



2XU TRIATHLON SERIES 18/19

Carman's
Real food made with real passion.

Race 5 Portarlington Sunday 17 March 2019

Carman's Kid's Tri / Multiclass

100m / 3km / 500m



www.2XUtriathlonseries.com.au

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HUMAN PERFORMANCE. MULTIPLIED.

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Welcome to the 2XU Triathlon Series. Event 5 of the Carman's Tri Kids Portarlington will be a party to remember. The event briefing will be held at the beach end of transition before you head to the swim start to get there nice and early so your child gets all the last-minute tips before the event.

GENERAL INFORMATION – CARMAN'S TRI KIDS

LOCATION PORTARLINGTON PIER, PORTARLINGTON
DISTANCE 100M SWIM / 3KM CYCLE / 500M RUN

KEY TIMES

SATURDAY 16 MARCH

RACE KIT COLLECTION

12:00pm—2:00pm

TRI ALLIANCE COACHING WORKSHOP

12:30pm—1:30pm

SUNDAY 17 MARCH

RACE KIT COLLECTION

5:45am – 6:50am

BIKE CHECK IN

5:45am-7:00am

RACE BRIEFING

7:00am (at bike compound)

RACE START

7:15am

PRESENTATIONS

Medals at the finish line

Bike Maintenance available on event day between 6:30am 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 or Unselect layers on left to view just your course. Course Maps will be on the information boards in the venue and at swim start.

[INTERACTIVE MAP](#)

HELMETS



So they are safe on course, make sure your child is wearing their helmet correctly and the size fits right

[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](#)

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WHAT TO DO ON RACE MORNING - CHECKLIST

- Number Writing** - Numbers are to be written on the outside of your right arm and front of your right leg. Participants are encouraged to write their number with permanent marker at home, prior to arriving at the venue.
- Label** all items including your wetsuit, helmet and bag PRIOR to arriving on event morning.
- Collect your Race Kit if you have not already done so on Saturday.**
- Security Wristband** - Attach to either wrist.
- Parents Wristband** - Make sure Mum or Dad have their wristband on too. That way they can go in to the bike compound with you before the race.
- Helmet Sticker** - Attach to right side of helmet.
- Bike Security Sticker** - Attach the stickers 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 by a sticker 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 shoes, towel etc 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 bike compound.

EVENT MEDICAL SERVICES

Event Medical Services Australia - Located near the finish line

TIPS AND RULES

- Your parent can go in to the bike compound prior to the race but not during, as long as they have their wristband on.
- Only essential items are permitted to be left in the bike compound. All other items such as bags, bike pumps excess clothing are to be taken to the **BAG COMPOUND**.
- It is essential that you attend the briefing as new and important details about the race may be announced.
- Competitors cannot enter the compound and retrieve their bike or gear until the last competitor in the event starts the run leg. This will be announced over the PA.**
- Take care on roads, especially if wet, on corners and turn a rounds.

MULTICLASS SPECIFIC INFORMATION

- Multiclass competitors will be given an additional wristband from Liz at the event
- People who are specified as Multiclass 'buddies' can get their wristband from Liz at the event
- The IST club tent will be near the finish line

EVENT 5 – WAVE STARTS – TRI KIDS

WAVE #	WAVE TIME	SWIM CAP	CATEGORY
	WAVE 1 + HR:M:S		
1 - 7:15 am	0:00:00	RED / BLACK	11 YEARS OLD
2	0:02:30		10 YEARS OLD
3	0:05:00		9 YEARS OLD
4	0:07:30		8 YEARS OLD
5	0:10:00		7 YEARS OLD
6	0:12:30		MULTICLASS



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Briefing

- Check in bike before briefing starts in bike compound (parents welcome) @ 7:00am.
- Here we will give the kids a summary of the information above, and then head down to the beach for a warm up that will be conducted by Tri-Alliance.

Swim 100m

- Wear your SWIM CAP
- If in trouble stand up and raise hand in the air for Lifeguard to assist
- You will be able to touch the ground at all times

Transition (T1)

- T-shirt on
- Shoe laces done up
- Make sure your helmet is done up

Bike 3km

- The Esplanade (closed road)
- Stay on the beach south bound lane of Beach Road, turning around at the second aid station (Mercer Street)
- Head South towards Docker St and then to dismount line
- Marshals will guide the kids the whole way
- Keep left at all times

Transition (T2)

- Rack bike in your allocated spot
- Take helmet off

Run 500m

- Head out of transition along Esplanade Road, turning back around towards Pier Street and to the finish line
- Follow event staff on bike and listen to the direction of marshals in red T-shirts

Finish

- Collect Medal
- Get a drink!
- You're Awesome!



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/>