

# JUNIORS... EXPRESSIONS OF INTEREST

On the weekend of January 17 and 18, 2015 you have the opportunity to head to an away race weekend at Robina for the Gatorade Queensland Tri Series Race 4 over the sprint distance.

If there are sufficient numbers, Coffs Harbour Triathlon Club juniors will travel to Queensland on the Saturday morning, compete in either a 500m or 1500m open water swim in the early afternoon, then race the triathlon on Sunday morning.

The group will be under the supervision of our club coaches.

Main objective of the weekend is to get the juniors ready for All Schools competition a little later in the year, and accustomed to an away race and the little things that can assist in making it a success.

Should enough juniors be keen, costings and further details will be compiled, based on the number of participants and include race entry, food, accommodation and sundry expenses.

Those who are keen to participate will be expected to follow a structured training schedule for three weeks prior to the event, which should be achievable due to the school holiday period.

Please advise Andrew Rowlings if you would be interested in participating in the weekend, plus three weeks of structured training prior to race day. Email [coffs\\_coach@bigpond.com](mailto:coffs_coach@bigpond.com)

## COURSE DETAILS ARE:

### Swim course

- The Robina swim course for QTS competitors is a U shaped course.
- Swimmers head 315m straight to the first swim buoy.
- Then heading 60m to the next swim buoy, and turning left again.
- Now heading toward the swim exit, swimmers head straight for 375m to the exit, then into transition.

### Bike course

- The Robina bike course is an L shaped course with a turnaround point at each end, and is four (4) laps for QTS competitors.
- QTS competitors head out of transition and go straight through the roundabout onto Robina Parkway toward turn one which is located on the corner of Robina Parkway and Markeri Street.
- Once making the turn, riders head back toward the roundabout.
- Once competitors get to the roundabout they turn left onto Boowaggan Road and head straight toward turn two.
- Riders make the turn at turn two and head back toward the roundabout.
- On the last lap at the roundabout turn left into transition area.

### Run course

- For the QTS competitors the Robina run course is a two (2) lap out and back course.
- After exiting transition, runners head straight down Robina Parkway (SAME direction as the bike course goes on Robina Parkway) toward the 1.25km turning point.
- After turning, runners head back toward transition and turn for their second lap at the designated turning point (just past the rego tent).
- Don't forget to high five your club members on the way past.
- After completing the second lap, competitors veer right down the finish shoot and over the finish line.

Triathlon entry fee is \$75, or \$65 if under 16.

See <http://www.qldtriseriesseries.com.au/index.php/individual-entry-details/entry-fees> for full details.