schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the Noosa Triathlon App now!



VOLUNTEERS

The 2023 Noosa Triathlon requires the support of over 1000 Volunteers in order to deliver the event.

Our team of Volunteers will contribute a combined total of around 3,000 hours to assist, support and motivate you from the start to the finish of your Noosa Triathlon.

We encourage you to say THANK YOU to the Volunteers whenever possible! They love it when they are appreciated by our athletes and without the Volunteers, we simply would not be able to run any IRONMAN Group events.

GET SOCIAL



<https://www.facebook.com/NoosaTri/>



<https://www.instagram.com/noosatriathlon>

#NoosaTri



Noosa Sport and Lifestyle Expo

Noosa Triathlon is again playing host to the Noosa Sport & Lifestyle Expo as part of Australia's biggest Triathlon. The Expo will also feature the official merchandise store of the Noosa Triathlon.

Noosa Run Swim Run

The Noosa Run Swim Run is a great part of the fun of the Noosa Triathlon Multi Sport Festival. This event continues to offer competitors of all ages and abilities the opportunity to experience a great sporting occasion.

Tour de Noosa - Garth Prowd Ride

All proceeds from this ride will go towards the [Garth Prowd OAM Triathlon Scholarship](#), to continue the legacy created by Garth Prowd at the Noosa Triathlon in assisting athletes to reach their full potential. It is a brisk recreational ride over part of the Noosa Triathlon cycle course. Open to everyone young and old, join us on a recreational ride to raise funds for the Garth Prowd Triathlon Scholarship.

ASICS Noosa Breakfast Fun Run

Whether you are a runner or a walker, come and enjoy the beautiful Noosa area for National Breast Cancer Foundation! Come dressed in pink and join some of Australia's premier runners to raise awareness and funds for this great cause. Entry includes breakfast in Noosa Woods following the run and lots of great random draw prizes!

2XU Noosa 1000 Ocean Swim

Celebrating its 30th year as part of the Noosa Triathlon, the 2XU Noosa 1000 Ocean Swim will once again attract swimmers of all ages and abilities back to Noosa Main Beach. Be part of this Festival tradition and join us to celebrate one of Australia's premier ocean swims on one of Australia's best-known beaches.

Noosa Superkidz Triathlon

The Noosa Superkidz Triathlon is the kids' only version of the famous Noosa Triathlon. Short achievable distances for kids aged 7-13 years based on participation and fun. Entry includes event singlet, finisher's medallion and lots of great random draw prizes.

Tingirana Noosa Special Triathlon

This is one of the few triathlons specifically held for people with special needs. This triathlon showcases some of the most special moments of the weekend with the emphasis on fun and enjoyment. Entry includes event shirt, finisher's medallion and lots of great random draw prizes

ASICS Noosa Bolt

The ASICS Noosa Bolt is Australia's premier 5km road race attracting Australia's best middle-distance runners over an exciting, flat, multi-lap course. Huge crowd support and a fantastic atmosphere make this event a must see.

Australian Open Criterium

A star studded Australian and International field of cyclists will be heading for Noosa come November to compete on the tight 'hot dog' circuit along Noosa Parade.

Noosa Legends Triathlon

Always a crowd pleaser, witness sporting superstars from past, present and future take each other on in the Noosa Legends Triathlon. Come down, bring the family and watch the fun from the grandstands as all rules go out the window during the battle for the 2023 Legends Trophy. Who will you spot this year?

For further details on the Festival events please go to the website www.noosatri.com



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