



WESTERN SUBURBS TRIATHLON CLUB

Athletes Guide - Triathlons

*Athlete information and instruction guide for Western Suburbs
Triathlon Club Events (Altona Location).*

Western Suburbs Triathlon Club



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Formed in 1983, the WSTC nurtures a supportive structure for athletes with a relaxed racing environment catering for the beginner to the elite athlete through our Summer Triathlon Series held on the beautiful Altona foreshore.

President Updates

The Western Suburbs Triathlon Club was formed in 1983 at the instigation of Ron Yates, a Hawaiian Ironman pioneer in Victoria, to provide a supportive structure for athletes on the Western side of Melbourne. Affiliated with Triathlon Victoria since the club's inception the membership base of the club has always been strong. The club has been one of (if not 'the') biggest clubs in Victoria for many years. Membership is diverse and we've had members as far away as Queensland, the Northern Territory and the U.S.A. A number of 'foundation members' are still actively involved in the club and committee.

Since the early days of the sport one of the main aims of the club was to provide opportunities for members to race as often as possible. This commitment continues to form the major focus of the club with our monthly races held all year round & always attracting 50-150 competitors. Now that so many races are on the calendar it provides an economical way to get in hard racing miles at moderate expense. Since its beginnings the club has held in excess of 300 races on the Altona foreshore area which provides one of the fastest and safest race venues anywhere. This multi-lap course provides athletes and spectators with many opportunities to see one another during the course of a race.

The club's season is broken down into two race series (up to 6 triathlons in Summer & up to 6 Duathlons in Winter) with a novelty race (e.g handicap, teams, le-mans start etc) held in between each series. Each series carries points towards an overall standing. Trophies are awarded overall & in age categories for each gender.

The club partners with many of the locals within Altona, most significantly the Altona Surf Life Saving Club who provide our water safety services to local business and residences. Our course is a shared environment so this needs to be at the forefront of every competitor to ensure there is respect for other users of the paths and roadway and to also ensure the event is completed safely for all.

This guide will provide you with an in depth understanding of what is required of each athlete before, during and after the event and tips on what competitors will need to compete. At times the course may alter slightly depending on works that council is undertaking – these changes will be communicated by the Race Director of the day and where possible communicated on the FaceBook page and website.

Please ensure that you read this Athlete Guide thoroughly as there is not a formal athlete video briefing. If you have any questions we will be having a Race Director Briefing on the day prior to the race start or you can ask any of our committee members who will also be available on race day. See the included race day schedule for details.

We trust you will enjoy your race. Altona's unique conditions make no two races the same.

Message from Race Director

We are using the Triathlon Australia (TA) Race Competition Rules, and this is a 'NON-Drafting Event'.

To minimise the possibility of infringing the rules on race day and avoiding a visit to the Penalty Box, please observe the following:

- ❖ Ride on the left side of the bike lane
- ❖ Keep 12 metres between yourself and the cyclist in front of you – front wheel to front wheel
- ❖ Pass on the right of the cyclist in front (never on the left)
- ❖ Complete your pass within 25-seconds
- ❖ If passed, drop back immediately 12 metres and ensure you have dropped back the full 12 metres before re-passing

Triathlon is an individual race and it is your responsibility to fully understand the rules and avoid infringements. A Technical Official's ruling is final in the case of Drafting, Blocking, and Illegal Pass infringements (Judgment Calls) and these are not subject to either protest or appeal.

The following are the most common rule infringements:

Blue Card 5-minute Penalties include:

- ❖ Drafting – Following a leading cyclist closer than 12 metres and failing to pass in 25 seconds OR after being passed, failing to drop back 12 metres before re-passing
- ❖ Illegal Pass – Passing on the left
- ❖ Littering - Discarding items, e.g. tyres, bidons, gel wrappers etc., on any part of the course except within sight of an Aid Station

A Technical Official will advise you of any time Penalty by calling your number, advising you of the nature of the infringement and showing you a BLUE Card. It will be then your responsibility to serve the 5-minute time Penalty(s) at the next Penalty Box.

Yellow Card Stop Start Penalties to be served at the next Penalty Box include:

- ❖ Blocking – Riding on the right side of an athlete without passing or riding on the right hand side of the bike lane when clear of other athletes.

Yellow Card Stop Start and Correct Penalties include:

- ❖ Helmet – Failing to have your chin strap securely fastened when moving with your bike.

NOTE: Any 3 infringements across the whole course, during the event, may result in a disqualification.







Athlete Registration

WSTC Events are open to all Triathlon Athletes not just WSTC members. Athletes can register for participation in WSTC events via two methods:

- Online Registration – from the Events Calendar on the WSTC Website (www.wstc.org.au) and click into the event details. There you will find all the details on the event as well as the registration link. Members can also if available purchase a Season Pass for the Triathlon season.
- On the Day Registration – this allows competitors who have missed the timeline to register online – or have decided last minute to compete the opportunity to do so on the day. Entry is subject to spots available on the day – the club will endeavour to notify all via FaceBook/Website if an event is fast filling or sold out so that Athletes will be aware if they can enter on the day.

Online registration will require a current credit card to purchase the event entry or season pass. On the day entry can be via credit card or cash.

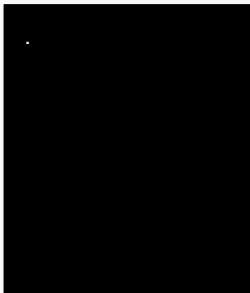
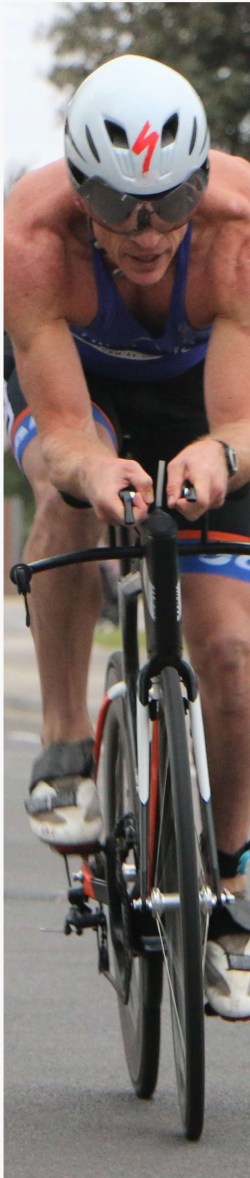
Season 2018/2019 Triathlon Series

<p>Triathlon Season 2018/2019 Race #1:</p> <p>Event Date: 18/11/2018 - 07:30 AM Start Race 1 of the WSTC Triathlon series will be held at the usual location on the Altona Beach foreshore. Please see the Course Maps link for the loca...</p> <p>Days to Event: 10 View Event Register</p>  <p>WESTERN SUBURBS TRIATHLON CLUB RACE 1 - TRIATHLON SERIES</p>	<p>Triathlon Season 2018/2019 Race #2:</p> <p>Event Date: 16/12/2018 - 07:30 AM Start Race 2 of the WSTC Triathlon series will be held at the usual location on the Altona Beach foreshore. Please see the Course Maps link for the loca...</p> <p>Days to Event: 38 View Event</p>  <p>WESTERN SUBURBS TRIATHLON CLUB RACE 2 - TRIATHLON SERIES</p>	<p>Triathlon Season 2018/2019 Race #3:</p> <p>Event Date: 28/01/2019 - 07:30 AM Start Race 3 of the WSTC Triathlon series will be held at the usual location on the Altona Beach foreshore. Please see the Course Maps link for the loca...</p> <p>Days to Event: 81 View Event</p>  <p>WESTERN SUBURBS TRIATHLON CLUB RACE 3 - TRIATHLON SERIES</p>
<p>Triathlon Season 2018/2019 Race #4:</p> <p>Event Date: 10/02/2019 - 07:30 AM Start Race 4 of the WSTC Triathlon series will be held at the usual location on the Altona Beach foreshore. Please see the Course Maps link for the loca...</p> <p>Days to Event: 94 View Event</p>  <p>WESTERN SUBURBS TRIATHLON CLUB RACE 4 - TRIATHLON SERIES</p>	<p>Triathlon Season 2018/2019 Race #5:</p> <p>Event Date: 11/03/2019 - 07:30 AM Start Race 5 of the WSTC Triathlon series will be held at the usual location on the Altona Beach foreshore. Please see the Course Maps link for the loca...</p> <p>Days to Event: 123 View Event</p>  <p>WESTERN SUBURBS TRIATHLON CLUB RACE 5 - TRIATHLON SERIES</p>	<p>Triathlon Season 2018/2019 Race #6:</p> <p>Event Date: 07/04/2019 - 07:30 AM Start Race 6 of the WSTC Triathlon series will be held at the usual location on the Altona Beach foreshore. Please see the Course Maps link for the loca...</p> <p>Days to Event: 150 View Event</p>  <p>WESTERN SUBURBS TRIATHLON CLUB RACE 6 - TRIATHLON SERIES</p>

Event Schedule

Race Day Schedule

Activity	Time	Comments
Registration Opens	6:30am	Competitors to check in – online registered competitors to collect bib and timing chip. On the day entries to complete entry form and provide payment then collect bib and timing chip.
Transition Opens	6:30am	Checked In competitors to rack bike and prepare gear for commencement of event.
Transition Closes	7:15am	Transition closes in preparation for hand over to Race Director No bags to be left in Transition Area.
Race Director Briefing	7:15am	Race Directory briefing for race overview and any changes to the course.
Race Commences – Dash	7:30am	Dash Event Starts (Times are approximates and the Race Director will confirm start times)
Race Commences – Sprint	7:35am	Sprint Event Starts (Times are approximates and the Race Director will confirm start times)
Race Commences – Enticer	7:40am	Enticer Event Starts (Times are approximates and the Race Director will confirm start times)
Transition Opens for Bike Collection	8:30am	Collection of Bikes can commence.
Event Finish (subject to last competitor crossing line)	~9:00am	Events Finished



Pre-Race Information

Check In

Check In is done on the day of the event from the following times;

Registration Open: 6:30am

Registration Closes: 7:00am

For those that have pre-registered and paid you will collect your race bib and race timing chip. On the day entries will be required to complete an entry form and payment on the day (subject to the event not selling out and positions are available).

Timing Chips

Should you know of a reason why the timing chip may not work for you – please inform us at registration and our timing marshals will consult with you to look at solutions to ensure your race is timed and captured accurately.

Individual Changes

Changes to individual competitors' policy to go here. (for both before the event and at registration).

Bike Racking

Racking of bikes can be done post registration completion. Bike positions are not assigned at WSTC events. However, the first few rows or racks may be labelled in the event there are special groups entered for the particular event (i.e. school or beginner's groups).

If you are included in a special group – look for the group name on the racks that will have been communicated to you prior to the day.

There will also be a rack labelled "Volunteers" in which those volunteering to assist in setup and wish to compete that day are able to rack their bike earlier.

Pre-Race Day Training

The Altona course is held on public beach, paths and roads and can be utilised at any time prior to race day to accustom yourself with the course.

With respect to cycling training please remember the Road Rules. Do not ride two abreast on narrow road sections and obey all traffic rules. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Australia and Police can issue on the spot fines for breach of this law. Make sure you lock your bike whenever you leave it.

Transition Tours

If you are new to WSTC events and would like a tour of the transition area you can request this at the time of registration and a club committee member will be happy to assist and provide an overview – this can be done in an individual or group setting.

Race Information

Transition Area

Transition area will open at approximately 6:15am for athletes to rack their bikes and setup of gear for the event. It should be noted that no bags are to be left in transition area during the actual event. Bags can be stored on the beach side of the transition area and will be accessible to all athletes upon their race completion.

Race Day Services

Medical

Medical staff will be located at the start/finish area to provide a first response/basic medical service. The medical team will be available from approx. 6:30am until the last competitor crosses the line.

It is strongly advised that you have adequate personal insurance regardless of whether you are an Australian resident or from overseas. We highly recommend that Australian residents hold valid private health insurance

and that international athletes check with their travel insurance or personal insurance provider to confirm what they are covered for.

Under Australian legislation, all non-Australian residents are not covered for medical costs or ambulance transport costs. If you have an accident you must pay for your own medical expenses and transport. Hence it is recommended you obtain adequate personal medical insurance or travel insurance with the relevant coverage.

Water Safety

WSTC works in partnership with the Altona Surf Life Saving club who provide water safety services for the swim portion of the event. These services include a presence within the water to assist any of the competitors in the event. Lifeguards will be present in the water, on floating boards and rescue boat.

The water safety service will be available until all competitors have exited the water.

Timing

You will collect your Timing Chip and confirm your identity with the timing personnel at the exit of the athlete Check-In process. At this stage you will re-confirm your information and ensure that your race number matches your timing chip. Please ensure you put your chip in a safe place and remember to bring it with you on race morning.

- ❖ Timing Chips must be worn on your left ankle.
- ❖ If you do not start the race or need to pull out of the race at any point on the course for any reason you must return your Timing Chip to one of the Drop out clerks located at an Information Booth, if you are unable to reach this location return to an Event Personnel Official.
- ❖ If your Timing Chip is not returned or is lost, you will be charged \$150 for a replacement.
- ❖ Timing results will include swim split, bike split, run split and finish time— overall and category results.

If Timing Chips are not worn throughout the duration of the race, race results will not be available to that athlete.

If a Timing Chip is lost during the race, you will need to inform the Event Personnel in transition, timing providers can do their best to replace that chip in order to record splits for the rest of the race. It is recommended you wear the strap supplied with the Timing Chip, using an alternative puts you at risk of losing the chip during the race.

Athlete Race Bib Numbers (Belts)

Wearing your race number bib is compulsory for the Run Leg only. Your number must be clearly visible. You must not fold, cut or manipulate your race number in any way.

Cut Off Times

At this time WSTC Events (Sprint, Enticer, Dash) do not carry any cut off times for each discipline.

Post-Race Information

Finish Line

Friends and family members, including children are to line the finish chute and finish area to encourage competitors. We do ask that all athletes respect the finish line area and ensure that celebrations do not interfere with other athlete's finish line experience.

Finish Line & Race Photos

The club endeavours to have photographers at various locations during the event as well as at the finish line. A selection of these photos is posted on the WSTC FaceBook groups/pages and with all photos then available on the club's website page under the Gallery section (www.wstc.org.au).

Lost & Found Property

You should identify all your personal gear and property. Mark it with name and address if possible. If it is misplaced, it will most likely be handed in or picked up by race officials.

Please note that the race organiser does not take responsibility for lost property. Lost property handed in will be available for collection post event subject to the availability of club officials. For any Lost Property questions please e-mail admin@wstc.org.au.

Massage

Sports and Remedial professional Massage is available pre and post race at selected events via our sponsors at Hobsons Bay Physiotherapy. (See our FaceBook page as to Massage availability at upcoming events).

Results

Results will be tabulated and made available on the clubs website (www.wstc.org.au) within 24 hours of the event (this may be subject to change based on availability of timing officials and the web guy). Results provide a detailed view of the overall winners and age category winners for each event (i.e. Sprint, Enticer, Dash). The website will also allow you to see a greater amount of details for each discipline i.e. pace etc.

For questions on timing results you can e-mail timing@wstc.org.au.

Presentations

Post-Race Presentations

In general, no presentations are done post-race unless the race is associated with Triathlon Victoria or other party.

Results from the race will be tabulated and club members will earn points towards the Triathlon Championships which will be announced at the Club Presentation night post the completion of the Triathlon Season.

Club Points Allocation

Points Overview

The points calculation follows the criteria as set out below;

In each race points are awarded to determine male and female overall and age group club champions

- ❖ Each year there are two series: Duathlon followed by Triathlon
- ❖ Points are scored separately for the Sprint and Enticer races
- ❖ Only current WSTC members can score points
- ❖ Age groups are based on the age at 31st December – so for 2018/2019 season Duathlons in 2018 and Triathlons in 2018/2019 ages will be calculated at 31st December 2018

Race Scoring

Race scoring will be calculated as per the formula below;

- ❖ The fastest WSTC competitor (both male and female) score 1000 points
- ❖ Other athletes earn points by comparing their time with the winning male and female time
- ❖ The points are calculated by dividing the winning time by the athletes time. So if the winning time was 1 hour (60 minutes) and your time was two hours (120 minutes), you would score 500 points. If your time was 1 hour 30 mins (90 minutes) you would score 667 points
- ❖ This means that each minute is worth about 15 points in the Sprint race and 20 points in the Enticer race

Championship Scoring

Points eligibility will be considered based on the following criteria for minimum and maximum events;

- ❖ Final results are calculated using the best three (3) races in a five (5) race series or the best four (4) races in a six (6) race series

Club Points Tracking

The club will provide the progressive points count for club members on its website (www.wstc.org.au) within the Club Championship Points section.

Swim Courses

Cut off Time

No Cut off Time is noted for any swim legs.

Course Summary

The swim courses follow a similar path for all event types with each being a variation of distance. All competitors start in the water at the same location and exit the water at the same location. Athletes will be required to complete one lap of the swim course.

Swim Safety

There will be a large number of water safety personnel and craft on the water pre and during the swim. The water safety team is there to support you should you require. They will be resourced with an array of Rescue Boards, Surf Ski's and IRB's. At any time should you require the assistance of water safety please raise one arm into the air and the team will come to your aid.

Water Safety will be wearing the traditional yellow and red surf lifesaving uniforms for easy identification. Should at any point an athlete decides to abandon the swim, they will be taken to one of the swim extraction points. From there they will be required to confirm their athlete number and be checked over by medical. It is then the athlete's responsibility to walk back to Transition and hand in their timing chip to the Race Director or at Registration.

Wetsuits

Wetsuits are optional at all events due to expected ambient and water temperatures during the Triathlon period. On colder days it is recommended that competitors wear their wetsuits, however, this is at the discretion of the athlete. Athlete wetsuits are to comply with those allowed by Triathlon Australia/Victoria.

Swim Rules Summary

- ❖ All competitors must wear official swim cap provided
- ❖ The use of snorkels, fins, gloves, paddles, or flotation devices of any kind are prohibited
- ❖ Full rules at www.triathlon.org.au

Course Maps

The following map provides a view of the Sprint, Enticer and Dash swim courses.



Competitors will all start in the same location on the left side of the pier looking out to the bay. Events will be started in waves with the Race Director determining order. This will be advised at the Race Directors Brief. Each event will be provided with different colour swim caps so you can determine who is in your event.

Athletes will swim out to the furthest buoy adjacent the pier. Sprint competitors will turn to the left and head towards the second "No Boating" pole to the left of the pier. Enticer competitors will round the furthest buoy and turn back to shore.

Dash competitors will start and turn at the first "No Boating" pole left of the pier and head back to shore.

Sprint competitors will round the second "No Boating" pole and return back towards the pier and then round the closest buoy to the right and return to shore and the finish of the swim leg as per the diagram above. The diagram also contains the distances of each swim leg with respect to each event. The Dash is a 300m swim.

Bike Course

Cut off Time

No Cut off Time is noted for any bike legs.

Bike Course Summary

Cyclists will exit the transition on the west side out onto the Esplanade and continue to head west. Cyclists during the exiting of transition may need to merge with oncoming cyclists completing 2nd laps – a marshal will also assist in calling out any oncoming cyclists. Cyclists will head towards Apex Beach in which they will find a turn bollard indicating a U-turn is required to return east on the Esplanade.

Cyclists will continue east and pass the transition area and continue to head east onto Beach Street and find another U-turn bollard just before Station Street. Cyclists will turn and again head west. Once the cyclist has returned to the transition area it is considered one (1) lap. Should the cyclist be required to do more than one lap they will continue past transition and repeat the same course as above another one (1) or two (2) times.

Once the required number of laps has been completed, cyclists will enter transition again from the east entry point and dismount at the indicated area prior to entry to transition.

Traffic

The course used for the bike leg is a shared road – in that general public traffic is also sharing the road with competitors (unless the event is advertised as a road closed event – in which traffic is detoured around the bike course).

Road closures at this time only occur on limited events (i.e. Triathlon Victoria events, Australia Day Triathlon or specific events the club organises with third parties). For details on road closure events please refer to the Closed Roads section.

Cyclists when not passing other cyclists per the rules should remain to the left in the correct carriageway to allow any cars utilising the same carriageway the ability to pass when safe. Cyclists need to ensure when attempting a pass of another cyclist that they have check over the shoulder to their right for any cars that may be behind them or in the process of passing to ensure it is clear to complete the pass.

Bike Course Signage

On the bike course there is ample signage and marshals to assist in ensuring you adhere to the course layout. At each turning point on the course there is a bollard placed in the middle of the road with a U-turn sign indicating to turn back at this point.

At each intersection opening to the Esplanade signage has been placed to ensure vehicles entering the Esplanade are aware of the event and that riders are present. There are also marshals placed at intersection locations to assist drivers to enter the Esplanade safely.

Cyclists still need to take precautions to ensure they are aware of cars entering and using the Esplanade during the event.

Signage and marshals are also placed at the Pier Street intersection to oversee the Pedestrian crossings. Cyclists may encounter pedestrians crossing the road at this point and need to be aware of their existence when traversing this intersection. Marshals will advise the pedestrians of oncoming cyclists.

Bike Rules Summary

- ❖ It is the sole responsibility of each athlete to know and follow the prescribed cycling course.
- ❖ All athletes must obey all traffic laws while on the cycling course unless otherwise specifically directed by a Race Referee or Race Official with actual authority.
- ❖ Athletes must wear a bike helmet number on the front of their helmet
- ❖ Headsets or headphones are prohibited during the Race

Full rules at www.triathlon.org.au

Aid Stations & Special Needs

Due to the events offered being short – there are no aid stations or special needs bag pickup points along the bike course. Drinks/Food or items of special need can be placed with your bike at the transition area for access when you enter T1 and T2.

Course Map

The following map provides a view of Sprint, Enticer and Dash bike courses. As noted each course is the same only the number of laps varies per event type. (The bike course is on a public road along the Altona Beach shore). See the green line for course layout.

Lap Count Per Event	
Sprint	3 laps – 18.75km
Enticer	2 laps – 12.5km
Dash	1 lap – 6.25km



Closed Roads Events

During the season, some events will be advertised as a full road closure event. This indicates that public vehicle traffic will be detoured around the event course. For these events the course will be the same as that of a shared event – however, further signage will be added to indicate roads have been closed for the duration of the event.

See Full Road Closed Events/Special Events Section for further details.

Parking

It is recommended that parking during a full road closure event is done off the course. i.e. not on the Esplanade as this will ensure easy access and movement of cars during an event.

The map below provides suggestions as to road that parking is available on that is near the transition area. This parking area will ensure the Esplanade is free of cars. This style of parking is recommended for all events.



Run Courses

Cut of Time

No Cut off Time is noted for any bike legs.

Run Course Summary

With 3 events being run at each race with varying run distances there are 3 different courses (using the same course but varying the length).

Sprint Run Course

The Sprint run course is of 5km in length and starts in the usual start area and initially heads East towards the city. At the 1km point there is a turning point bollard in which runners will turn and run back towards the transition area.

Upon reaching the transition area this will be the 2km point and runners will continue West past the transition area. Runners will after a further 1.5km come to another turning point bollard/sign in which they will perform another turn and run back towards transitions/finish line. This turn is at the 3.5km point of the run.

Runners continue to run towards the transition/finish area and upon arriving will see the finish line carpet in which the run up and across the timing mat to complete the event.

Enticer Run Course

The Enticer run course is of 3km in length and starts in the usual start area and initially heads West away from the city. At the 1.5km point there is a turning point bollard/sign in which runners will turn and run back towards the transition/finish area.

Runners continue to run towards the transition/finish area and upon arriving will see the finish line carpet in which the run up and across the timing mat to complete the event.

Dash Run Course

The Dash run course is of 2km in length and starts in the usual start area and initially heads West away from the city. At the 1km point there is a turning point bollard/sign in which runners will turn and run back towards the transition/finish area.

Runners continue to run towards the transition/finish area and upon arriving will see the finish line carpet in which the run up and across the timing mat to complete the event.

Distance Markers

Distance markers for each of the running courses are determined by turning points or landmarks. The table below provides distances for each event.

Event	TP/Landmark	Distance
Sprint	First Turning Point	1km
	Transition Area	2km
	Second Turning Point	3.5km
	Finish Line	5km
Enticer	First Turning Point	1.5km
	Finish Line	3km
Dash	First Turning Point	1km
	Finish Line	2km

Run Rules Summary

Full rules at www.triathlon.org.au

Course Map

The red line in the diagram below provides the general run course lay out and is to be used in conjunction with the course summary above for turning points and distances.



Aid Stations & Special Needs

Due to the events offered being short – there are no aid stations or special needs bag pickup points along the run course. Drinks/Food or items of special needs can be placed with your bike at the transition area for access when you enter T1 and T2.

Athlete Checklist & Race Day To-Do's

Athlete Checklist

Below provides a general listing of equipment needed during your triathlon event. This can vary based on distances of the event – but provides a guide so you're all prepared.

Swim
<ul style="list-style-type: none">• Tri shorts, swimsuit, or tri suit• 2 sets of goggles (i.e., one tinted and one normal)• Bright-coloured towel• Wetsuit

Bike
<ul style="list-style-type: none">• Bike• Helmet• Cycling shoes and socks (if wearing)• Sunglasses• Water bottle(s)• Nutrition• Tool Kit: tube, CO2, levers, multi-tool• Floor pump (pump up your tires before you leave home but leave the pump in your car just in case)

Run
<ul style="list-style-type: none">• Running shoes• Hat/visor

Other
<ul style="list-style-type: none">• Training device (Garmin, Timex, etc.) & heart rate strap• Body Glide• Sunscreen• Vaseline, powder, band-aids• Post-race, warm change of clothes• Your smile – there will be photos too!

Race Day To-Do's

Wake up early and eat a few hours before your start time. Eat only familiar, easily-digestible foods (example: banana and a bagel with jam).

Stop drinking fluids about 2 hours before your start time. Continue sipping as needed. Pee, pee, and then pee again (don't worry, everybody pees in their wetsuit).

Get to the race early to register and secure a good spot in transition. Ideally, this is a spot on the end of the rack close to the bike in/out.

Make a mental note of landmarks or count the racks to help you easily find your rack location.

Use a bright-coloured towel so your area stands out...and be courteous. **NO BEACH TOWELS!**

Leave the balloons at home – you will not make any friends if your balloon is tangled around someone else's bike.

Organize your gear in the order you will use it – run through transitions in your mind.

Complete a good 10-15-minute running warm-up about 45 minutes before start time.

Put on your wetsuit and hop in the water for a good swim warm-up 15-20 minutes before your start time. Ensure you are there for the commencement of the Race Director briefing and from there you will head down to the start line.

Remember that this is why you put in all those training hours. Believe in your training, do your best – and have fun!

Spectator Information

Spectator Points

Western Suburbs Triathlon Club encourages spectators and supports of athletes. As the race is lap based for both the cycle and run courses spectators will get to see athletes pass multiple times.

In general, the area around transition is the busiest place as it is the hub of the event and allows spectators to be close to the athletes to provide encouragement. We do ask that spectators and athletes that have completed the event to ensure they keep the entrance to the finishing chute clear for other athletes to get a clear run.

Rules to Remember for Cheer Squads, Family and Friends

DO NOT bike, drive or run beside an athlete on any part of the course. This is outside assistance and can lead to disqualification of the athlete. DO NOT use permanent paint, spray paint or crayon for graffiti on any road. Chalk is acceptable but where permanent paint graffiti is identified to an athlete, the athlete will be disqualified.

DO make sure your athlete has read and knows the Triathlon Rules pertaining to this race and has thoroughly read this guide. DO make sure your athlete keeps his/her Competitor bib secured to clothing and takes his/her timing chip on race morning as this race is timed with a chip.

Parking

Parking will be on surrounding local streets – try to avoid parking on the Esplanade which makes up the majority of the bike course (please ensure that you are aware of the changed traffic conditions especially if this is a closed road event).

Full Road Closures & Special Events

At various times during the year the WSTC will run an event which will be considered a Full Road Closure – in that the usual bike course is closed to vehicular traffic for the duration of the event.

As a result of the road closure the Transition Area can be configured differently to the usual events to allow for greater athlete numbers.

Road Closures

During events where full road closure is announced – this will mean that the full bike course will be closed to vehicles (public cyclists are able to enter so be on the look out for slower cyclists in front).

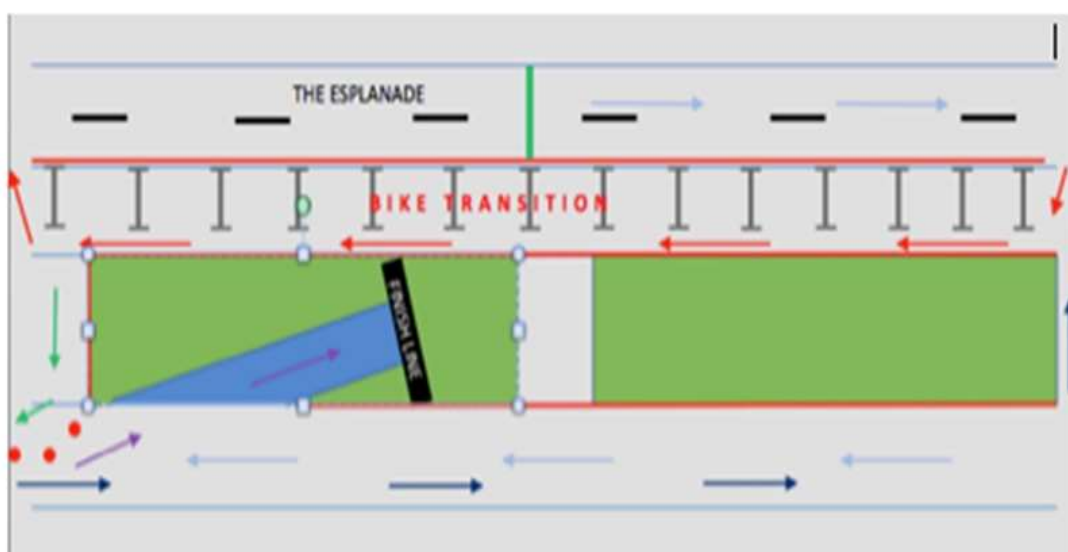
During road closure events parking will be preferred to be off the bike course and into the side streets. The map below will provide an illustration of side roads that will also be closed on the day to vehicle traffic. Planning your arrival early will ensure you are able to gain a park close to transition.



Transition Area Changes

With the roads closed the Club is able to take advantage of more space and extend the Transition Area to provide more room and a dedicated thoroughfare for athletes moving through transition.

The map below provides an illustration of the rack locations and the red arrows provide details as to the direction of athletes as they transition through T1 and T2.



There will be transition marshals at various location within Transition to assist you in directions should you need them. Additionally, if you would like a tour of the transition area you can request this at registration and one of the Committee Members will be happy to assist.

Triathlon Rules and Regulations

Race Competition Rules (RCR) are essential to maintaining a quality level of competition for participants of the sport, so the rules are reviewed and updated on an annual basis to reflect the ever-evolving conditions of our sport.

The modules below provide details as to specific bodies Rules and Regulations. WSTC fit under the umbrella of Triathlon Australia and Triathlon Victoria and therefore adhere to these parent bodies rules for local club events. These rules and regulation can be viewed via the links to the manuals and videos below.

Events outside the WSTC domain such as Ironman, Challenge etc provide rules specific to their events - while they would be almost identical there maybe some differences and it is the responsibility for each competitor to familiarise themselves with the specific events rules and on the day rules.

Rules Body	Link
Triathlon Australia	Triathlon Australia - Rules and Regulations
Ironman	Ironman - rules and Regulations
Drafting Rules and Regulations	Drafting Rules and Regulations Video

Event Partners

SALTER
CYCLES



Contact Information

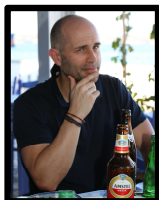
For information or questions on WSTC events you can contact anyone of the anyone of the members below who can assist you.



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Club Information

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