

# FAQ's

## General

### What time is my event?

Due to the nature of this event there is no set starting times. But please arrive by the following times for nominations of your event/s:

6:00 – Full Adult Triathlon

6:30 – Mini Adult Triathlon

8:00 – Children Individual Triathlon

10:00 – Team Triathlon

### Will water be on the course?

Yes, there is one water station located near the Zebra Crossing at the pool entrance

### Is Drafting allowed?

No, you must keep a gap of at least 3 bike lengths behind you and the bike in front of you unless overtaking which should be done in less than 15 seconds

### How many can be in a team?

2 – 3 people.

## Clothing

### What outfit do I wear?

Swimming togs/skins or triathlon specific clothing. A shirt, singlet or bodysuit must be worn during the bike and run section. A sleeveless top is preferred as a number needs to be written on you upper part of your arm

### Do I need a swimming cap?

Yes, it mandatory for all swimmers and are available on the day

### Do I need to wear a Helmet?

Yes, and must meet the AS/NZS 2064 standards

### Which shoes do I wear?

Any enclosed shoe is fine. Specific triathlon shoes are best for riding and slip on or shoes with elastic laces are best for the run. Just practice with whatever setup you choose

### Do I need to wear socks?

No, this is optional as it is only a short course

### Can I use road bike shoes?

Yes, but be cautious as the cleats can be awkward to run on.

## Food & Drink

### What should I eat/drink?

Try to only eat/drink what you have trained with, eating something new (IE sports drink or gels) on the day may make you feel sick

### When should I eat?

Eating a good meal at least 2-3 hours before is crucial

### When should I drink?

Drink a little and often. If you are feeling thirsty, you're already dehydrated.

## How should I arranging my clothing & equipment?

### Swim Stage

Put on your outfit well prior to the start of your event to minimise any delay and have your goggles & swimming cap on hand

### Bike Stage

Place your bike facing outward in your bike rack position

Set your water bottle in the bottle cage or on the ground (if you have no bottle cage on your bike DO NOT take it out on to the bike circuit)

Position your helmet, shoes, etc. next to your bike on the ground, clipless bike shoes may be attached to the bike

### Run Stage

Leave your running shoes next to your bike in the bike rack.

## How should I Transition between Stages? - Individual

### Swim to Bike

Place your goggles and cap next to your bike

Put on your helmet, shoes, etc.

Collect your bike and take it to the Zebra Crossing before mounting

### Bike to Run

Riders must dismount their bike before the bike racks and position it back in the same position it was taken from

Take off your helmet, glasses, etc. and place on the ground next to your bike

Put on your running shoes (ignore this step if you're wearing running shoes)

**GO!**

## How should I Transition between Stages? - Team

### Swim to Bike

Transitioning from the swimmer to bike rider is to be done by tagging each other outside of the Pool Gates (the rider should already be wearing their helmet, glasses, etc.)

Collect your bike and take it to the Zebra Crossing before mounting

### Bike to Run

Riders must dismount their bike before the bike racks and position it back in the same position it was taken from

Riders must then proceed to the Zebra Crossing to tag the runner.

# Follow Individual Transition if they same person is doing 2 consecutive stages