

Race Day FAQ

Where do I register?

- For most events you will register on line through the event website. Some events take entries on the day, however check the website for more details.

For a list of upcoming events check the [Triathlon Victoria Race Calendar](#).

What do I bring to registration?

- If you are a member bring your Triathlon Australia Card or confirmation email with TA number
- If you are not a member, it is a good idea to have on you some form of Proof of Identity to confirm your registration if required.

Where do I get information about the event once I have entered?

Most events will communicate with you by email or text in the lead up to the race and often will email you a participant or an event guide (or a link). If not refer to the event website or use Facebook to follow the race organiser's latest news.

What order are the legs in?

Races follow a Swim, Bike, Run order and you'll find more details below about how this works on the day.

What are the rules?

Triathlon's rule can be found on the [Triathlon Australia Race Competition Rules](#) document. If in doubt or you need clarification seek out a 'Technical Official' who are easily identified on race day in the lime green vests.

What do I wear/need?

- **Swim:** Bathers or Tri Suit, Wetsuit (temperature depending), goggles, swim cap
- **Cycle:** Bike, helmet, shoes, sunglasses, water bottle, nutrition/gels, pump (Note: track pumps need to removed from transition before the race starts)
- **Run:** Shoes, hat, towel, sunglasses, running top (no bare upper torsos allowed)

How long before my race do I arrive?

Plan to arrive at you first race with plenty of time, which generally means at least an hour before the race start time. Transition closes before the first wave start. Check the race information to find out what time you need to register and what time transition opens for you to rack your bike and set your gear up and especially what time it closes! Where possible attend the pre-race briefing where you will find out if there have been any changes made to the course or if there are any particular things to look out for during that race (turning areas, obstacles, etc).

Do I get changed in transition in the bike compound?

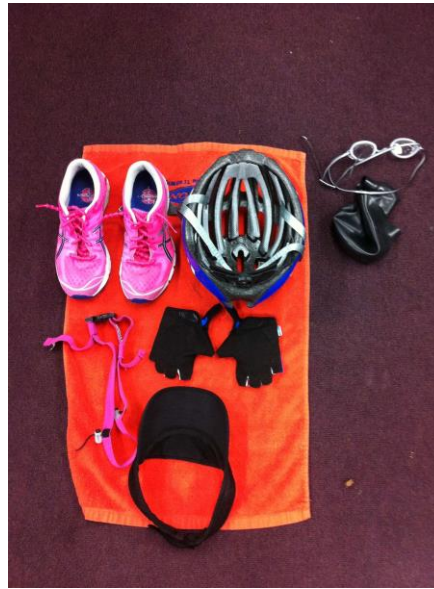
Yes. Most triathletes will '*swim, ride and run*' in the same outfit and change only the bare essentials to save time in transition! (This for most competitors means wearing their race gear under their wetsuit) You may not be so concerned with this in your first few races so take the time to do whatever you need to be comfortable ... extra clothing if it's cold, extra bike knicks for comfort, etc). If this is the case be prepared and have any clothing changes well-rehearsed (practise at home or in training).

Transition

How does transition work?

Before the race there will be a designated time frame for you to enter transition, rack your bike and lay out your equipment. Check the race organiser's time line to find out this time. When you set up your gear before the race, take the time to note a landmark, rack number, or other distinguishing feature so you can easily find your bike. Identify how you'll move through transition to the exit.

Gear Layout in transition:



Top tips to transition

- Set up your area in order of the disciplines (link to a picture or insert one)
- Have a water bottle to clean off your feet after the swim
- Elastic laces in your sneakers are much quicker to put on when compared to tying up regular laces
- Take your time and get it right first time!!

A few quick rules:

- All bags must be removed from transition and once transition closes that's it.
- Fasten your helmet before you remove your bike from the rack to start your ride. Keep it on and fastened until you replace your bike after the ride leg.
- You may not ride your bike in the transition area. Run/walk your bike out to the 'mount line'. You can get on your bike at any point after the 'mount line'.
- Same on the way back in ... make sure you're off your bike before the 'dismount line' and run/walk your bike to the same position and rack your bike.

Mount Line areas:



Swim

Swim leg – how much of the leg do you walk/run if any?

The swim leg often involves a walk or run into the water from a beach start, and then a run of up to a couple of hundred metres from the water to the transition area (depending on the tide and the distance from the transition area).

Do I have to wear a wetsuit?

No. However, a wetsuit can help keep you warm and provides significant buoyancy during the swim leg. Generally in Victoria the water temperature is low and allows the wearing of a wetsuit in line with the table below.

Wetsuit Use Determination Age Group competitors: [Triathlon Australia Race Competition Rules \(2013\)](#)

Swim Length	Forbidden Above:	Mandatory Below:
0 – 1500m	24° C	14° C
1501 – 3000m	24° C	15° C
3001 – 4000m	24° C	16° C

Can I borrow a wetsuit?

Yes, there are [numerous stores around Melbourne](#) who will let you hire a wetsuit or 'Try before you buy'.

I am not a very strong swimmer and feeling nervous, what do I do?

If you're nervous about the swim leg, position yourself towards the back of your start group. This will keep you out of the 'traffic' of the start and allow you some clean space. It can be useful to swim breaststroke which may make your breathing a little easier and allow you to keep track of the next buoy you are aiming for.

What happens if I get into trouble in the swim leg?

If you need assistance, put your hand up for one of the water safety personnel to assist. You may rest on their board or boat, as long as they don't propel you forward on the course. If they need to transport you to 'safety' it is at the race director's discretion as to whether you be allowed to re-enter the race once the final swimmer (of your category) has exited the water.

What do I do with my goggles after the swim?

When you exit the water, don't throw your goggles or cap on the ground or hand it to a friend in the crowd. Run with it into transition and place it in your transition area.

Bike

Bike rules and requirements:

Keep to the left and ensure that you keep sufficient distance from the cyclist in front of you so that you are not in the 'draft zone'.

A few quick rules:

- Road rules apply, so keep to the left unless overtaking other riders, do not under any circumstances overtake on the left of another cyclist, and never cross double lines.
- Don't draft. Drafting allows a cyclist to get an unfair advantage by positioning closely behind the bike in front. This is a clear rule violation and results in a penalty. For a full explanation of the drafting rule, [refer to the Triathlon Australia Race Competition Rules](#).
- You must not discard any items whilst on the bike course. This includes drink bottles, clothing, food wrappers, etc.
- Your helmet must be fastened before taking your bike from the rack in transition and remain fastened until it is racked at the conclusion of the bike leg.
- You must ensure that you have a covered torso at all times during the race.
- You are not allowed to accept assistance, such as clothing, food, drinks from anyone except authorised race personnel.

What is drafting?

Drafting is when you follow the bike in front too closely and gain advantage.

- Drafting is a clear rule violation.
- You must maintain a draft zone of 7 metres (about the size of a Commodore or roughly four bike lengths) between yourself and any rider in front of you.
- If you are overtaking you have 15 seconds in which to accomplish an overtaking move.
- You must not wilfully keep others from passing. This is called blocking and is generally when a rider does not complete a passing manoeuvre or positions themselves in the passing lane (to the right of the traffic) and is not intent on passing the rider in front. If you are passed by another athlete you must maintain the draft zone. That means that you do not encroach into the 7m draft zone unless you are able to make a complete pass and maintain a speed higher than the rider in front.

Drafting rules are located in the [Triathlon Australia Race Competition Rules](#).

Run

Can I walk part of the run?

Yes. You can walk at any time during the event and often walking through the 'drink stations' will help to ensure that you maintain your fluids and nutrition.

What are Jelly Legs?

The term 'Jelly Legs' refers to the feeling in your legs when you get off the bike and start running. If you can practice a short jog after one of your bike sessions during training so you are familiar with this sensation and you'll find that you will adapt to the bike / run transition.

During and after the Race

During the race – have fun and enjoy your first triathlon!

After the race - drink water and refuel. Celebrate and tell tales of your achievement! When the last cyclist is back in transition, you'll be able to collect your bike and gear.

Congratulations, you have completed your first triathlon!

Drafting Rules:

Diagram 1 Distance of Drafting Zone for ALL Competitors



Diagram 2 Drafting



A has overtaken **B** and **B** is now drafting the lead cyclist **A**. **B** must drop out of **A**'s draft zone before attempting to re-pass **A**. **A** must move to the Left Hand Side of the road when safe otherwise **A** can be called for blocking. **B** can only overtake **A** on **A**'s Right Hand Side.

Diagram 3 Blocking



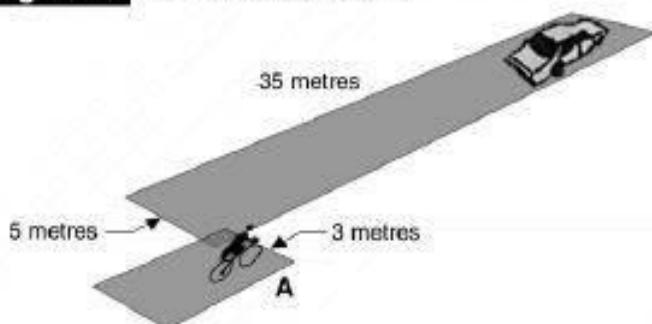
A and **B** are maintaining adequate separation between each other, even though they are abreast to one another. **B** is not drafting **A** in this instance. **A** however, is now in a **BLOCKING** position. If **A** remains out to the Right Hand Side, **A** will receive a blocking penalty.

Diagram 4 Drafting and Not Drafting



A and **B** are maintaining adequate separation. **C** is not attempting to pass **B**. **C** is drafting **B**. **A** and **B** are not drafting.

Diagram 5 Vehicle Draft Zone



A is travelling at the same speed as the vehicle. **A** is drafting. **A** must move to the Left Hand Side of the road otherwise **A** can also be called for blocking.