



2XU TRIATHLON SERIES 17/18

active feet
if the shoe fits...

Race 4 Elwood Sunday 4th February 2018
Fun Tri Event Information Guide



2XU
HUMAN PERFORMANCE. MULTIPLIED.

Carman's
Real food made with real passion.

DEGANI

ENRG
SPORT SCIENCE FORMULA™

TRIALLIANCE
#trainingwithpurpose

active feet
if the shoe fits...

 **ENGINE**

Triathlete
magazine

 **SYMMETRY**
PHYSIOTHERAPY



Leader
COMMUNITY NEWS

2XU TRIATHLON SERIES 17/18

active feet
if the shoe fits...

Fun Tri

Welcome to the 2XU Triathlon Series Race 4 of the Active Feet Fun Tri in Elwood.
Best of luck with your preparation and we'll see you at the event!

GENERAL INFORMATION – ACTIVE FEET FUN TRI

LOCATION ELWOOD PARK, ELWOOD
DISTANCE 250M SWIM / 10KM CYCLE / 3KM RUN

KEY TIMES

SATURDAY 3 FEBRUARY

RACE KIT COLLECTION

TRI ALLIANCE COACHING WORKSHOP

12:00pm—2:00pm

12:30pm—2:00pm

SUNDAY 4 FEBRUARY

RACE KIT COLLECTION

BIKE CHECK IN

RACE BRIEFING

RACE START

PRESENTATIONS

5:45am - 6:45am

5:45am - 6:50am

6:50am (at swim start)

7:05am

Approximately 8:05am

Bike Maintenance available from the Wheelscience marquee on event day between 6:00am and 8:30am

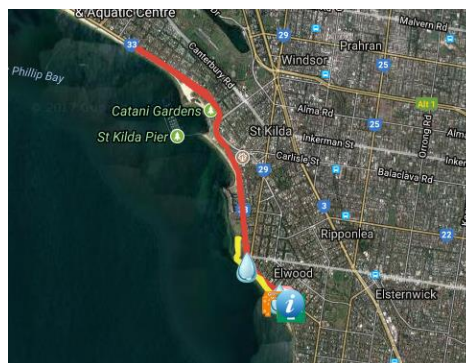
TRI-ALLIANCE TIPS AND TRICKS



Tri-Alliance is back with their Tips and Tricks session on Saturday between 12:30 – 1:30pm. Perfect for first timers or those that want some expert advice before the day.

[SIGN UP HERE](#)

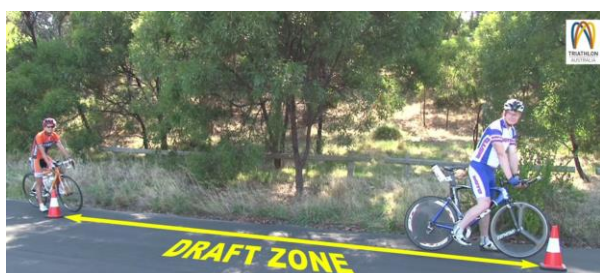
COURSE MAP



Click the link below for the interactive course map. Select and unselect layers to view just your course. Course Maps will be on the information boards in the venue and at swim start.

[INTERACTIVE MAP](#)

DRAFTING



"Drafting is Cheating" so make sure you are up to speed with all the drafting rules

[VIEW VIDEO HERE](#)

RESIDENT ACCESS LANE



Be cautious of the resident access lane, this is a clearly marked line of cones when **traveling in both directions** on the course, this is to allow local residents to access their properties, do not ride in this lane and stay to the **right hand side** of the cones

[ENLARGE IMAGE](#)



2XU TRIATHLON SERIES 17/18

active feet
if the shoe fits...

Fun Tri

WHAT TO DO ON RACE MORNING - CHECKLIST

- ☐ **Label** all items including your wetsuit, helmet and bag PRIOR to arriving on event morning.
- ☐ **Number Writing** - Numbers are to be written on the outside of your right arm and front of your right leg, category letter (found on kit label) goes on the back of your left calf (this is so you can tell who is in the same category as you out on course. Participants are encouraged to write their number with permanent marker at home, prior to arriving at the venue. There will be a number writing area out the front of registration with markers and helpers
- ☐ **Collect your Race Kit if you have not already done so on Saturday**
- ☐ **Security Wristband** - Attach to either wrist.
- ☐ **Timing Band** - Securely attach to your **left** ankle to ensure you receive accurate times. Teams receive one timing band which needs to be exchanged at your bike rack in the compound. If you withdraw during the race please return to the timing band collection area at the finish line. All athletes must hand back their timing band after they finish (including series athletes).
There is a \$50 charge for any bands lost, damaged or not returned at the finish .
- ☐ **Helmet Sticker** - Attach to RIGHT HAND SIDE of helmet.
- ☐ **Bike Security Sticker** - Attach the sticker to the handlebars/head stem of your bike.
- ☐ **Bike Compound Entry** - Proceed to the bike compound entry. **Helmet must also be on and secured.**
- ☐ **Bike Rack** - There will be a bike rack space clearly marked with your race number and your name on it. If your name does not appear on the sticker, please do not rack your bike in this space; see a transition marshal for assistance.
Saturday Late Entries will find their bike rack on the end row, marked "Late Entries" (or blank).
Arrange gear on the chain ring side of the bike.
- ☐ **Bag Compound** - There will be a fenced off area managed by SME360 staff and volunteers near the bike compound for any large bags. Your race number will be written on a tag which will be attached to your bag. We strongly recommend that no valuables are left in this area and you name all your belongings
- ☐ **Attend the Pre Race Briefing**—At the swim start

EVENT ACTIVATIONS

2XU, Carman's, Degani Coffee, Active Feet, Tri-Alliance, ENRG Hydration, Wheel Science (bike mechanic), Engine Swim, Symmetry Physio, BBQ

EVENT COMMENTATORS

Steve Tabone & Cam Van Den Dungan

TRIATHLON AUSTRALIA

Triathlon Australia work to regulate the races on the day, ensuring participant safety and fairness. Please listen to their direction as they have your best interests, and the interests of others in mind.

TA Race 1 Technical Delegate – P. Dickinson

TA Race 1 Assistant Official – P. Nugent

EVENT MEDICAL SERVICES

Event Medical Services Australia - Located near the finish line

AFTER THE RACE

- ☐ **Timing band** – At the finish line you must return your timing band (All competitors)
- ☐ **Presentations** - At the main stage once
- ☐ **Race results** – Results can be found at the Results Hub marquee on race day
- ☐ **Final Race Results and Event Photos** - available on our website <http://www.2XUtriathlonseries.com.au>
- ☐ **Recovery Area** - To save the use of plastic bags, we will now have a recovery area in the venue with Aussie Bananas, Symmetry Physio massage & ENRG Hydration and Carman's Muesli Bars
- ☐ **Free Photos**— you will be emailed the link to your FREE event photos after the event or go to www.raceatlas.com.au



2XU TRIATHLON SERIES 17/18

active feet
if the shoe fits...

Fun Tri

RULES (Full Triathlon Australia Rules [CLICK HERE](#))

General

Competitors must:

- Practise good sports conduct at all times
- Obey instructions from event officials
- Treat other competitors, officials, volunteers and spectators with respect and courtesy
- Not wear electronic devices e.g. IPOD, mobile phone etc
- Not litter

Transition

-All bags should be removed from transition prior to transition closing for the start of the event.

-Swim Competitors:

- Must wear the swim cap provided
- May use any swimming stroke for propulsion through the water.
- May tread water or float
- May stand on the bottom or rest by holding an object e.g. boat, buoy or paddleboard. However, they must not make forward progress whilst doing this.
- Should raise an arm overhead and call for assistance in an emergency. If assistance is rendered beyond resting, the competitor will be deemed to have not finished the event.
- May wear wetsuits depending on the water and air temperature at time of event
- Must take all their equipment i.e. swim cap and goggles to their designated rack in transition

Cycle

Competitors:

- Must wear footwear and a top
- Must wear a helmet approved by a testing authority and it must remain securely fastened at all times once the bike is removed from the rack, on the bike course and until bike is replaced on bike rack.
- Click on the image in the bottom right corner for a guide to correct helmet choice and safest fit
- Must cycle in single file on left hand side of bike course unless passing. Failure to do so will incur a penalty for a blocking infringement
- Must keep a distance of 7 meters between leading edge of front wheel of the forward bike and leading edge of front wheel of following bike, unless passing.
- Have 15 seconds to pass through the 7 meter draft zone and must be gaining on the forward competitor at all times. After passing must move to the left when safe to do so.
- Competitor passed must immediately drop back out of the draft zone of forward competitor before attempting to repass. Distance between two competitors must be increasing.
- Must pass on the right hand side.
- Draft zones may overlap for safety reasons, leaving or entering transition and when making an acute/U turn.
- See drafting video on page 2 for full explanation. Maybe better to insert same link here.

Run

Competitors:

- Must wear shoes and a top

Get Social with us!!



@2XUtriathlonseries
#2XUtriserries
#2XUR4



@2XUtriathlonseries
#2XUtriserries
#2XUR4



RACE 4– WAVE STARTS – FUN TRI DISTANCE

WAVE #	WAVE TIME	SWIM CAP	CATEGORY
	WAVE 1 + HR:M:S		
1 - 7:05am	0:00:00	WHITE / BLUE	M 12 - 13
2	0:02:30	RED / WHITE	M 14 - 15, M 16 - 19
3	0:05:00	ORANGE / BLACK	F 12 - 13, F 14 - 15
4	0:07:30	SKY BLUE / WHITE	M 40 - 49, M 50+
5	0:10:00	FLURO ORANGE / BLACK	F 16 - 19, F 20 - 29
6	0:12:30	BLUE / WHITE	Family & Friends, Teams Multiclass
7	0:15:00	PURPLE / WHITE	F 30 - 39, F 40 - 49, F 50 +
8	0:17:30	FLURO YELLOW / RED	M 20 - 29, M 30 - 39