



World Triathlon
Cup

WOLLONGONG
2024



Elite Athlete Guide

Wollongong 2024

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President Welcome

A very warm welcome to the first World Triathlon Cup Wollongong!

It is my great pleasure to be able to welcome you to the inaugural Wollongong World Cup, here on Australia's stunning Pacific Coast. There are few countries that share such a strong history with our sport as Australia, and it is always such a joy to see new venues stepping up to roll out the famous blue carpet.

It feels like only yesterday that we were on the Gold Coast for our 2018 Grand Final, even though so much has happened in the world since then. We have seen World Cups in Mooloolaba, Para Series in Devonport, the Multisports World Championships will head to Townsville in August. Now we get to enjoy watching the best in the world competing in Wollongong not just for the medals, but also precious qualification points as they chase their Paris 2024 Olympic dreams.

The hosts of our biggest events are the lifeblood of triathlon, and I want to thank Triathlon Australia for all that they do in support of this beautiful sport. Every event brings new audiences and inspires more young people to take up swim-bike-run, and that impact cannot be underestimated as we enjoy this new venue.

My thanks go to the LOC for their hard work in bringing us this stunning new course, and I wish the athletes the very best of luck in achieving their goals this weekend. My thanks also go to the officials and volunteers, on whom we rely so much for the smooth running of the event and who do it for the love of triathlon.

I wish you all well and hope that you get the opportunity to enjoy everything that Wollongong has to offer over the coming days.

Yours in sport,



*Marisol Casado
World Triathlon President
IOC member*

Event Schedule

Thursday 18th April	Event	Venue
5:00pm-6:00pm	Athlete Check In for Briefing	Grand Pacific Ballroom Sage Hotel Wollongong
6:00pm	ELITE Athlete Briefing	Grand Pacific Ballroom Sage Hotel Wollongong
6:30pm-7:30pm	Athlete Race Pack Distribution	Grand Pacific Ballroom Sage Hotel Wollongong
Friday 19th April		
12:00pm	ELITE Bike Familiarisation	Belmore Basin Foreshore Park, Wollongong
1:00pm	ELITE Swim Familiarisation	Cove Beach, Wollongong
Saturday 20th April		
11:30am- 12:30pm	ELITE WOMEN Athlete Lounge Open	Belmore Basin Foreshore Park, Wollongong
12:00pm	Registered Accredited Coaches Run Course Measure	Cliff Rd, Wollongong
12:00pm- 12:45pm	ELITE WOMEN Transition Open	Belmore Basin Foreshore Park, Wollongong
12:00pm- 12:45pm	ELITE WOMEN Swim Warm Up	Cove Beach, Wollongong
12:50pm	ELITE WOMEN Athlete Line Up & Introduction	Transition Cove Beach, Wollongong
1:00pm	ELITE WOMEN Race Start	Cove Beach, Wollongong
1:30pm-2:30pm	ELITE MEN Athlete Lounge Open	Belmore Basin Foreshore Park, Wollongong
2:00pm-2:45pm	ELITE MEN Transition Open	Cove Beach, Wollongong
2:00pm-2:45pm	ELITE MEN Swim Warm Up	Cove Beach, Wollongong
2:15pm	<i>ELITE WOMEN Medal Ceremony</i>	<i>Lang Park, Wollongong</i>
2:50pm	ELITE MEN Athlete Line Up & Introduction	Cove Beach, Wollongong
3:00pm	ELITE MEN Race Start	Cove Beach, Wollongong
4:10pm	ELITE MEN Medal Ceremony	Lang Park, Wollongong

Contact Details

Event Director

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World Triathlon Team Leader

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World Triathlon Head Referee

Claire Hannan (NZL)

World Triathlon Head Referee

Frank Stapleton (AUS)

Venue

The venue for the 2024 Wollongong World Cup is a picturesque coastal setting that perfectly encapsulates the spirit of the sport.

Situated in Wollongong, Australia, the venue boasts stunning views of the Pacific Ocean, with its crystal-clear waters inviting athletes to dive into the challenge.

Surrounded by rolling hills and lush greenery, the course offers a dynamic terrain for the triathletes, combining scenic coastal roads for the cycling leg and a challenging Lighthouse course for the running section. Spectators line the course, cheering on competitors as they push themselves to their limits against the backdrop of crashing waves and golden sands. The event's vibrant energy is matched only by the natural beauty of its surroundings, making it a truly unforgettable experience for both participants and onlookers alike.

Elite Athletes Lounge

The Athletes Lounge area and toilets will be available for the athletes. These facilities will be adjacent to the transition area.

You will require your accreditation (issued at your athlete briefing) to access the Athletes Lounge.

Please note that only accredited coaches who have been issued the appropriate wristband will be able to access the Athletes Lounge area.

When arriving at the venue, you should proceed to the Athletes Lounge to commence your check-in process. Once these checks have been completed and according to the schedule, you will be able to access transition.

You will have received your race numbers and body decals in your race package issued at your Athletes Briefing . Please apply these prior to coming to the venue.

If you have spare wheels these will be checked in the athlete's lounge and it is your/or your coaches responsibility to deliver these to the team wheel station (located approximately 80m from transition) and collect post-race.

Doping Control

Doping Control will be performed according to the World Triathlon and Sport Integrity Australia.

You are required to carry identification should you be selected for testing.

Medical Services

First Aid will be available throughout the event and located in the Expo precinct. There will also be a medical facility which will be operational for the duration of the event. This facility contains First Aid Officers, as well as paramedics and other medical personnel. Only Accredited Team Medical Doctors with wristbands will be able to access this area by invitation from the World Triathlon Medical Delegate. Wristbands for Team Medical are given at the Athletes Briefing.

Medical services required at the venue are free of charge. Treatment in clinics and practices are to be paid by the Athlete receiving the treatment including Ambulance Transportation.

Athletes / teams should ensure that they have appropriate medical insurance.

For any other medical attention needed for out of competition, please contact the front desk of the Hotel for a local practitioner's contact details.

Bike Mechanic Service

The Official Bike partner, Shimano, will offer bike mechanic support and will be available throughout the event at the Expo.

Expo Opening hours:

Friday, April 19 – 2:00pm – 5:00pm

Saturday, April 20 – 9:00am – 5:00pm

They will also be located in the Athlete Lounge area during opening hours.

Information

The LOC Information is located at the Expo in Lang Park.

Ph: (02) 4423 7775

Information Opening hours:

Friday, April 19 – 2:00pm – 5:00pm

Saturday, April 20 – 9:00am – 5:00pm

Security

There will be overnight security personnel in the event precinct throughout the event. Marshals will assist and patrol around the Field of Play on race days and Traffic management services will be employed to install any changed traffic conditions which will be controlled by New South Wales Police Service.

Accommodation

The official hotel for the Event is:

Sage Hotel Wollongong
60/62 Harbour St,
Wollongong NSW 2500
Tel: +61 2 4201 2111

Post-Office

The nearest post office to the event site is located in Wollongong:

shop 18/110-114 Crown St, Wollongong NSW 2500

Opening Hours

Monday - Friday 9:00am – 5:00pm

Saturday 9:00am – 12:30pm

Sunday Closed

Bank

There are various ATM facilities within the area.
All major banks branches are available in Wollongong

Airport Transport

Elite athlete airport transfer will be covered, Coach and Support are required to cover cost of their airport transfers.

Shire Shuttle that will be operating the following services.

Sydney Airport to Sage Hotel Wollongong

Tuesday 16th April at 12pm and 8pm

Wednesday 17th April at 8am and 5pm

Thursday 18th April at 12pm

Sage Hotel Wollongong to Sydney Airport

Sunday 21st April at 4am and 2pm

Monday 22nd April at 4am and 2pm

Please use the Corresponding Links below

Athlete - No Cost

<https://raceroster.com/events/2024/87824/athlete-world-cup-wollongong-airport-bus-transfer>

Support Crew - \$140.00 Return

<https://raceroster.com/events/2024/87882/world-cup-wollongong-airport-bus-transfers>

You will be able to select from pick up and return times during the registration process.

Public Transportation

Please visit <https://www.wollongong.nsw.gov.au/about/parking-transport/public-transport> for information regarding all public transport in the Wollongong region.

[Click here](#) to plan your trip in Wollongong.

Swim Training

The Continental Pool is approximately 300m north of the Cove Beach (Swim Start). Please visit [their website](#) for current opening hours and entry costs.

3 Lanes have been reserved for World Cup athletes use, between 9am-3pm.

Prices as at 25/02/2024:

Adult Casual Entry \$5.40

Opening Hours October - May:

Monday – Thursday 6:00am – 7:00pm

Friday 6:00am - 7:00pm

Saturday 6:00am – 7:00pm

Sunday 6:00am – 7:00pm

If you choose to swim in the open ocean, please ensure you swim between the red and yellow flags during the advertised patrol hours.

Bike Training

The roads are regularly used by riders, a suggested route would be to ride south from Wollongong using the Windang Rd. This route offers picturesque views of the coastline from Shell Harbour right through to Kiama.

The route is not closed to traffic, so you will be riding at your own risk. Please keep left at all times and obey all local traffic laws.

Run Training

A suggested run for training would be to use the footpath on Marine Pde, this road runs beside Wollongong Beach and offers stunning coastal views.

Bike Course Familiarisation

Bike Familiarisation will be held 12:00pm Friday 19th April , meeting at Belmore Basin Foreshore Park.

This will be 2 Laps escorted and controlled by police. It will not be at race pace.

Please note, that the official race courses are otherwise not open for training before the races.

The race courses in general are NOT suitable for training

Swim Course Familiarization

You will be able to familiarize yourself with the swim course on Friday 19th April from 1:00 – 2:00pm, meet at the swim start, Cove Beach, Wollongong.

Competition Rules

The race will follow the latest published competition rules of the World Triathlon. These can be found here:

https://www.triathlon.org/about/downloads/category/competition_rules

Course Information

Start

The start area is located approximately 70m from Transition, which is in front of Levendi Cafe on Cove Beach, Wollongong. Access is via the swim exit shute.

The athletes are required to leave their last-minute gear at the swim start inside a dedicated box and the LOC will carry those bags back to the Recovery Lounge.

Athlete Introductions

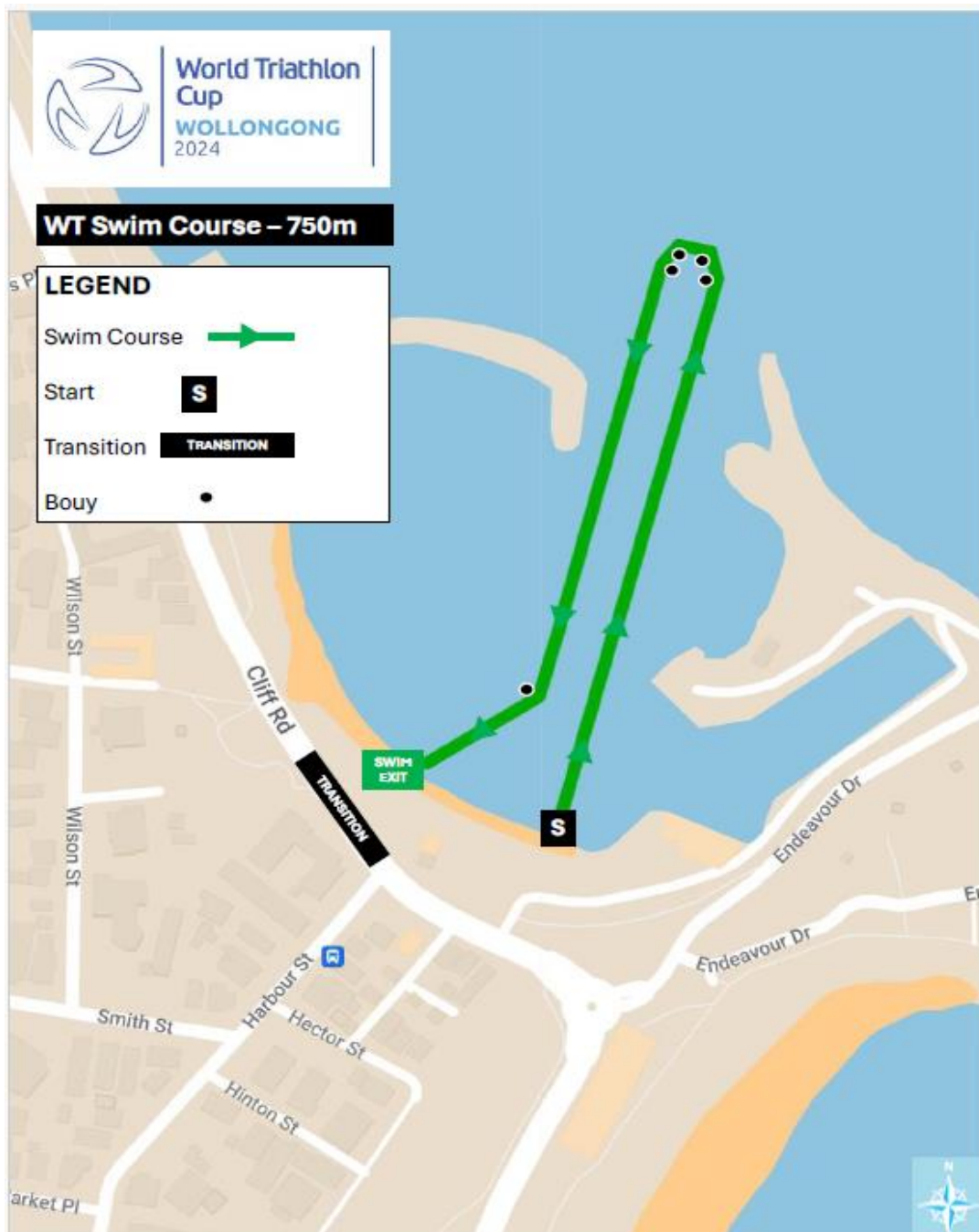
After completing your swim warm up all athletes are required to return promptly back to transition where you will be lined up by officials for introductions. When introduced please jog to the start area and select your starting position. The Head Referee will start the race as soon as all athletes are in their starting position.

Swim Course

The swim course is a beach start with a one Lap of 750m in an anti-clockwise direction. The first pink turn buoy is at 350 metres, there will be 2 Left hand turns before returning to shore. The yellow buoy closest to shore will be passed on your right shoulder before Exiting the water.

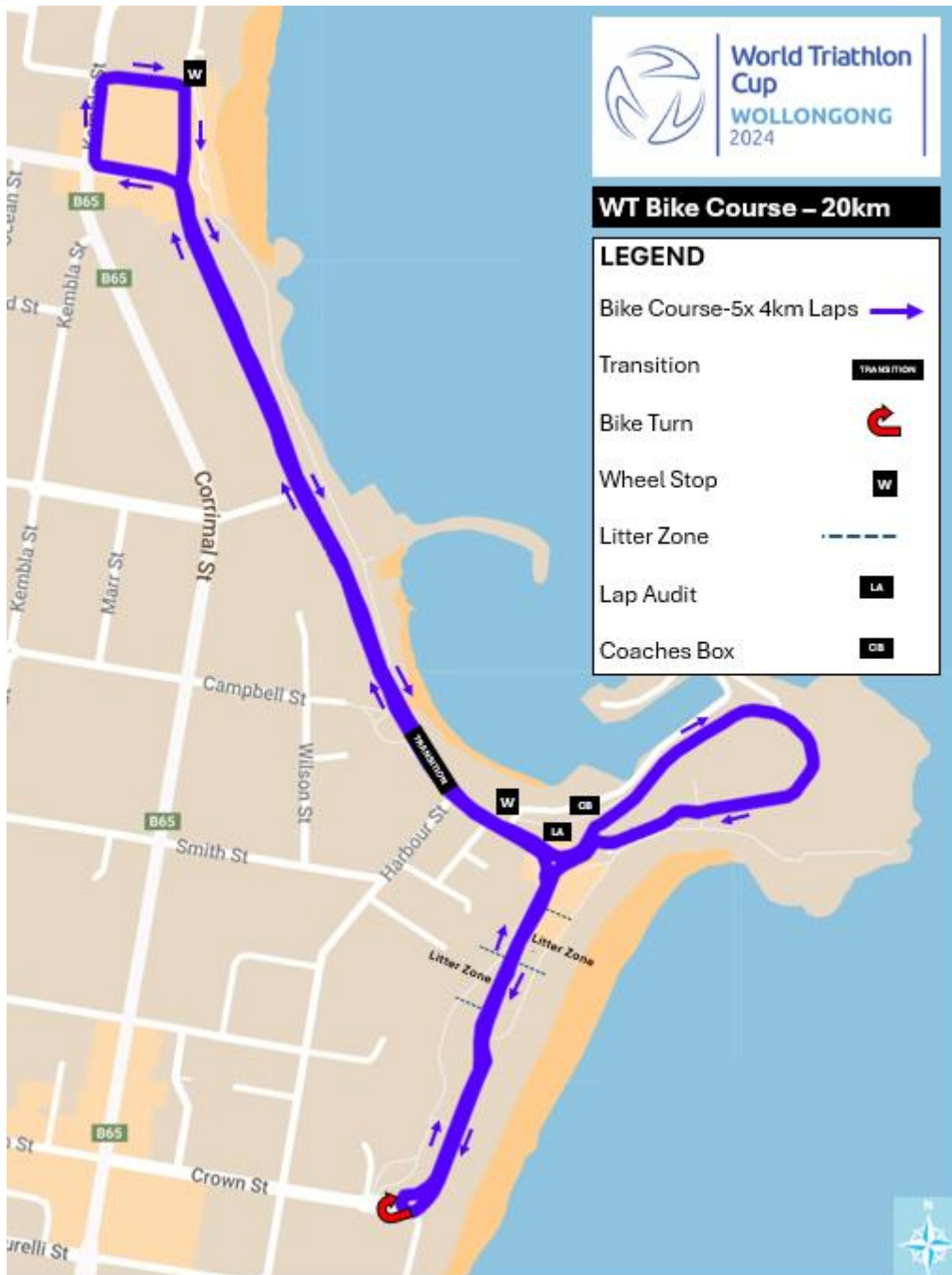
The water temperature in Wollongong in April ranges between 20°C & 24.8°C.

The official water temperature will be taken 1 hour prior to your race start and posted in the Athletes Lounge with a decision by the Head Referee (according to the World Triathlon Competition Rules) regarding wetsuit use.



Bike Course

The bike course is 5 laps of 4km a total distance 20km. This course includes a medium sized hill in which the riders are required to incline and decline each lap. Bikes on the out bound leg will ride to the left of transition. Bike on the inbound leg will ride through transition.



Wheel Stations

There are two wheel stations on the bike course.

The first is a Team Wheel Station located approximately 80m after the transition area. This wheel station is outbound just prior to Marine Drive. The athlete/coach must deliver their team wheels to the wheel station and collect postrace after first having the spare wheels checked by officials in the bike check area located at the athlete's lounge. It will be the athlete/coach responsibility to deliver the checked & labelled wheels to the team wheel station themselves.

The Neutral Wheels station will be just after the northern bike turn at Blacket Street. This wheel station will be equipped with wheels provided by the race organisers (the wheels will not have disc brakes)

Run Course

The Run is an undulating course totalling 5kms. Exit T2 run 150m before starting 2 Complete laps of 1.75km. on your 3rd Lap, you return pass Aid Station, Pass penalty Box into Finish Shute. Note: you do not run through Transition at any point of the run. There are two aid stations on the course, aid stations are designated litter zones from 20m before the aid stations to 100m after the aid stations.



Penalty Box

The penalty box is situated at the Start of the Finish Shute on Marine Drive.

Any penalties will be posted on a board at the penalty box and it is the athletes responsibility to check this board.

Contingency Course

In the situation the Swim is cancelled the Event will be a Duathlon (2.5k Run, 20km Bike, 5km Run). This run leg will replace the swim course, the rest of the course is as prescribed.

Should this contingency be required athletes and Coaches will be notified accordingly.



Weather Conditions

Extended forecast weather conditions – Saturday, 20th April

Mostly cloudy with a shower in spots

Water Quality

Analytical Results

Sub-Matrix: WATER (Matrix: WATER)				Client sample ID	MBA01	MBA02	MBA03
Client sampling date / time					20-Feb-2024 14:00	20-Feb-2024 14:00	20-Feb-2024 14:00
Compound	CAS Number	LOR	Unit	EB2012097-001	EB2012097-002	EB2012097-003	
				Result	Result	Result	
EA005P: pH by PC Titrator							
pH Value	----	0.01	pH Unit	8.18	8.20	8.21	
MW006: Faecal Coliforms & E.coli by MF							
<i>Escherichia coli</i>	----	1	CFU/100mL	~1	~3	~6	
MW023: Enterococci by Membrane Filtration							
Enterococci	----	1	CFU/100mL	~2	<1	~3	

The above result indicates very good water quality.

Results

Results will be uploaded on the World Triathlon official website: www.triathlon.org as soon as approved by the Head Referee.

Protest & Appeals

Should you wish to lodge a protest to the Head Referee this should be according to the World Triathlon Competition Rules.

Accreditation

The LOC will provide all athlete & coaches with an official accreditation. For Coaches and Team Medical the card is replaced by single-use coloured plastic wristbands. Photo Identifications is required.

Accreditation for athletes will be issued after the official Athlete Briefing on Thursday 18th April. Coaches' accreditation can be collected before the briefing.

The athlete briefing registration 5pm-6pm

Elite athlete briefing will commence at 6pm.

Sage Hotel, Wollongong
60/62 Harbour St,
Wollongong NSW 2500
+61 02 4201 2111

Only accredited persons will be allowed to access certain venue areas. Accreditation cards are number-coded and provide access to specific areas of the venue and field of play. **All accredited persons are requested to carry their accreditation cards/wristbands with them at all times and to show them upon request.**