

**2XU** TRIATHLON  
SERIES 19/20



**Race 1 Elwood Sunday 17 November 2019**  
**Tri Kids / Multiclass**  
**Race Information Guide**



**19/20**  
**OF SUMMER TRIATHLON**





O2 EVENTS WELCOMES YOU TO THE TRI KIDS SERIES - RACE 1 IN ELWOOD. WE WISH YOU THE BEST OF LUCK WITH YOUR PREPARATION, WHETHER YOU ARE A SEASONED TRIATHLETE OR TAKING PART IN YOUR FIRST TRI, WE HOPE THAT YOU ENJOY YOUR RACE THIS SUNDAY

FOR ALL THE FIRST TIMERS, SIGN UP TO THE TRI ALLIANCE TIPS AND TRICKS SESSION ON THE SATURDAY, WHERE AT THE END THERE WILL BE A GUIDED WALK THROUGH TRANSITION TO GET YOU RACE READY.

TAKE CARE AND LOOK OUT FOR ALL THOSE COMPETING ALONG SIDE YOU, REMEMBER #ITSYOURTIME

### GENERAL INFORMATION

**LOCATION** ELWOOD PARK, ELWOOD  
**DISTANCE** 100M SWIM / 3KM CYCLE / 500M RUN

### KEY TIMES

#### SATURDAY 16 NOVEMBER

RACE KIT COLLECTION 12:00pm—2:00pm  
\*FREE\* TRI ALLIANCE COACHING WORKSHOP & TRANSITION WALK 12:30pm—1:30pm

#### SUNDAY 17 NOVEMBER

RACE KIT COLLECTION 5:45am—6:30am  
BIKE CHECK IN 5:45am—6:40am  
RACE BRIEFING 6:40am (at swim start)  
**RACE START (CHECK WAVE STARTS AFTER REGISTERING)** **7:00am**  
PRESENTATIONS Finishers medal at finish line  
POST RACE BIKE COLLECTION FROM TRANSITION ONCE LAST PARTICIPANT STARTS RUN

Giant Ormond 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

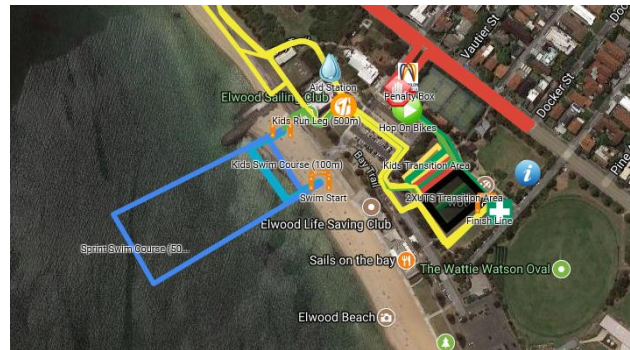
### PARTICIPANT TEE



Available from Kit Collection for \$35.00, included for kids that sign up to all 6 races.

## KIDS TEE

### 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

### 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

- **Number Writing** - Numbers are to be written on the outside of your right arm and front of your right leg, category letter (found on info board) 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
- **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 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 the bike compound

### EVENT ACTIVATIONS

2XU, St ALI Coffee, Tri-Alliance, enIQ Hydration, Engine Swim, GIANT Ormond bike mechanic, Lakeside Sports Medicine Massage, BBQ,

### TIPS & 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.

### EVENT MEDICAL SERVICES

Event Medical Services Australia - Located near the finish line

### 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

## 2019 TRI KIDS TEE

Available for sale at kit collection for \$35.00. Tee is included for kids that sign up to all 6 races!!



## GET SOCIAL WITH US!



@2XUtriathlonseries  
#2XUtriseries  
#2XURace1



@2XUtriathlonseries  
#2XUtriseries  
#2XURace1



### TRIATHLON RACE DAY CHECKLIST

Don't forget anything on race day with our Comprehensive Triathlon Race Day Checklist. Use this list while packing the night before!!

#### GENERAL

- Gear Bag** (to place all your tri gear in)
- Race Kit** (swim cap, stickers, wristband & timing band)
- Sunscreen**
- Black Permanent Marker** to self write your number number and category (number - right arm, front right leg, category - left calf)

#### SWIM

- Swim Suit or Tri Suit or Bathing or wet suit**
- Transition Towel** (brightly coloured)
- Goggles x 2** (or a spare strap/nose piece)
- Swim Cap** (part of your race kit)
- Ear and nose plugs if required**

#### BIKE

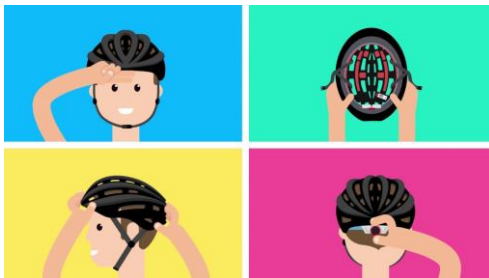
- Bike and Helmet** (entry will be refused if not of an appropriate standard)
- Bike shoes or runners**
- Water Bottle**
- Socks**

#### RUN

- Running Shoes with elastic laces**
- Hat** (to keep sun off and to keep wet/cool)
- Sunglasses**
- Socks** (if required)

#### POST RACE

- Clothing** (dry, warm clothing for post race recovery)
- Recovery Nutrition**
- Have you got a series tee?** Available from Event info.



#### HELMETS

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

#### EXTREME WEATHER

During the days preceding an event, weather forecasts (<http://www.bom.gov.au/>) will be monitored to identify any potential extreme weather conditions.

O2 Events will communicate with the Weather Bureau regarding specific details of possible weather conditions including intensity, duration and likelihood. In the instance the event is adversely affected by extreme weather, consultation between O2 and relevant authorities will be held to determine the actions required with the safety of participants, staff and the public at the forefront of any decision made.

**Water quality** - In the instance of large volumes of rain in the days before the event that negatively effect water quality, a call won't be made until the event morning itself of whether to cancel the swim leg and instead have a Run / Bike / Run. The decision is left until the event morning to give a swim every chance of occurring, and pollution clearing. Please follow our Facebook for the most up to date information in these instances <https://www.facebook.com/2XUtriseriess/>.

#### RACE DAY

A few tips for spectators and participants on the race day

#### TRANSPORT & PARKING

We highly suggest that all competitors ride or take public transport, due to limited parking space and traffic congestion on race-day.

#### PARKING

There are several non ticketed and ticket parking areas around the venue. For those arriving early there is limited space in the **Elwood Reserve Carpark**, participants must enter via Head Street.

Alternatively parking is around **Elsternwick Park** or **St Kilda Triangle**, allow extra time to walk or ride to the event.

#### PUBLIC TRANSPORT

For Public Transport options please visit the [PTV website](#)

#### BIKES

There are plenty of Bike Racks facilities within the venue. Remember to bring a lock!

#### WALK

If you plan on walking to the event, please remember to review the road closure information on the website.

#### SPECTATORS

Come along and support your friends and family. Spectators can enter the venue from Beach Road, please take extra caution when crossing the cycle path. We welcome Prams, Bikes and Pets on leads.

#### TOILETS

Competitors and spectators will have access to toilets. We encourage competitors to make use of the portable toilets in event site and permanent toilet facilities by the beach.

There will be toilets available for use along the course located within close proximity to the Drink Stations.

#### ROAD CLOSURES

There will be road closures of Beach Road that will affect traffic and access to parking on the race day if you have an enquiry about traffic and road closures, please contact our Traffic Enquiries Line.

**Traffic Enquiries Line: 0456 479 606.** Operational - Saturday 9am-5pm and Sunday 5am – midday.

Further information on road closures can be found on the event website.



## RACE 1 – WAVE STARTS – TRI KIDS

WAVE #	WAVE TIME	SWIM CAP	CATEGORY
	<b>WAVE 1 + HR:M:S</b>		
<b>1 - 7:00am</b>	0:00:00	<b>ROYAL BLUE / WHITE</b>	11 YEARS OLD
<b>2</b>	0:01:00		10 YEARS OLD
<b>3</b>	0:02:00		9 YEARS OLD
<b>4</b>	0:03:00		8 YEARS OLD
<b>5</b>	0:04:00		7 YEARS OLD
<b>6</b>	0:05:00		MULTICLASS

**Briefing**

- Check in bike before briefing starts in bike compound (parents welcome) @ 6:40am
- 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**

- Ride North to Point Ormond Rd carpark, turn at barriers
- 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**

- Out of transition around Elwood Sailing Club and back into finish line
- Follow event staff on bike and listen to the direction of marshals in blue T-shirts

**Finish**

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