

australian
**transplant
games**
CANBERRA **2024**

 **TRIATHLON**
ACT



ATHLETE GUIDE

Wednesday 2 October 2024

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EVENT PROGRAM & WAVE STARTS

DATE	
11.30am	Registration opens – SLC
12.00pm	Registration closes
11.30am	Transition opens
12.10pm (Flexible)	Transition closes
12.15pm	Race Briefing – outdoor pool area
12.30pm	Race Start – Sprint
12.30pm	Wave 1 – Transplant Male
12.31pm	Wave 2 – Transplant Female
12.32pm	Wave 3 – Supporter Male/Female
12.33pm	Wave 4 – Transplant Teams
12.34pm	Wave 5 – Supporter Teams

GENERAL RULES

The triathlon is sanctioned and run under Triathlon Australia guidelines. For full details of rules and regulations please go to www.triathlon.org.au.

- Ensure you have your timing chip on.
- Helmets must be on and done up before you touch your bike.
- You must place your bike on the rack after the bike leg before removing your helmet.
- Roads and bike path is closed but it won't stop random riders so please keep a look out for non-participants
- Complete triathlon clothing must be worn at all times – tops and bottoms.
- All athletes to have race no. written on left hand or arm. **YOU MUST BRING YOUR HAND OR ARM TO COLLECT YOUR BIKE.**
- You are responsible for familiarising themselves with the courses.
- Full maps are available online, in your competitor program and on competitor information boards.
- Headphones, headsets, Walkman's, iPods, mp3 players, and other types of personal audio devices are not to be carried or used at any time during the race.
- Competitors may not accept assistance from anyone other than an authorised race official.

TIPS AND TRICKS

What to wear?

- Trisuit (male or female)
- Jammers/Speedos – males (but must cover torso – t-shirt)
- Swimmers – females (covering torso is optional)
- Shorts – male or females may wish to put shorts on over swimmers
- Shoes and Socks – athletes may wish to put on socks but over the shorter distance socks are not necessary. If you choose not to wear socks that put baby powder into your shoes so your feet slip in easier
- Shoes – these can have normal laces or you can put in elastic laces that can be purchased from any shoe shop
- Water bottle – if you have a bottle cage on your bike you can carry a water bottle or leave one in transition but it must stay within your transition zone which is within 1m squared.

What training should I do or have done?

- If you are doing the Sprint distance and haven't trained that is fine, you will complete it but having a little bit of training for at least 6 weeks out from the event will help. 2 swims, 2 bike rides 15-25km, 2 runs of 3-6km.
- The key thing is to enjoy it if it is your first time and just don't rush.

Things to think about while racing?

- Triathlon is a thinking sport because you have so many things going on around you. Focus on you and no one else.
- Know the course and the number of laps you must do.
- Race within your ability including riding down and up hills
- Use your gears when going up the hill
- Keep to the right or left depending on which section of road you are on e.g. Swallowtail Road roundabout up to Cotter Road turn – keep right after this then keep left
- Communicate if passing someone e.g. passing your left or passing on your right – and be nice
- Keep smiling but focus on what is going on around you
- Look for pedestrians and other obstacles – even though roads and paths are closed – some people don't care

Remember to put your timing chip on your left ankle and ensure it is secure

Make sure you look at the course maps and know where you must go. Even though there are arrows and marshals out on the course it is your responsibility to know where you are going.



REGISTRATION

Registration will be from 11.30am – 12.10pm on Wednesday at the registration tent in the outdoor area of the pool.

Please do not enter the main pool entry for event. Pool Entry is part of your registration fee.

Bring ID to collect race pack – Timing Chip, Swim Cap

Please DO NOT bring your bike into the registration area.

Athlete briefing will be done before the start in the registration area.

TEAMS

If you are part of the team the hand over point is where the bike is racked at SLC and where your team runner is located in transition 2 at the SFP Track. The timing chip is your baton and must be put on the left ankle of each team member when it is your turn to compete.

RACE NUMBERING

There will be body numbering on athletes upper or lower arms. A volunteer will do this for you. Bibs also must be worn during the run.

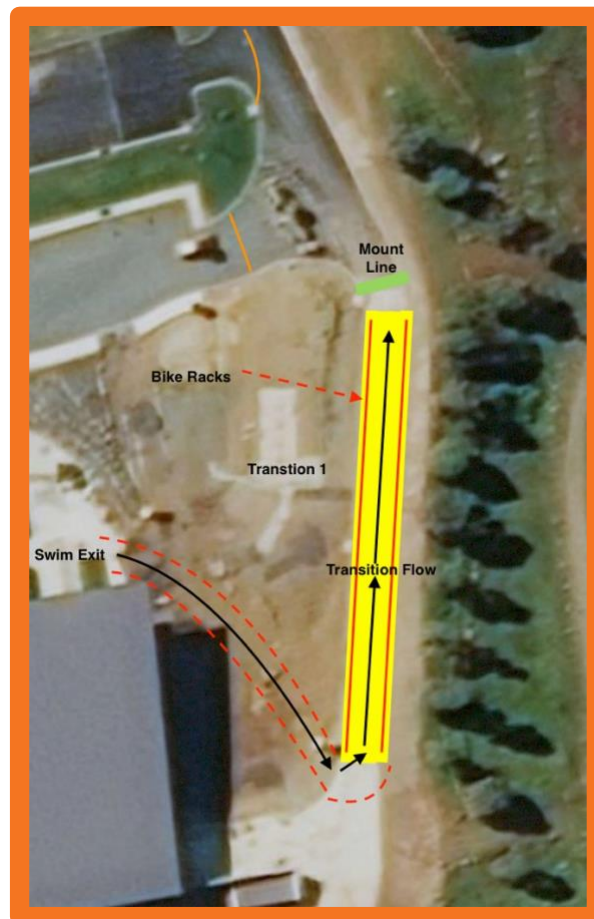
TRANSITION

Transition 1 is located at the Stromlo Leisure Centre and Transition 2 is located at the Stromlo Forest Park Criterium Track. Note: if you have runners to put on after the bike leg you will need to put your run gear down in transition 2 before the start of the race.

TRANSITION 1

Description

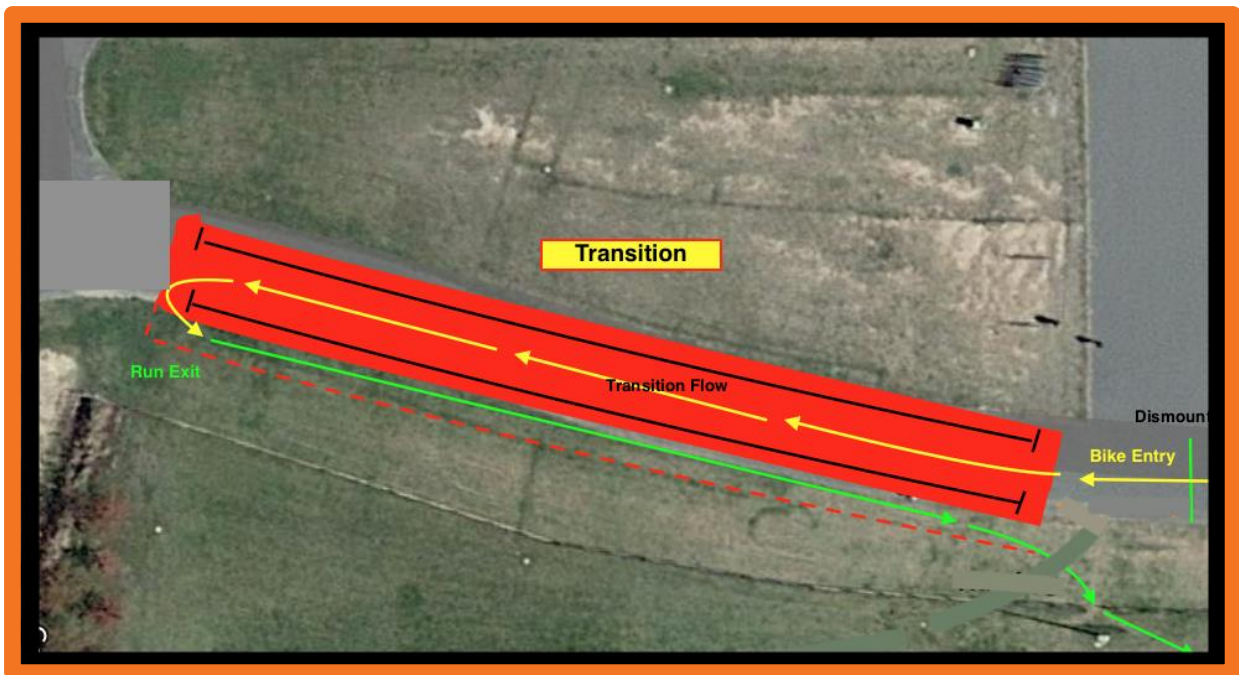
- Exit pool enclosed area out onto open area and proceed out the black gates to transition 1
- Follow the hat cones along the concrete path to the transition
- Proceed to the southern end of transition to the Bike Exit.
- Run with bike to the mount line, mount after the line and proceed onto the bike course.



TRANSITION 2

Description

- After completing the required no. of laps enter the north end of Transition 2.
- Rack your bike where you placed your shoes or where there is a spare spot on the rack.
- Exit Transition at the Run Exit flag and run back along the side of transition to exit.



SWIM

The swim leg is a M shape swim circuit within the SLC 50m pool. Athletes will follow the course as marked for the required laps to make up their event distance. 3.5 laps for the Sprint.

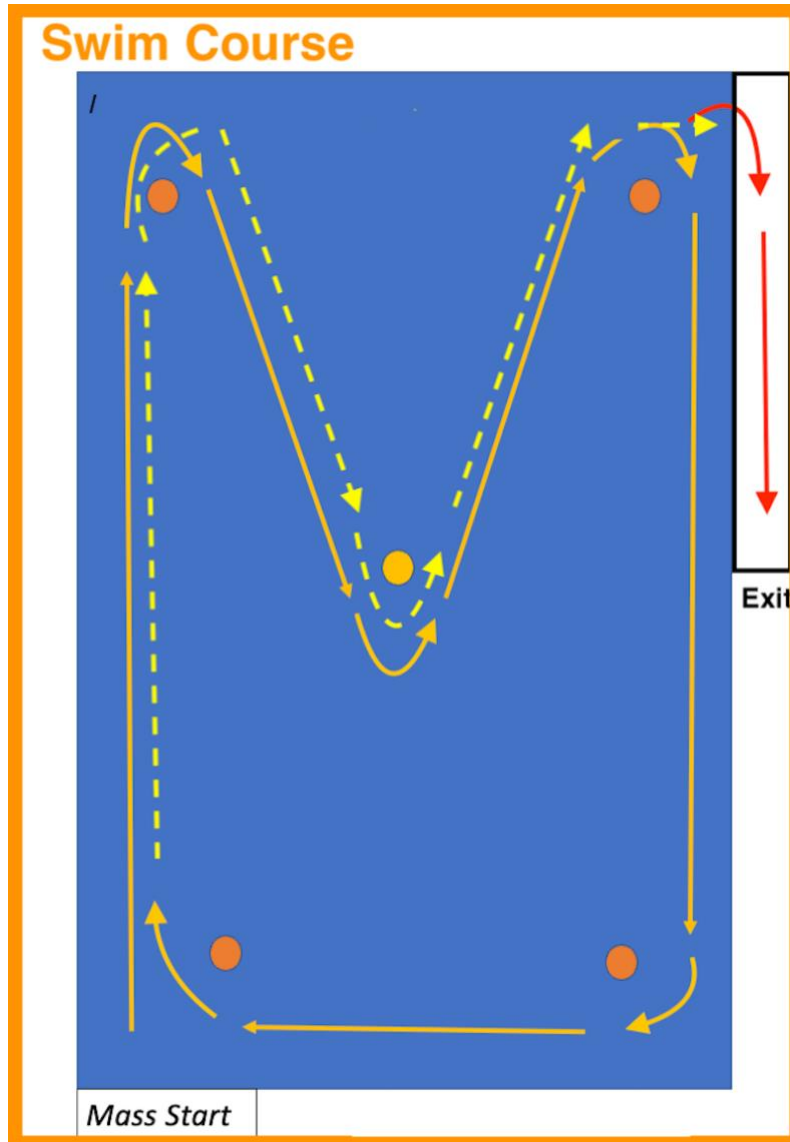
The swim start will be a mass start in waves.

COURSE MAP

Description

- Swim Start will be at the opposite end of the pool (south end) and will follow a buoyed course.
- From the start you will swim to the orange buoy (45m), then the yellow buoy (25m) continue to next orange buoy (25m) and turn and swim up to the end of

the pool to the last orange buoy (45m) and back across to where you started and around the orange buoys (15m) to start 2nd and 3rd lap. Continue on the broken yellow line on the map for your 4th and final lap. and exit at the ramp and head out to transition.



SWIM GEAR

- Swim Cap (provided)
- Swimmers/Trisuit
- Timing chip (don't lose this)
- Goggles

CYCLE

The cycle route is a nice, looped course that has its challenges so enjoy. See below maps.

COURSE MAP

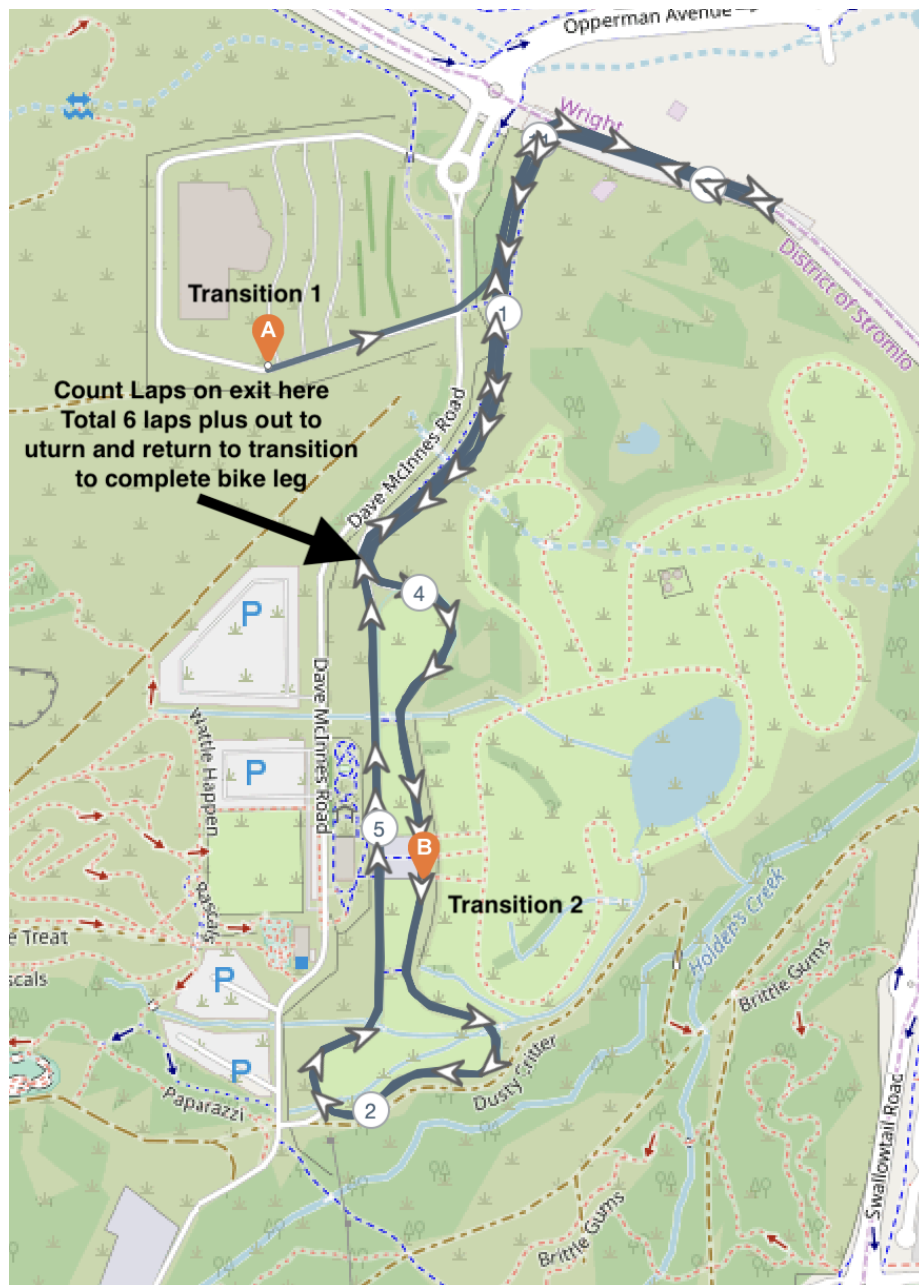
Sprint

Description

- Once you have mounted your bike make your way down the road slowing down at the bottom as you cross the road to the criterium circuit.
- At the bottom you will go through a chicane so slow down, after this you will make a left turn onto the crit track extension.
- Follow the extension to old Uriarra road. Turn right and continue down to orange bollard to do a u-turn, return the same way past your entry point and continue to the criterium track.
- As you enter the criterium track turn left following the arrows. Continue to do a full loop of the track passing transition on the right.
- As you reach the top of the track, continue left, exiting the track to follow the same route back to where you exited from the pool on the crit track extension.
- Athletes will exit the criterium track 6 times plus the out and back to transition to complete the sprint bike course.

COURSE MAP

Click on this link to see an interactive map - <https://www.plotaroute.com/route/2724047?units=km>



CYCLE GEAR

- Bike (mandatory)
- Helmet (a must)
- Water bottle (you must hydrate)
- Bike Pump (optional)
- Spare tubes / tyre lever (optional)
- Timing Chip (should be on)

RUN

The run is out on the beautiful Stromlo Cross Country track. Please ensure you know the loop that you are required to do or the number of laps required.

COURSE MAP

Sprint

Description

- The Sprint is a 2x2.5km loop.
- Exit transition 2 at the run exit flag and follow the chute out onto the track. Proceed carefully through the fence and follow the cones.
- Complete the 2.5km loop and continue past the finish area to complete a 2nd lap and then cross the finish line.



RUN GEAR

- Running Shoes
- Hat
- Sunglasses
- Race Number
- Timing Chip

RECOVERY

Once you have completed your event you can enter the recovery zone. The recovery zone will be situated next to the Finish Line. There will be water and fruit for every participant.

TIMING

The timing band must be placed on your left ankle and worn throughout the race. You must cross the mats at all timing locations to receive an official race time.

Once you finish, return the timing chip to the blue small bin at the end of the race. Unreturned bands will be fined \$100.

Timing for this event is provided by Race Performance Timing.

RESULTS

Results will be available on at the following URL

<https://my.raceresult.com/306719/>



FIRST AID & SAFETY

First Aid officers will be situated at Stromlo Leisure Centre and at the Criterium Circuit/Finish Line area.

LOST & FOUND, BAG STORE

Lost and found items can be handed to race officials and will be sent to the finish line timing tent. We strongly recommend you mark your gear with your race number or provide it to a family/friend. Otherwise, it can be placed in the outdoor gym area behind the fence. Race organisers and officials are not responsible for any lost items.

VOLUNTEERS

We will have volunteers out on the course helping run the race so always be polite and thank them when you get a chance. If you have anyone who would like to help out, please get them to email CME at cbrmultisportevents@gmail.com

PARKING

Parking is at Stromlo Leisure Centre or at the new car park at Stromlo Forest Park.

FOOD

The Stromlo Leisure Centre has a café that is open during the event.

SPECTATING

Spectators are allowed at the event but must ensure you stay off the bike track and running track for the safety of the athletes.

TOILETS

Toilets are located at Stromlo Forest Park and Stromlo Leisure Centre.

PHOTOGRAPHY/SOCIALS

Feel free to snap away and provide any photos to Transplant Australia and/or tag us
#ATG2024 #donatelife