2XU TRIATHLON SERIES 2021

Race Information Guide
Race 1 St Kilda
Sunday 17 January 2021
Fun Tri Event Guide

TRIATHLON IS BACK IN 2021

O2EVENTS is proud to bring you:

Race 1: St Kilda, 17 January 2021
Race 2: Sandringham, 31 January 2021
Race 3: Elwood, 14 February 2021
Race 4: Brighton, 14 March 2021
Race 5: St Kilda, 28 March 2021

For all info and registrations visit: **www.2xutriathlonseries.com.au**

2XU · HUMAN PERFORMANCE. MULTIPLIED.
ENGINE
TRI-ALLIANCE #trainingwithpurpose
en iQ
register now
LAKESIDE SPORTS MEDICINE CENTRE
MELBOURNE SPORTS CENTRES
Proudly supporting Beyond Blue

COVIDSafe Event Experience

'Arrive, Compete, Leave'

Pre Event
- Feeling unwell or have Cold or Flu-like Symptoms? Stay home.
- Attending the event? Make sure you are a registered participant, parent, guardian or teacher of a minor.
- Completed the QR code check-in prior to the event
- Unfortunately, we are discouraging spectators to limit the number of people at the event.

Arrive
- Keep 1.5m distance from others in all settings and sanitize hands regularly.
- Masks are to be worn on Arrival and Departure from the event and in common areas while not racing.

Compete
- Masks are not required when racing or when moving from your bike rack to the start line, during racing, and from the finish to bike check-out.
- Rolling Wave Starts will be conducted to spread participant densities, these will be published below

Leave
- To enable prompt exit from the event, bikes are able to be collected straight after finishing, from managed transition access points.

The 10 Steps

10 simple COVID-safe steps that will be in place at the event from our APPROVED COVID-safe Event Plan
1. Screening Questions will arrive with your E-Ticket
2. No Spectators - except for teachers, parents & guardians
3. Mandatory Masks - when you aren't racing
4. Use Santiser Stations - located around the venue
5. Physically distance at all times - mask & e-ticket ready at Kit Collection
6. Touchpoints removed - self number at home
7. New layout in Transition
8. New swim start procedure
9. Finish Line changes - sanitise and move straight through to bike collection
10. Results via SMS, no presentations, collect medal at next race

O2EVENTS

STAY HALF A BIKE LENGTH APART
1.5M - WHEN QUEUING AND MOVING THROUGHOUT THE EVENT VENUE

SANITISE REGULARLY
CLEAN HANDS ON ENTRY, AT BATHROOMS AND AFTER CROSSING THE FINISH LINE

WEAR A MASK
MANDATORY WHILE NOT RACING

LETS KEEP EACH OTHER SAFE
FEELING UNWELL OR HAVE COLD SYMPTOMS? STAY HOME
ATTENDING EVENT - MAKE SURE YOU ARE A REGISTERED PARTICIPANT OR COMPLETED THE QR CODE CHECK-IN
ARRIVE - COMPETE - LEAVE

QR CODE Check-in

2XU TRIATHLON SERIES 2021

KEY DETAILS	
LOCATION	CATANI GARDENS, ST KILDA
FUN TRI	150M SWIM / 8KM CYCLE / 2KM RUN

SATURDAY 16 JANUARY	
Race Kit Collection	12:00pm - 2:00pm
Tri Alliance Tips & Tricks	12:30pm - Online via Facebook & Instagram

| SUNDAY 17 JANUARY	
DISTANCE	Fun Tri
Race Kit Collection	5:30am - 6:30am
GIANT Bike Mechanic	In venue on event day between 6:00am and 8:30am
Bike Check-In	5:30am - 6:30am
Tri Vic Race Briefing	Online
RACE START	6:45am
Presentations	Posted online after event
Post Race Bike Collection	After finish - cross Beach Road at Cowderoy St via Traffic Controller

TRI-ALLIANCE TRIATHLON TIPS AND TRICKS

Check out @2xutriathlonseries Instagram & Facebook Story for virtual race tips and tricks posted Saturday

INTERACTIVE COURSE MAP
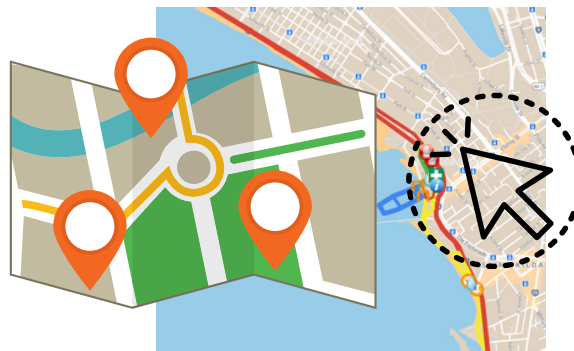
EVENT DAY

- <u>Bring a Mask</u> this is to be worn while not racing.
- <u>Label</u> all items including your wetsuit, helmet and bag PRIOR to arriving on event morning.
- <u>Number Writing</u> - Race Number from E-Ticket to be written on the outside of your right arm 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. <u>There will NOT be the ability to do this at the event site.</u> You WILL be able to start if you have forgotten but we encourage you to perform this at home.

CATEGORY	REAR OF L CALF
12 - 13 Male and Female	R
14 - 15 Male and Female	S
16 - 19 Male and Female	T
20 - 29 Male and Female	U
30 - 39 Male and Female	V
40 - 49 Male and Female	W
50+ Male and Female	X
Family & Friends & Multiclass Male & Female	Y
Teams	Z

- <u>Collect your Race Kit</u> (Saturday OR Sunday, Check Timetable)
- <u>Security Wristband</u> - Attach to either wrist.
- <u>Timing Band</u> - Securely attach to your 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 .

- <u>Helmet Sticker</u> - Attach to RIGHT-HAND SIDE of helmet.
- <u>Bike Security Sticker</u> - Attach the sticker to the handlebars/head stem of your bike.
- <u>Bike Compound Entry</u> - Proceed to the bike compound entry. Helmet must also be on and secured.
- <u>Bike Rack</u> – 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).
- <u>Arrange gear on the chain ring side of the bike.</u>
- <u>Bag Compound</u> – 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.

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
- Please do not park along Upper Esplanade, where the St Kilda Esplanade Market takes place
- For those arriving early there is space in the St Kilda Triangle Carpark, participants must enter via Cavell Street, not Beach Road.
- Alternatively, parking is around St Kilda Marina or Elwood Reserve (via Head Street), allow extra time to walk or ride to the event.

TRIATHLON RACE DAY CHECKLIST

GENERAL
- Face Mask
- Gear Bag
- 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
  (number - right arm, 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
- Body Glide, baby oil or Vaseline (to help remove wetsuit)
- Ear and nose plugs if required

BIKE
- Bike and Helmet
- 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

WEATHER

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/2XUtriseries/.

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.
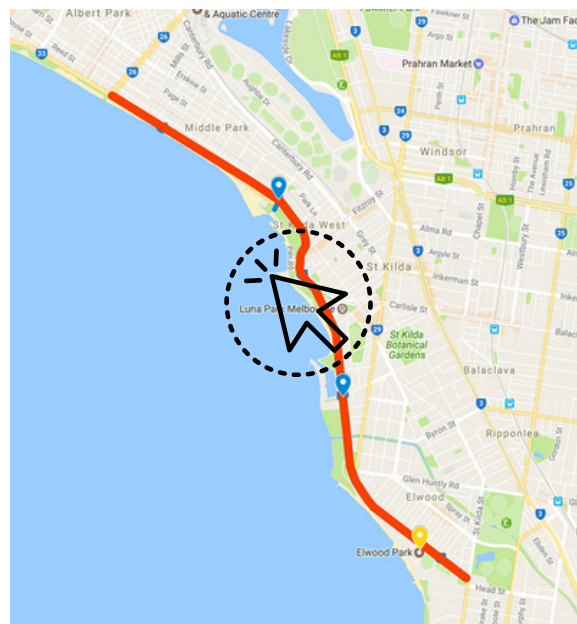
SUNDAY 17 JAN 2021
From – St. Kilda Street, Elwood to Kerferd Rd, Albert Park from 6.00am to 11:00am Beach Road – Beaconsfield Parade, Jacka Boulevard, Marine Parade & Ormond Esplanade

Managed Crossings of Course
Beach Road – Cowderoy St /Pier Road to access Royal Melbourne Yacht Squadron & St Kilda Sea Baths Beach Road – Dickens St to access St Kilda Marina

ROAD CLOSURE MAP

RACING - TECHNICAL REGULATIONS

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:
- 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.
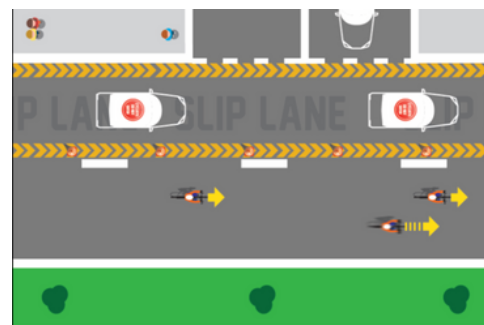
WHAT'S DRAFTING AND HOW DO I AVOID DOING IT ON THE BIKE LEG?
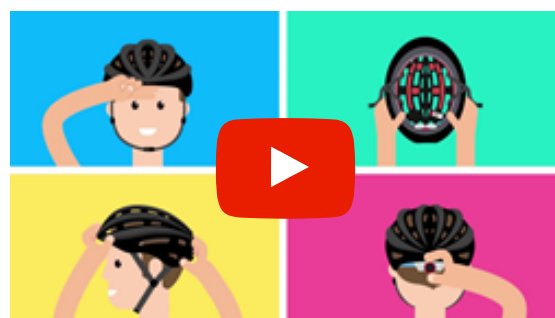7m Drafting Rule @ 2XU Tri-Series
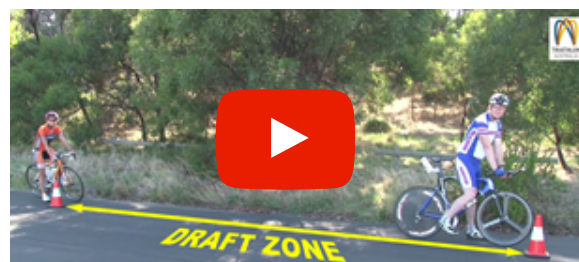
UNDERSTANDING BEACH RD CLOSURE AND RESIDENT ACCESS LANE

DO NOT ENTER
Coned lane on the resident side of Beach Rd,
'Resident Access Lane'

HOW TO CORRECTLY FIT YOUR HELMET?

WATCH THIS SHORT VIDEO ON HOW TO CORRECTLY FIT YOUR HELMET

Cycle Conduct – Competitors (Cont.)

- 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, which is to be served in the Penalty Box.

Run Conduct - Competitors:

- Must wear shoes and a top
- Outside assistance is not permitted

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 excluding the cycle course. Generally swim, transition and run segments of the course will be served with a technical official, for cycle leg this needs to be served in the penalty box.
- 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.

TRIATHLON AUSTRALIA

Race Competition Rules

JULY 2020

MORE INFO 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

2XU TRIATHLON SERIES 2021

Please arrive at the 'To Swim Start' chute 15 Minutes before your wave time - located at the Southern / Non-City End of Catani Gardens. Wave groups will then make their way down to the Swim Start Arch in a spaced manner, and cross the timing start in small groups (5 Swimmers released every 5 seconds).
Your time will start when your timing band crosses beneath the swim start arch.

WAVE #	WAVE TIME WAVE 1 + HR:M:S	SWIM CAP	CATEGORY
1 - 6:45am	0:00:00	ROYAL BLUE / WHITE	M 12 - 13
2	0:02:30	FLURO GREEN / BLACK	M 14 - 15, M 16 - 19, M 20 - 29
3	0:05:00	ORANGE / BLACK	M 30 - 39, M 40 - 49, M 50+
4	0:07:30	FLOURO PINK / BLACK	F 12 - 13, F 14 - 15
5	0:10:00	PURPLE / WHITE	F 16 - 19, F 20 - 29
6	0:12:30	WHITE / GREEN	F 30 - 39, F 40 - 49, F 50+
7	0:15:00	RED / WHITE	Team, Family & Friends, Multiclass