

You may wish to try a short course in a triathlon event initially. This will depend on your current level of fitness, time available to train and skill level in swimming, cycling and running. Plan your training to fit in with your other commitments. To achieve your goal you will need consistent preparation, so make sure you allocate time to triathlon while keeping your other priorities in mind. Finding a good balance between your work or study, family, friends and sporting commitments will help to make triathlon a long term part of your life.

Entering an event

Online: Have a look at the event section on our website and look for an event that you want to enter and click on “Online Registration Form”

Online registration for triathlons will close at 5 pm the Friday before the event and for aquathlons will close at 12 noon on the day of the event.

Note: On-The-Day entries will not be available.

Finding information about an event or a race

For each Event we have a particular website. Have a look at the Events section to find the link to the websites.

How to manage my race

Preparation

- Understand the basic rules of Triathlon [they are on the Triathlon Australia website]
- Plan and pack what you need the night before
- Be well hydrated leading up to the event and eat sensibly the day before
- On arrival place your bike in the compound and lay out your gear
- Register yourself at the registration tent at least one-hour before the start of the race
- Have a good warm-up
- Slip Slop Slap
- Enjoy the race

Suggestion of what to bring:

For the ‘Swim’ leg

- Swimmers/ tri-suit

- Towel
- Swim cap (if provided by the Race Director)
- Goggles (if you would like to swim with goggles)
- When wetsuits are allowed, all of the components of the wetsuit will fit to the athletes' body tightly

For the 'Bike' leg

- A bike that is safe to ride
- A bike helmet (make sure it meets the Australian Standards)
- T-shirt/ tri-suit
- a drink bottle (if you wish)

Note: A competitor is not permitted to cycle without appropriate footwear or with a bare torso

For the 'Run' leg

- A pair of running shoes
- T-shirt/ tri-suit
- a drink bottle (if you wish)

Note: A competitor may not run with a bare torso or without shoes on any part of the run course of an event

Slip Slop Slap

- Slip on a shirt (TACT sells a Summer Series t-shirt for \$10 – see it on the Merchandising page on our website)
- Slop on Sunscreen to prevent sunburn and protect your skin from UV (even in winter)
- Slap on a cap (a cap is more practical than a hat)

Food and Drink

- Fluid to re-hydrate
- Fruit, nuts, snack bars

For more information on swimming, cycling and running conduct, please visit the Race Competition Rules on the Triathlon Australia website.

Racing Tips

- Start in a position that matches your swimming ability - fast to the front, slower to the back
- Drink plenty of fluids during the cycle and run legs
- Remember there is usually traffic on the road
- Listen to the technical officials and marshals for instructions during the race

Recovery after the race

- Drink lots of fluid and eat some fruit
- Stretch