

The Australian Unicycle Society presents

ABN 11598822426

UNINATS 2016
SUNSHINE COAST



Uninats 2016

**11th Australian National Unicycling
Championship and Festival**

**Thursday 29 September - Monday 3 October
Sunshine Coast, Queensland**

Welcome

Hello and welcome to Australia's 11th Uninats - the first ever on the Sunshine Coast of Queensland! Make yourself at home, relax, look around, learn, compete, share skills and yourself. If you have the time, check out the local beaches and attractions.

If this is your first Uninats, then an extra special welcome - we hope you have a great time and take your unicycling to a new level. Enjoy!

- *Uninats 2016 Organising Committee* -

Contact

You can usually find all the information you need at the check-in, in this program or by asking someone. The organisers can be contacted on: **0412 007 098 (Simon)** or via Facebook group "Uninats 2016", if you need urgent assistance.

First Aid

First aid officers, a full first aid kit and transport assistance will be available at all events in case of a serious injury. However, you should carry your own antiseptic, band aids and other basic supplies and be prepared to deal with minor bumps, cuts and abrasions yourself.

In case of an emergency, **dial 000**. This program has all the venue addresses. You must also advise the organisers of any injuries requiring medical attention - see contact details above.

Insurance and Liability

Unicycling is fun but we take safety seriously. Please ride responsibly and be especially aware of non-riders and members of the public.

Riders should arrange any required accident and ambulance insurance prior to participation. AUS Insurance is intended to cover public liability and negligence claims only, not your medical expenses or reckless actions. **The AUS does not accept responsibility for injury, hospital or medical cover for competitors.**

All riders in Uninats 2016 must be members of the Australian Unicycle Society and all participants agree to the assumption of risk included in the AUS membership conditions. Your entry in any event

or activity associated with Uninats indicates your acceptance of the conditions of participation.

Protective Gear

You must wear a helmet, gloves and knee pads for most events – including for track events, 5/10k, and Muni. You are advised to wear sufficient additional safety equipment according to the needs of each event and your ability level. **It is your own personal responsibility to wear your safety gear - even if you are not stopped or reminded by an official.**

Prize Ribbons

Ribbons will be awarded for 1st, 2nd and 3rd places in each category of each event, either after each event or at the end of each day. Unicycle.com Australia is generously sponsoring a number of fantastic prizes, including for overall winners and individual events and categories.

Uninats Championship Pointscore

Uninats 2016 will be running a pointscore competition to determine the overall Uninats champion(s). A point will be awarded for every event you enter with additional points awarded for 1st, 2nd and 3rd places and any new Australian records. Pick up your scorecard at check-in, get it marked at each event and hand it to an official after your last event. Highest scorers in each category will be Uninats 2016 Champions!

Age Categories

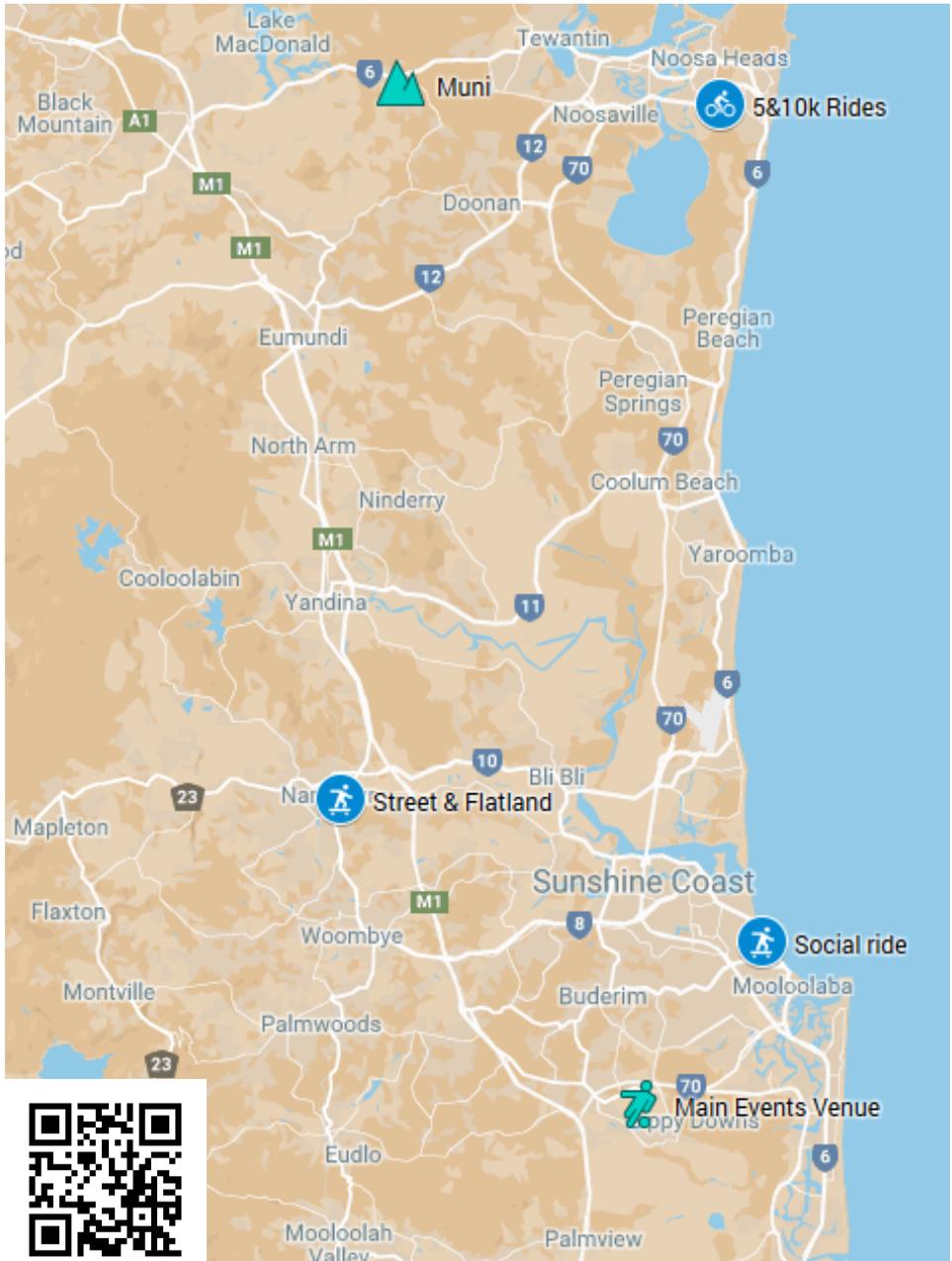
Most events will be divided into 3 age categories: Juniors (14 years and under), Open (any age), Masters (40 years and over) on 30th September 2016. Depending on numbers, some events may further divide juniors into under 10 years and 10-14 years. For most events, there will also be separate gender categories.

Wheels, Tyres, Cranks & Pedals

Rules for wheel, tyre and cranks sizes in all events follow the rules set out in the International Unicycling Federation Rulebook: <https://unicycling.org/files/iuf-rulebook-2015-prelim.pdf>

Unicycles used in the sports hall must have non-marking tyres and plastic pedals. Hockey sticks must have towelling tape (will be provided).

Map of all venues



Scan the code with your mobile for a Google map of the venues and to get driving directions.

Friday 30 September 2016

Registration, Muni and Downhill - 8am

Location: Tewantin National Park. Meet at corner of Sunrise Road and Gyndier Drive, Tinbeerwah (free parking in the vicinity).

*** See map on next page*

Time: 8am-1pm

Activity: Muni Cross Country (XC) and Downhill (DH) comps.

The Expert XC course will be approx. 10km and take fast riders around 1 hour. There will be an easier/shorter course for beginners and intermediates. Most people will enjoy the expert course as while it is not very technical, it is still challenging enough to determine the best riders on the day. Walking is allowed. The course would suit an ungeared 26" or ungeared 29" for better riders.

The downhill course will be approx. 1.6km and drop over 100m in altitude, with a few flat and slight uphill sections. It will be more technical than the XC course. It will feature an IMBA grade black run (ideal for an ungeared 26" muni), and will be run as a time trial (riders departing in one minute intervals).

There will only be one category (Expert) but all are encouraged to enter. Walking is allowed but will slow you down as the course is designed to reward competitors who are able to ride rather than walk the trail features. The downhill course is on a one-way trail, so you should not preview the course in reverse.

Food and drinks: It's a National Park so there is no food or water available (not even a drinking water tap!) so please bring your own. The nearest drinking water tap is at Wooroi Day Use Area, about 3km away.

Also bring mosquito repellent and sunscreen.

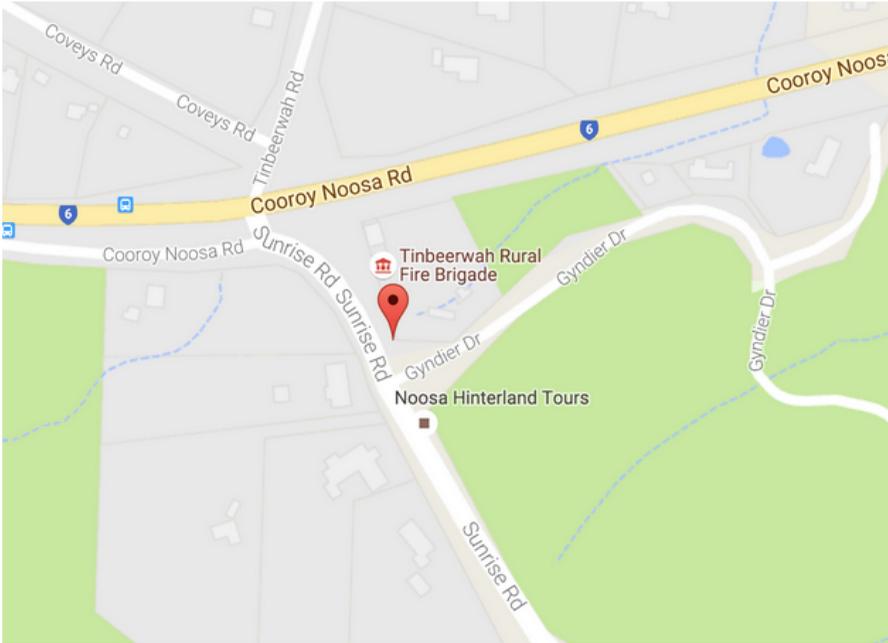
Emergencies: Call 000. The nearest hospital is Noosa Hospital, 111 Goodchap St, Noosaville.

Please stay on the marked trails to avoid venomous snakes.

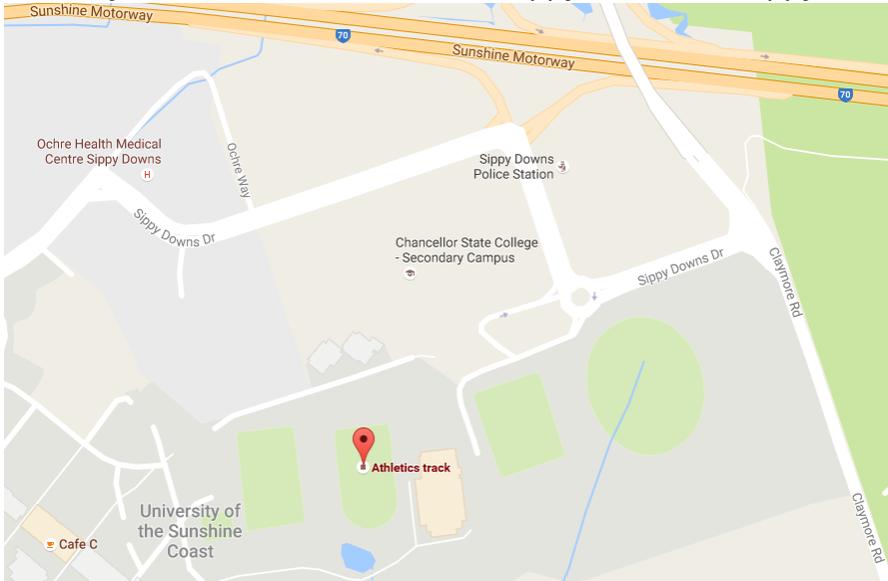
Noosa hospital has stocks of anti venom but you will be required to stay under observation for 12 hours. Please advise an organiser of any injuries.

Friday 30 September 2016

Tewantin National Park, Cnr Sunrise Rd & Gyndier Dr, Tinbeerwah



University of the Sunshine Coast, 90 Sippy Downs Dr, Sippy Downs



Friday 30 September 2016

High jump, long jump and slopestyle - 12pm

Location: University of the Sunshine Coast, 90 Sippy Downs Dr, Sippy Downs. Car park P4 (metered). **Venue:** Tennis courts 100m south west of the athletics track.

Times:

- 12pm (or earlier) - Help design and build the slopestyle course
- 2-6pm - Advanced, masters and juniors high jump and long jump, compete at any time
- 3pm - Elite high jump and long jump
- 4pm - Slopestyle comp

Food and drinks: None on campus. Nearest shops and cafes at Chancellor Village Bvd, Sippy Downs or BYO.

Event: Traditional high jump over bar and long jump competition, followed by slopestyle. We may run a high jump to platform competition as a test event, depending on numbers. Bring your own music (and keep it clean) - PA is provided.

Emergencies: Call 000. The nearest hospital is Caloundra Hospital, 2B West Terrace, Caloundra; or Nambour Hospital, 1-17 Nambour-Mapleton Rd, Nambour. Please advise an organiser of any injuries.



*Campus map:
Tennis courts (OC)
Athletics Track (AT)
Sports hall (S)*

PARKING ON

The campus is a re...
you must park withi...
parking is availabl...
via Claymore Road...
effect in all other an...
8am and 6pm, Mon...
exception of access...
permit must be dis...
www.usc.edu.au/pe
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Saturday 1 October 2016

Track - 8am

Location: University of the Sunshine Coast, 90 Sippy Downs Dr, Sippy Downs. Directions to sports precinct and car park P12A (free on weekend). Venue: athletics track.

Time:

- 7am - Start set up
- 8am - Meeting, marshalling and race briefing
- 9am - Races start

Food and drinks: None on campus. Nearest shops and cafes at Chancellor Village Bvd, Sippy Downs or BYO.

Activities: 100m, 400m, 4x100m, 800m, 50m one footed, 50m backwards, 30m wheel walk, 1600m (unlimited wheels) and gliding, decathlon (as a test event).

Start times are approximate - races will run back-to-back without waiting, even if running ahead of schedule. Be early - your race may start early and races will not wait for you if you are not there!

Protective gear: Helmet, gloves and knee pads are compulsory for track events.

Emergencies: Call 000. The nearest hospital is Caloundra Hospital, 2B West Terrace, Caloundra or Nambour Hospital, 1-17 Nambour-Mapleton Rd, Nambour. Please advise an organiser of any injuries.

Start Time	Main Track /front straight	Back straight
8:00am	Set up track	
9:00am	100m (5-6 races)	Decathlon: hurdles, shot put and still stand
9:20am	50m One footed	Decathlon: hurdles, shot put and still stand
9:35am	50m Backwards (2-3 races)	Decathlon: hurdles, shot put and still stand
9:50am	50m Ride & Juggle (2-3 races)	Decathlon: hurdles, shot put and still stand

Start Time	Main Track /front straight	Back straight
10:05am	30m Wheel Walk (2-3 races)	Decathlon: hurdles, shot put and still stand
10:30am	4 x 100m Relay (1-2 races)	
10:45am	400m (4 races)	
11:15am	800m (4 races) if time allows	
11:45am	1600m Unlimited (geared / 29" / 36" / Coker only)	
12:15am	Decathlon 100m, 400m, 800m (1 race each)	
2:00pm	Finish	

Trials set up & competition - 8am - 6pm

Location: University of the Sunshine Coast, 90 Sippy Downs Dr, Sippy Downs. Carpark P4 (free on weekend).

Venue: Tennis courts 100m south west of the athletics track.

Food and drinks: None on campus. Nearest shops and cafes at Chancellor Village Bvd, Sippy Downs or BYO.

Activity:

- 8am-2pm - Design and build trials course and a pair of speed trials courses. We will need as many people as possible to help build the trials course. Pallets, beams, planks and equipment will have been previously delivered. Please bring any tools you have to help us do this as quickly as possible!
- 2-5pm - Trials (peer judged) and qualification for speed trials.
- 5pm - Speed trials final
- 5:30pm - Trials tear down.

Saturday 1 October 2016

AGM and party / games from 6pm

Location: University of the Sunshine Coast, 90 Sippy Downs Dr, Sippy Downs. Car park P4 (free on weekend). Venue: tennis courts 100m south west of the athletics track.

Food and drinks: We will take orders (and cash) for takeaway food during the afternoon and then collect it in time for the party. Pizza will be ordered (with a couple of options, including vegetarian), to be served up around 6:30pm. Check the options and place your order at the registration desk - order early!

Activity:

The Annual General Meeting (AGM) of the Australian Unicycle Society (AUS) will be held outdoors (bring cool weather clothing), with pizza (optional). Every Uninats participant is an AUS member and entitled to vote! Come along to find out what's happening in the AUS, learn where your money is going, decide who will be the next AUS president and help choose when and where future Uninats are to be held!

An Australian Unicycle Hockey League (AHUL) meeting will follow the AUS AGM. Join us to discuss how the AUHL is going and developments for next year.

Uninats party - This will be a unicycle party, so expect to ride!

Some classic games you can expect - Red Rover, Dodgeball and Line-Chase Tag. And the bruisers - Gladiators, Sumo, and any others you know.

Emergencies: Call 000. The nearest 24 hour emergency department is at Caloundra Hospital, 2B West Terrace, Caloundra or Nambour Hospital, 1-17 Nambour-Mapleton Rd, Nambour. Please advise an organiser of any injuries.

Sunday 2 October 2016

Hockey, basketball, freestyle, etc. 8am - 4pm

Location: University of the Sunshine Coast, 90 Sippy Downs Dr, Sippy Downs. Take directions to sports precinct and park in P12A (free on weekend). Venue: Sports hall and tennis courts 100m south west of the athletics track.

Food and drinks: None on campus. Nearest shops and cafes at Chancellor Village Bvd, Sippy Downs or BYO. No food or drink allowed in the sports hall.

Indoor Events: Hockey, standard skills, freestyle (individual, pairs and group). Hockey and basketball teams can be finalised on the day. If you do not have a team then we will find you one!

Outdoor events: Slalom, Basketball, Slow boards

Emergencies: Call 000. The nearest 24 hour emergency department is at Caloundra Hospital, 2B West Terrace, Caloundra or Nambour Hospital, 1-17 Nambour-Mapleton Rd, Nambour. Please advise an organiser of any injuries.

	Court 1	Court 2	Court 3 (outdoors)
08:00	Hockey set up	Hockey set up	Not booked
08:30	Hockey	Hockey	Not booked
09:00	Hockey	Hockey	Not booked
09:30	Hockey	Hockey	Not booked
10:00	Hockey	Hockey	Slalom and Slowboards
10:30	Hockey	Hockey	Slalom and Slowboards
11:00	Hockey	Hockey	Slalom and Slowboards
11:30	Hockey	Hockey	Slalom and Slowboards
12:00	Hockey	Hockey	Slalom and Slowboards
12:30	Hockey	Hockey	Slalom and Slowboards
1:00	Hockey	Hockey	Slalom and Slowboards

	Court 1	Court 2	Court 3 (outdoors)
1:30	Freestyle	Not booked	Slalom and Slowboards
2:00	Freestyle	Not booked	Basketball
2:30	Freestyle	Not booked	Basketball
3:00	Standard skills	Not booked	Basketball
3:30	Standard skills	Not booked	Basketball

Flatland 4pm - 8pm

Location: Nambour Skate Park, corner of Matthew St and Ann St, Nambour.

Food and drinks: Shops and cafes within walking distance.

Activity: Flatland competition.

Timetable:

- 4pm - Setup - time for people to travel from USC
- 5pm - Competition starts
- 8pm - Wrap up

Emergencies: Call 000. The nearest 24 hour emergency department is at Caloundra Hospital, 2B West Terrace, Caloundra or Nambour Hospital, 1-17 Nambour-Mapleton Rd, Nambour. Please advise an organiser of any injuries.

Monday 3 October 2016

5k & 10k Ride - 8am

Location: Girraween Sports Complex, Eenie Creek Rd and Langura St, Noosa Heads. Free parking. Venue: Outdoor criterium circuit.

Food and drinks: Nothing within walking distance apart from a water tap, so bring your own.

Activity: 5km standard wheel, 10km standard wheel, 10km unlimited wheel (competitors to only ride in one event each).

The rides are held around a 915m lap (so almost 11 laps for 10km) closed to cars, great for spectators, on a smooth asphalt surface with no camber or sharp corners, and two car lanes wide. There is a gentle climb of 9m altitude gain per lap.

A standard wheel is one with a diameter up to 24" and minimum crank length of 125mm. An unlimited wheel allows any size wheel and cranks, and allow gears (but not electric assist).

The 5km standard wheel event is intended for newer riders.

Emergencies: Call 000. The nearest 24 hour emergency department is at Noosa Hospital, 111 Goodchap St, Noosaville. Please advise an organiser of any injuries.

Street Competition 11am

Location: Nambour Skate Park, corner of Matthew St and Ann St, Nambour.

Food and drinks: Shops and cafes within walking distance.

Activity: Street comp. Free riding and warm up from 11am (or earlier), competition to start at 12pm. Bring your own music, PA provided.

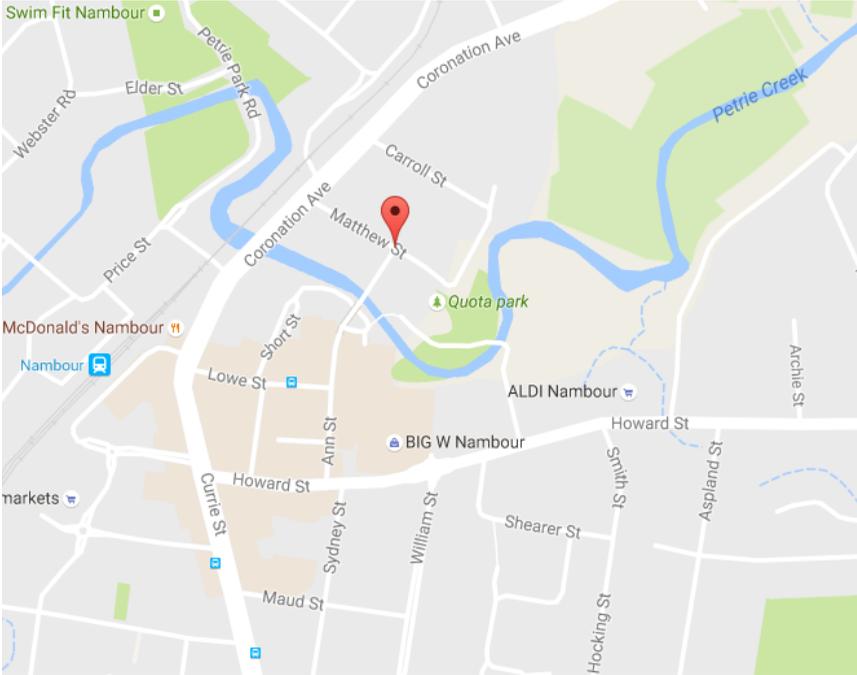
Protective gear: Helmet required, gloves and knee/shin pads are strongly advised.

Emergencies: Call 000. The nearest 24 hour emergency department is at Nambour Hospital, 1-17 Nambour-Mapleton Rd, Nambour. Please advise an organiser of any injuries.

Girraween Sports Complex, Eenie Creek Rd & Langura St, Noosa Heads



Nambour Skate Park, corner of Matthew St and Ann St, Nambour



Uninats 2016 Supporters

Heartfelt thanks to all the wonderful supporters of Uninats 2016!



unicycle.com

Many thanks to all the crew at unicycle.com Australia for their support of Uninats with \$2,000 worth of prize vouchers and other give-aways.

Thanks also to Sunshine Unicycles for providing gear, equipment and transport.



Credits and thanks

The Uninats 2016 Organising Committee wishes to thank everyone who contributed to making Uninats happen. Special thanks to pallet collectors, trials builders, judges, marshals, ribbon writers and all the non-riding volunteers - we couldn't do it without you!

- from Simon Birch, Steven Hughes, Andrew Flanagan and Cris Bailiff

Thanks to all riders for your participation!

We hope you have a great time and see you at the next Uninats!

