



600M SWIM | 4.5KM RUN

COMPETITOR PACK

Race Start Time 5:30pm / 7:00pm

This event is being conducted under TA COVID Safe Guidelines
DO NOT ATTEND IF YOU ARE FEELING UNWELL OR EXHIBIT ANY
COVID LIKE SYMPTOMS.

DEC 17
AQUATHLON



O2EVENTS

INSIDE YOU'LL FIND

- Welcome
- Site map
- Event details
- COVID-safe plan key points
- Transition set-up/operation
- Course maps
- COVID-safe plan key points



share your racing moments with us #TriVic



WELCOME

Welcome to the December 2020 Aquathlon

In conjunction with, YarraTri, Melbourne Triathlon Club and O2Events, Triathlon Victoria is delighted to offer members a unique double bill of races across metropolitan Melbourne this December.

2020 Victorian Duathlon Mixed Relay at the Teardrop Criterium course in Kew on December 10, and an Aquathlon at Sandridge Beach in Port Melbourne on December 17.

Your competitor pack will provide you with all the essential information you need for race day and replaces (in the most part) an on-course briefing. If you have any questions regarding anything in this pack, please contact Triathlon Victoria. Competitors must be a minimum of 14 years old and be a Triathlon Australia member.

If you have any questions or concerns related to this event, please contact us via email to:

membership@trivic.org.au

Sandridge Beach, Sandridge, VIC



share your racing moments with us #TriVic

EVENT DETAILS

ROAD CLOSURES

- There are no road closures for this event; there is no bike leg and run is on a public footpath.

PARKING

- Competitors who are driving should park along The Boulevard and nearby streets. There is also a carpark behind Life Saving Victoria.
- Local area map: <https://goo.gl/maps/o7GTe9G2unQKi6147>

SPECTATORS

- As a condition of our Event Permit all spectators are discouraged and where in attendance must complete a QR Code sign in at race site

TOILETS

- There are public toilets available nearby

REGISTRATION

- Race Registration opens at 5:00pm and closes at 5:20pm for 5:30pm race
- Race Registration opens at 6:30pm and closes at 6:50pm for 7:00pm race
- Registration is located in the **Event precinct** near the entrance to transition. See Map on previous page
- All competitors must report to registration to collect their race number/timing chip.

EVENT DETAILS

TRANSITION

Transition compound opens at 5:00pm and closes at 5:25pm.

- For competitors to set up their place in transition, competitors must be wearing a MASK and race number/timing chip.
- Note: We are conducting this race under Return to Sport Guidelines that require masks up till getting ready for race start.

RACE BRIEFING

- The pre-race briefings will be via this Competitor Pack
- Only essential updates will be given prior to race start
 - **Race briefing** will be at **5:25pm (5:30pm race)** and **6:55pm (7:00pm race)**

EVENT DETAILS



START TIMES AND LOCATION

- 5:30pm race:
 - At 5:25pm (5 minutes prior to race start) all competitors proceed to the start line with only a short briefing
 - 5 waves of 10 athletes will go off in 1 minute intervals. These groups will not be age specific.
- 7:00pm race:
 - At 6:55pm (5 minutes prior to race start) all competitors proceed to the start line with only a short briefing
 - 5 waves of 10 athletes will go off in 1 minute intervals. These groups will not be age specific.

POST RACE ACCESS TO TRANSITION

- To enter transition post-race competitors will need to have your race number and be wearing your mask.

PRIZE PRESENTATIONS

- *Prizes will be laid out on a table for self pick-up*

POST RACE

- **Personal nutrition only, personal hydration as well as water only near the finish**



REGISTRATION & TIMING CHIP PICKUP



- Register Now will send an e-ticket via email to you 24 hours before event start.
- The e-ticket has a QR code within it (click the link).
- Display this QR code at the registration table.
- Rego staff will scan the QR code from your device and then scan the QR code on the timing tag, and hand you the tag.
- The tag is to be worn securely around your ankle with the velcro strap provided and is to be returned when you cross the finish line. If you do not finish you **MUST** return the tag to staff at the finish line or Timing Tag and confirm you are DNF.



COVID-SAFE PLAN ADVICE

This event is registered as a Tier 3 event with DJPR



- **Stay at home if unwell or display any symptoms of COVID-19 infection.** People are advised to seek medical advice and testing for COVID-19 if they suspect they have the infection. Full refunds or transfers will be given for reasons of illness, so we do request that you do not attend if you are unwell or display any symptoms of COVID-19.
- **Do not attend if:**
 - You have been in close contact with a person who is positive for COVID-19
 - You are positive for COVID-19
 - You are waiting for a COVID-19 test result
 - You have travelled overseas or to a declared COVID-19 Hotspot in the previous 14 days
- **Maintain 1.5m physical distance at all times** where practical at the venue - this is every individuals responsibility
- **Seek assistance if you become unwell during the event** - please locate event staff, Event COVID- 19 monitors or attend the First Aid
- We ask attendees to **frequently use the supplied hand sanitizer** stations throughout the venue.
- We also request that any **spectators bring their own hand sanitizer** to further reduce contact
- **Wear a mask** upon arrival and during set up times until race start (wearing of masks at this event is for purpose of practicing this requirement should it be mandated at larger events).

ATHLETE FLOW



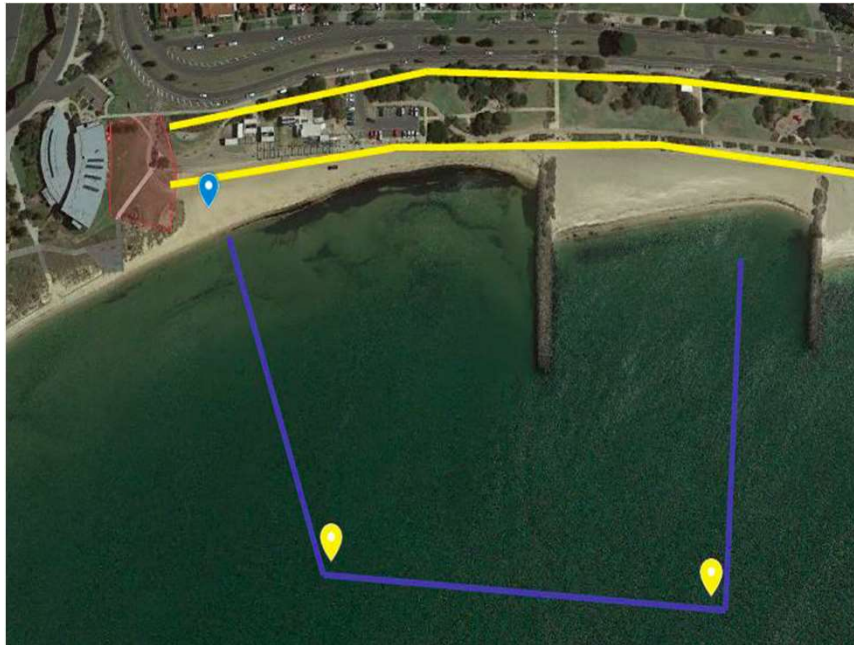
- Wear a mask upon arrival and during set up times until race start
- Competitors will be guided into transition in smaller groups to alleviate a pre-race crush
- Once run gear is deposited and transition is set up please exit transition to allow the next group to complete their set up
- 5 minutes prior to race start all competitors proceed to the start line
- The first wave of 10 will line up ready for race start
- The second wave of 10 will line up ready for race start
- The third wave of 10 will line up ready for race start and so on
- After each member completes their race legs again fit and wear the mask again until leaving race site
- Race 1 competitors will then remove their equipment from transition so it can be reset for competitors in race 2

KEY RACE CONDUCT & RULES

- Triathlon Victoria strongly encourages all participants to familiarise themselves with the codes of conduct and rules of racing.
- Race competition rules: <http://bit.ly/2lAYAjP>
 - General conduct: pp 5-7
 - Running conduct: pp 15
 - Transition conduct: pp 15

Course Map
AQUATHLON

SWIM

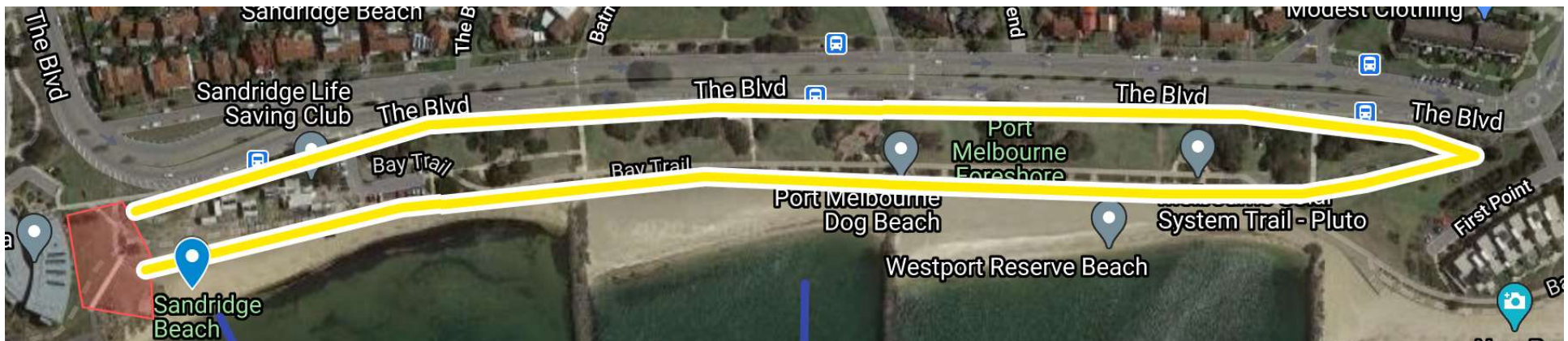


- Following setting up in transition, competitors make way to beach for race briefing and start.
- Swim directly out to first buoy and turn left around it.
- Swim straight to next buoy and again turn left around it.
- Swim back to beach; exit water and run to transition.

RUN



- Upon leaving transition, slight right on to Bay Trail footpath (running anti-clockwise).
- Make U-turn as directed to run along The Boulevard footpath back to race site.
- Complete 3 laps; on the third lap coming into finish chute as directed (shortly before transition area).





**THANK YOU TO OUR CLUBS,
MEMBERS & PARTNERS**

