

# MADBAG MINI

## TRIATHLON

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### FREQUENTLY ASKED QUESTIONS

**Sunday 24 March 2019**

#### 1. What is the MADBAG Mini Triathlon?

The MADBAG Mini Triathlon is an event that consists of a swim, bike ride and run/walk organised by Barcaldine Regional Council. The aim of this event is to encourage individuals and families to participate in physical activity together. It's about having a go and enjoying yourself.

The MADBAG Mini Triathlon is held in honour of former Barcaldine Regional Council Events Coordinator, Andrea Lingard, who passed away from cancer in 2012. Her dream was to hold a triathlon and the Barcaldine Regional Council now hold the event in her honour.

#### 2. Where is the MADBAG Mini Triathlon being held?

**Swim:** Barcaldine Swimming Complex

**Bike:** Barcaldine Showground

**Run/Walk:** Barcaldine Showground

#### 3. Where can I look at a map of the course?

A course map will be available via the Barcaldine Regional Council website, [www.barcaldinerc.qld.gov.au](http://www.barcaldinerc.qld.gov.au).

#### 4. What are the distances I must swim, cycle and run/walk?

	Swim	Bike	Run
<b>Sprint distance:</b>	750m	20km	5km
<b>Madbag Mini:</b>	400m	10km	2.5km
<b>Junior Madbag (8 - 12 years):</b>	100m	2km	1km
<b>Tri-4-Fun (5 - 12 years):</b>	50m	1km	1km

#### 5. How long does the event take to complete?

That depends upon how you and your family/friends pace yourselves. Remember you need to participate at a level that is comfortable for you. There is no cut off time for each leg of the event.

#### 6. Do we get times/places?

The MADBAG Mini Triathlon is a timed event. However everyone is a winner. Times will be available at the completion of the events.

#### 7. How do I enter?

You can register by completing an entry form available via the Barcaldine Regional Council website or collecting a copy from the Barcaldine Administration Office, 71 Ash Street, Barcaldine. Once you have completed the entry form, please return it by:

Email (as an attachment): [events@barc.qld.gov.au](mailto:events@barc.qld.gov.au), please include subject line: MADBAG Mini Triathlon nomination

Postal: PO Box 191, Barcaldine QLD 4725

Hand delivered to the Barcaldine Administration Office

Payment is required by Friday 15 March 2019.

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### 8. What are the Terms and Conditions included in the entry form?

The Terms and Conditions, as part of the entry form, is a document you must read carefully and understand before agreeing to participate in the MADBAG Mini Triathlon. It advises you, the participant, of your legal rights and Terms and Conditions of entry. If you are under the age of 18 on the event day your parent/guardian must complete and sign the entry form on your child's behalf.

### 9. What is the minimum age required to participate?

The minimum age required to participate is 5 years of age. You and/or your child must be competent swimmer capable of swimming at least 25 metres unassisted (i.e. without rest or submerging).

### 10. What should I bring? Is there any special equipment required?

- Swimsuit and goggles (if required);
- Australian Safety Standard Association (ASSA) approved helmet (the sticker should be inside your helmet);
- Your bike in working order;
- Covered running shoes. No sandals or thongs;
- Sunscreen;
- Hat or a cap;
- Bottle of water; and
- Medication (if required).

Please label all of your items. It is strongly advised you **do not** bring any valuables to the MADBAG Mini Triathlon. Barcaldine Regional Council and associated volunteers with the event take no responsibility for loss or damage of entrant's possessions.

### 11. What should I do before the day?

Before the day you should, if possible, familiarise yourself with the course, ensure your bike is in good working order and make sure your bag is packed the night before.

### 12. What should I do on the day?

Make sure you arrive at the Barcaldine Showground on time. You must complete check in and place your bike in transition before **6.30am for the Sprint Distance and Madbag Mini Triathlon** and **7.45am for Junior Madbag and Tri-4-Fun events**.

### 13. Is there a limit to how many people can participate?

There is a limit of 200 participants.

### 14. How safe is the MADBAG Mini Triathlon?

A moderate level of fitness is required. Please pace yourself to ensure you do not overexert yourself and keep up your fluid intake during the event. It is recommended during the bike component of the MADBAG Mini Triathlon that a speed of 20 km/h is observed and care is taken if overtaking. It is advised that participants ring their bell or call out "passing" when overtaking and that passing is only undertaken when safe to do so, i.e. not on corners. Riders must not ride more than two abreast at any time. First aid officers will be in attendance, lifeguards at the Barcaldine Swimming Pool Complex and marshals/volunteers are situated throughout the MADBAG Mini Triathlon course.

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### **15. How do I identify a course Marshal?**

All Marshals and MADBAG Mini Triathlon volunteers will be wearing highly visible vests. They are there to help you and instruct you if necessary. Please listen and obey any instruction/direction they give you.

### **16. Can I wear floaties or flippers?**

All participants must be able to swim unassisted. However, children under 8 years of age are permitted to wear floaties and/or flippers.

### **17. Can I do any type of swimming stroke?**

Yes, you can do any style of swimming.

### **18. What is transition?**

Transition is change over time. After you have completed your swim you will cross back to where your bike is (Barcaldine Showground) and commence the bike leg. When you finish the bike leg you will come back to the transition area and change over to the run/walk leg.

### **19. Can my parents/guardian help me?**

Your parents/guardian can help you via encouragement/support or assistance during transition. They are not allowed to piggyback/carry you or pull you along on your bike.

### **20. What if you have a medical or physical condition?**

On the entry form there is a section requesting details regarding medical condition/s. You must provide all necessary details and if there is any doubt regarding your ability to participate speak to your GP to ascertain if you are fit to participate.

### **21. Is there a closing date for registration?**

The closing date for registration is 4.30pm on Friday 15 March 2019. There are no registrations permitted on the day.

### **22. Can I get a refund?**

No refunds will be given out if you simply cannot compete in the event. If the MADBAG Mini Triathlon is cancelled due to inclement weather or due to any component being deemed unsafe by Event Organisers, a partial refund will be awarded.

### **23. What happens if there are extreme weather conditions?**

All participants are advised to check the Bureau of Meteorology website the day prior and on the morning of the event. If there are extreme weather conditions, all attempts will be undertaken to advise participants via email or telephone if the event is cancelled. Please ensure you check your email or phone message bank prior to arriving at the event. All participants are to assume the event is on unless notified otherwise.

### **24. What time do I need to arrive?**

Briefing sessions will commence at **6.30am** for the **Sprint Distance** and **Madbag Mini Triathlon** and **7.45am** for the **Junior Madbag** and **Tri-4-Fun** events. Please arrive prior to the briefing to collect your race items.

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**25. Will my family and friends be able to watch me?**

Your family and friends will be able to support and cheer you on at Barcaldine Swimming Pool Complex during the swim, then progress to the grassed area of the Barcaldine Showground to cheer on participants during the bike and run stages of the MADBAG Mini Triathlon.

**26. Where are toilets?**

Toilets are located inside the Barcaldine Swimming Pool Complex and at the Barcaldine Showground.

**27. What happens after the event?**

Upon completion, all participants will receive breakfast (included in your entry fee). A BBQ breakfast will be available for family and friends to purchase. A short presentation will be held once all participants have finished the event.

**28. Do I have to do any special training?**

No, special training is not required. However, it is highly recommended you familiarise yourself with the course and be at a moderate level of fitness in order to comfortably complete the event. It is advised you undertake some practice swims, rides and run/walks in accordance with the event distance required.