



# ATHLETE GUIDE

Sunday 3 December 2023

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## WELCOME FROM THE RACE DIRECTOR

Hello all,

It is Canberra Multisport Events pleasure to welcome you to another season of Canberra Try a Tri events where we hope to provide an opportunity for all athletes whether a seasoned triathlete or you are new to triathlon. Hopefully once you have completed one you will catch the bug like most do.

We are excited to ensure you have a good experience if it is your first time participating and will be the first of many more opportunities for you to participate triathlon events like this in the Capital.

We are fortunate enough to be utilising world class facilities at Stromlo Forest Park, and the Stromlo Leisure Centre. Look after it.

The run courses will make their way around the cross country track which is always nice to run on and is all ways fast for a grass track, so enjoy.

We will be able to use the new criterium track extension which adds to the exciting by challenging bike course.

Our thanks to Stromlo Forest Park for allowing triathlon to be a part of the vibrant and active community, and interact positively with the natural environment.

Finally, I hope this event and other Canberra Multisport Events meet your expectations as we continue to enthusiastically support all active people in the Canberra and surrounding community.

Race safe and enjoy your race.

**Corey Bacon**  
**Race/Event Director**



## EVENT PROGRAM & WAVE STARTS

| DATE          |   |
|---------------|---|
| 6.00am        | Try a Tri Registration opens – SLC                  |
| 7.00am        | Try a Tri Registration closes                       |
| 6.15am        | Try a Tri Transition opens                          |
| 7.15am        | Try a Tri Transition closes                         |
| 7.20am        | Race Briefing – outdoor pool area                   |
| <b>7.30am</b> | <b>Canberra Try a Tri Race Start - Sprint</b>       |
| <b>8.00am</b> | <b>Canberra Try a Tri Race Start – Super Sprint</b> |
| 8.00am        | Little T's Triathlon Registration opens - SLC       |
| 8.45am        | Little T's Triathlon Registration closes - SLC      |
| 8.15am        | Little T's Transition opens                         |
| <b>9.00am</b> | Little T's Transition closes                        |
| <b>9.05am</b> | Race Briefing – outdoor pool area                   |
| <b>9.15am</b> | <b>Little T's Triathlon Race Start</b>              |

## 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](http://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?

- To be honest if you are doing the Super Sprint, no training necessary but if you are active and do the odd swim, bike, run you will do it comfortably
- If you are doing the Sprint distance and haven't trained that is fine, you will complete but having a little bit of training 6 weeks out from the event will help
- 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 6.00am – 7.00am on Sunday at the Performance Triathlon Coaching 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.

If you did not enter a TA number online when you entered, the One Day License was added to your entry at time of purchase.

## 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 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.



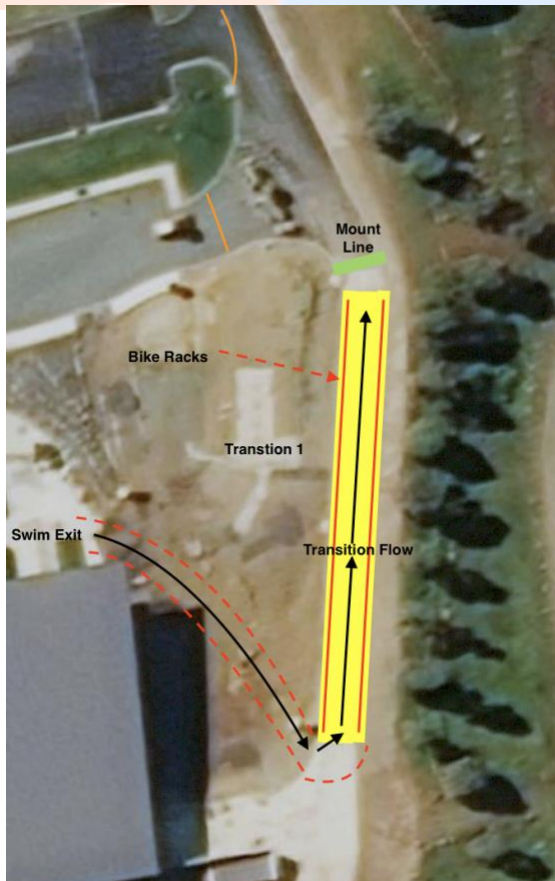
## TRANSITION

Transition 1 is located at the Stromlo Leisure Centre and Transition 2 is located at the Stromlo Forest Park Criterium Track.

### TRANSITION 1

#### Description

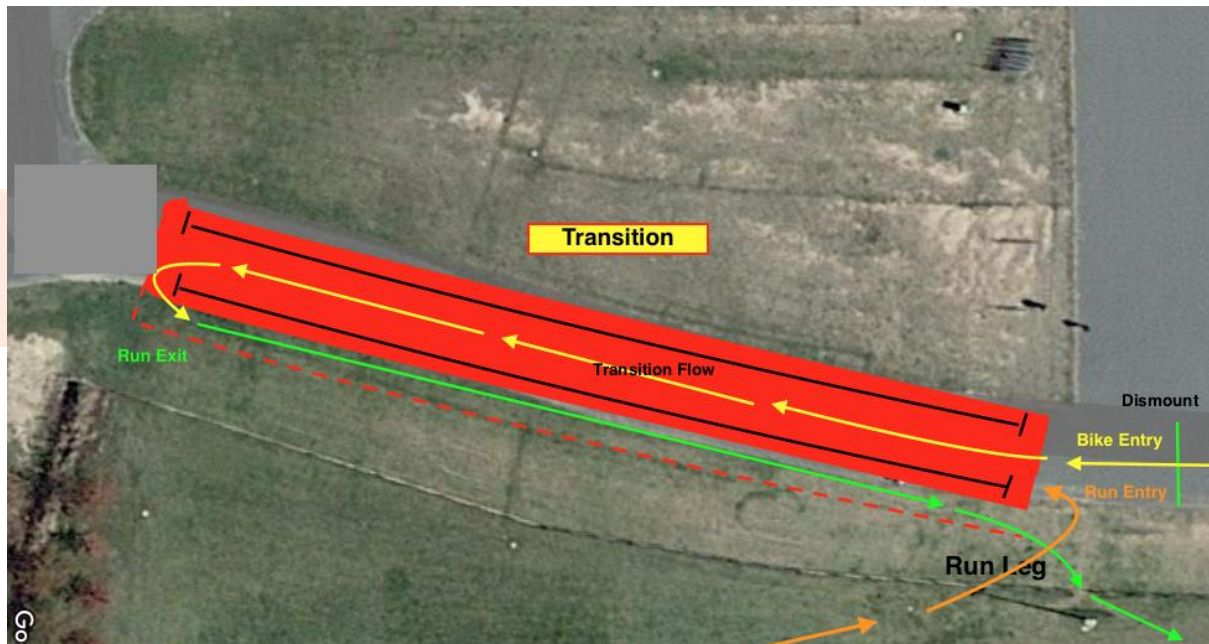
- Exit pool enclosed area out onto open area and proceed out gates to transition 1
- Enter at bike entry and follow arrow flow.
- Proceed to the southern end of transition to the Bike Exit.
- Run with bike to the mount line and proceed on bike.



## TRANSITION 2

### Description

- After completing required no. of laps enter the north end of Transition 2.
- Rack your bike as directed by the transition marshals and remove helmet
- Exit Transition at the Run Exit flat.



## 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. 1 and half laps for the Super Sprint and 3 and half laps for the Sprint.

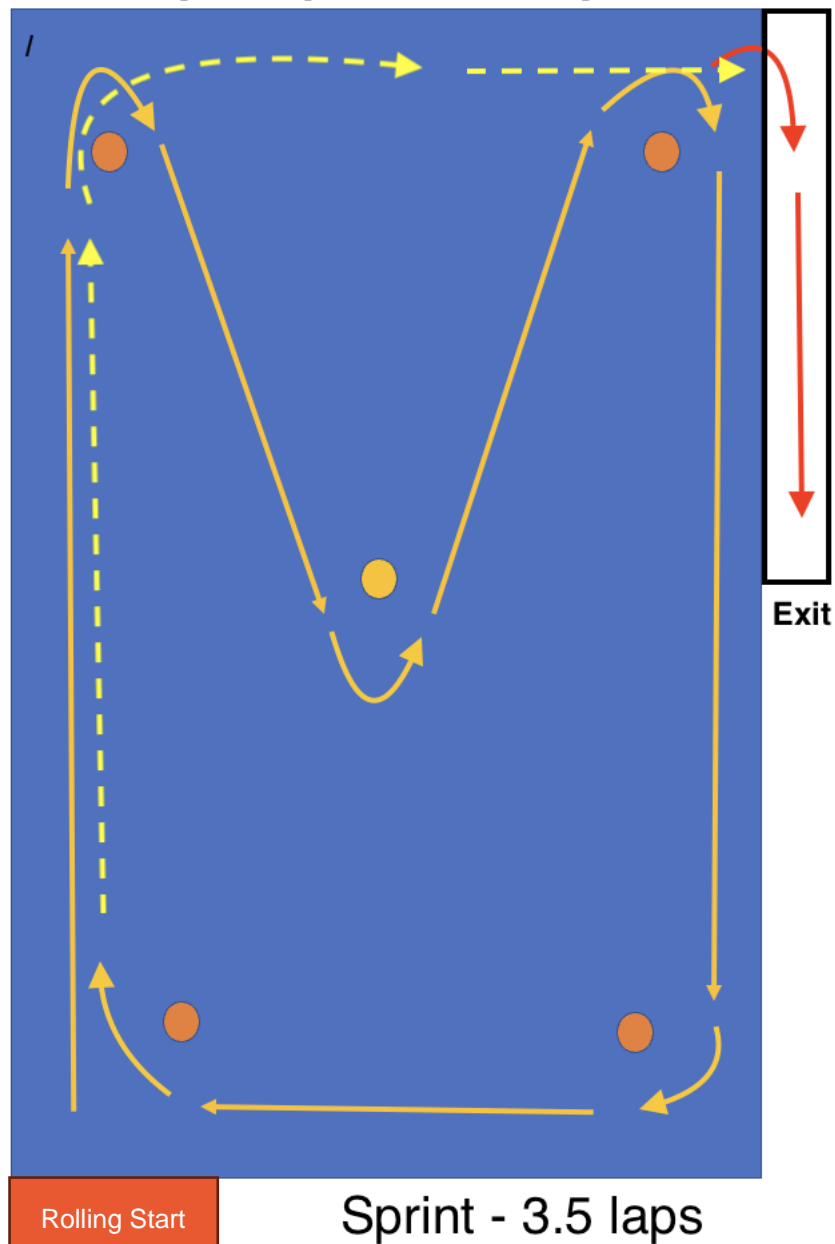
The swim start will be a rolling start. 1 athlete every few seconds.

## COURSE MAP

### Description

- Swim Start will be at the opposite end of the pool south end and will follow a buoyed course.
- Super Sprint from start will swim to orange buoy (45m) and swim to yellow buoy (25m) continue to next orange buoy (25m) and do turn and swim up the pool to orange buoy (45m) and back across to where you started and around the orange buoys (15m) to start 2nd lap. Continue on the broken yellow line on the map below and swim across the bottom not up to the yellow buoy and you will exit at the ramp and head out to transition.
- Sprint will do 3 full laps of the M course as above and on the 4<sup>th</sup> lap you will follow the yellow broken line and exit the pool.

## Super Sprint - 1.5 laps



### SWIM GEAR

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

## CYCLE

The new cycle route for the Try a Tri will be in place so it is very exciting. A nice, looped course that has its challenges so enjoy. See below maps.

### COURSE MAP

#### Super Sprint & 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 right turn onto the crit track extension.
- Follow the extension to the main track and stay right and follow it all the way down to the south end exit.
- Make your way onto the bike path and follow it out to the Bush Fire Memorial Car Park and turn left. Follow out to Swallowtail Road.
- Turn right at Swallowtail Road and ride up to the uturn, make the turn and then stay right back down around the roundabout. After you exit the roundabout you will then stay left. Follow the road down to the bottom and make a left turn up Old Uriarra Road. Please slow down to make the turn.
- Climb Old Uriarra Road hill to the top and make a left turn and you will be back where you started. This is lap 1.
- Depending on the event you will do another lap for the Super Sprint and another 4 laps for the Sprint. A total of 2 for the Super Sprint and 5 for the Sprint.

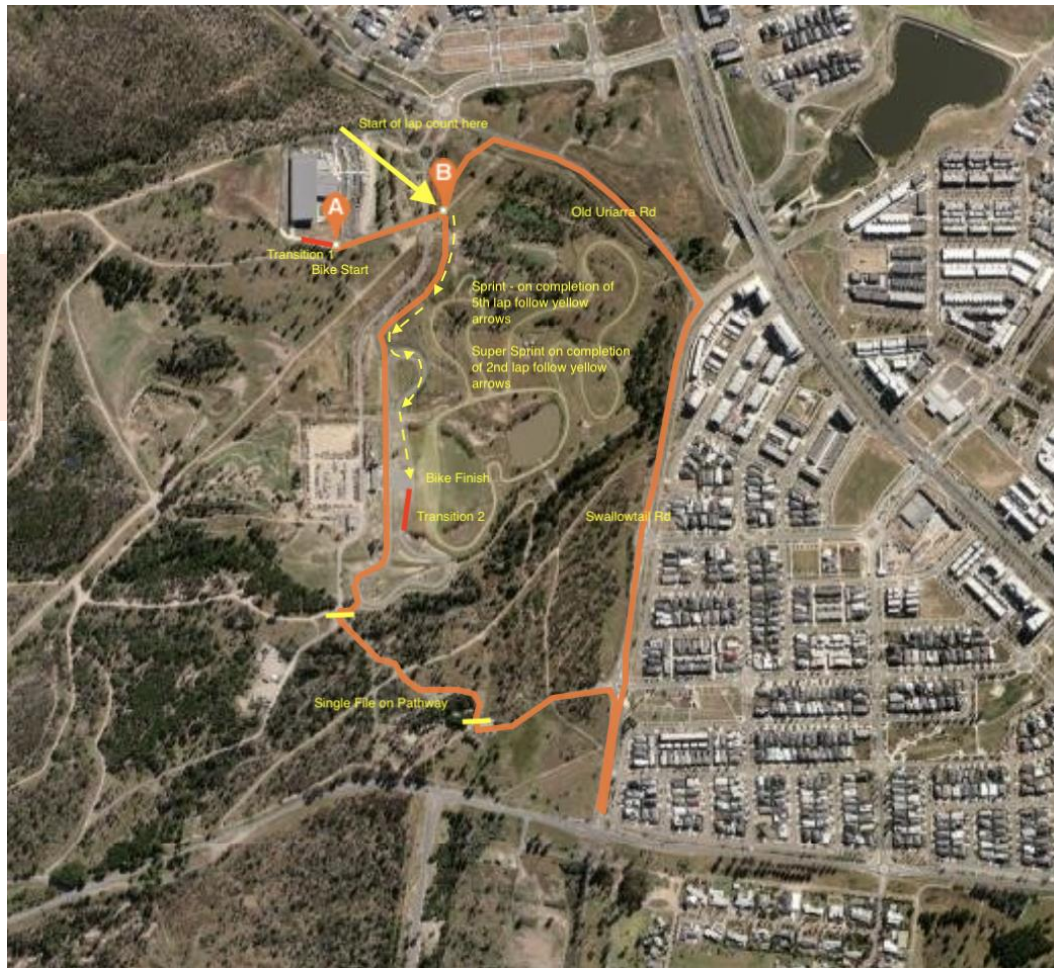
##### Finishing the Bike Leg

- On completion of either lap 2 or 5 you will make your way down to the main track again but this time you will veer left and go around the track and down to transition 2. Enter transition and head out onto the run leg.
- It is the athlete's responsibility to count their own laps.



## COURSE MAP

Click on this link to see an interactive map - <https://www.plotaroute.com/route/2055919?units=km>



## CYCLE GEAR

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

## RUN

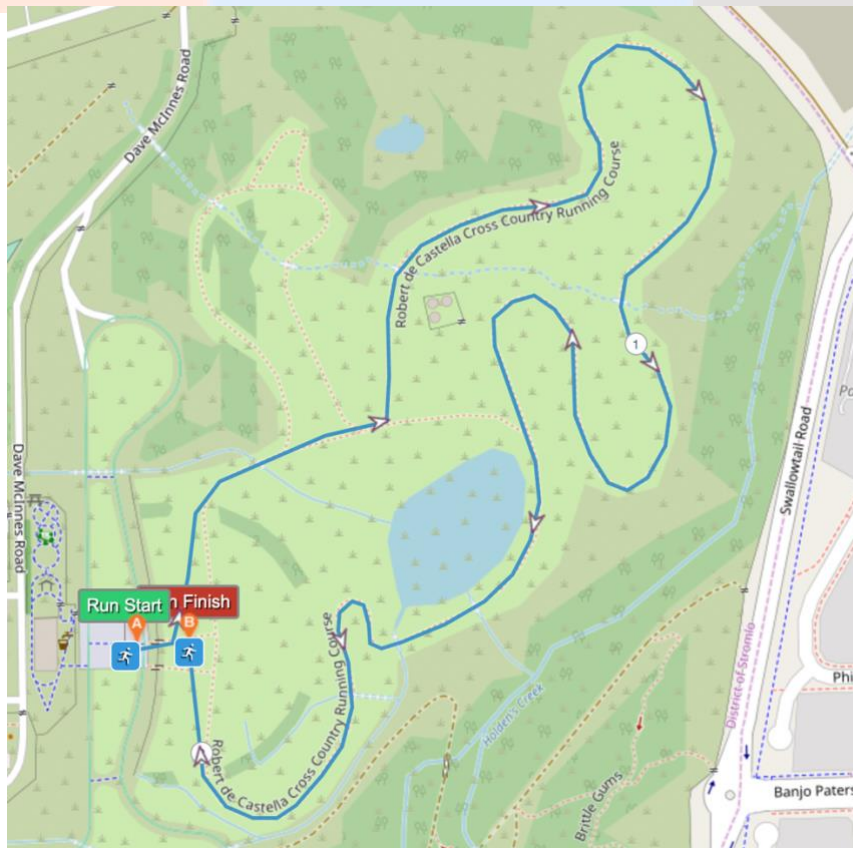
The run is out on the beautiful Stromlo Cross Country track. Please ensure you know the loop that you are required to do or the number of laps required.

### COURSE MAP

#### Super Sprint

##### Description

- The Super Sprint is a 2km 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 2km loop and across the finish line



#### 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 2<sup>nd</sup> 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

TBA





## 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 registration area. We strongly recommend you mark your gear with your race number, as we are not responsible for any lost items.

## VOLUNTEERS

CME will have volunteers out on the course helping run the race and some will most likely be parents 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](mailto:cbrmultisportevents@gmail.com)

## PARKING

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

## SPECTATING

Spectators are allowed at the event but must ensure you stay off the bike track and running track for the safety of the kids. Please ensure you social distance as well.

## TOILETS

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

## PHOTOGRAPHY/SOCIALS

Feel free to snap away and provide any photos to Canberra Multisport Events and/or tag us #canberramultisports