



Multisport Festival Bargara
3 August 2025
ATHLETE GUIDE





EVENT TIMETABLE:

Date	Time	Location
Event Registration closes 29/07/2025 @ 9.00PM		
Pack Pick Up for Multisport Festival (NO pack pickup on race day)		
02/08/2025	Noon to 5pm	Just Us Realty, 85 Barolin St, Bundaberg South 4670
Just us Realty Multisport Festival Bargara		
03 August	6:00am	Adult (including Teams) transition open
	6:45am	Adult (including Teams) transition Closed
	6:45am to 6:55am	Race Briefing at Finish line
	7:00am to 7:30am	Race start refer below
	9:00am to 9:20am	Junior Transition open
	9:30am to 10:00am	Kids start (in order of Hatchlings, Milbis, Hatchlings and All Abilities)
	10:15am	Awards (Crawford Park)

Wave Starts (locations vary) :

7:00am Males (Standard, 1.5k Swim, AquaBike, Duathlon & 5km Run) 14+ years & Teams

7:05am Females (Standard, AquaBike, Duathlon & 5km Run) 14+ years

7:10am Males (Sprint & 10k Run) 14+ years

7:15am Females (Sprint & 10k Run) 14+ years

7:20am Give It A Tri - all in category

Assuming all adults have finished on the bike

9:30am Hatchlings

9:40am Milbis and All Abilities

9:50am Turtles

All finishing participants (Adults & Juniors) will receive a finisher's medal, trophies for 1st, 2nd, 3rd (M&F) by race distance.



Distances and Laps

	Swim	Cycle	Run
Standard (Individual & Teams)	1500m 1 lap	40km 4 laps	10km 2 laps
Sprint (Individual)	750 m 1 lap	20km 2 laps	5km 1 lap
Give It ATri	400m 1 lap	10km 1 laps	2.5km 1 lap
Aqua Bike Standard	1500 m 1 lap	40km 4 laps	Nil
Duathlon Sprint Dist (Run, Ride, Run)	5km RUN 1 lap	20km 2 laps	5km 1 lap
1500m Swim	1500 m 1 lap	Nil	Nil
Turtles	200m Run 1 lap	3km 3 laps	500m 1 lap
Milbi	100m Run 1 lap	2km 2 laps	300m 1 lap
Hatchlings	30m Run 1 lap	1km 1 laps	150m 1 lap
All Abilities	50m Run 1 lap	2km 2 laps	300m 1 lap
5 K Run	Nil	Nil	5km 1 lap
10 K Run	Nil	Nil	10km 2 laps



TRANSITION TIMES - No pack collection on race day

Adults

Events involving a bike (Individuals & Teams):

Transition will open at 6:00am and close at 6:45am

Juniors

Hatchlings, Milbis, Turtles & All Abilities:

Juniors Transition at 8:45am & close at 9:15am

Racing will commence after last Adult rider has finished



EVENT INFORMATION

5k and 10k Runners

Runners in 5k and 10k races will start and finish through the finish arch.

Please run on the footpath as the majority of roads are open to traffic.

Juniors Events (Hatchlings, Milbis, Turtles, All Abilities) – will be a Duathlon

Juniors Events are non-competitive - all finishing participants will receive a finisher's medal. No prizes or placement awards

Permissible bike formats include training wheels and three wheel bikes.

No adults/parents/guardians in Transition or on course during competition for Milbis and Turtles.

All Abilities & Hatchlings parents/guardians permitted to standby/assist in Wade and Transition. Parents/guardians not permitted on course for Ride and Run.

Drink Stations (Adults)

There are two drink stations on the run course, at the T intersection on the course & between the swim & transition. (Refer course maps). Drinks available will be water and nutrition (ice if it is excessively hot weather)

Cut Off Time to commence 4th lap of bike is 9:00am (14+ Standard, indiv & Teams, Aquabike)

Adults must have passed the bike dismount line before 9:00am to commence the final lap.

After this time riders will be directed to rack their bike and commence the run leg.

Road Closures and Parking

Do NOT Park on the cycle course, refer map for permitted parking zone.

The cycle course roads are closed with controlled traffic crossing at Trevor Rd, Andy Kemp Place and Watsons Road Roundabout. If traffic is on course, for your own safety please give way and notify officials at the next available opportunity. Parking is in the surrounding streets as shown below.



Event Photography

Photographers will be on course and photos will be available via social media

Bag Storage

Will be available near transition entry. Please ensure your bag is clearly marked with your race number. We also advise that though we provide this service for your convenience and take all care, you leave your belongings at your own risk. The event volunteers take no responsibility for any lost or stolen items.

What To Bring

Swim	Goggles, Swim suit/Tri-Suit, Swim Cap and Timing Chip (provided in the race pack), Sunscreen It is anticipated the swim may be a wetsuit permitted, so bring a wetsuit in case the water is below 24.5C
Ride/Bike/Cycle	Bike, appropriately fitting Bike helmet, cycle shoes or running shoes, drink bottle with suitable fluids, Tri-Suit or cycle shirt to cover chest, hand held bike pump, spare tube & tyre levers.
Run	Running shoes, Race bib (provided in race pack), race belt or pins to attach race bib, Tri-Suit or shirt to cover chest. Optional: socks, Cap /visor/sunglasses



Race Rules

This race is run under the rules of Triathlon Australia,
<https://www.triathlon.org.au/rules/>

Some of the rules to be aware of are:

- AquaBike race finishes (Full time is recorded) on exit of transition after the bike leg, athletes can then finish under the finish arch
- Chest to be covered on Bike and Run legs, no nudity or bare chests
- Race numbers (provided in the race pack) must be worn on the Cycle and Run
- Helmet to be on and buckled before the bike is removed from the rack to commence bike leg. After the bike leg
- Bike to be racked before helmet can be unbuckled
- Keep to the left, pass on the right
- No passing on the left
- No Drafting (refer above link to Triathlon Australia Race Rules)
- No blocking of other race competitors
- No outside/spectator assistance
- No headphones /ipods
- No communication devices while competing
- Dispose of rubbish only in waste bins
- Obey directions from Triathlon Australia Officials
- Be familiar with race distances, maps and laps, athletes are responsible to count their own laps

Other points to Note

Swim	If you are a slow or not a confident swimmer, please start at the back of your wave start. The course will be marked by buoys and described at the swim start. If you require assistance during the swim leg, raise your hand to attract the attention of Lifeguards. If you choose to warm up before the race please do this outside the swim area. It is the athletes' responsibility to be at their appropriate swim start per the Race Start Times shown above. It is also the athletes responsibility to be familiar with the course for their competition and to complete that course in full
Bike	The race Bib (race number) must be worn on the Bike & Run. The Roads will be closed for the cycle leg; however please stay alert for stray vehicles, officials or emergency service vehicles. It is the athletes responsibility to be familiar with the course for their competition and to complete that course in full Be cautious around other cyclists and keep left unless passing. This is a non-drafting event, refer Triathlon Australia link for the rules related to drafting. Upper torso must be covered at all times during the cycle leg
Run	The race Bib (race number) must be worn on the Bike & Run. There are drink stations along the run course, please ensure you use these to remain appropriately hydrated It is the athletes responsibility to be familiar with the course for their competition and to complete that course in full

	Keep left on the run course at all times unless overtaking Upper torso must be covered at all times during the run leg.
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GENERAL CONDUCT FOR COMPETITORS

These rules of General Conduct apply across the entire course.

1.1. Competitors must:

- a. practise good sports conduct at all times;
- b. be responsible for their own safety, the safety of their own equipment and be considerate of the safety of others;
- c. Ensure that the equipment to be used in the race complies with the relevant safety standards and it is in proper condition
- d. be responsible for understanding and following the TA Race Competition Rules, and any Special Rules and conditions applicable to the event;
- e. obey instructions from event officials;
- f. obey traffic regulations unless otherwise instructed by an event official;
- g. treat other competitors, officials, volunteers and spectators with respect and courtesy;
- h. avoid the use of abusive language;
- i. be responsible for keeping on the designated course;
- j. not wear, use, or carry items deemed to be a hazard to self or others, e.g. a hard cast, jewellery, glass/metal containers or mirrors (reference to mirrors does not apply for athletes with a disability using a hand-cycle);
- k. 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;
- l. not obstruct or interfere with the forward progress of another competitor, or jeopardise the safety and welfare of another competitor, race official, spectator, or member of the public;
- m. not accept assistance from anyone, except as defined in Section 1.4;
- n. not discard any equipment on the course, except at the approved dedicated locations;
- o. not cause offence to others through deliberate acts of nudity, or personal toilet which might be seen in public;

Multisport Festival - Course Maps

5km Run Course

1 Lap, commencing under the Start/finish arch at Crawford Park, follow the footpath to the causeway roundabout cross the road to the path and follow this along past the Golf Club Pro shop, turn right under the road through the viaduct, follow the path past the Golf Club carpark & restaurant, down the hill to the drinks station, turn left at the T intersection, follow the path along the ocean front north, turning around the tall pine tree, head back along the path to the T intersection, go straight, follow the path past the play ground (on the right), follow the path doing a U-turn at the palm tree, return to the T intersection and turn left, follow the path you came along back to Crawford park, continue along the path finish under the finish arch.

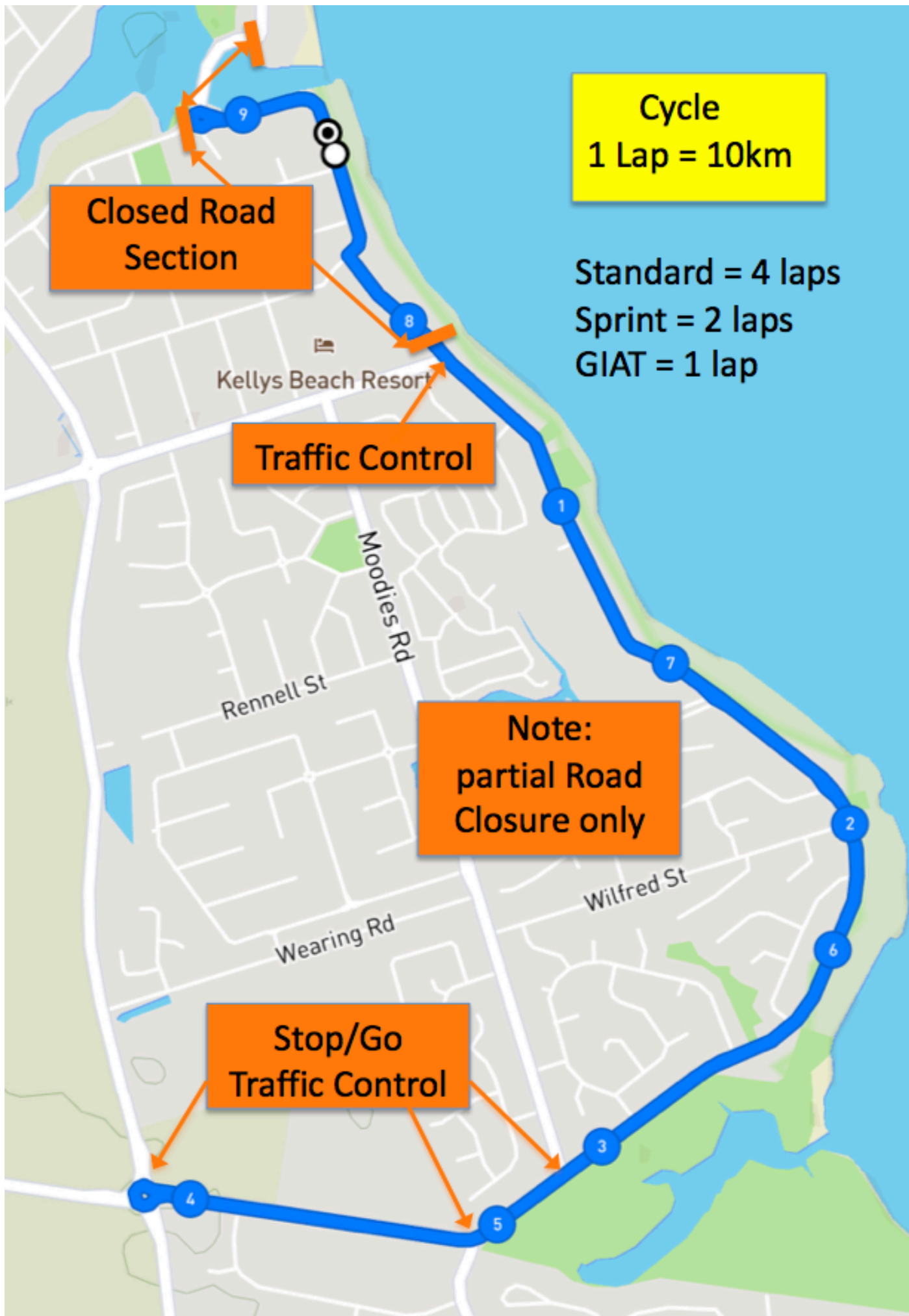


10km Run Course

2 Laps, commencing under the Start/finish arch at Crawford Park, follow the footpath to the causeway roundabout cross the road to the path and follow this along past the Golf Club Pro shop, turn right under the road through the viaduct, follow the path past the Golf Club carpark & restaurant, down the hill to the drinks station, turn left at the T intersection, follow the path along the ocean front north, turning around the tall pine tree, head back along the path to the T intersection, go straight, follow the path past the play ground (on the right), follow the path doing a U-turn at the palm tree, return to the T intersection and turn left, follow the path you came along back to Crawford park, continue along the path past the start, past the toilets and transition (bike racks), follow the path to the turn point/cone, do a U-turn and head back along the path past the start. Repeat the above for a second lap, but this time turn right into the finish chute & finish under the finish arch.







**Run Course
For ALL Runners**

1 Lap = 5km

Keep Left on the
Path at all times

Road is open to traffic.
Run on footpath only

Bargara Golf Club

GIAT Turn Around

The
BASIN

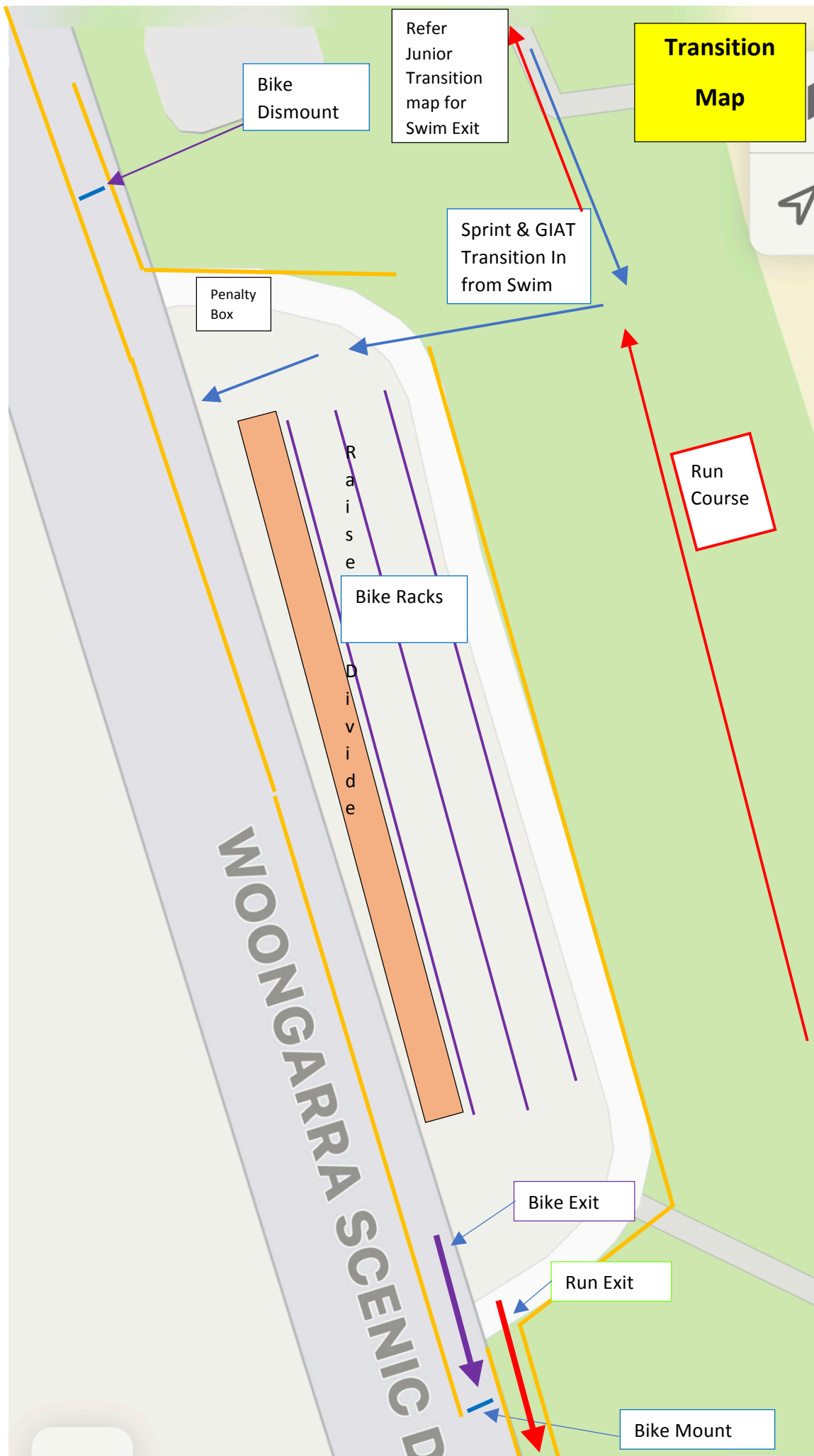
Note: The **Run Course**
follows the footpath.
Keep left on the path.

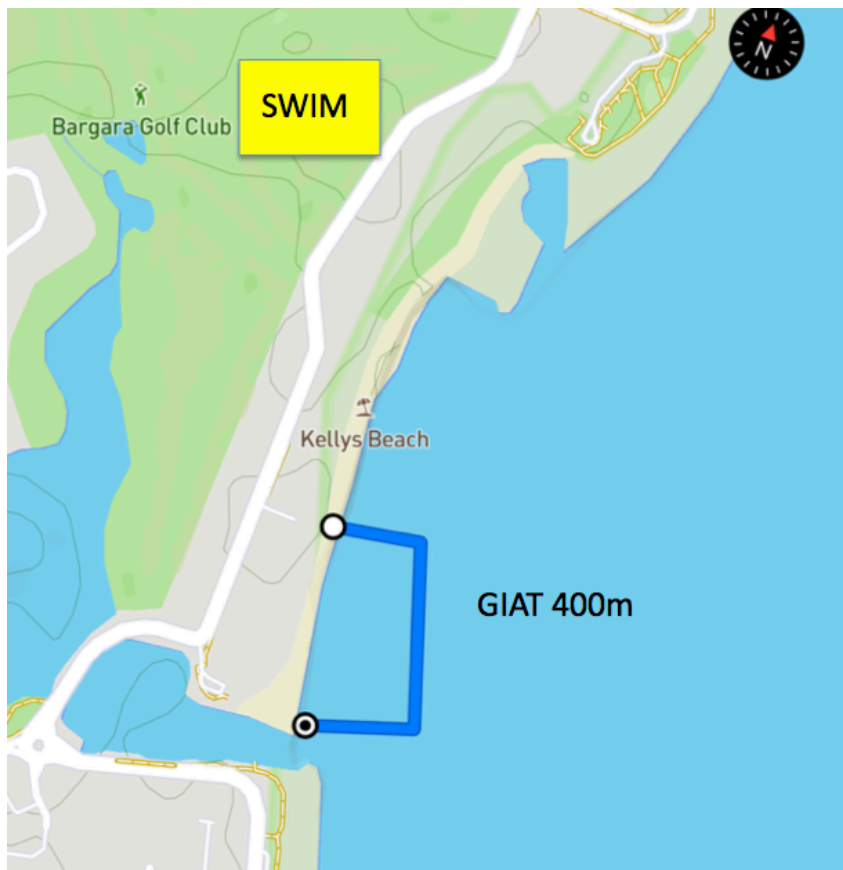
Note: The water will be
ankle depth at the point
of crossing from swim

Finish Chute

Transition







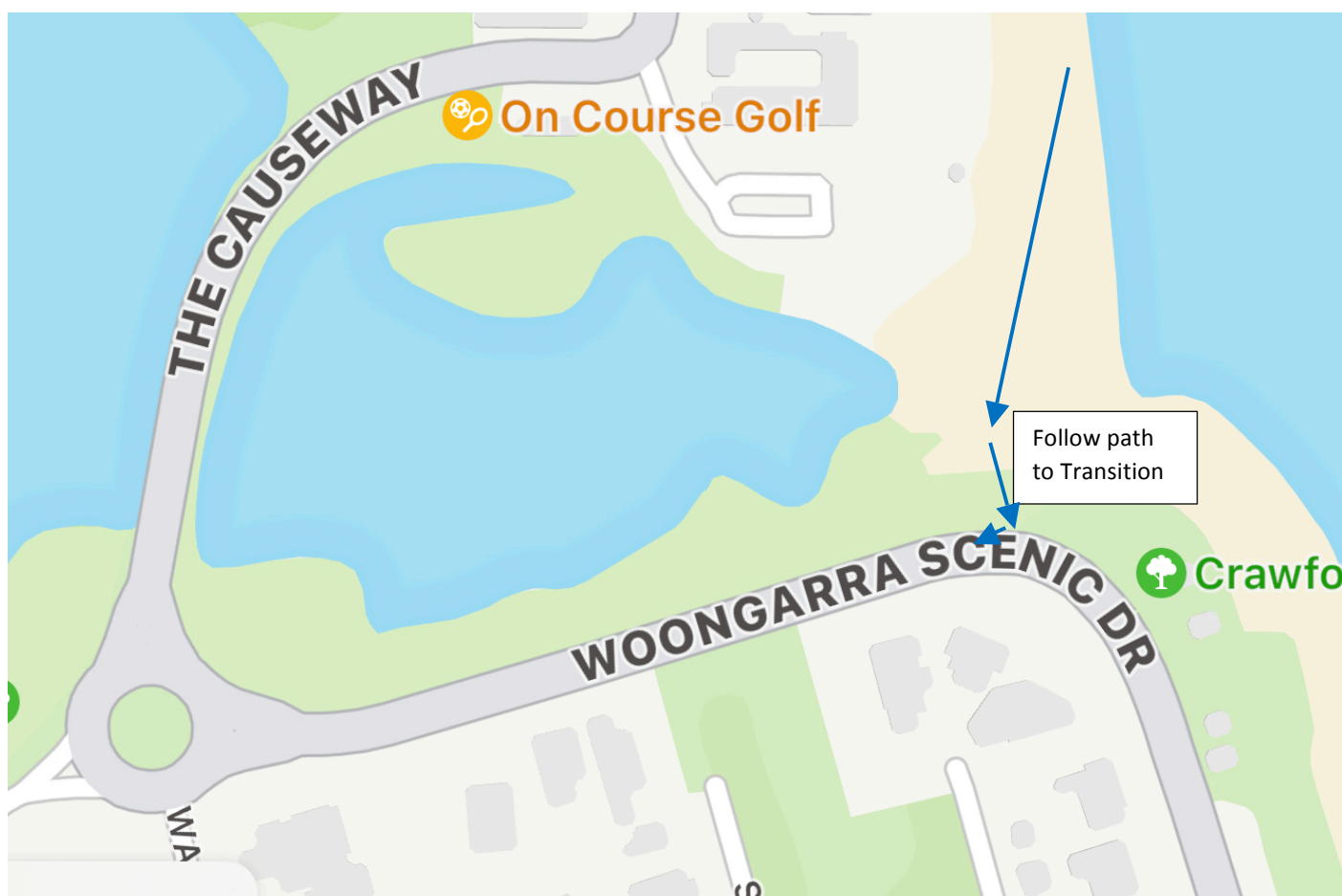


Junior Race Maps

Note the Juniors event will be a Run (along the beach), Ride, Run (on the path) race due to the current cold water conditions

Junior Swim

Is a run for this event



**Junior
Transition**



Junior Ride



Junior Run

Turn LEFT on the path to Exit Transition

Hatchling turn around at first Palm tree.
Milbi & All Abilities at the last Palm Tree

Turtle turn around end of boardwalk

Hatchling, Milbi, Turtle & All Abilities Finish thru Finish Arch

Hatchlings 1 x lap (150m)
Milbi 1 x lap (300m)
All Abilities 1 x lap (300m)
Turtles 1 x lap (500m)

Road Closed

Road Closed

Road Closed

Road Closed



Great BIG thanks to our
Event Sponsors



Headlands Estate

Community - Connection - Environment