



2XU

TRIATHLON SERIES 2026

6 RACES

RACE 1 ELWOOD - 23 NOV 2025

RACE 2 BRIGHTON - 7 DEC 2025

RACE 3 ST KILDA - 11 JAN 2026

RACE 4 SANDRINGHAM - 8 FEB 2026

RACE 5 ELWOOD - 22 FEB 2026

RACE 6 ST KILDA - 22 MAR 2026

RACE 1

SPRINT EVENT GUIDE



O2EVENTS

TRI-ALLIANCE



ENGINE



2XU TRIATHLON SERIES 2026

SPRINT EVENT GUIDE

KEY DETAILS

LOCATION

Elwood Park, Elwood

SPRINT DISTANCE

500M SWIM / 20KM CYCLE / 5KM RUN

SATURDAY 22 NOVEMBER

Race Kit Collection

11:00am – 2:00pm

Tri Alliance Tips & Tricks

Free Triathlon Clinic 12:30pm – 1:30pm

SUNDAY 23 NOVEMBER

Race Kit Collection

5:30am – 8:00am

Bike Mechanic

In venue on event day between 6:00am and 8:30am

Bike Check-In

6:30am – 8:15am

Tri Vic Race Briefing

8:25 at Swim Start

RACE START

8:40am
(wave starts to be published during event week)

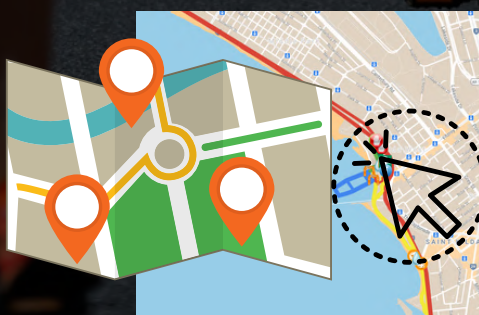
Presentations

Approx. 11am – Listen For Announcements Post Race

Post Race Bike Collection

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

INTERACTIVE COURSE MAP



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 [Here](#).

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REGISTRATION & TRANSITION UPDATES

KIT COLLECTION & RACKING YOUR BIKE

DYNAMIC RACE NUMBER ALLOCATION & CATEGORY BIKE RACKING

PLEASE PRESENT 'ETICKET' DURING REGISTRATION TIMES

Sent on the Thursday of Race Week to your email.
Search '**eTicket**' (Check Email & Spam/Junk Folder)

Please note for the 2025/2026 Series, your Race Number will be allocated to you as you scan in at the registration desk.



RACK YOUR BIKE WITH YOUR CATEGORY SIGNS

Please Note: Racking Is Not According To Race Number (Draft Legal Excluded)

- New for the 2025/2026 Series: Your race number will be assigned when you collect your kit. Bike racking is now organised by the race category you selected during registration, which matches your wave start category.

STEP 1: Locate your distance.

STEP 2: Please rack your bike in any position between the two green ticks of your category.

- You'll find signage in the following order;
 - Draft Legal Categories
 - Open
 - Age Groups (Youngest To Oldest)
 - Para Multiclass, Teams,
 - Family & Friends, First Timers, Clydesdale/Athena & Aquabike



Tip - Remember your Bike Row number. Option to write your Row #Number on your wristband.



FEATURE ON THE NAME BOARD

We know athletes love spotting their names on transition labels - this year, you'll find them on our brand-new Name Board. Enter before Monday of race week to have your name featured!



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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 & timing band)
- Watch or heart rate monitor & band
- Energy Bars, Gels & Fluid
- Sunscreen
- Talcum Powder (for shoes)
- Vaseline (to prevent chafing)
- Race Belt
- 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
- Electrical Tape (to fasten gels or repair kit to your bike)

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)

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RACE KIT

RACE KIT COLLECTION

Saturday OR Sunday. Refer to event timetable.

WHAT'S IN YOUR RACE KIT?

- Security Wristband - Attach to either wrist.
- Helmet Sticker - Attach to RIGHT-HAND SIDE of helmet.
- Bike Security Sticker - Attach the sticker to the handlebars/head stem of your bike.
- Swim Cap - Your swim cap will signify your wave start.
- 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 \$80 charge for any bands lost, damaged or not returned at the finish.



NUMBER WRITING

Race Number from E-Ticket to be written on the outside of your right arm. The category letter (found on info board) goes on the back of your right 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.

CATEGORY	REAR OF R CALF
Elite Male & Female	A
Elite Junior Male & Female	B
13-14 Youth A	BB
Open Male & Female	C
15-19 Male & Female	D
20-24 Male & Female	E
25-29 Male & Female	F
30-34 Male & Female	G
35-39 Male & Female	H
40-44 Male & Female	I

45-49 Male & Female	J
50-54 Male & Female	K
55-59 Male & Female	L
60-64 Male & Female	M
65-69 Male & Female	N
70+ Male & Female	S
Clydesdale (Male Only)	O
Athena (Female Only)	O
First Timer Male & Female	P
Family & Friends & Multiclass Male & Female	Q
Teams	R

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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.

Remember to 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 label all your belongings.

RACE BRIEFING

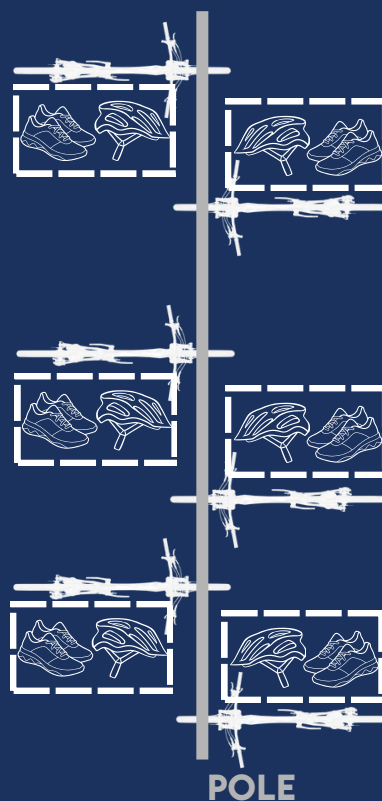
There will be a race briefing at the swim start approximately 15 minutes prior to the first wave start for each category.



**RACKING YOUR BIKE
WITH YOUR CATEGORY
(ANY POSITION WITHIN
THE CORRECTLY SIGNED
AREA)**

**3 BIKES
PER SIDE
(6 PER POLE)**

**TOWEL LAID
OUT UNDER
HELMET & SHOES -
RIGHT HAND SIDE OF
BIKE**



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SWIM



BIKE



RUN



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OTHER IMPORTANT INFORMATION

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.

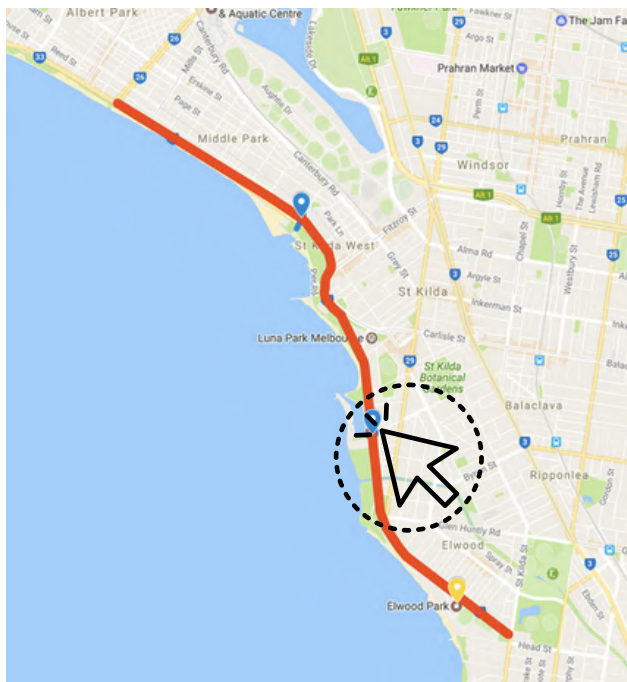
Sunday 23rd November 2025

**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 Motorist Crossings Points on 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 <https://www.facebook.com/2XUtriseriess/>.

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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



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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.

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TRIATHLON

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

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SPRINT WAVE STARTS

Please be 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.

SPRINT DISTANCE			
WAVE#	WAVE TIME (8:40AM + HH:MM:SS)	CATEGORY Please Rack Your Bike With Your Wave Category	SWIM CAP / PRINT
1	00:00:00	MElite (Draft Legal)	FLURO PINK / WHITE
		MJunior Elite (Draft Legal)	FLURO YELLOW / BLACK
		MYouth (Draft Legal)	
2	00:02:00	FElite (Draft Legal)	FLURO PINK / WHITE
		FJunior Elite (Draft Legal)	FLURO YELLOW / BLACK
		FYouth (Draft Legal)	
3	00:05:00	MOpen	RED / WHITE
		FOpen	RED / WHITE
4	00:07:30	M25-29	DARK GREEN / WHITE
		MPara Multiclass (21 & Over)	
		MPara Multiclass (20 & Under)	
5	00:10:00	M15-19	LIGHT BLUE / BLACK
		M20-24	
6	00:12:30	M30-34	ORANGE / WHITE
7	00:15:00	M35-39	PURPLE / BLACK
8	00:17:30	M40-44	RED / BLACK
9	00:20:00	M45-49	WHITE / GREEN
10	00:22:30	F15-19, F20-24, F25-29	WHITE / BLUE
		F30-34, F35-39	
		FPara Multiclass (21 & Over)	
		FPara Multiclass (20 & Under)	
11	00:25:00	M50-54, M55-59, M60-64	ORANGE / BLACK
		M65-69, M70-74, M75-79, M80+	
12	00:27:30	F40-44, F45-49, F50-54, F55-59	FLURO GREEN / WHITE
12	00:27:30	F60-64, F65-69, F70-74, F75+	FLURO GREEN / WHITE
13	00:30:00	Teams	FLURO PINK / BLACK
		Athena	
		Family & Friends	
		Clydesdale	
14	00:32:30	FFirst Timer	PURPLE / WHITE
15	00:35:00	MFirst Timer	WHITE / RED

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MULTISPORT AUSTRALIA APP

LIVE ATHLETE TRACKER

Live Athlete Tracker App. Search race number or name to track athletes live (all distances, excluding Kids Tri). This includes the Bike Leg with 'Active Timing Chips'!



Remember to get your family & Friends to Download **'MultiSport Australia App'** App [here](#).



Return Timing Chips At The Finish Line. Unreturned Timing Chips \$80 Charge.



MELBOURNE TEAMS CORPORATE TRIATHLON



NEW WAY TO RACE

SUNDAY 15TH MARCH 2026

CATANI GARDENS, ST KILDA

GREAT OCEAN & OTWAY CLASSIC RIDE



Peter Mac
Peter MacCallum Cancer Foundation
Proud Supporter

**Epic
204km**

The Epic
Ride



**Classic
145km**

The Original
Ride



**Family
60km**

The Social
Ride

RIDE THE GREAT OCEAN ROAD IN STYLE
START & FINISH IN TORQUAY
ENTRY INC. JERSEY
2ND MAY 2026

Move more, explore the outdoors

Discover Places

Filter results by Place type

All

Walk/Bike Trail

Park

Playground

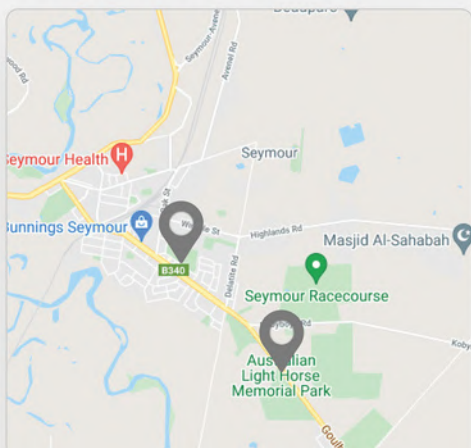
Exercise Station

Skatepark

Enter suburb

Three Bridges VIC, Australia

All places have been provided by councils.
We will continue to add new places.



Search trails, parks, playgrounds, skateparks
and exercise stations located within Victoria.

Find your next destination to be active on our
interactive map.