



WINTER RACE SERIES

CROSS AQUATHLON 13TH AUGUST

Presented Triathlon ACT events

SCOD

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WELCOME TO THE WINTER SERIES



We are thrilled to kick off another exciting season of triathlon and multisport events in Canberra. As the premier triathlon organisation in the region, Triathlon ACT is dedicated to creating a dynamic and inclusive environment where athletes of all levels can challenge themselves, connect with fellow enthusiasts, and embrace the spirit of multisport.

This race guide is your essential companion throughout the Winter Series, providing important information, course details, and valuable resources to ensure a seamless and enjoyable experience. Whether you're a seasoned triathlete or new to the sport, we encourage you to make the most of this guide and dive into the excitement that awaits.

Our Winter Series caters to a diverse range of athletes, from those seeking intense competition to individuals focused on personal growth and fitness. With a varied calendar of events and a supportive community, there are abundant opportunities to push your limits, achieve your goals, and create lifelong memories.

We extend our deepest gratitude to our dedicated triathlon clubs, valued sponsors, and passionate volunteers who make these events possible. Their unwavering support and commitment to the triathlon community are truly invaluable.

So, get ready to embrace the challenges, celebrate the triumphs, and experience the joy of multisport. On behalf of the Triathlon ACT team, we welcome you to the Winter Series and wish you a memorable season filled with thrilling races, personal achievements, and enduring connections.

Let the journey begin!

Warm regards,

Steve Bingley
Executive Director, Triathlon ACT

EVENT PROGRAM & WAVE STARTS

7:00am	Transition opens
7:45am	Transition closes
7:50am	Event briefing
8:00am	Male competitive wave
8:10am	Female competitive wave
8:20am	Male training wave
8:30am	Female training wave
8:40am	Spare wave
10:00am	Pack up

Schedule above is a draft and subject to change as entry numbers are finalised, there may be a need for additional waves.

GENERAL RULES

Please note that the cross aquathlon is not sanctioned and is conducted as a training event following Triathlon Australia guidelines. For a comprehensive overview of the rules and regulations, please visit www.triathlon.org.au. Here are some basic rules to keep in mind for this aquathlon:

1. **Sharing the Course:** Although the mountain bike tracks and pool will be closed for the event, be aware that members of the public may still use it. Please exercise caution and give non-participants ample space.
2. **Course Familiarisation:** It is your responsibility to familiarise yourself with the designated courses. Detailed maps can be found online, in your competitor program, and on competitor information boards.
3. **No Personal Audio Devices:** For safety reasons, the use of headphones, headsets, Walkmans, iPods, mp3 players, or any other personal audio devices is strictly prohibited during the race.
4. **Official Assistance Only:** Competitors may only seek assistance from authorised event officials and not from any other individuals.

Please adhere to these rules to ensure a safe and fair aquathlon experience.

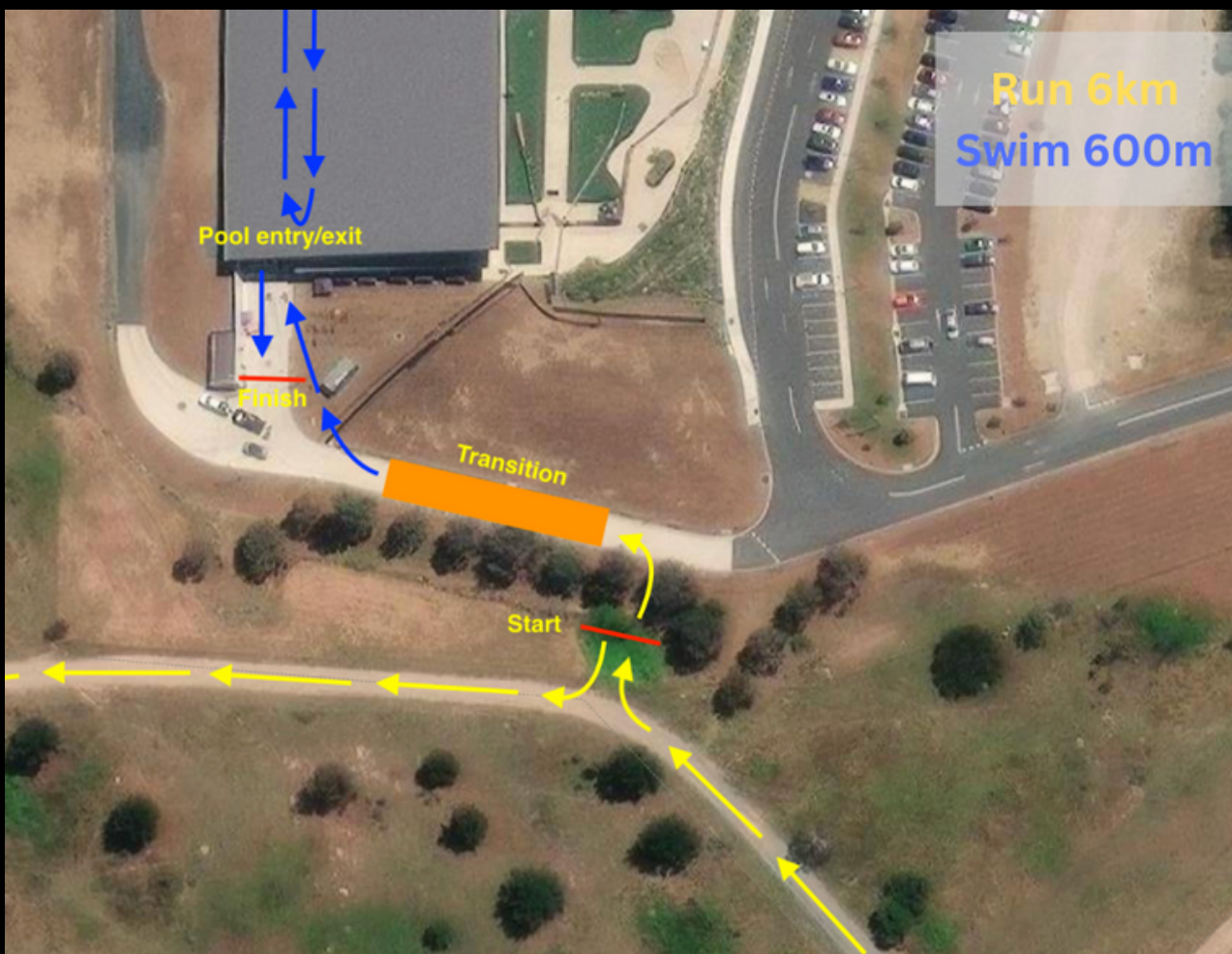


TRANSITION

Transition is a crucial area for athletes to transition between the run and swim segments of the cross aquathlon event. To ensure a smooth and seamless experience, please keep the following guidelines in mind:

- **Arrival Time:** It is important to arrive at transition with sufficient time before it closes. Please plan your arrival accordingly to allow ample preparation time.
- **Category Placement:** Find your designated category area within transition based on whether you are participating in the competitive or training wave of the cross aquathlon.
- **Gear Organisation:** Once you have located your area, organise your swim gear in your designated space to ensure an efficient transition between the run and swim disciplines.
- **Transition Flow:** Please follow the designated flow of transition, as indicated in the image below. Enter transition from the designated entry point, proceed to the run-to-swim transition area, and then make your way into the pool.

By adhering to these guidelines, you will have a smooth and enjoyable transition experience during the aquathlon event. Wishing you all the best in your race!



LEMANS COURSE MAP

- 6km Run: Athletes will line up between the gate that joins the leisure centre and the forrest park, turning right participants will move in an anti-clockwise direction around the track. On return, participants will turn right back into the leisure centre and pass through the gates into the transition area.
- 600m Swim: After the run, participants will transition into the pool using alternating lanes for the different start waves complete 6 laps of the 50m pool.



GENERAL INFO

Check in: Upon arrival at Stromlo leisure centre, move to transition and get your name marked off the manifest between 7am-7.45am.

Recovery: There will not be a designated recovery station, so we encourage participants to bring their own post-event nutrition or support the local Café inside the Stromlo leisure centre. Water is available inside the leisure centre.

Timing: Official timing will not be provided for this training event. Participants are welcome to self-time if desired or simply enjoy the experience.

Results: No official results will be provided as this is a training event.

First Aid & Safety: Basic first aid will be provided by TACT and will be located at the Leisure centre/Finish Line area.

Lost & Found, Bag Storage: Lost and found items can be handed to event officials. We highly recommend marking your gear with your name, as Triathlon ACT is not responsible for any lost items.

Volunteers: Volunteers will be provided by TACT to support the event.

Parking: Parking is available in the main car park at Stromlo Leisure Centre.

Spectating: Spectators are welcome out on the track and around transition.

Toilets: Toilets are conveniently located at Stromlo Leisure Centre.

Photography: Feel free to take photos during the event and share them with TACT. Our TACT photographer will also be capturing moments throughout the race and will be shared on our Facebook post event.



**For more
information,
contact us.**

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