



## COMPETITOR PACK

Race Start Time 6:00pm  
Transition opens 5:10pm and closes 5:50pm

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

1KM RUN | 5KM BIKE | 400M RUN

**DEC 10**

**MTR  
DUATHLON**



**O2EVENTS**

## INSIDE YOU'LL FIND

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



share your racing moments with us #TriVic

## WELCOME

### Welcome to the 2020 Victorian Duathlon Mixed Relay.

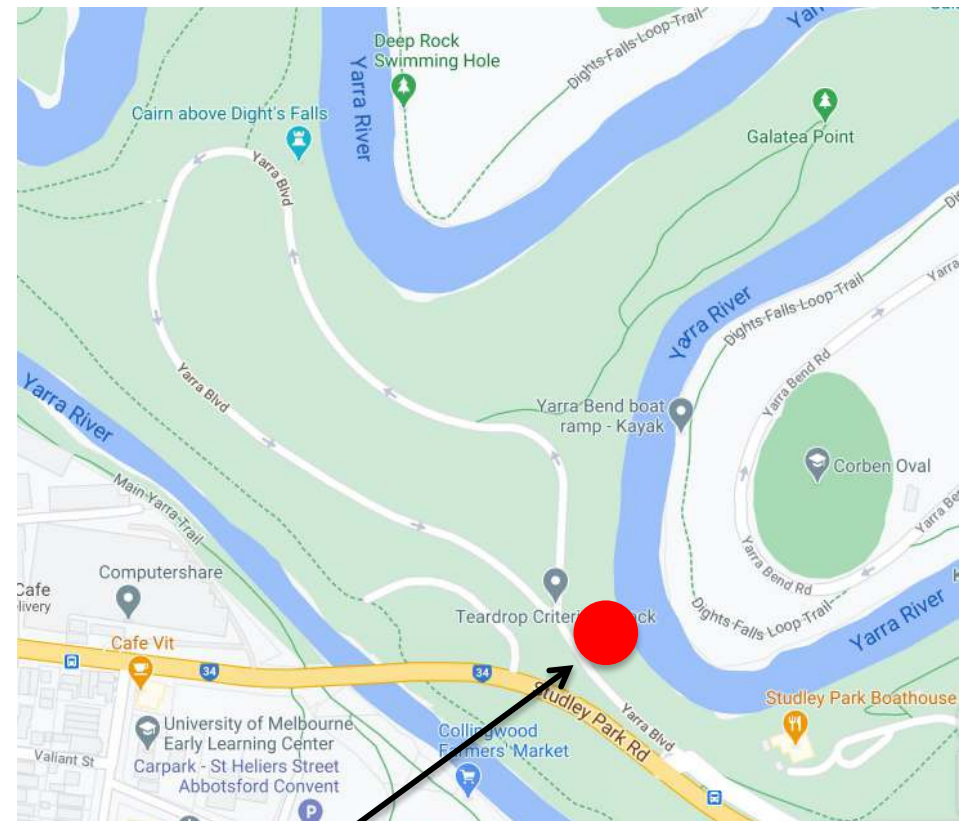
In conjunction with, YarraTri, Melbourne Triathlon Club and O2Events, Triathlon Victoria is delighted to offer members a unique double bill of races across metropolitan Melbourne this December.

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](mailto:membership@trivic.org.au)

### Teardrop Criterium Track, Studley Park, Yarra Boulevard, Kew VIC



**RACE SITE**



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## EVENT DETAILS

### ROAD CLOSURES

- The Teardrop will be totally closed to cars

### PARKING

- Competitors who are driving should park along the Yarra Boulevard in designated park areas
- Some parking maybe available in the Studley Park Boathouse car park area

### TOILETS

- Use the toilets adjacent to the Studley Park Boathouse (follow walk path down to toilets). No Portalooos on site.

### REGISTRATION

- **Race Registration opens at 5:00pm and closes at 5:40pm**
- Registration is located in the **Event precinct** near the entrance to the Teardrop
- All competitors must report to registration to collect their race number, bike and helmet stickers: these will be in plastic folders (competitors will be provided their number in the same email as the competitor pack).

# EVENT DETAILS

## TRANSITION

### Transition compound opens at 5:10pm and closes at 5:50pm.

- To rack your bike in transition competitors must be wearing a MASK, race number, helmet, and race stickers must be on your helmet and bike.
- Competitors 1/3 from each team proceed to transition, set up then return to entrance to Teardrop holding area
- Competitors 2/4 from each team proceed to transition, set up then return to entrance to Teardrop holding area

## 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 **5:55pm**

# EVENT DETAILS



## START TIMES AND LOCATION

- Race 6:00pm
  - **Note: start times are subject to minor change**
- At 5:55pm (5 minutes prior to race start ) all first competitors proceed to the start line
- Each second competitor then proceed to holding Zone adjacent to the tag zone
- Once the first tag has been made by crossing the tag line WITHOUT touching hands competitor 1 moves to the tag zone holding area
- Repeat for Competitors three and four

## POST RACE ACCESS TO TRANSITION

- To enter transition post-race competitors will need to have your race number. And be wearing your mask.
- Upon completion of race Competitor 1 and 3 from each team collects their bike/equipment and leaves race site
- Then Competitor 2 and 4 from each team collects their bike and equipment and leaves the race site

## MEDAL PRESENTATIONS

- *Medals for first second and third teams will be laid out on a table for self pick-up*

## POST RACE

- Personal Hydration only

# 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

# ATHLETE FLOW



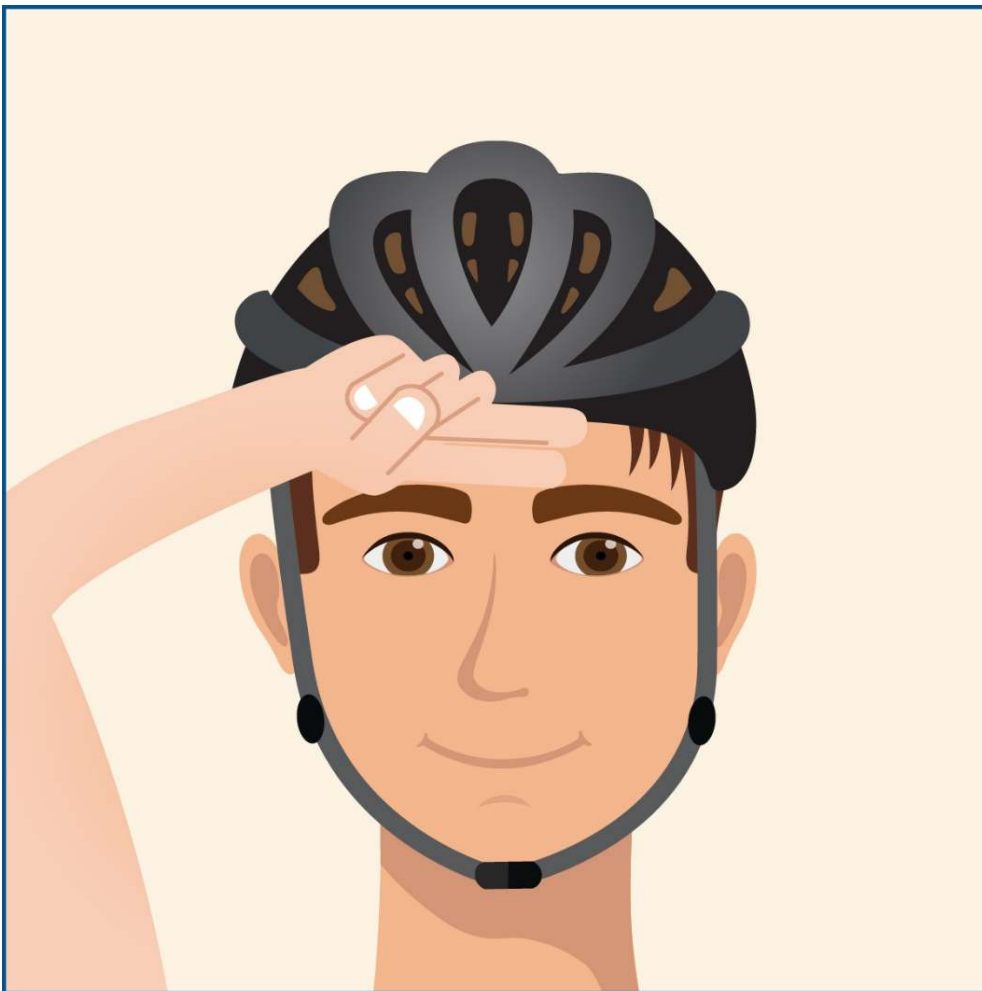
- Wear a mask upon arrival and during set up times until race start
- Competitors 1/3 from each team proceed to transition, set up then return to entrance to Teardrop holding area
- Competitors 2/4 from each team proceed to transition, set up then return to entrance to Teardrop holding area
- 5 minutes prior to race start all first competitors proceed to the start line
- Each second competitor proceed to holding Zone adjacent to the tag zone
- Once the first tag has been made by crossing the tag line WITHOUT touching hands competitor 1 moves to the tag zone holding area
- Repeat for Competitors three and four
- After each member completes their race legs again fit and wear the mask again until leaving race site



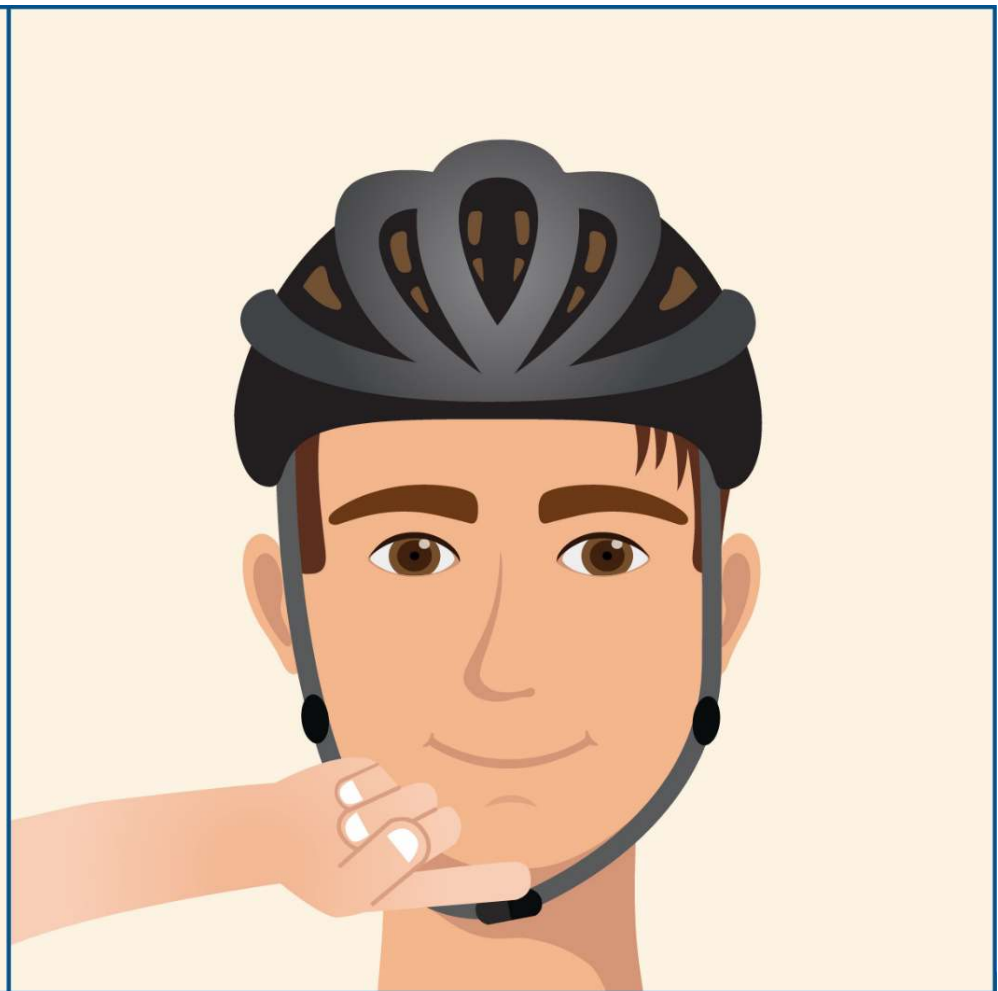
# KEY RACE CONDUCT & RULES



- Triathlon Victoria strongly encourages all participants to familiarise themselves with the codes of conduct and rules of racing.
- Race competition rules: <http://bit.ly/2IAYAjP>
  - General conduct: pp 5-7
  - Cycling conduct: pp 10-14
  - We encourage competitors to view this video explaining drafting rules > [Drafting & Bike Rules Explained](#)
  - Running conduct: pp 15
  - Transition conduct: pp 15
- Competitors are also reminded to ensure they follow correct helmet fit procedure (outlined over next 2 pages).



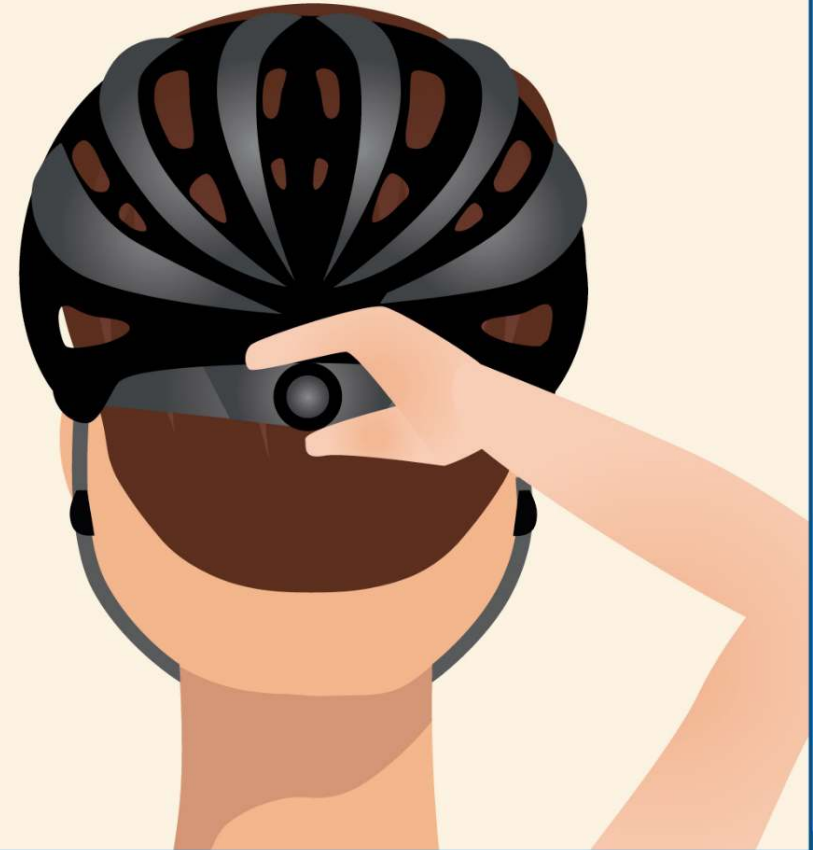
**Slide the plastic clips** on each side of the strap upwards so the strap forms a triangle just below your ears.



**Use the rear adjuster** to ensure a snug, comfortable fit. Your helmet should touch on all sides and not slide forwards, backwards or from side-to-side.



**Slide the plastic clips** on each side of the strap upwards so the strap forms a triangle just below your ears.



**Use the rear adjuster** to ensure a snug, comfortable fit. Your helmet should touch on all sides and not slide forwards, backwards or from side-to-side.

# EVENT SITE TAG ZONE AND TRANSITION



## KEY

Registration & bag compound



Transition/Tag Zone



Toilet



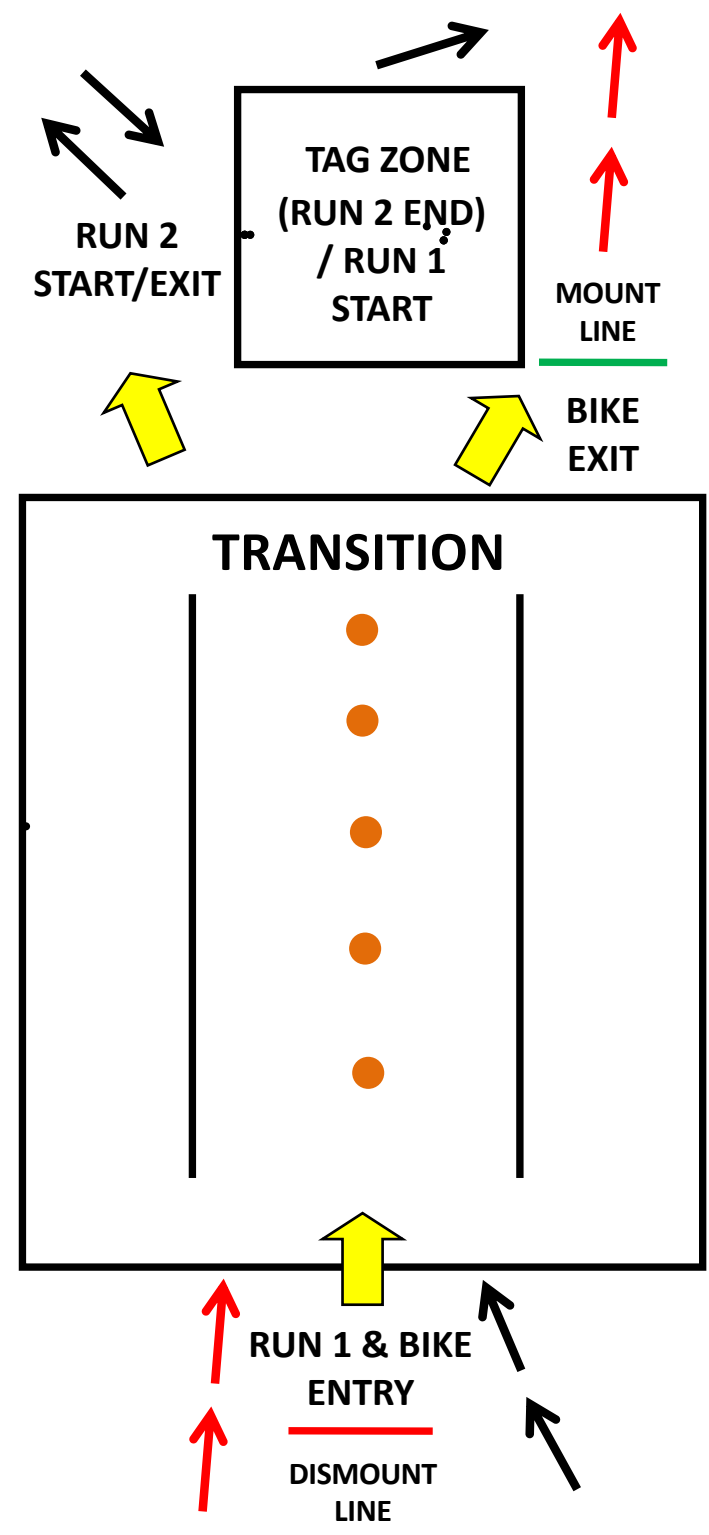
First Aid



Finish & Timing Area



# TRANSITION & TAG ZONE SET UP PLAN/ OPERATION



# OPERATION OF RELAY TAG ZONE

- Those competitors finishing run 2 will enter the tag zone
- The next team competitor will be positioned in the tag zone ready for the tag changeover
- Once they cross the marked line in the centre of the tag zone the next team competitor who is facing the opposite direction starts their first run
- NO PHYSICAL TAG IS ALLOWED – Reaching the tag line is the signal for the next team member to start
- Those athletes who have completed their leg then move to the Transition area holding zone under the instruction of a race official
- These athletes may stay in the holding zone to observe the remainder of the race but must maintain a distance of 1.5 metre from the next athlete.

**Course Map**  
**MIXED TEAM RELAY**

# RUN 1



- From the start line, complete 1 lap of the 'teardrop' = 1km
- Run in clockwise direction and head into transition at end of lap.



# BIKE



- Upon leaving transition, mount at the mount line and set off on first lap of 'teardrop'.
- Complete 5 laps = 5km
- Ride in clockwise direction and head into transition at end of 5<sup>th</sup> lap.



# RUN 2



- Leave transition area, exiting via 'run 2' exit.
- Make way onto left side of road.
- Run up to marked U-turn and turn around.
- Run back along track into the tag zone and complete the tag to next team member.



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

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