

2XU TRIATHLON SERIES 2022

Race Information Guide
Race 5 Elwood
Sunday 6th March 2022
Sprint Distance Event Guide

6 RACES

ELWOOD 28/11/21

BRIGHTON 12/12/21

ST KILDA 16/1/22

SANDRINGHAM 6/2/22

ELWOOD 6/3/22

ST KILDA 27/3/22

O2EVENTS

PILLAR
PERFORMANCE

TRI-ALLIANCE
#trainingwithpurpose

 **ENGINE**

SPRINT DISTANCE E-GUIDE

KEY DETAILS

LOCATION

Elwood Reserve, Elwood

SPRINT DISTANCE

750M SWIM / 20KM CYCLE / 5KM RUN

SATURDAY 5 MARCH

Race Kit Collection

12:00pm - 2:00pm

Tri Alliance Tips & Tricks

12:30pm - 1:30pm [MORE INFO HERE](#)



SUNDAY 6 MARCH

Race Kit Collection

6:30am - 8:50am

Bike Mechanic

In venue on event day between 6:00am and 8:55am

Bike Check-In

6:30am - 8:55am

Tri Vic Race Briefing

8:55 at Swim Start

RACE START

9:10am

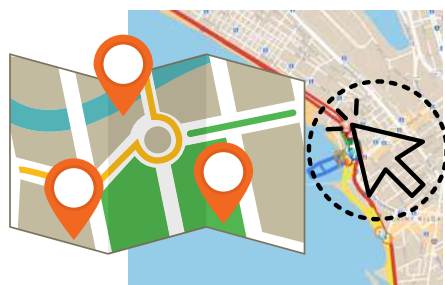
Presentations

11:00am

Post Race Bike Collection

After finishing, listen for announcements on when can access bikes.

INTERACTIVE COURSE MAP



'SUPER SATURDAY'

- Kit Collection 12 - 2pm
- 2XU Pop-Up Retail Store.
- Tri-Alliance Free 'Tips & Tricks' Coaching 12:30pm Start, Click [HERE](#)

Learn more about the race venue, course, transition area, and the logistics of your race day. Most importantly, we'll provide you with a bagful of tips (and tricks) that you will find handy on race day!

EVENT DAY

- Label all items including your wetsuit, helmet and bag PRIOR to arriving on event morning.
- Number Writing – Please do this at home. Contingency markers are available on-site.
 - Race Number from E-Ticket to be written on the outside of your RIGHT ARM.
 - Category letter written on the Back of your RIGHT CALF.
 - This is so you can tell who is in the same category as you out on course.
 - You WILL be able to start if you have forgotten but we encourage you to perform this at home.

CATEGORY			
Elite Male & Female	A	45-49 Male & Female	J
Elite Junior Male & Female	B	50-54 Male & Female	K
13-14 Youth A	BB	55-59 Male & Female	L
Open Male & Female	C	60-64 Male & Female	M
15-19 Male & Female	D	65-69 Male & Female	N
20-24 Male & Female	E	70+ Male & Female	S
25-29 Male & Female	F	Clydesdale (Male only)	O
30-34 Male & Female	G	Athena (Female only)	O
35-39 Male & Female	H	First Timer Male & Female	P
40-44 Male & Female	I	Family & Friends & Multiclass Male & Female	Q
		Teams	R

- Collect your Race Kit (Saturday OR Sunday, Check Timetable)
- Security Wristband – Attach to either wrist.
- Timing Band – 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 .
- 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 rightside 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.

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
- Access to the Elwood Beach carpark will only be granted via Head Street
- Alternative parking is available around Elsternwick Park, or at St Kilda Triangle where there will be a short ride to the event.
- Alternatively, parking is around side streets, allow extra time to walk or ride to the event.

TRIATHLON RACE DAY CHECKLIST

GENERAL

- 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)
- Black Permanent Marker
(number - right arm, category - right 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/2XUtriseriess/>.

ROAD CLOSURES

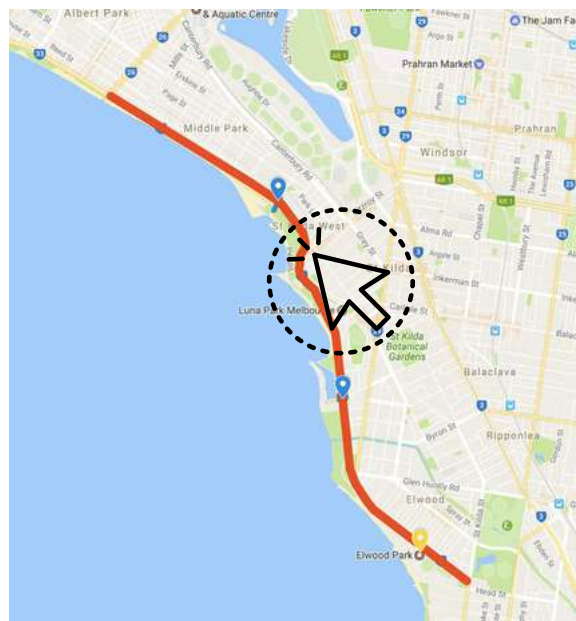
There will be road closures of Beach Road that will affect traffic and access to parking on the race day if you have an enquiry about traffic and road closures, please contact our Traffic Enquiries Line. Traffic Enquiries Line: 0456 479 606. Operational - Saturday 9am-5pm and Sunday 5am - midday.

SUNDAY 6 March

From - St. Kilda Street, Elwood to Kerferd Rd, Albert Park from 6.30am to 11:30am
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:

- 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.

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
- 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 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.



Race Competition Rules

[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

RACE 5 ELWOOD – WAVE STARTS – SPRINT DISTANCE

Please arrive at the 'Swim Start' chute 15 Minutes before your wave time.
Your time will start when your timing band crosses beneath the swim start arch.

WAVE #	WAVE TIME	SWIM CAP (COLOUR / PRINT)	CATEGORY
	WAVE 1 + HR:M:S		
1 - 9:10am	0:00:00	Fluro Pink	M Elite (Draft Legal)
		Fluro Yellow	M Junior Elite (Draft Legal)
			M Youth (Draft Legal)
2	0:02:00	Fluro Pink	F Elite (Draft Legal)
		Fluro Yellow	F Junior Elite (Draft Legal)
			F Youth (Draft Legal)
3	0:05:00	Red / White	F Open
			M Open
4	0:07:30	Dark Green / White	M 25 - 29
5	0:10:00	Sky Blue / Black	M 15 - 19
			M 20 - 24
6	0:12:30	White / Blue	F 15 - 19
			F 20 - 24
			F 25 - 29
			F 30 - 34
			F 35 - 39
			Multiclass
7	0:15:00	Orange / White	M 30 - 34
8	0:17:30	Fluro Green	M 35 - 39
9	0:20:00	Red / Black	M 40 - 44
10	0:22:30	White / Green	M 45 - 49
11	0:25:00	Purple / Black	F 40 - 44
			F 45 - 49
			F 50 - 54
			F 55 - 59
			F 60 - 64
			F 70+
12	0:27:30	Orange / Black	M 50 - 54
			M 55 - 59
			M 60 - 64
			M 65 - 69
			M 70+
13	0:30:00	Fluro Pink / Black	Team
			Family & Friends
			Athena
			Clydesdale
14	0:32:30	Royal Blue / White	F First Timer
15	0:35:00	White / Red	M First Timer



**CHALLENGE
SHEPPARTON**
wearetriathlon!

NEXT WEEKEND!

**HALF, OLYMPIC, SPRINT, TRI-KIDS
DISTANCES**



**13th March 2022, Labour day weekend
Victoria Park Lake Shepparton**