O2EVENTS



6 RACES

RACE 1 ELWOOD - 26/11/23 RACE 2 BRIGHTON - 10/12/23 RACE 3 ST KILDA - 14/1/24 RACE 4 SANDRINGHAM - 11/2/24 RACE 5 ELWOOD - 3/3/24 RACE 6 ST KILDA - 24/3/24

RACE 5 TRI KIDS EVENT GUIDE







platinumphysio





KIDS TRI EVENT GUIDE

KEY DETAILS			
LOCATION	Elwood Reserve, Elwood		
KIDS TRI	100M SWIM / 3KM CYCLE / 500M RUN		
SATURDAY 2 MARCH			
Race Kit Collection	12:00pm - 2:00pm		
Tri Alliance Tips & Tricks	12:30pm - <u>Click Here For More Info</u>		
	SUNDAY 3 MARCH		
DISTANCE	Kids Tri		
Race Kit Collection	5:45am - 7:10am		
Bike Mechanic	In venue on event day between 6:00am and 8:30am		
Bike Check-In	5:45am - 7:10am		
Race Briefing	7:10am At the Bike Compound		
RACE START	7:25am		
Presentations	Finishers medal collected at finish line		
Post Race Bike Collection	ter finish - collect from Run Exit corner of Transition, North- Western corner near the Swim Start		
INTERACTIVE COUR MAP	SE TRI-ALLIANCE TRIATHLON TIPS AND TRICKS		
	Keen to learn more before your race? Collect your Kit on Saturday, and attend Tri- Alliance Tips and Tricks. This includes a walk through of transition and Q&A interactive session. Free Registration <u>Here</u> .		



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VENUE MAP

Please note that the Bike Compound for TriKids at Race 5 is in the Carpark behind Elwood Park Tennis Club. Bikes can be checked in from 5:45am to 7:10am on Sunday 3rd March.



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PREPARING FOR EVENT DAY

TRANSPORT & PARKING

PUBLIC TRANSPORT WHERE POSSIBLE

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.

RACE DAY CHECKLIST

GENERAL

- Gear Bag
- Race Kit (swim cap, stickers, wristband)
- Black Permanent Marker (number - right arm, category - right calf)
 Sunscreen
- We recommend labelling all items PRIOR to arriving on event morning

SWIM

- Swim Suit or Tri Suit
- Transition Towel (brightly coloured to help you find your bike in transition!)
- Goggles
- Spare goggles (or a spare strap/nose piece)
- Swim Cap (part of your race kit)
- Ear and nose plugs (if required)

BIKE

- Bike and Helmet
- Bike shoes or runners
- Water Bottle
- Socks (if preferred)

RUN

- Running Shoes (with elastic laces for a quicker transition!)
- Hat (for sun protection)
- Sunglasses (second clean pair if required)
- Socks (if preferred)

POST RACE

- Clothing (dry, warm clothing for post race)
- Collect finishers medal at finish line
- Have you got your series tee? (available from Event Info)





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RACE KIT

RACE KIT COLLECTION

Saturday OR Sunday. Refer to event timetable.

WHAT'S IN YOUR RACE KIT?

- <u>Security Wristband</u> Attach to either wrist.
- <u>Parents Wristband</u> 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.
- <u>Bike Security Sticker</u> Attach the sticker to the handlebars/head stem of your bike.
- <u>Swim Cap</u> Your swim cap will signify your wave start.

NUMBER WRITING

Race Number from E-Ticket to be written on the outside of your <u>right</u> arm. The category letter (found on info board) goes on the back of your <u>right</u> calf (this is so you can tell who is in the same category as you out on course).

There will NOT be the ability to do this at the event site.

Please note that you WILL be able to start if you have forgotten but we encourage you to perform this at home.



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GETTING READY TO RACE

BIKE COMPOUND ENTRY

Proceed to the bike compound entry. Helmet must also be on and secured. You will need to collect your Race Kit and apply all required stickers and wristbands to enter the bike compound.

BIKE RACK SETUP

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 or if you cannot find your race number on a rack; please see a transition marshal for assistance. Saturday Late Entries will find their bike rack on the end row, marked "Late Entries" (or blank).

<u>Remember to arrange gear on the rightside of</u> <u>the bike.</u>

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.

RACE BRIEFING

Attend the Pre-Race Briefing which will take place in the bike compound.

HEAD TO THE SWIM START

Following the race briefing, Age Groups will then walk with Tri-Alliance buddies to the Swim Start to begin their swim.

WAVE #	WAVE TIME	SWIM CAP	CATEGORY
	WAVE1+		
1 - 7:25am	0:00:00	FLURO YELLOW	11 YEARS OLD
2	0:01:00		10 YEARS OLD
3	0:02:00		9 YEAR OLDS
4	0:03:00		8 YEAR OLDS
5	0:04:00		7 YEAR OLDS
6	0:05:00		PARA ATHLETES (MULTICLASS)



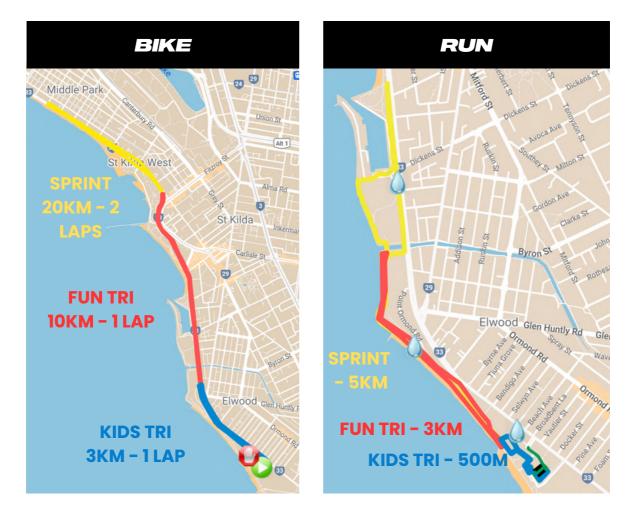
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TIME TO RACE!

SWIM 100M	 Wear your SWIM CAP If in trouble stand up and raise hand in the air for lifeguard to assist.
TRANSITION (T1)	 T-Shirt on Shoe laces done up Make sure your helmet is done up
віке зкм	 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 spotTake 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!

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OTHER IMPORTANT INFORMATION

ROAD CLOSURES

There will be road closures on Beaconsfield Parade 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 3 MARCH 2024

6.30am – 11.30am BEACONSFIELD PARADE / JACKA BOULEVARD / MARINE PARADE / ORMOND ESPLANADE FROM KERFERD RD – ST. KILDA STREET

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



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 affect 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 <u>https://www.facebook.com/2XUtriseries/.</u>