



2XU TRIATHLON SERIES 18/19

Race 4 Elwood Sunday 3 February 2019
Race Information Guide



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2XU TRIATHLON SERIES 18/19



Welcome to the 2XU Triathlon Series. Race 4 in Elwood will be a party to remember. We've got a DJ as well as free action photos of you out on course so you can update that profile picture you've had since last season. Best of luck with your preparation, and for all the first timers, sign up to the Tri Alliance Tips and Tricks session on the Saturday.

GENERAL INFORMATION

LOCATION ELWOOD PARK, ELWOOD
DISTANCE 750M SWIM / 20KM CYCLE / 5KM RUN

KEY TIMES

SATURDAY 2 FEBRUARY

RACE KIT COLLECTION
TRI ALLIANCE COACHING WORKSHOP

12:00pm—2:00pm
12:30pm—1:30pm

SUNDAY 3 FEBRUARY

RACE KIT COLLECTION
BIKE CHECK IN
RACE BRIEFING
RACE START (CHECK WAVE STARTS AFTER REGISTERING)
PRESENTATIONS
POST RACE BIKE COLLECTION FROM TRANSITION

6:30am—7:30am
6:30am—7:45am
7:45am (at swim start)
8:00am
Approximately 10:30am
ONCE LAST PARTICIPANT STARTS RUN

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

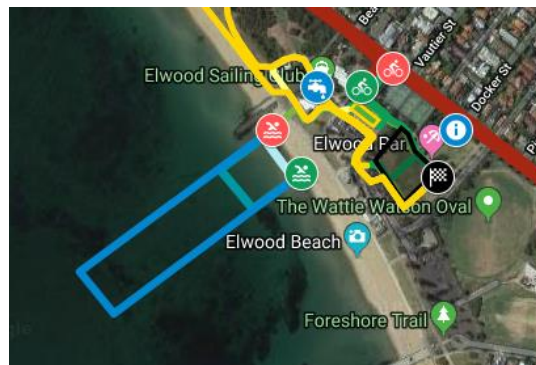
TRI-ALLIANCE TIPS AND TRICKS



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](#)

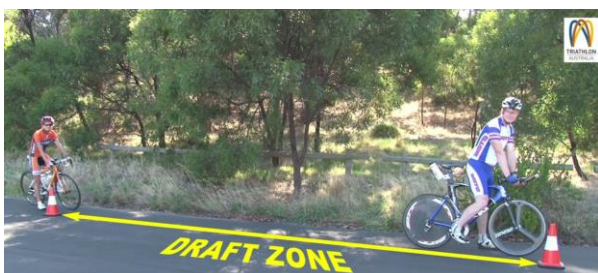
COURSE MAP



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 southbound 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](#)

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 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, Tri-Alliance, ENiQ Hydration, Aussie Bananas, Engine Swim, Symmetry Physio, BBQ, Compex, RE3

EVENT COMMENTATORS

Active Beats

TRITAHLON 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 4 Technical Delegate - M.Haarasma

TA Race 4 Race Referee – G. 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
- 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

General Conduct - Competitors must:

Competitors must:

- Practice good sports conduct at all times
- Competitors are responsible for following the [Triathlon Australia Race Competition Rules](#) and any special rules applicable to the event.
- Obey instructions from event officials, marshals, and Police.
- Obey traffic regulations unless otherwise instructed by an event official
- Treat other competitors, officials, volunteers and spectators with respect
- Know and keep on the designated event course
- Not wear electronic devices e.g. iPod, mobile phone etc.
- Not obstruct or interfere with the forward progress of another competitor or jeopardise the safety and welfare of another competitor or race official or spectator or member of the public
- Only accept assistance from an event official, otherwise no outside assistance.
- Not discard any equipment or litter on the course except at approved dedicated location (do not litter)

Bike Compound

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

Swim Conduct - Competitors:

- Wetsuits with a thickness of less than 5mm are optional depending on air and water temperature
- Interim and final water temperatures will be taken 24 hours and 2 hours before the event and posted on the race notice board and via social media
- Must wear the swim cap provided
- May use any swimming stroke for propulsion through the water, and 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.
- Must take all their equipment i.e. swim cap and goggles to their designated rack in transition
- Any competitor receiving an infringement penalty may be required to serve a Stop-Start Penalty with the Technical Official where the infringement occurred on the course

Cycle Conduct – 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 the picture above for a guide to helmet choice and 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.
- Draft zones may overlap for safety reasons, leaving or entering transition and when making an acute/U turn
- 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.
- Competitors reported for drafting, or an illegal pass, will be shown a **BLUE** card by a Technical Official.
- In both cases they will be asked to confirm their race number, be told of the infringement and to report for a 3 minute time penalty at the next Penalty Box on the cycle course.
- Failure to observe the above will result in a disqualification for failing to serve the penalty
- Competitors reported for blocking may be shown a **YELLOW** card by a Technical Official, and may be given a stop and go penalty. Please view the video explaining all of these rules at [CLICK HERE](#)

Run Conduct - Competitors:

- Must wear shoes and a top
- Display the race identification number on their front.
- Outside assistance is not permitted
- Receiving an infringement penalty may be required to serve a Stop-Start Penalty with the Technical Official where the infringement occurred on the run course.

Penalties

Infringement of the rules may result in one of the following penalties:

- Stop-Start penalty to be served with the Technical Official where the infringement occurred on the course. Generally swim, transition and run segments of the course.
- Blue Card on cycle leg of course is shown for an infringement then a 3 minute time penalty must be served at the next Penalty Box on the cycle course. Two or more blue cards may result in a disqualification.
- Red card is shown for a major infringement. Competitor may complete event but Race Referee will rule on the infringement at conclusion of event and if ratified, competitor will be disqualified.

Get Social with us!!



@2XUtriathlonseries
#2XUtriserries
#2XUR4



@2XUtriathlonseries
#2XUtriserries
#2XUR4

RACE 4 – WAVE START – SPRINT DISTANCE

(Please start according to cap colour provided at registration for correct race times)

WAVE #	WAVE TIME	SWIM CAP	CATEGORY
	WAVE 1 + HR:M:S		
1 - 8:00am	0:00:00	FLURO GREEN / BLACK	M Elite
		SKY BLUE / BLACK	M Junior Elite, M 15 - 16 Youth A
2	0:02:30	Fluro Green / Black	F Elite
		SKY BLUE / BLACK	F Junior Elite, F 15 - 16 Youth A
3	0:05:00	FLURO ORANGE / BLACK	M Open, F Open
4	0:07:30	RED / WHITE	M 45 - 49 Wave 1
5	0:10:00	PURPLE / WHITE	M 30 - 34 Wave 1
6	0:12:30	FLURO PINK / BLACK	M 40 - 44 Wave 1
7	0:15:00	ROYAL BLUE / WHITE	M 30 - 34 Wave 2, M 40 - 44 Wave 2, M 45 - 49 Wave 2
8	0:17:30	FLURO YELLOW / RED	F 45 - 49, F 50 - 54, F 55 - 59, F 60 - 64, F 65 - 69 F 70 +
9	0:20:00	ORANGE / WHITE	F 25 - 29, F 35 - 39
10	0:22:30	FLURO GREEN / WHITE	F 30 - 34, F 40 - 44
11	0:25:00	PURPLE / BLACK	M First Timer
12	0:27:30	GREEN / WHITE	M 55 - 59, M 60 - 64, M 65 - 69, M 70 +
13	0:30:00	RED / BLACK	F First Timer, Athena (Over 70Kg)
14	0:32:30	WHITE / BLUE	Family & Friends, Teams, Multiclass
15	0:35:00	FLURO PINK / WHITE	F 15 - 19, F 20 - 24
16	0:37:30	WHITE / GREEN	M 15 - 19
17	0:40:00	ORANGE /BLACK	M 50 - 54, Clydesdale (Over 95Kg)
18	0:42:30	YELLOW / BLACK	M 35 - 39
19	0:45:00	NAVY BLUE / WHITE	M 25 - 29
20	0:47:30	WHITE / RED	M 20 - 24



IF IN DOUBT
DON'T GO OUT
ALWAYS PLAY IT SAFE BY THE WATER

Triathlon Victoria is a proud partner of Life Saving Victoria's Play it Safe by the Water campaign. Encouraging all Victorians to make water safety their first priority in any aquatic environment.

For more information, visit:

<https://www.watersafety.vic.gov.au/>