2019 Victorian Duathlon Series

Race 4 – 13 October (Yarra Blvd)

Race 3 Start Times:
Sprint, Dash & Kids Registration opens 7.30am; closes 8.30am (Sprint and Dash) and 9.40am (Kids)
Transition opens 7.30am and closes for Sprint and Dash at 8.45am
Sprint briefing @ 8.50am (start line); race start 9.00am
Dash briefing @ 8.55am (start line); race start 9.00am
Kids briefing @ 10.15am (playground); race start 10.20am

COMPETITOR PACK – Race #4
INSIDE YOU’LL FIND

• Welcome
• Site map
• Event details
• Access and Parking maps
• Transition set-up
• Course maps
  – Sprint duathlon
  – Dash duathlon
  – Kids duathlon
2019 Victorian Duathlon Series

Welcome to the Victorian Duathlon Series! Triathlon Victoria in conjunction with, YarraTri, Western Suburbs Triathlon Club, Bayside Triathlon Club and Melbourne Tri Club are excited to provide you with a unique series of races across two metropolitan venues.

Events include the Sprint Series, the Dash Series and a non-competitive kids race for 7-12 year olds. Race 4 will host the Victorian Duathlon Championships and is a World Qualifier Event, again including multiclass.

This competitor pack provides you with all the important information about race day and the race course, and if you have any further questions please contact us. See you at the start line!

The race site for Races 1, 3 and 4 is at the **Kevin Bartlett Sporting and Recreation Complex**, located at the junction of FR Smith Drive and Yarra Boulevard, Richmond. The course will utilise the fast and scenic Yarra Boulevard and surrounding pathways.

For any enquires please contact membership@trivic.org.au
KEY

Registration & bag compound
Sprint / Dash Transition
Massage
Start lines – Dash & Sprint
Toilet / Change Rooms
Finish & Timing Area
First Aid
Athlete Recovery
BBQ & Hydration Station
Sponsor Marquees/expo
Club Tents
TRANSITION SET UP PLAN

FR Smith Drive

PT1 TRANSITION

BIKE EXIT
BIKE ENTRY

SPRINT / DASH TRANSITION

RUN ENTRY & EXIT

KIDS TRANSITION

MOUNT LINE

DISMOUNT LINE

SLOW DOWN HERE

NORTH

Yarra Boulevard
EVENT DETAILS

ROAD CLOSURES
• The Yarra Boulevard will be totally closed to cars from 7:00am on the morning of the event.

PARKING
• Competitors who are driving should park at the Business Park (intersection Swan St & Central Drive) and then proceed to Kevin Bartlett Reserve via bike or foot along the Yarra Boulevard course (fully closed)
• There is no access to or parking on Yarra Boulevard.
• Due to event permit restrictions the parking at FR Smith Drive, the Heyington Bridge Car Park and the Melbourne University Car Park is reserved and not for duathlon competitors.

COURSE MAPS
Course maps are included in this competitor pack.

REGISTRATION
• Registration is located in the Event precinct at Kevin Bartlett Reserve.
• All competitors must report to registration to collect their race number, bike and helmet stickers.
• Race Registration opens at 7:30am and closes at 8:30am for Sprint and Dash.
• Kids Duathlon (including Multiclass Intermediate & Beginner) registration will remain open until 9:40am.
EVENT DETAILS

TRANSITION
Transition compound opens at 7:30am and closes at 8:45am. To put your bike into transition competitors must be wearing a race number, helmet and your race stickers must be on your helmet and bike.

START TIMES AND LOCATIONS
• Sprint Duathlon (including Multiclass): 9:00am on the Yarra Boulevard
• Dash Duathlon (including Multiclass): 9:00am on the Yarra Boulevard
• Kids Duathlon (including Multiclass Intermediate & Beginner): 10:20am at the Finish Line
Note: start times are subject to change and kids races (including multiclass intermediate & beginner) start after sprint racing concludes

RACE BRIEFING
• The pre race briefings will be held:
  – Sprint Duathlon (including Multiclass Sprint) will be at 8:50am; at the Sprint start line (Yarra Boulevard)
  – Dash Duathlon (including Multiclass Dash) will be at 8:55am; at the Dash start line (Yarra Boulevard)
  – Kids Duathlon (and Multiclass Beginner/Intermediate) will be at 10:15am; at Playground near registration

POST RACE ACCESS TO TRANSITION
Transition will be open once all competitors have completed the bike leg.
To enter transition post race competitors will need to have their race number.

MEDAL PRESENTATIONS
Sprint and Dash Presentations will commence at 10:45am or earlier if results are available.
Kids Presentations will be completed as each participant crosses the finish line (all kids receive medal & certificate).

POST RACE
Hydration courtesy of 32Gi and nutrition for competitors & supporters will be available post race.
KEY RACE CONDUCT & RULES

• Triathlon Victoria strongly encourages all participants to familiarise themselves with the codes of conduct and rules of racing.

  – 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.
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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.
Map 1 – Car Park (*Business Park*)
access from Central Drive (off Swan Street), Richmond
Map 2 – Access car park to event precinct

Access route via Yarra Blvd

Kevin Bartlett Reserve
Event site

Business Park
Parking site
Victorian Duathlon Series Course Maps

SPRINT DUATHLON

(inc. MULTICLASS SPRINT)
SPRINT DUATHLON
5KM RUN / 20KM RIDE / 3KM RUN

SPRINT - RUN COURSE 1

1 LAP = 5KM
I. Start Yarra Boulevard
II. Head North toward Bridge Road
III. Turn
IV. Head South toward Freeway (road / path)
V. Turn
VI. Head North toward KB Reserve (on road)
VII. Merge onto Cross Country Track to Transition

Note: From Turn 2 toward transition competitors must stay within the marked running section on the road.

PTWC Athletes
I. Start point ahead of Sprint race, to be shown during Race Brief
II. PTWC athletes do not use Cross Country Track but continue on the road to PT1 transition
SPRINT DUATHLON
5KM RUN / 20KM RIDE / 3KM RUN

SPRINT - BIKE COURSE

4 LAPS
4 x 5KM = 20km
I. Head North toward Bridge Road
II. Turn
III. Head South toward Freeway
IV. Turn

Note: In the Southern section of the bike course competitors must stay on the right hand side of the marked section used for running when riding north toward Kevin Bartlett Reserve.

PTWC Athletes
I. As above
**SPRINT DUATHLON**  
5KM RUN / 20KM RIDE / 3KM RUN

### SPRINT - RUN COURSE 2

1 LAP = 3KM

I. Exit Transition  
II. Head South on Cross Country Track  
III. Merge with Road  
IV. Head South toward city  
V. Turn  
VI. Head North on Road  
VII. Merge onto Cross Country Track to the Finish

*Note: From the turnaround toward transition competitors must stay within the marked running section on the road.*

### PTWC Athletes – 1 Lap = 3KM

I. Exit PTWC Transition  
II. Head North on Yarra Boulevard (Same course as Run1)  
III. Turnaround as per Run1 & Bike legs  
IV. Pass Transition  
V. Finish on Yarra Blvd after passing Transition

*Note: From Turn 2 toward transition PTWC must stay on the marked CYCLING section on the road.*
Victorian Duathlon Series Course  Maps

DASH DUATHLON

(inc. MULTICLASS DASH)
DASH DISTANCE DUATHLON
2KM RUN / 10KM RIDE / 1KM RUN

DASH - RUN COURSE 1

1 LAP = 2KM

I. Start Yarra Boulevard
II. Head South toward Freeway (on road)
III. Turn
IV. Head North toward KB Reserve (on road)
V. Merge onto Cross Country Track to transition

Note: From Turn 1 toward transition competitors must stay within the marked running section on the road.
DASH DISTANCE DUATHLON
2KM RUN / 10KM RIDE / 1KM RUN

DASH - BIKE COURSE

2 LAPS
2 x 5KM = 10km
I. Head North toward Bridge Road
II. Turn
III. Head South toward Freeway
IV. Turn

Note: In the Southern section of the bike course competitors must stay on the right hand side of the marked section used for running when riding north toward Kevin Bartlett Reserve.
DASH DISTANCE DUATHLON
2KM RUN / 10KM RIDE / 1KM RUN

DASH - RUN COURSE 2

1 LAP = 1KM

I. Exit Transition
II. Head South on Cross Country Track
III. Turn
IV. Head North on Cross Country Track to Finish

Note: Run 2 is all on the cross country track.
Victorian Duathlon Series Course Maps

MINI (KIDS) DUATHLON
(& MULTICLASS INTERMEDIATE & BEGINNER)
MINI (KIDS) DUATHLON
500M RUN / 3KM RIDE / 250M RUN
750M RUN / 6KM RIDE / 500M RUN

7-9 years (& Multiclass Beginner)

1 LAP = 500M

I. Start on Yarra Blvd, south of FR Smith Dr
II. Head South on Yarra Blvd
III. Turn right at 7-9 mark onto Cross Country Track
IV. Head North on Cross Country Track to Transition

10-12 years (& Multiclass Intermediate)

1 LAP = 750M

I. Start on Yarra Blvd, south of FR Smith Dr
II. Head South on Yarra Blvd
III. Turn right at 10-12 mark onto Cross Country Track
IV. Continue South to Freeway bridge
V. Before Freeway bridge follow track to right Head North on Cross Country Track to Transition
MINI (KIDS) DUATHLON
500M RUN / 3KM RIDE / 250M RUN

750M RUN / 6KM RIDE / 500M RUN

7-9 years (& Multiclass Beginner)
1 LAP = 3KM
I. Exit Transition
II. Head North Yarra Boulevard
III. Turn at 1km mark (at Railway bridge)
IV. Head South into Transition

10-12 years (& Multiclass Intermediate)
3 LAP = 6KM
I. As above but 3 laps before heading into Transition
MINI (KIDS) DUATHLON

500M RUN / 3KM RIDE / 250M RUN

750M RUN / 6KM RIDE / 500M RUN

7-9 years (& Multiclass Beginner)
1 LAP = 250M
I. Exit Transition
II. Head South on Cross Country Track
III. Turn right at 7-9 mark
IV. Head North on Cross Country Track to Finish

10-12 years (& Multiclass Intermediate)
1 LAP = 500M
I. Exit Transition
II. Head South on Cross Country Track
III. Turn right at 10-12 mark (at Freeway bridge)
IV. Head North on Cross Country Track to Finish
32GI is a leading endurance supplement provider. Our complete focus is providing our customers with high quality balanced and sustainable energy supplements, while empowering them with knowledge of healthier nutrition options.

www.32gi.com.au
THANKS TO OUR PARTNERS