

# 2XU TRIATHLON SERIES 19/20

Race 4 Elwood Sunday 2<sup>nd</sup> Feb 2020

Sprint Distance

Race Information Guide



# SUMMER OF TRIATHLON





With January coming to an end... 2020 is in full swing and so is the 2XU Triathlon Series with our return to Elwood for Race 4! The Sprint Distance sees an increase in Swim of 250m from Race 1, while the Bike and Run Courses remain consistent with Race 1.

Whether you're doing sprint distance for the first time or trying to beat your performance at Race 1 Elwood, O2 Events would like to wish you all the best! #itsyourtime!

## GENERAL INFORMATION

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

### KEY TIMES

#### SATURDAY 1<sup>ST</sup> FEB

RACE KIT COLLECTION

12:00pm—2:00pm

\*FREE\* TRI ALLIANCE COACHING WORKSHOP & TRANSITION WALK

12:30pm—1:30pm

#### SUNDAY 2<sup>ND</sup> FEB

RACE KIT COLLECTION

6:30am – 7:30am

BIKE CHECK IN

6:30am – 7:45am

RACE BRIEFING

7:45am (at Swim Start)

**RACE START (CHECK YOUR CATEGORY WAVE START)**

**8:00am**

PRESENTATIONS

Approximately 10:30am

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**

## 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**

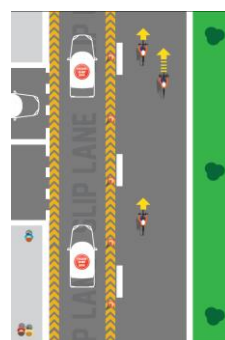
## DRAFTING



"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 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
- **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, St ALI Coffee, Tri-Alliance, enIQ Hydration, Engine Swim, GIANT Ormond bike mechanic, Lakeside Sports Medicine Massage, BBQ, Acai Bowls

## 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 Technical Delegate** - Michael Haarsma

**TA Race Assistant Official (CRO)** - Kirrily Guinan

**TA Race Referee** - Greg 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 Bananas, Lakeside Sports Medicine massage & enIQ Hydration

## GET SOCIAL WITH US!



@2XUtriathlonseries  
#2XUtriserries  
#2XURace1



@2XUtriathlonseries  
#2XUtriserries  
#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)
- Watch or heart rate monitor & band**
- Energy Bars, Gels & Fluid**
- Sunscreen**
- Talcum Powder** (for shoes)
- Vaseline** (to prevent chaffing)
- Race Belt** (Olympic distance competitors)
- Black Permanent Marker** to self write your number and category (number - right arm, front right leg, category - left calf)

### SWIM

- Swim Suit or Tri Suit**
- Transition Towel** (brightly coloured)
- Goggles x 2** (or a spare strap/nose piece)
- Swim Cap** (part of your race kit)
- Wet Suit** (Optional)
- Body Glide, baby oil or Vaseline** (to help remove wetsuit)
- 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 x 2**
- Sunglasses**
- Bike Computer**
- Socks**
- Track Pump or check tyre pressure beforehand**
- Tool Bag** with spare tubes and repair tools
- Race wheels**
- Electricidal Tape** (to fasten gels or repair kit to your bike)

### RUN

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

### POST RACE

- Clothing** (dry, warm clothing for post race recovery)
- Recovery Nutrition**

### 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 rain volumes 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.



## General Conduct - 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



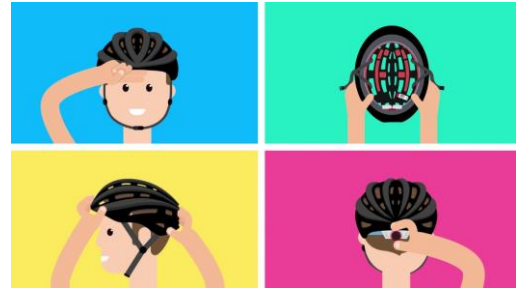
**RACE COMPETITION  
RULES HERE**

## DRAFT ZONE DISTANCE 7M

- **Keep left**
- **Pass within allowed time**
- **Continue momentum after passing**
- **Drop out of draft zone on being passed**
- **Never pass on the left**

## 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.

## 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:

- **Yellow Card** 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.



## RACE 4 – WAVE STARTS – SPRINT DISTANCE

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

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