



# EVENT INFORMATION GUIDE



Yarrowonga Mulwala

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**Multi Sport Festival**

*It's sports country*

**18th & 19th October 2014**

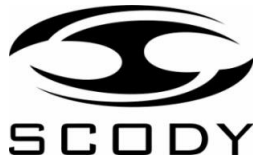
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# Sponsors

Triathlon Victoria is proud to have the support of our partners to continue to grow the Yarrowonga Mulwala MultiSport Festival.



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# Welcome

Thank you for entering the Yarrowonga Mulwala  
Multisport Festival.

## **Welcome**

Welcome to the Yarrowonga Mulwala  
Multisport Festival.

In 2014 the festival will include the  
State Aquathlon Championships,  
National Series Olympic Distance  
Qualifier, Australian University  
Championship Event and State  
Olympic Distance Championships.

Yarrowonga is a great weekend away  
with activities for participants, their  
families and friends and we hope that  
you enjoy this spectacular course and  
have a great day!

The 2014 participant information guide  
will assist you in preparing for and  
enjoying the event.

All the best in your final preparation  
and we look forward to seeing you  
race day.

Kind regards,

Tony Burke  
President  
Triathlon Victoria

## **Event Details**

**Date:** 18th and 19th of October 2014

**Location:** Lake Mulwala, Yarrowonga  
River Rd, Yarrowonga, Vic 3730

**Registration:** See event schedule

**Race kit Collection:** Collect from 4pm  
Friday

## **Race Contacts:**

**Website:** [www.ymmf.com.au](http://www.ymmf.com.au)

**Email:** info@trivic.org.au

**Phone:** (03) 9598 8686

**Address:** 4a Small Street  
Hampton, Vic 3188

**Race Day Contact:**

Grant Cosgriff – 0403 041 400



# Weekend Schedule

## Friday 17<sup>th</sup> October:

4:00pm-5:00pm	Registration – all events
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## Saturday 18<sup>th</sup> October:

8:30am	Registrations open for all Saturday events
9:00am	5km & 10km Fun Runs & YarraMul Half Registration Closes
9:30am	5km and 10km Family Fun Run & 21 km YarraMul Half
11:00am	Registration for Kids Duathlon Close
11:30am	Kids Duathlon 7yo-10yo
12:00pm	Kids Duathlon 11yp-14yo
12:30pm	Registration for Aquathlon Closes
1:00pm	State Aquathlon Championship
2:00pm	2.5 and 5 km Swim Registration Closes
2:30pm	2.5 and 5 km Swim Start
4:00pm	Registrations Close for all Sunday events
6:00pm	Carb Loading Dinner, Mulwala Waterski Club <i>(Includes presentation for YarraMul Half, Aquathlon Championship, 2.5 and 5km Swim)</i>

## Sunday 19<sup>th</sup> October:

6:00am	Transition opens
7:00am	Transition closes
7:15am	Mini Tri (SSV Junior Qualification)
7:30am	Olympic Distance Triathlon
8:15am	SSV (only) Intermediate and Senior Qualification Tri
8:30am	Sprint Distance Triathlon

### NOTES:

- Sunrise is at 6:28am on Saturday and Sunday
- Registration for Sunday events will be available all day Saturday

## Triathlon Carb Loading Dinner



Mulwala Waterski Club Saturday 18th October

The Aquathlon Presentations will take place at the Triathlon Carb loading Dinner. For those of you wanting to load up for Sunday, a Buffett style menu is available to all at **\$22 per head**. Tickets available at registration or to pre-purchase click [HERE](#). Alternately the venue has a variety of other restaurant options available. <http://www.mulwalawaterski.com.au/>

BUFFET MENU includes: two varieties and types of pasta dishes, 6 varieties of Pizza, Grilled chicken breast, Fresh garden salad, and Steamed vegetables



# Events

Saturday 18th October 2014

## 5km, 10km Family Fun Run and YarraMul Half

- Start time: 9:30 am
- Prize Money (YarraMul Half Only): Male and Female 1<sup>st</sup> \$250, 2<sup>nd</sup> \$150 & 3<sup>rd</sup> \$100

## Kids Duathlon

### 7yo – 10yo: 500m run x 3km cycle x 500m run

- Start time: 11:30am
- Non-competitive, all finishers receive a medal

### 11yo – 14yo: 1km run x 6km cycle x 1km run

- Start time: 12:00pm
- Non-competitive, all finishers receive a medal

## State Aquathlon Championship

- Start time: 1:00pm
- **2.5km run x 1000m swim x 2.5km run**
- National Qualifying event
- Elite Male and Female
- Open Male and Female: 1<sup>st</sup> place- \$200, 2<sup>nd</sup> place- \$100, 3<sup>rd</sup> place- \$50
- Under 19 Male and Female: 1<sup>st</sup> place- \$100, 2<sup>nd</sup> place- \$50, 3<sup>rd</sup> place- \$25

## 2.5km & 5km Swim

- Start time: 2.30pm
- Open Male and Female
- Under 19 Male and Female

Sunday 19th October 2014

## Standard (OD) Distance Triathlon

### 1500m swim - 38.8km ride - 10km run

- Start time: 7.30am- First Wave Elite Drafting
- National Qualification Series
- Open to teams and all age groups
- Australian University Championships Event
- Swim - Deep water start
- Elite Drafting Male and Female: 1<sup>st</sup> place- \$2000, 2<sup>nd</sup> place- \$1000, 3<sup>rd</sup> place- \$500
- Fastest Finishing Non-Drafting Open Male and Female: 1<sup>st</sup> place- \$200, 2<sup>nd</sup> place- \$100, 3<sup>rd</sup> place- \$50

## Sprint Distance Triathlon

### 750m swim- 23.8km ride- 5km run. Open to teams and all age groups.

- Start time: 8:30am - First wave Elite Drafting
- Fastest Finishing Open or Age Group Male and Female
- Elite Drafting Male and Female: 1<sup>st</sup> place- \$200, 2<sup>nd</sup> place- \$100, 3<sup>rd</sup> place- \$50
- Swim – Boat Ramp Start

## Mini Tri (SSV Junior Qualification)

### 250m swim, 8km ride, 2km run

- Start Time: 7:15am
- Swim – Boat Ramp Start

## SSV (only) Tri - Intermediate and Senior Qualification

### 500m swim, 18km ride, 5km run

- Start Time: 8:15am
- Swim – Boat Ramp Start



# Victorian Club Shield

Each year the Victorian Club Shield is awarded to the champion club at the Yarrowonga Mulwala Multisport Festival. The Shield is currently held by the Melbourne Triathlon Club. The shield is awarded for points accrued across four events:

- YarraMul Half Marathon
- State Aquathlon Championships
- Sprint Distance Triathlon
- Olympic Distance Triathlon

## Performance Points

In each age group and open category will be allocated:

- 1st place 30 points
- 2nd place 29 points
- 3rd place 28 points  
down to
- 30th place 1 point

Only the first competitor from each Club in each category scores performance points. The 2nd and subsequent athlete from each Club “blocks” the performance points available to other clubs.

## Participation Points

Competitors – 1 point per club member per event entered and completed.

## Technical Officials

50 points per TO at the event.

## Volunteers

20 points per volunteer (must do at least one complete day)

# The McGregor Trophy

In 2012 during the presentations for each event at the Yarrawonga Mulwala Multi-Sport Festival Triathlon Victoria noticed there was a familiar face making multiple podium appearances. This face was athlete Carole McGregor from the Shepparton Triathlon Club, who had entered in four separate events and received the following age results.

- 11<sup>th</sup> fastest female overall in the Dash for Cash
- 2<sup>nd</sup> in age group National Aquathlon
- 1<sup>st</sup> in age group Long course Aquathlon
- 3<sup>rd</sup> in age group Olympic Triathlon

To celebrate such a great achievement a trophy was created and named after Carole.

The McGregor Trophy will be awarded to the best overall athlete at the Yarrawonga Mulwala Multisport Festival. The winner will receive a trophy and \$200 cash.

To be eligible you need to enter at least **three events**.

The athlete with the lowest points total wins. The points will be awarded on the following basis.

- Olympic Distance Triathlon Age Group result x 1 (eg 2<sup>nd</sup> in age group 2 points)
- Sprint Distance Triathlon Age Group result x 2 (eg 2<sup>nd</sup> in age group 4 points)
- 2.5 km Swim Age Group Result x 3
- 5km Swim Age Group Result x 2
- Aquathlon Age Group Result x 3
- YarraMul Half Marathon Age Group Result x 2
- 5km Fun Run Age Group Result x 4
- 10km Fun Run Age Group Result x 3

In the event of a tie each winner will receive a trophy and the prize money will be split. If you enter more than three events only your lowest three scores count.

# Course Maps

To download a copy of one of the course maps please visit: <http://ymmf.com.au/event-info/courses>

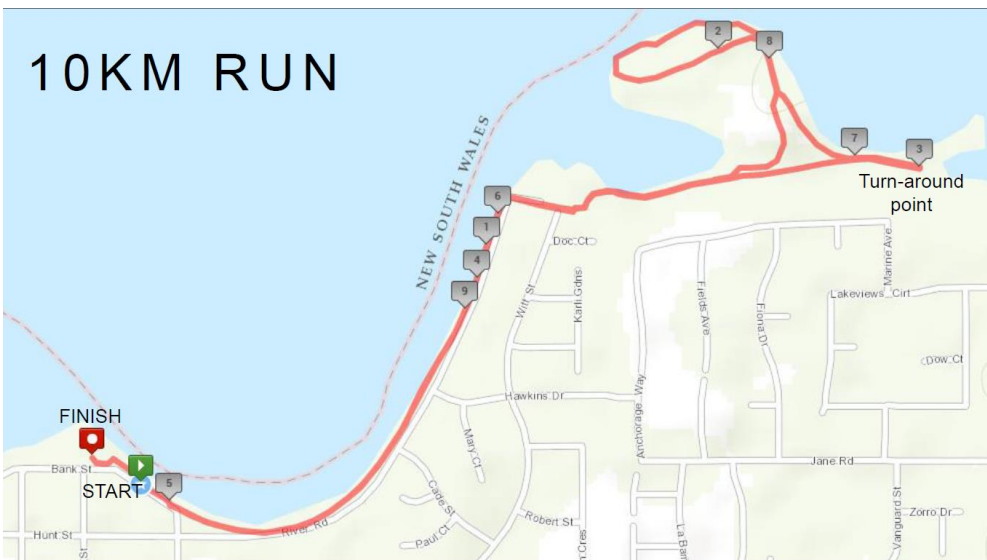
## 5km



— 5km (1 Lap)



## 10km



— 10km (2 Laps)



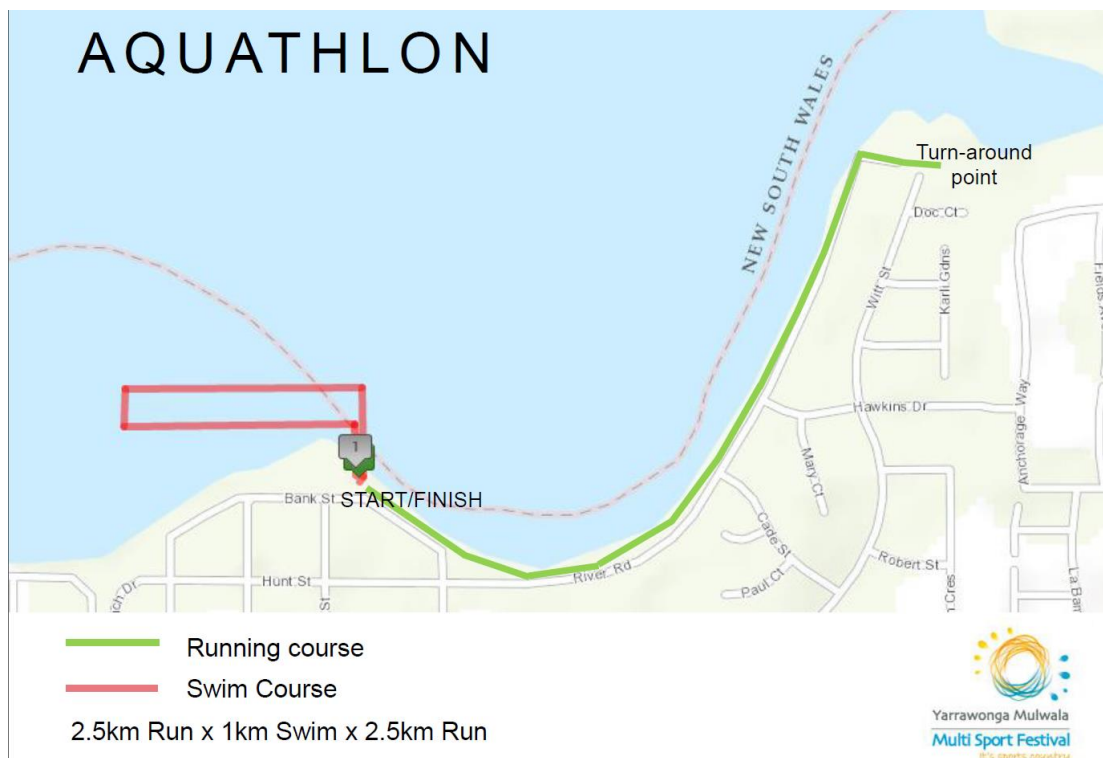
# Kids Duathlon



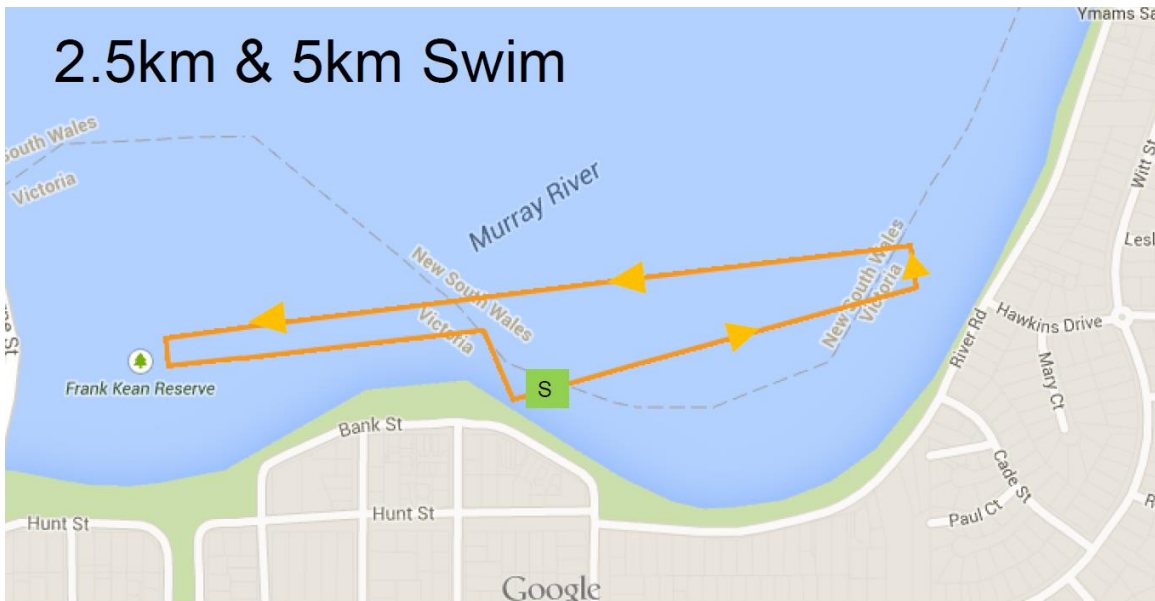
# Half Marathon Map (21.1km)



# State Aquathlon Championships



# Open Water Swim (2.5km and 5.0km)

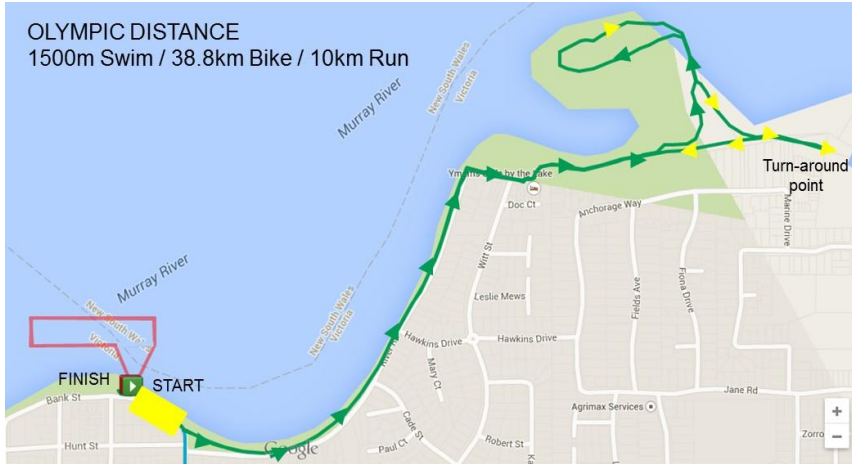


2.5km - 1 Lap  
5.0km - 2 Laps

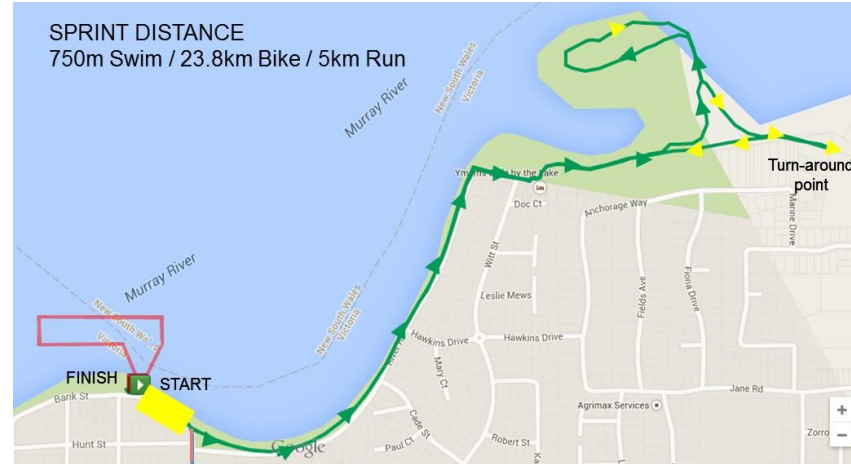
**S** Deep water start  
Finish – boat ramp



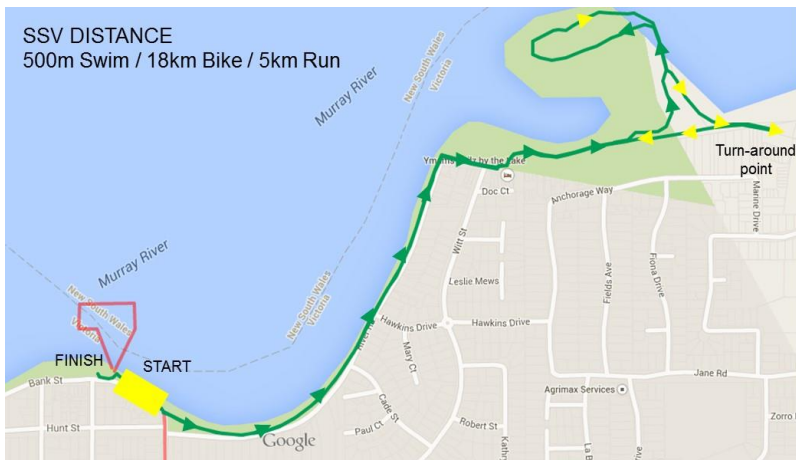
# Triathlon Courses (Swim, Run)



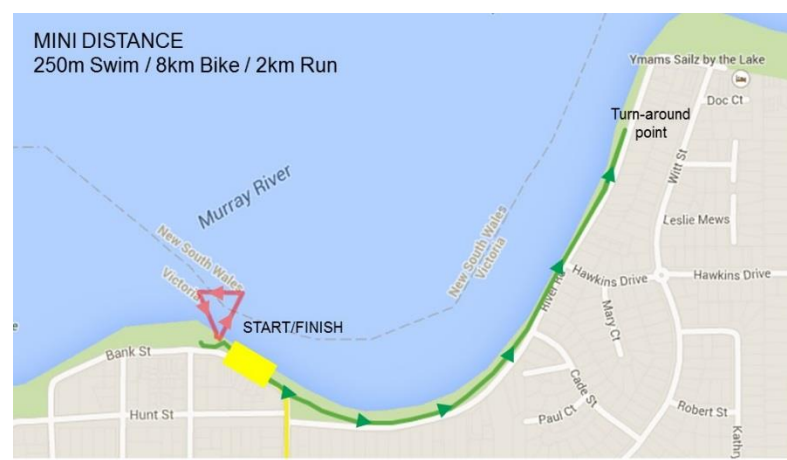
- 1.5km Swim (2 Laps)
- 38.8km Bike
- 10km Run (2 Laps)
- Transition
- ▲ Direction out
- ▲ Direction in



- 750m Swim (1 Lap)
- 23km Bike
- 5km Run (1 Laps)
- Transition
- ▲ Direction out
- ▲ Direction in



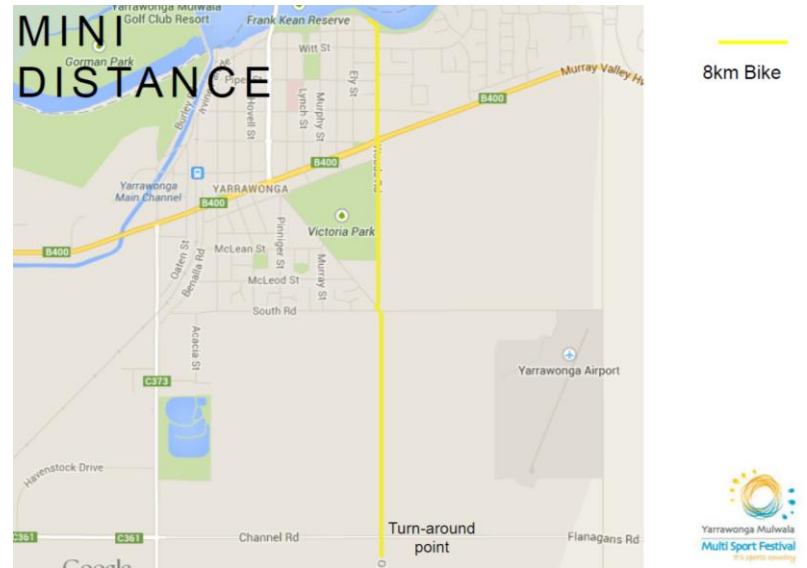
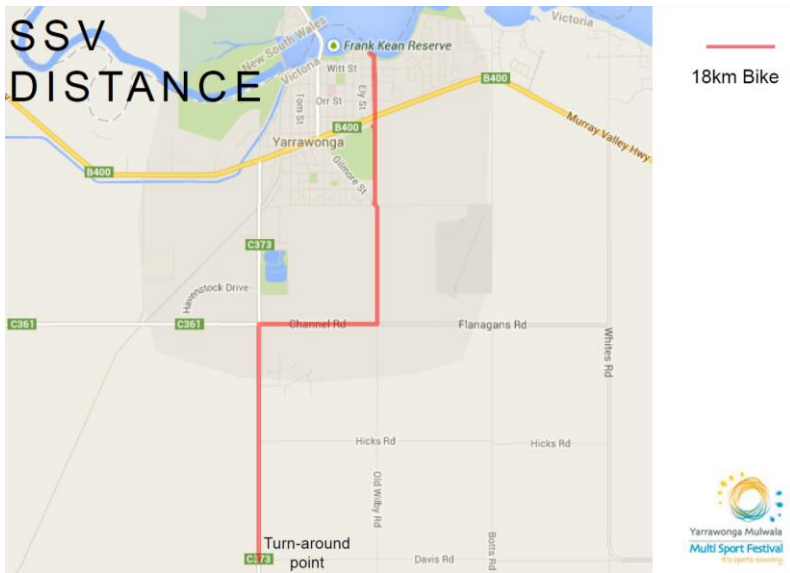
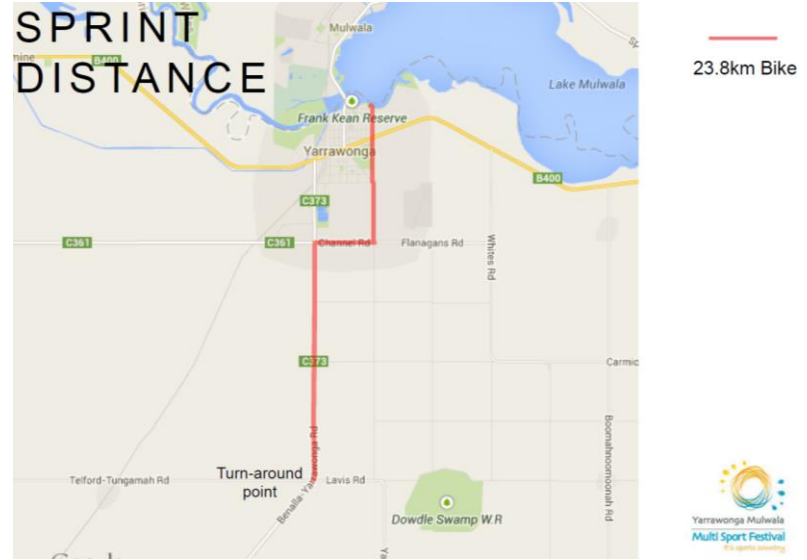
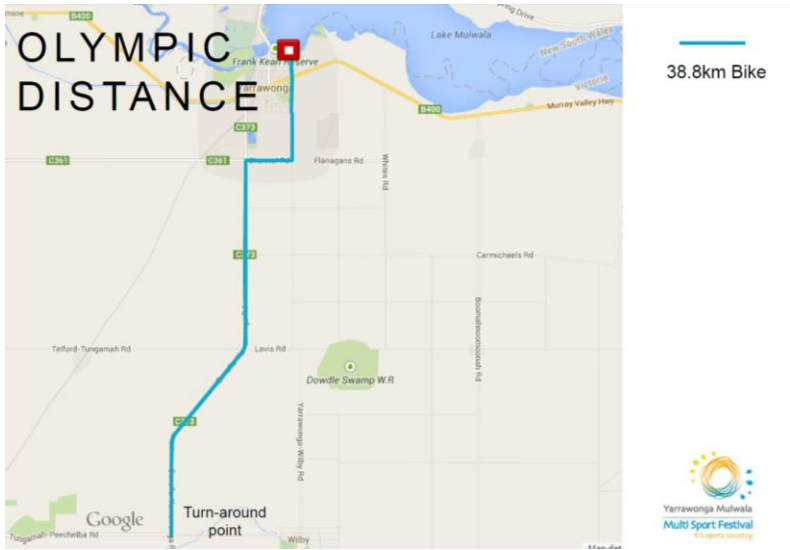
- 500m Swim (1 Lap)
- 18km Bike
- 5km Run (1 Laps)
- Transition
- ▲ Direction out
- ▲ Direction in



- 250m Swim (1 Lap)
- 8km Bike
- 2km Run (1 Lap)
- Transition



# Triathlon Bike courses





# Race Day

## Arrive Early

We recommend arriving at least an hour prior to race start to ensure you have adequate preparation time.

Please check your Race Day information sheet and all venue signs to ensure you know the location of entry and exit points.

## Bike Transition Area

Before entering the bike transition area you must have your helmet fastened for inspection. Mountain Bikes with stands may free stand in the allocated area.

The transition area can be a very busy place so it is important to TAKE CARE and be respectful of others and their property.

## Pre-Race Briefing

All participants should assemble for the pre-race briefing at least 15 minutes prior to the race scheduled commencement.

It is important that all participants attend the race briefing for an update on the event. There could be last minute changes as a result of weather conditions, etc.

## Security

Participants will not be permitted to enter into the bike area to collect their gear until the last competitor has commenced the run. **NO EXCEPTIONS** will be made to this rule. Only competitors (no spectators) are allowed into the transition area.

Your competitor number must be on at all times during the race, from the time you arrive until the time you pick up your bike from the compound at the completion of the event.

**Tip: Bring a Race Belt for your bib!**

## Swim Leg

If you get into any trouble during the swim leg please signal the lifeguards by raising one arm straight up in the air and calling for assistance. This is a clear and recognised signal, other actions may be misinterpreted.

## Cycle Leg

Do not forget to fasten your helmet before running your bike along the cycle lane to the bike exit. Upon returning you must dismount from your bike before entering transition (dismount lane) and then return your bike along the cycle lane to your allocated bike rack. Only then are you permitted to take off your helmet. Please note that all competitors must complete the cycle and run with a covered torso.

## Note:

- iPods, MP3 players or headphones are NOT permitted during the event.
- There are multiple turnaround points for the various distances. Please be aware of other riders and communicate your turns clearly.

# Event Rules

## General

- All timing bands to be worn on the left ankle AT ALL TIMES when racing.
- Make a mental note of your placement in the compound so you can easily find your correct position.
- For the Team category, team members must changeover the timing band in the designated area.
- The spirit of friendly competition should apply throughout each race. Any non-sportsman like conduct constitutes grounds for the immediate disqualification of your team.
- Competitors must strictly obey all directions and instructions by officials, marshals and police.
- Medical staff have the ultimate and final authority to remove a competitor from the race if the competitor is judged to be physically incapable of continuing the race without risk of serious injury.
- If you withdraw from the race or do not complete a race leg, please notify the timing team at the finish line.
- It is the responsibility of each competitor to be familiar with the course.

## Swim

- No fins, paddles, snorkels or flotation devices are to be used.
- No individual paddlers or escorts are permitted. Safety vessels will adequately patrol the course.
- Wetsuits are allowed subject to the Race Director ruling on the day, provided the thickness does not exceed 5mm.
- Subject to Triathlon Australia Technical Rules you may wear a wetsuit for more protection from the cold water if between 14°C AND 24° for Age Group athletes or for Elite/Open athletes 14°C AND 20°.
- All competitors must wear the event swim cap from your race kit during the swim leg.
- Competitors must be behind the starting line at least one minute before the race start.

## Cycle

- All competitors will be required to wear ANA, ANSI, SNELL or AUSTRALIAN

STANDARDS APPROVED HELMET throughout the bike course.

- Helmet straps must be fastened at all times while the bicycle is in motion, i.e. being ridden or walked.
- Unless you are racing in the Draft legal Elite wave there is absolutely no drafting of another bicycle or any other vehicle is allowed. A space of four bike lengths must be left between all riders at all times.
- Competitors must obey the instructions of police, event staff and course marshals.
- No headsets, walk-mans, iPods, MP3 players etc are to be worn.

## Run

- No form of locomotion other than running or walking is allowed.
- No individual support vehicles or escort runners are allowed.
- Runners are expected to follow the directions of all course marshals and race officials.

## Bike Area/Transition

- Once the race starts, only competitors who are racing can enter transition.
- Remember to get all of your swim gear out of the transition before the race commences, as you will be unable to return until your cycle leg.
- No flags, signs or tape can be used to identify a competitor's bike rack.
- Bikes must be placed back in the place where you took your bike from. Each competitor is ultimately responsible for their own equipment.

## Support on the Day

**Medical** - There will be ambulance and first aid support during the event

**Mechanical** - There will be a bike mechanic on race day from *CBD Cycles*.

**Hydration** - Hydration support will be provided by Aqua Force

**Technical Support** - Triathlon Victoria Officials will provide technical support.

# Getting to Yarrawonga Mulwala

**From Melbourne:** Take the Hume Hwy (M31) 285 km from Melbourne CBD. Turn off Yarrawonga-Benalla Rd (C373). Travel time around 3 hours and 40 minutes.

**From Sydney:** Take the Hume Hwy (M31) and then take the B400 turn off to Yarrawonga. Travel time around 7 hours, approximately 630 km.

**From Canberra:** Take the M25 (Barton Hwy) to the Hume Highway and head south, then take the B400 turn off to Yarrawonga. Travel time around 5 hours, approximately 470 km. B400 Murray Valley Highway will lead you to the Yarrawonga Town Centre travelling from east and west.

## Accommodation

Accommodation in Yarrawonga and Mulwala cater to all tastes and needs with a good selection of motels, caravan parks, B&B's and luxury self-contained units. Accommodation options are available in the townships or within a few minutes' drive. For all accommodation inquiries please contact Yarrawonga Mulwala tourism on (03) 5744 1989 or visit their website.

<http://www.yarrawongamulwala.com.au/>

