



CANBERRA
MULTISPORT EVENTS



ATHLETE GUIDE



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WELCOME FROM THE RACE DIRECTOR

Hello Athletes, Friends, and Supporters of this year's Jackie Fairweather Memorial Triathlon.

It is Canberra Multisport Events pleasure to host the JFMT for this year as we celebrate one of Australia's best female triathletes this country has produced. We are excited to ensure you have a good experience and enjoy this amazing triathlon course.

The JFMT will also be the ACT Sprint Distance Championship and the 2nd race in the Inter Club Forager Series. A great opportunity for clubs to get more points and bragging rights.

It is a draft legal event meaning athletes can ride directly behind other competitors to gain an advantage. It is not compulsory to draft and you can sit any distance behind another competitor without getting pinged by the draft busters. If you do choose to draft then be safe and if you are on the front then never stop pedaling and communicate.

The Swim will be chilly, and it is most likely to be a compulsory wetsuit swim so bring or borrow a wetsuit. The bike course is one of the best as it is one lap out to the National Arboretum with a nice hill climb and technical decent. Again, be safe and enjoy the views. You will be able to keep the run close to the finish with a scenic run course through Commonwealth Park. A course not to miss.

We are excited to ensure you have another good experience and that this will be the first of many more opportunities for the Canberra community to race local events like this in the Capital.

Finally, I hope this event and other Canberra Multisport Events meet your expectations as we continue to enthusiastically support all active people in the Canberra and surrounding community.

Race safe and enjoy your race.

Corey Bacon
Event/Race Director



COVID-19 UPDATE

COVID continues to impact on the community however as we all know things are a lot more relaxed than last year. However, we ask that you continue to social distance where possible and if you are ill then please don't attend the race site.

WATER BOTTLE AND HAND SANITISER

As a COVID-safe event, we recommend that you bring your own water bottle and hand sanitizer will be located at the venue but always handy to carry your own.

BAG STORAGE

There will be a bag storage area. You will be able to leave your belongings in this area which will be available at the registration desk. This area will be monitored.

SPECTATORS

We welcome all spectators to the event as we want you to support your loved ones. Please ensure you social distance where possible.

FINISH AND RECOVERY

You may take a drink, some fruit and are welcome to hang around providing that you maintain some space where possible. Please make sure you move away from the finish line area.

We maintain the right of refusal to the event for any person suspected of being a COVID-19 case.

GENERAL RULES

World Triathlon and Triathlon Australia rules for Draft Legal events apply at the Jackie Fairweather Memorial Triathlon. This includes: bicycle, wheels (UCI approved), handle bar and wetsuit restrictions. It is the athlete and coach's responsibility to know, understand and adhere to the World Triathlon and TA Draft Legal rules:

[TA Competition Race Rules](#)

[World Triathlon Competition Rules](#)

[DRAFT LEGAL RULES](#)

[DRAFT LEGAL VIDEO](#)

EQUIPMENT:

Please ensure you check that your wheels are on the approved UCI wheel list. This is your responsibility: [UCI Approved Wheel List](#) - Technical Officials will be checking equipment during the weekend.

The JFMT event is sanctioned and run under Triathlon Australia guidelines. For full details of rules and regulations please go to <http://www.triathlon.org.au/>.

Make sure you follow these basic rules:

- Wear your swim cap to ensure you race in the correct category (if it applies).
- Ensure you have your timing chip on.
- For teams, you must tag your team mate in the tag zone only for swim to bike and bike to run.
- Helmets must be on and done up before you touch your bike.
- You must place your bike on the rack after the bike leg before removing your helmet.
- This is a fully closed course, keep left on the bike course for this event.
- Complete triathlon clothing must be worn at all times – tops and bottoms.
- YOU are responsible for familiarising yourself/themselves with the courses.
- Full maps are available online, in your athlete guide and on competitor information boards.
- Headphones, headsets, Walkman's, iPods, mp3 players, and other types of personal audio devices are not to be carried or used at any time during the race.
- Competitors may not accept assistance from anyone other than an authorised race official.

REGISTRATION

Registration will be available on Saturday and Sunday at Rond Terrace.

- Saturday – 4.00-5.30pm
- Sunday – 5.00-6.00am

Bring ID to collect race pack – Timing Chip, Race No. Bib, Helmet and Seat Post Sticker and CME gift.

Please DO NOT bring your bike into the registration area. Use bike racks provided.

Athlete briefing will be done around transition.

If you did not enter a TA number online when you entered, the One Day License was added to your entry at time of purchase.

There is one timing chip per team. Chip must be passed to each team members after they have completed their leg.

RACE NUMBERING

You will be provided with bike identification sticker, helmet identification sticker and a run bib number;

A race number will be WRITTEN on your lower right and left arm, with the numbers going downwards.

WHERE TO PLACE HELMET STICKER



WHERE TO PLACE SEAT POST STICKER



EVENT SITE

Event site is at Rond Terrace. The map below identifies the main aspects regarding parking. Note: do not park in the middle grass area on the parkway – you will get fined.



SCHEDULE & WAVE STARTS

SATURDAY 29 OCTOBER 2022

4.00pm - 5.30pm	Super Sprint / Sprint - Registration Opens/Closes – Option 1	Rond Terrace
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SUNDAY 30 OCTOBER 2022

5.00am-6.00am	Super Sprint / Sprint - Registration Opens/Closes – Option 2	Rond Terrace
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5.00am - 6.10am	Sprint - Transition Opens/Closes	Rond Terrace
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5.45-6.40am	Super Sprint – Transition Opens/Closes	Rond Terrace
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6.15am	Sprint - Race Briefing	Rond Terrace
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6.30am	Sprint - Male Start – Wave 1	Rond Terrace
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6.40am	Sprint - Female Start – Wave 2 (Teams/Aquabike)	Rond Terrace
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7.00am	Super Sprint – Race Briefing	Rond Terrace
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7.15am	Super Sprint – Male Start – Wave 3	Rond Terrace
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7.20am	Super Sprint – Female Start – Wave 4	Rond Terrace
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8.30am	Presentations	Rond Terrace
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SWIM

The swim leg will be a deep water mass start between 2 x CME buoys. Athletes racing the Sprint distance will do 1 lap and the Super Sprint distance athletes also 1 lap. Athletes will swim in a anti-clockwise direction.

Note: It is highly likely to be a wetsuit swim so please bring a wetsuit. Water temp will be taken by TOs prior to event to advise on wetsuit requirements.

COURSE MAP- SPRINT & SUPER SPRINT



SWIM GEAR

- Swim cap (Event Cap provided – suggest you bring additional cap to wear underneath)
- Swimsuit / tri suit (a must)
- Wetsuit (compulsory)
- Timing chip (don't lose this)
- Goggles

CYCLE

This is an on-road draft legal triathlon. No time trial bikes are allowed, and all aerobars must be removed from all bikes. Please ensure you read the draft legal rules for age group draft legal racing. See link below.

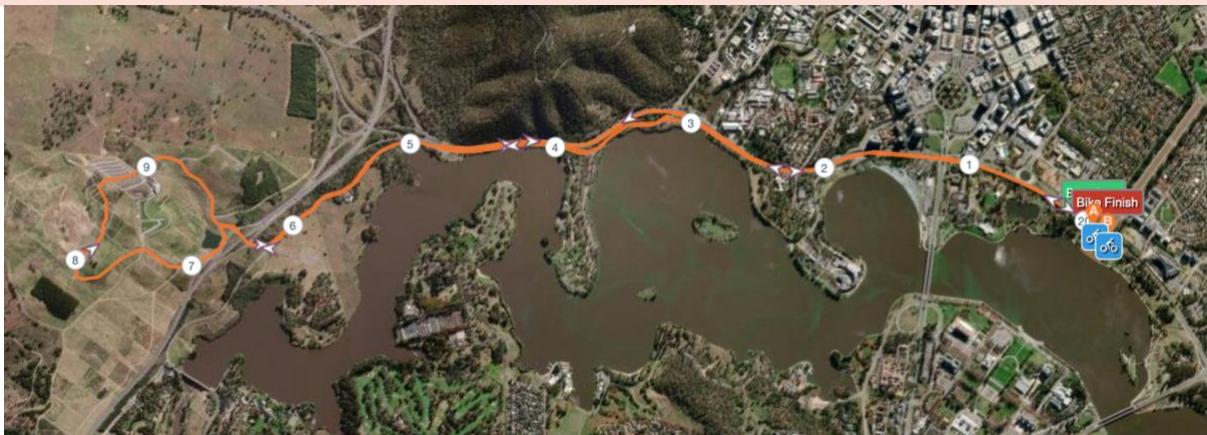
<https://canberramultisportevents.com.au/draft-legal-information-sheet/>

[For a visual reference to how to draft and the distance you will still benefit from drafting at safe distance – check out this video.](#)

The Sprint distance is 1 lap of an exciting and challenging course. The Super Sprint distance is a non-drafting event and TA Race Competition Rules applies for violations.

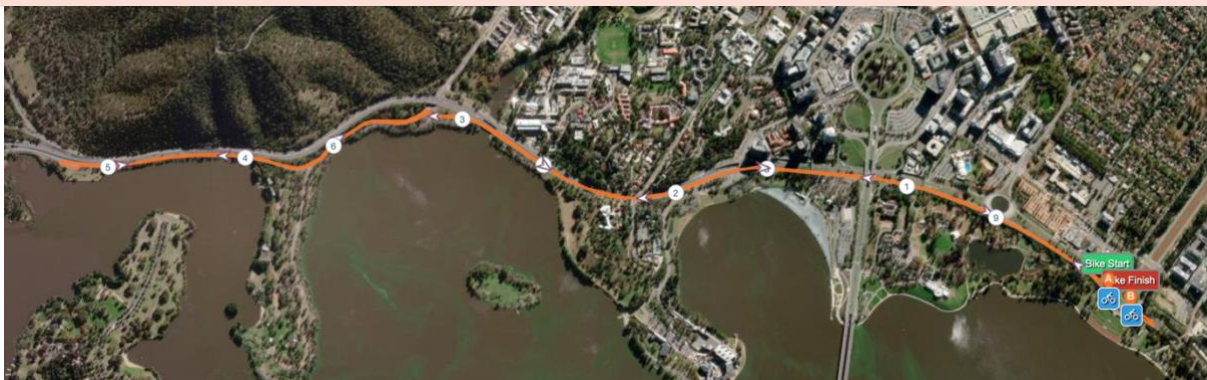
In both the Sprint and Super Sprint distance athletes must keep **LEFT** at all times and **MUST** pass on the right regardless. There is still no blocking and **NO LITTERING** of any kind.

COURSE MAP – SPRINT



Link to bike course – [click here](#)

COURSE MAP – SUPER SPRINT



Link to bike course – [click here](#)

BIKE COURSE DESCRIPTION

Athletes in the Sprint and Super Sprint distances exit the car park at Rond Terrace and follow Parkway westbound. Athletes then veer left onto Lady Denham drive and turn left at the lights.

Sprint

Athletes follow Lady Denham drive all the way to the main set of lights at the Arboretum where you will turn right and head under the overpass and into the Arboretum. Turn left after the entry gates and continue to do a full loop of the Arboretum.

On the descent from the top please be careful and reduce speed as required. Continue to the bottom and exit the Arboretum and follow the same route back to the Parkway.

Proceed up the off ramp you came down on and at the top do a sharp left-hand turn and proceed along the Parkway to the uturn. After you have taken the uturn continue on the Parkway back past transition. Immediately past the race venue you will do a final uturn and come into transition.

Sprint Aquabike – on the completion of the 20km, once athletes walk/run through the run exit their race is complete.



Super Sprint

Athletes as above will continue on Lady Denham drive until you get to the Super Sprint uturn sign. Make the Uturn and follow the exact same route back to Rond Terrace. As you past the race venue you will make a uturn and come into transition.

CYCLE GEAR - SPRINT

- Road Bike only (NO TT BIKE or MTN BIKE)
- Helmet and helmet sticker (a must)
- Bike shoes (will help)
- Water bottle (you must hydrate)
- Bike Pump (optional)
- Spare tubes / tyre lever (optional)
- Bike Gloves (optional)
- Seat post number
- Timing chip (left ankle)

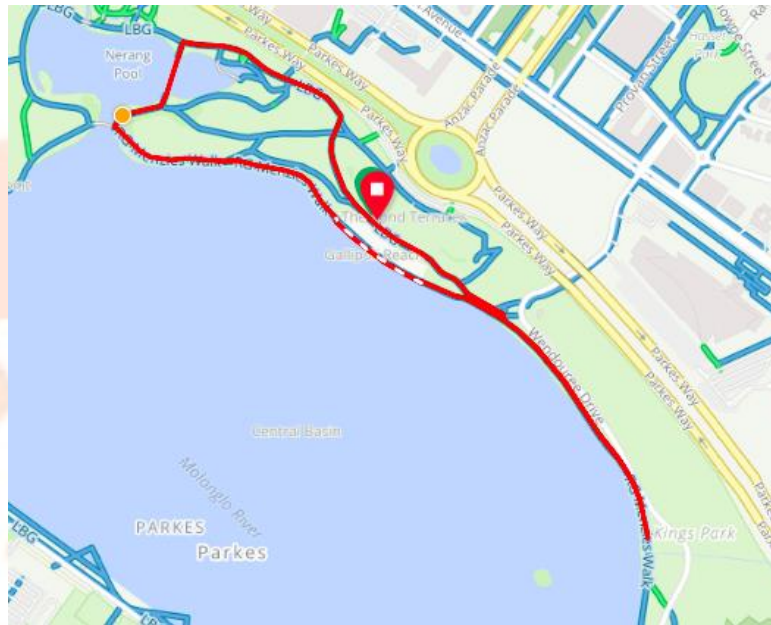
CYCLE GEAR – SUPER SPRINT

- Road Bike, Mtn Bike or Time Trial Bike
- Helmet and helmet sticker (a must)
- Bike shoes (will help)
- Water bottle (you must hydrate)
- Bike Pump (optional)
- Spare tubes / tyre lever (optional)
- Bike Gloves (optional)
- Seat post number
- Timing chip (left ankle)

RUN

Athletes competing in the Sprint distance will run 2 x 2.5km laps. A great run course through Commonwealth Park and along the foreshore of Lake Burley Griffin.

COURSE MAP – SPRINT & SUPER SPRINT



RUN COURSE DESCRIPTION

Athletes will exit transition and turn right along the footpath. There are directional arrows situated along the run course. Please follow the arrows for the duration of the run course.

There is one section of the run course where you must stay right as this is a two way section. This is after the red gravel section as you run towards the uturn. The run is in an anti-clockwise direction. After the uturn keep right as you run back towards the finish line. The course soon becomes one way again as you veer off the foreshore path onto the bike path towards the finish line.

Sprint athletes will do 2 x 2.5km laps and on the last lap veer up onto the grass to finish under the CME archway.

Super Sprint athletes will do 1 x 2.5km and veer up onto the grass to finish under the CME archway.

Look for signs like this.



RUN GEAR

- Running Shoes
- Hat
- Sunglasses
- Timing Chip (left ankle)
- Race Bib





TRANSITION

Transition is located at Rond Terrace. There will be a designated Sprint bike racking section and a designated Super Sprint bike racking section. There are no numbered racks and it is a non bias transition.

TRANSITION

On arrival, please note the below:

- Ensure you have your helmet done up before entering transition so the technical officials can check your helmet.
- Proceed to your race no./name and rack bike within transition.
- Set up transition and then proceed out of transition which is opposite to where you entered.



RECOVERY

Once you have completed your event you can enter the recovery area. The recovery area will be situated after the finish line. There will be water, sports drink and fruit supplied for every participant. Enjoy.

TIMING

The timing band must be placed on your left ankle and worn throughout the race. You must cross the mats at all timing locations to receive an official race time.

Once you finish, return the timing chip to the collector at the end of the race. Unreturned bands will be fined \$60.

Timing for this event is provided by Race Performance Timing.

RESULTS

Results will be available at: [Race Results](#)

PRESENTATIONS

Presentation will commence around 9am if not earlier. Please ensure you hang around and receive your awesome JFMT Sprint medal.



BARREL DRAW PRIZES

Barrel draw prizes are provided by MyRide Canberra and CME. So, stick around to get the chance to pick something up.

FIRST AID & SAFETY

First Aid will be available at the Arboretum and at Rond Terrace.

LOST & FOUND

Lost and found items can be handed to race officials and will be sent to the timing/finish area. We are not responsible for any lost items.

VOLUNTEERS

Please respect the volunteers out there that are helping make the race possible. Without them there is no race. If you wish to help out at the event please contact us at cbrmultisportevents@gmail.com or call **Corey on 0466 321 312**

PARKING

Please park in the areas on the map below. DO NOT park in the middle of the parkway as you will be fined.



SPECTATING

Spectators need to ensure they are off the course at all times. Spectators should view the bike and run and race venue maps to ensure they are not impacting on any athlete's progression.

TOILETS

There is one toilet block located about 400m from the venue. You will most likely pass it when walking to race venue. There will also portaloos available at race venue.

PHOTOGRAPHY

Photography will be provided with photos available through the CME FB page after the event.

FOOD/CAFÉ/SHOPS

Jim Bean's Machine will be available for your coffee, cold drinks and snacks. So don't come to the event with a coffee. Let Jim make it for you as he has come all the way from Goulbourn to help us out.

RUBBISH

There will be bins located at the race venue. Please dispose of all rubbish or take it with you.

Keep Canberra beautiful.