



# MELBOURNE TEAMS

CORPORATE TRIATHLON CLUB RELAY

SWIM 400M

RIDE 10KM

RUN 4KM

27.02.2022 — ELWOOD PARK, ELWOOD  
EVENT GUIDE



O2EVENTS

2XU



ENGINE



32Gi  
Sports Nutrition



**Saturday 26th Feb**

**10am to 2pm** - Team Kit Collection and Bike Drop

- Team Member Changes (Names and Order)

- 2XU & 32Gi Retail Stores

- Bike Mechanic & Coffee Available

**Sunday 27th Feb**

**Event Day**

**5:30am** - Event Village Open

**5:30am** - Express Bike Drop & Kit Collection Open from

**6:30am to 12:00pm** - Road Closure:

Beach Rd, Kerferd Rd to St Kilda St

**7:30am** - Full (Main) Bike Compound Closes

**8am** - Full (Main) Team Relay Starts

Team Member 1, Please be ready at the Beach Swim Start ready to swim 15mins before your wave start time.

**9:15am** - Fun Relay Bike Compound Closes

**9:30am** - Fun Team Relay Starts

Swimmer, please be ready at the Beach Swim Start 15mins before your wave start time.

**11:15am** - Presentations (Fastest Male, Female and Mixed Teams) & 'Corporate Colours Dance Off'

**11:30am** - Bike Collection Open

**12:00pm** - Beach Rd Reopens



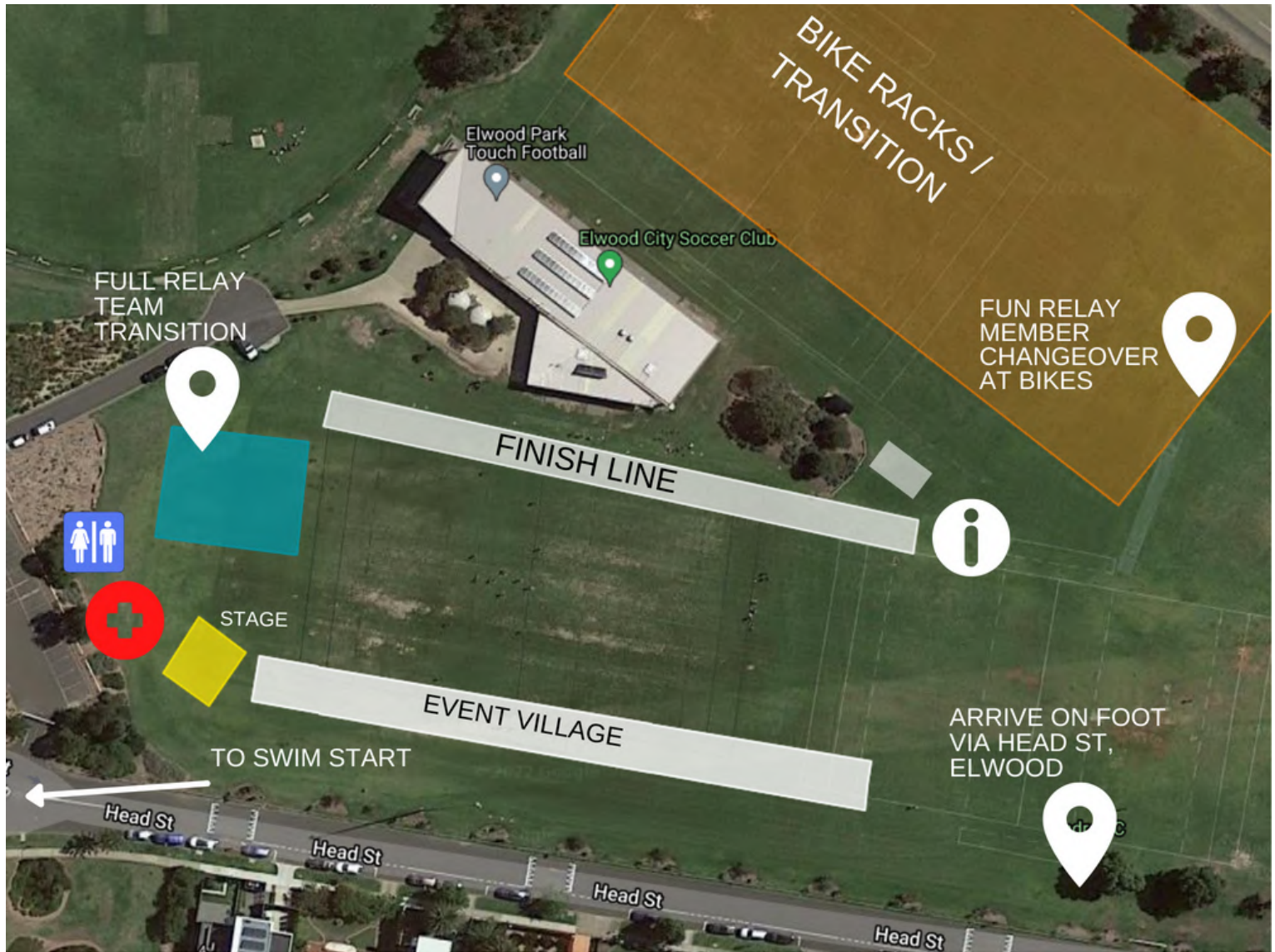


# MELBOURNE TEAMS

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## VENUE

### HEAD ST RESERVE, ELWOOD - SPORTING FIELDS



#### TRANSPORT & PARKING

We highly suggest that all competitors rideshare (carpool) or take public transport where possible, due to limited parking space and traffic congestion on race-day.

#### PARKING

There are several non-ticketed and ticket parking areas around the venue.

Parking is available around Elsternwick Park (New St), or at St Kilda Triangle where there will be a short bike ride to the event.

Alternatively, parking is around side streets, allow extra time to walk or ride to the event.

MEMBER 1  
'THE STARTER'



MEMBER 2  
'THE LINK'



MEMBER 3  
'THE FINISHER'



# FULL RELAY INSTRUCTIONS

## FULL TEAM RELAY

3 Full Triathlons one after another to post a total team time.

**Swim 400m, Ride 10km, Run 4km**

Please allocate team member parts according to the following;

**Green** - Team Member 1, Starts

**Yellow** - Team Member 2, Middle Member

**Red** - Team Member 3, Finish Overall



**3 x Security Wristband** (for access into bike compound)

**3 x Run Bib & Belt**, to be worn facing front on the run leg.

Use the Race Belt to attach to the waist after completing the bike leg.

**3 x Bike and Helmet Stickers**, to attach to Helmet and Bike before checking them into Bike Compound.

(Please ensure your helmet is on your head to demonstrate fit, and the straps done up when checking bike in)

**3 x Swim Cap** (Team member 1 please start according to the cap colour in the wave start list)

**1 x Ankle Timing Band** - To be worn on the left ankle during the entirety of the event. Passing this from team member 1, to 2, to 3.

**The changeover** occurs at 'Full Relay Team Transition' when the team member who next needs to be ready to swim.

MEMBER 1  
'THE SWIMMER'

MEMBER 2  
'THE RIDER'

MEMBER 3  
'THE RUNNER'



# FUN RELAY INSTRUCTIONS

## FUN TEAM RELAY

1 triathlon is split between 2 or 3 members.

**Swim 400m, Ride 10km, Run 4km**



Please allocate team member parts according to the following;

**Swimmer** - 1 x Security Wristband to Access Bike Compound & 1 x Swim Cap

**Rider** - 1 x Security Wristband & 1 x Bike and Helmet Stickers, to attach to Helmet and Bike before checking them into Bike Compound.  
(Please ensure your helmet is on your head to demonstrate fit, and the straps done up when checking bike in)

**Runner** - 1 x Security Wristband & 1 x Run Bib & Race Belt Use the Black Race Belt to attach to the waist for the Run Leg.

**1 x Ankle Timing Band** - To be worn on the left ankle during the entirety of the event. Passing this from Swimmer, to Rider, to Runner.  
The changeover occurs at the bike rack position.





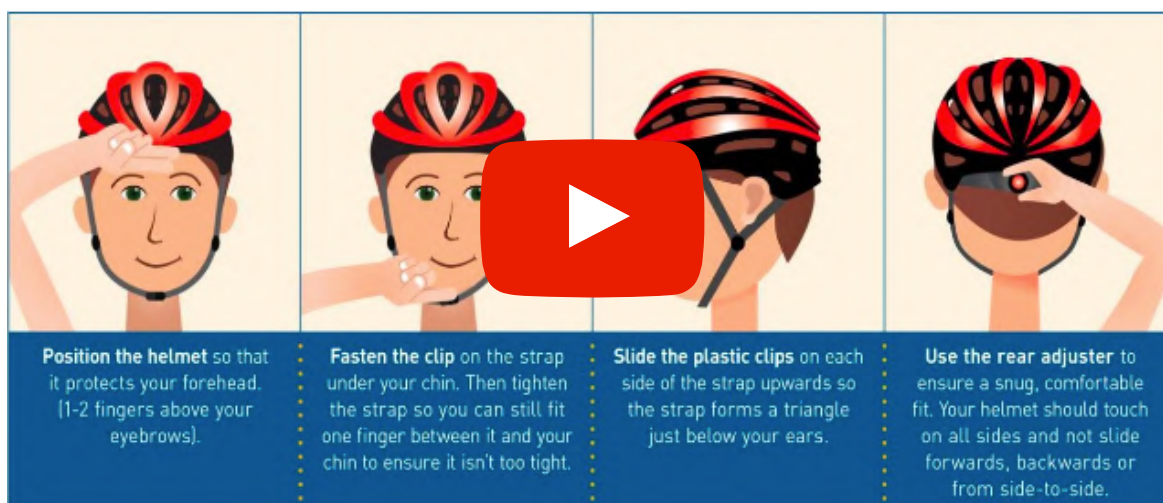
# MELBOURNE TEAMS

CORPORATE TRIATHLON CLUB RELAY

# HELPFUL VIDEOS



## Melbourne Teams Triathlon - Triathlon Australia Briefing



## How to correctly fit your bike helmet video



**MELBOURNE TEAMS**  
CORPORATE TRIATHLON CLUB RELAY

**WAVE START**

## FULL RELAY - TEAM MEMBER 1 START

Wave #	Wave 1 + MM:SS	Swim Cap Colour
1 - 8:00AM	00:00	Fluro Yellow w Black
2	03:00	Red w White
3	06:00	Fluro Pink w White
4	09:00	Sky Blue w Black
5	12:00	Fluro Orange w Black
6	15:00	Purple w Black
7	18:00	Fluro Green w White
8	21:00	White w Red

Result Categories: Male Team / Female Team / Mixed Team

## FUN RELAY & INDIVIDUAL - START

Wave #	Wave 1 + MM:SS	Swim Cap Colour
1 - 9:30AM	00:00	Fluro Green w Black
2	03:00	White w Blue
3	06:00	Fluro Pink w Black
4	09:00	Orange w White
5	12:00	Purple w White
6	15:00	Fluro Yellow w Red
7	18:00	Red w Black
8	21:00	Royal Blue w White

Result Categories: Male Team / Female Team / Mixed Team





# MELBOURNE TEAMS

CORPORATE TRIATHLON CLUB RELAY

## COURSE

[INTERACTIVE MAP HERE](#)



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**SWIM 400M**





# MELBOURNE TEAMS

CORPORATE TRIATHLON CLUB RELAY

**RIDE 10KM**

**10KM  
1 Lap**

**KEEP LEFT AT ALL TIMES**

**NO DRAFTING OFF RIDER  
IN FRONT**

**ALLOW 7m**

**(1 Car Length Between  
You And The Rider In  
Front Unless Passing)**



**O2EVENTS**

**2XU**



**ENGINE**



**32Gi**  
Sports Nutrition

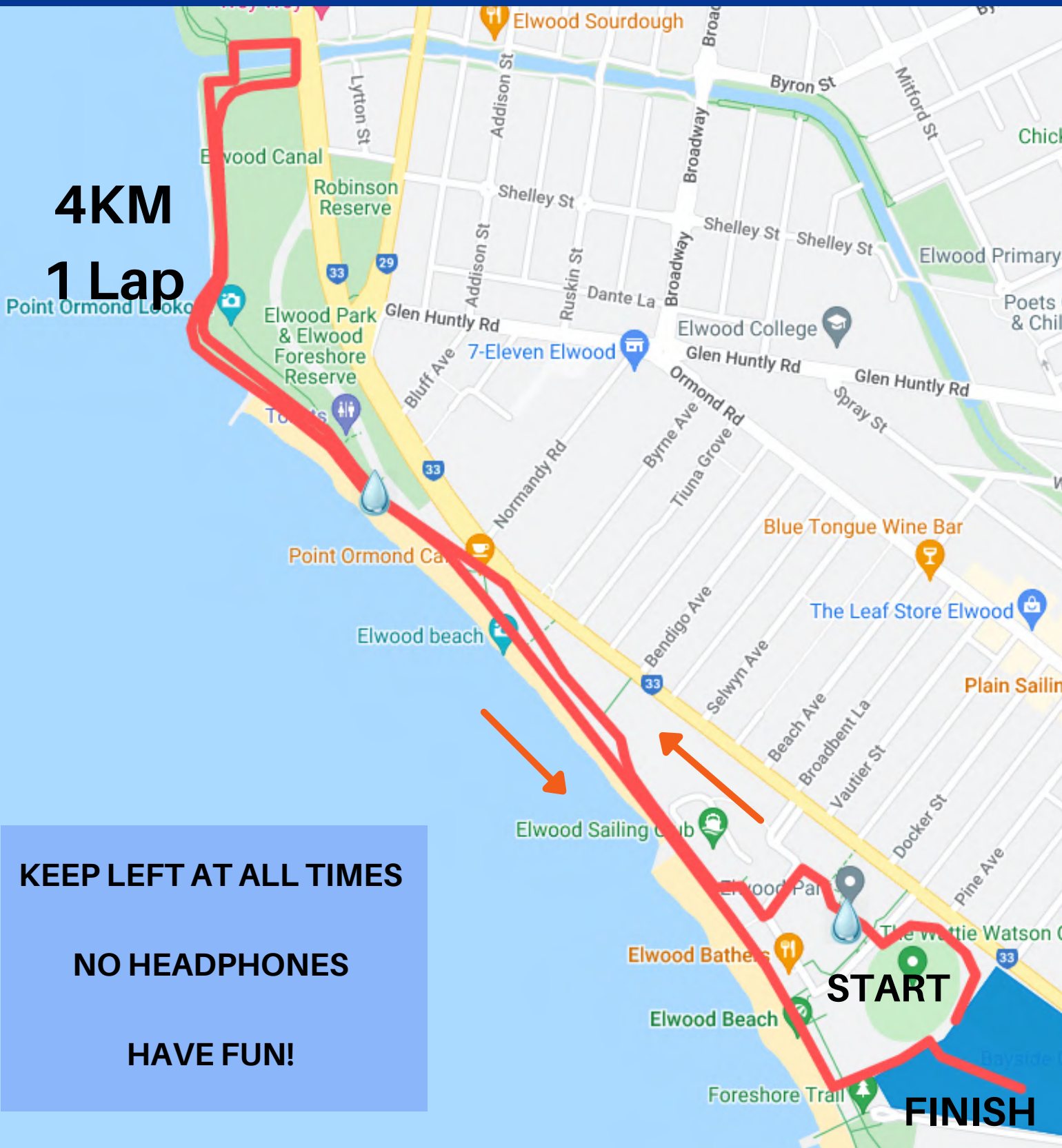




# MELBOURNE TEAMS

CORPORATE TRIATHLON CLUB RELAY

**RUN 4KM**



O2EVENTS

2XU



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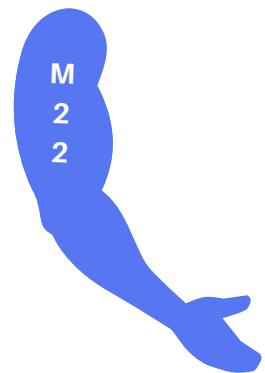
# MELBOURNE TEAMS

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# CHECKLIST

## WHAT TO DO BEFORE RACE MORNING - CHECKLIST

- Team Captain distributes race kit items to team members. Wristbands essential.
- Attach helmet sticker to your helmet and your bike security sticker to the head stem of your bike (cyclist only in the Fun Tri Event)
- Team Members need to attach the timing band to their left ankle (Member 1 for the Main Event & Swimmer for the Fun Tri Event). Please ensure it is attached securely to receive your team's times.
- A \$50 charge applies for any timing bands lost.
- Attach the Race Bib facing the front during the run leg of the race, using the Race Belt provided in your pack
- Optional Category and Number Writing - At Home with Black Marker write a category letter, then team number on Right Arm of each team member. **(M-MALE TEAM, F-FEMALE TEAM, X-MIXED TEAM)** Example:



- NOTE: Please advise the timing tent if you withdraw during or prior to the race on event day

## TRIATHLON AUSTRALIA

- Triathlon Australia work to regulate the races on the day, ensuring participant safety and fairness. Please listen to their direction as they have your best interests, and the interests of others in mind.





## BIKE COMPOUND RULES

- There will be a bike rack space clearly marked by a sticker with your race number and your team name on it. If your team name or race number does not appear on the sticker please do not rack your bike in this space, see a marshal for assistance.
- Please arrange your gear on the chain ring side of your bike on race morning
- Only competitors are allowed into the compound
- Climbing the bike compound fence will result in disqualification of you and your team.
- All competitors must be out of the compound by 7:50am
- PRIOR to entering the bike compound on Saturday, please ensure ALL team members are wearing wristbands, have
- applied pre-numbered stickers to their bike and helmet, and numbers are clearly written on arms and legs. This is CRUCIAL to ensuring no delays to race start.

## RACE RULES

- Don't discard swim cap prior to transition
- You must have a shirt on the cycle and run leg
- No MP3 Players are to be used during the event, No earphones & music are permitted on the course
- No drafting allowed. Check out the video on drafting rules from Triathlon Australia [here](#).

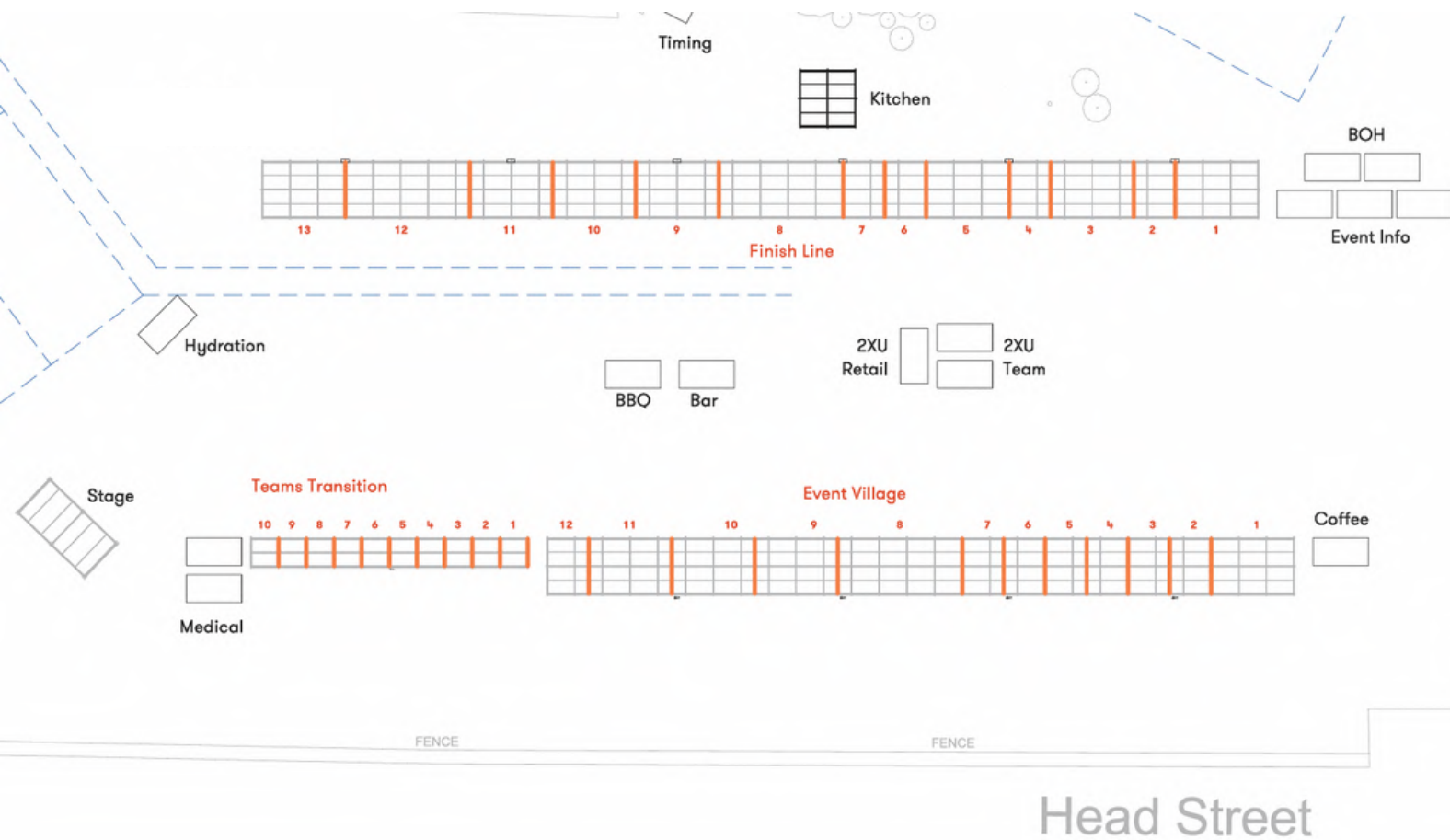
## TAKING YOUR BIKE OUT OF THE COMPOUND

- The bike compound will be RE-OPENED for competitors to retrieve their bike and gear AFTER the LAST competitor has left the compound to START THE RUN. This will be announced over the PA. There are strictly no exceptions to this rule. Climbing the bike compound fence will result in disqualification of you and your team.



# MELBOURNE TEAMS TEAM MARQUEES

CORPORATE TRIATHLON CLUB RELAY



EVENT VILLAGE	
1	ADCO Group
2	Building Engineering
3	Dennis Family Corporation
4	Esso Australia
5	EstimateOne
6	HFW
7	Ireland Brown Constructions
8	IRONSIDE
9	Salta Properties / Colin Biggers & Paisley
10	Swire MLI
11	Texco & Candence
12	HammerTech

TEAM TRANSITION	
1	Architectus
2	FMD FINANCIAL
3	JBS&G
4	Lander & Rogers Lawyers
5	Newcrest
6	ODM Electrical Contractors
7	Simplot
8	The Knight
9	Urbis
10	Hays
<ul style="list-style-type: none"><li>• APP Corporation</li><li>• OMG Run Club</li></ul>	

FINISH LINE	
1	adidas
2	BildGroup
3	COBILD
4	FSC
5	ICON
6	Kapitol Group
7	Mercedes-Benz Australia
8	Mondelez International
9	Netwealth Investments Ltd
10	Pace Development Group
11	RSM Australia
12	SCHOTT MINIFAB
13	SolutionOne / Edunet