



2018 Australia Day Triathlon

Race 3 – Fri 26th January, 2018

COMPETITOR PACK

SALTER
CYCLES

www.saltercycles.com.au



www.hbphysio.com.au

Inside you'll find

- Welcome
- Sponsor special offer
- Access and Parking maps
- Site map
- Event details
- Transition set-up
- Course maps
 - Sprint, Enticer, Dash
 - Kids triathlon



SALTER **CYCLES**

Giant Rivet 2017

Now AU\$89.95 ~~AU\$189.95~~

<http://www.saltercycles.com.au/a/road-cycling-helmets/giant/vic/altona-meadows/rivet/103152232>



DESCRIPTION

On line only special.

Fantastic pricing on a brilliant helmet.

Developed in the wind tunnel. Proven by race wins against the fastest pro sprinters in the world. For competitive riders who seek every aero advantage without compromising fit, ventilation & light weight the all-new Rivet aero road helmet offers the winning edge.

Sml = 51-55cm

Med = 55-59cm

Lrg = 59-63cm

PRODUCT DETAILS

- **Item condition:** New
- **Availability:** Buy online
- **Brand:** Giant
- **Category:** Road Cycling Helmets
- **ID:** 103152232
- Aero advantage
- Great ventilation
- Light Weight
- Race Proven
- On Line Only not in store

SPECIFICATIONS

Built for pure competitive advantage where the smallest gain in aerodynamics is necessary

Offers super low aerodynamic drag over a variety of rider positions

Maximum ventilation with Direct Flow Cooling guiding airflow into ultra-deep internal channels

Elements Strap System (ESS) combines CINCH Pro dial fit system with no-adjustment-

needed Optimal Position Y & LiteForm^a webbing creating secure fit with simple adjustment

Maximum head protection in both low & high speed falls



- Free post race massage available for competitors courtesy of Hobsons Bay Physiotherapy.

At Hobsons Bay Physiotherapy we pride ourselves in being number one in customer care. Each consultation is tailored to ensure you receive the best treatment to suit your individual needs.

We aim to provide clients with an enjoyable and rewarding experience, and ensure that your health and safety is in the best possible care. Our injury management plans are carefully formulated to achieve a timely and successful recovery.

Hobsons Bay
Physiotherapy
now offers
Hydrotherapy and
Clinical Pilates

Circle Health Suite 8 6/230 Blackshaws
Road, Altona North 3025

Ph: 9393 3988
Fax: 9018 4407

Email:
info@hbphysio.com.au



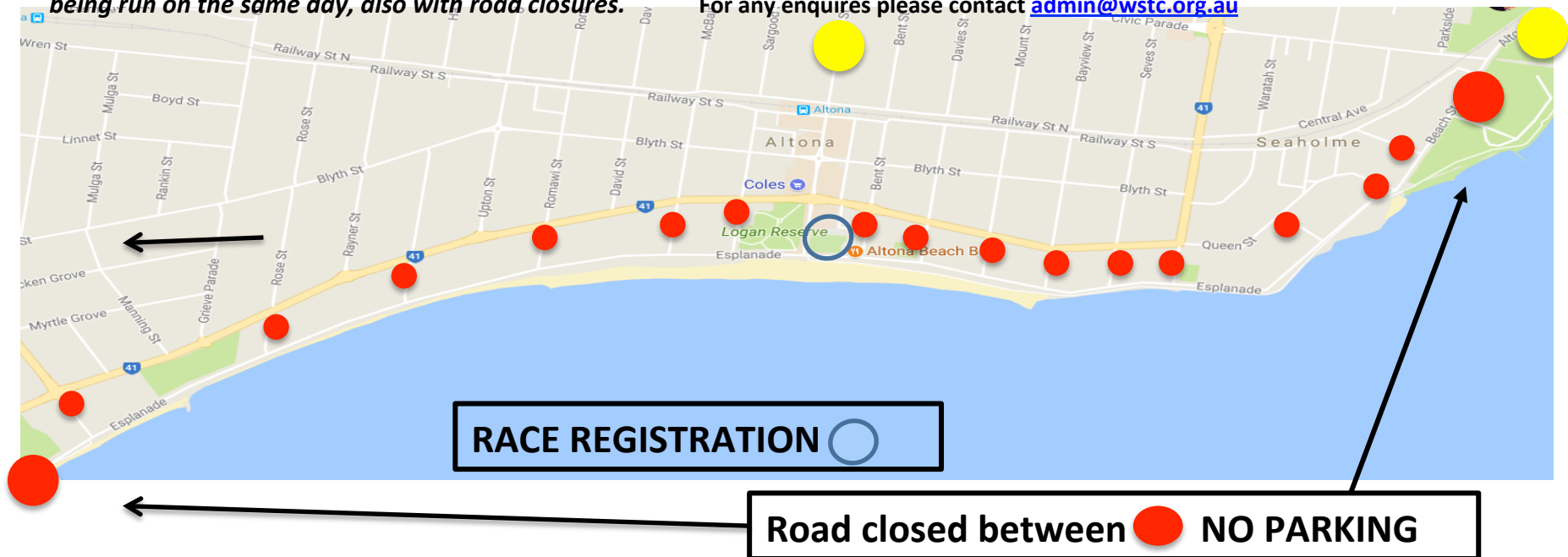
2018 AUSTRALIAN DAY EVENT

Welcome to Altona and the Western Suburbs Triathlon Club Annual Australia Day event. We are excited to provide you with an opportunity to race in Altona on fully closed roads.

This competitor pack provides you with all the important information about race day and the race course. If you have any further questions please contact us at admin@wstc.org.au or 0417 308 509. See you at the start line!

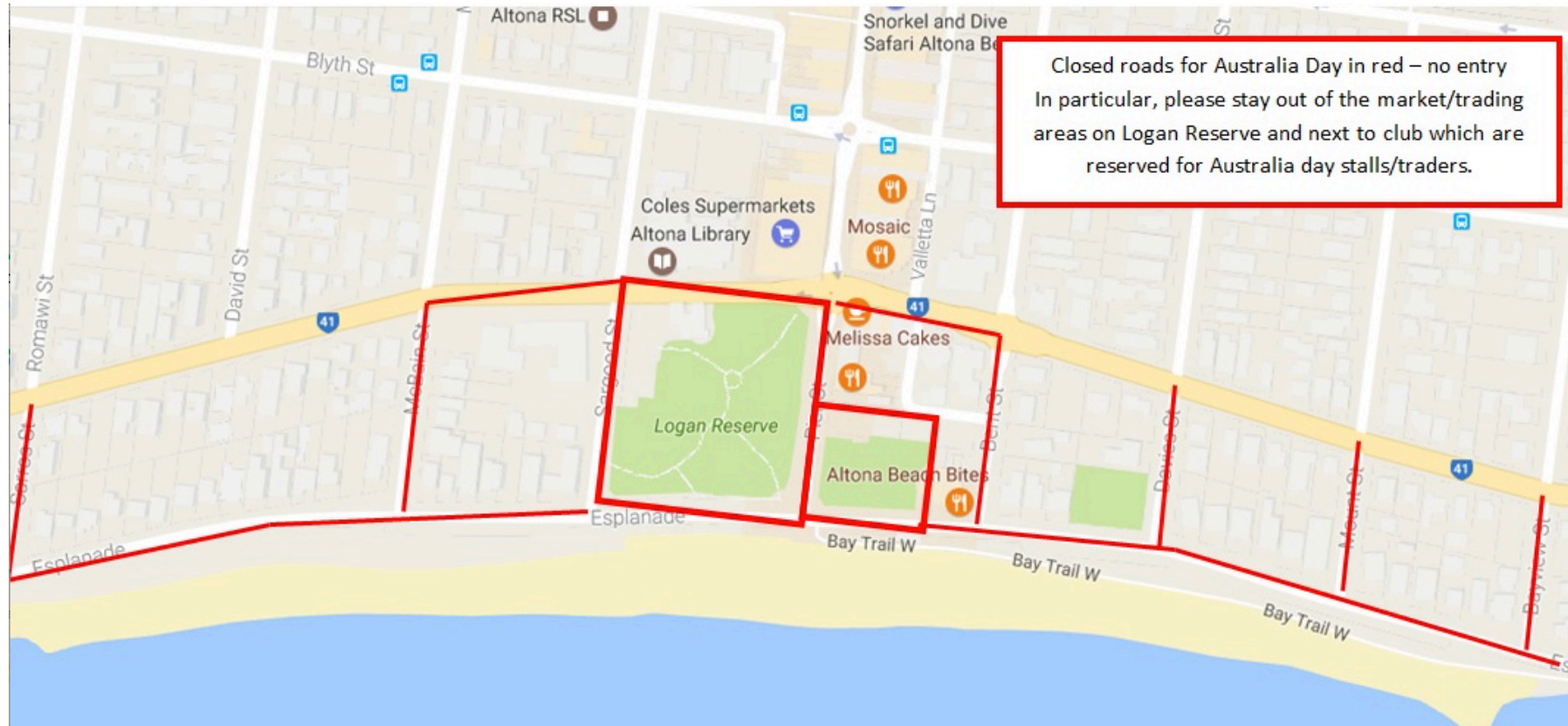
The course comprises a fast and flat surface along the Esplanade and a pathway that runs parallel to the beautiful Altona foreshore. . Events include the Sprint (min age 14 years) , the Enticer (min age 13 years) , the Dash (min age 12 years) and the Kids only event for 7-12 year olds or special needs kids 7-17 years. .

Note: Parking arrangements. The Esplanade will be closed to traffic from Civic Parade to Maidstone St for the duration of the event. All roads leading into the Esplanade from Queens Street will also be closed to traffic other than local residents. There will be NO parking available within this area. Participants and spectators are requested to park at the Civic Centre in Altona at the Cnr of Pier St and Civic Parade Altona (approx. 800m) or the Altona Sports Club, located approx. 1.5k from registration on the Esplanade, Altona (beyond the road closure area). Both areas have ample parking. Refer yellow dots below. It's a short ride or walk down to the race registration. Attempting to park elsewhere disrupts local residents and also greatly impacts the activities of the Altona Traders festival which is being run on the same day, also with road closures. For any enquires please contact admin@wstc.org.au



Additional road closures

Please note additional road closures around race registration (club rooms) for the Altona Traders Festival



EVENT SITE MAP

KEY

Registration



Massage



Bike Mount/Dismount –
Dash & Sprint



Toilet / Change Rooms



Timing Area & Finish



First Aid



Athlete Recovery
Hydration Station



Club tents/expo



Transition



Parking (refer previous
pages for details)



EVENT DETAILS

ROAD CLOSURES

- The Esplanade and surrounding streets leading into The Esplanade will be totally closed to cars from **6:00am** on the morning of the event.

PARKING

- ***PLEASE REFER TO PAGES PREVIOUS PAGES FOR FULL DETAILS AND ROAD CLOSURE MAPS.***
- ***Participants and spectators are requested to park at the Civic Centre in Altona at the Cnr of Pier St and Civic Parade Altona (approx. 800m) or the Altona Sports Club, located approx. 1.5k from registration on the Esplanade, Altona (beyond the road closure area). Both areas have ample parking. It's a short ride or walk down to the race registration. Attempting to park in closed areas disrupts local residents and also greatly impacts the activities of the Altona Traders festival which is being run on the same day, also with road closures.***

COURSE MAPS

Course maps are included in this competitor pack.

REGISTRATION

- Registration is located in the WSTC / Altona Life Saving Clubrooms on the Esplanade as indicated on the maps provided herein.
- All competitors must report to registration to collect their race number, swim cap and timing chip. All competitors must have their race number written on their upper right arm.
- **Race Registration for all SPRINT, Enticer & DASH competitors opens at 6:15am and closes at 7:00am.**
- ***Kids Triathlon registrations will open at 9.00am and close at 9.45 am.**
- *** PLEASE NOTE – Kids will not have access to transition until approx.9.30am at the completion of the other events.**

EVENT DETAILS

TRANSITION

Transition compound opens at 6:15am and closes at 7.00 am. To put your bike into transition you must be wearing a helmet (Aust standard) and your race number must be on your upper right arm.

START TIMES AND LOCATIONS

Race swim start is on the East side of the Altona Pier.

- Sprint Triathlon: 7:35am
- Enticer Triathlon: 7.35am
- Dash Triathlon: 7:30am
- Kids Triathlon: 10:00am

Note: The kids triathlon event starts after Sprint, Enticer & Dash racing concludes at approx. 10.00am

RACE BRIEFING

- The pre race briefings will be held at the finish line
 - **Sprint, Enticer & Dash** will be at **7:15am**
- Pre race briefing for the kids event will be held out front of the club rooms or as otherwise directed*
 - **Kids Triathlon** will be at **10:00am.**
 - ***subject to change**

POST RACE ACCESS TO TRANSITION

Transition will be open once all competitors have completed the bike leg.

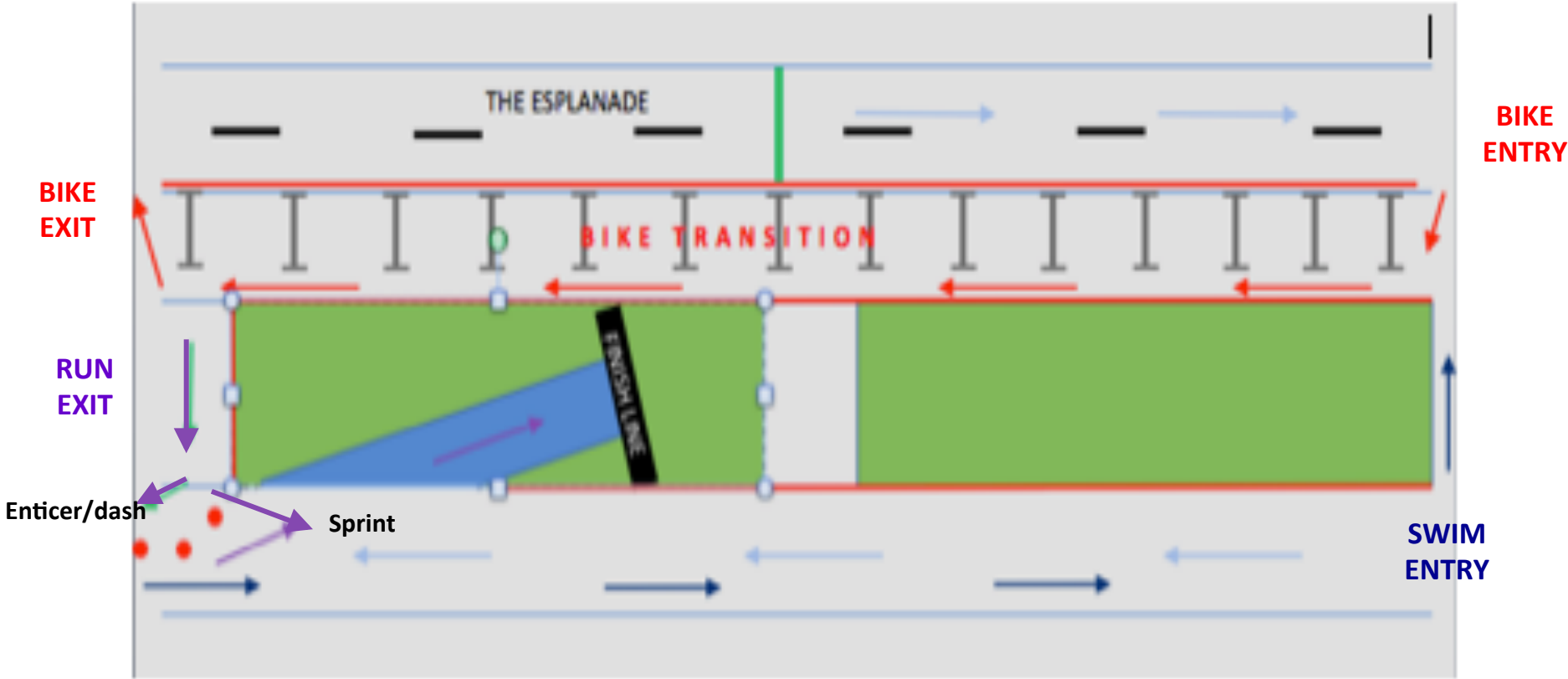
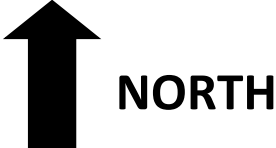
To enter transition post race competitors will need to have their race number on their upper right arm.

MEDAL PRESENTATIONS – Not applicable

POST RACE

Hydration and nutrition for competitors will be available post race.

TRANSITION SET UP PLAN





Australia Day Course Maps

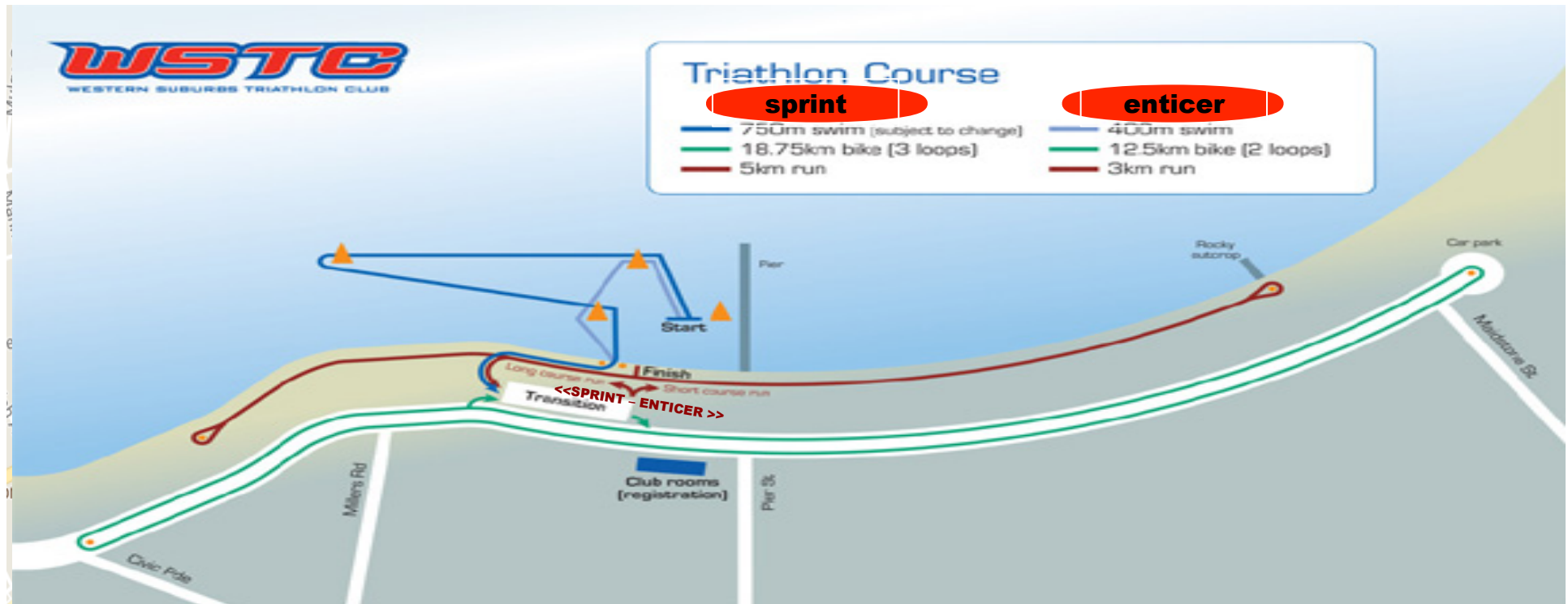


SPRINT DISTANCE

750m SWIM / 18.75 KM BIKE / 5 KM RUN
(BIKE = 3 LOOPS)

ENTICER DISTANCE

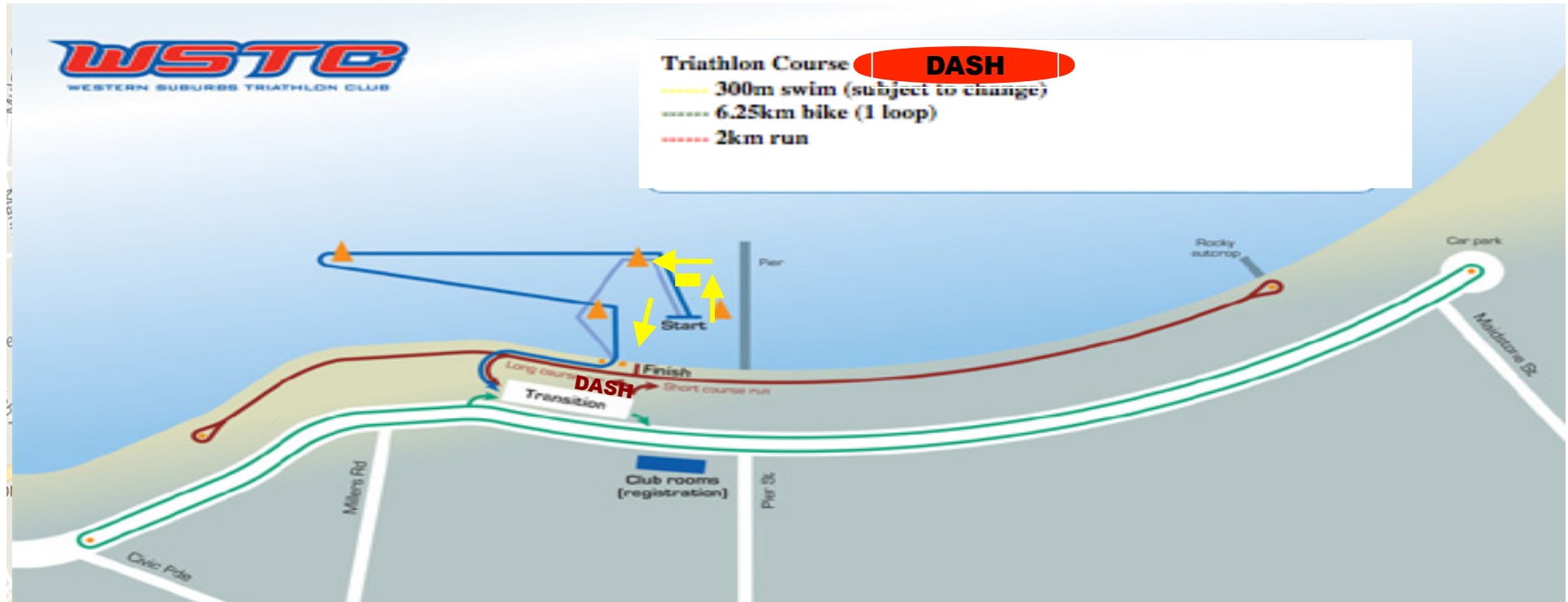
400m SWIM / 12.25 KM BIKE / 3 KM RUN
(BIKE = 2 LOOPS)



DASH DISTANCE

300m SWIM / 6.25 KM BIKE / 2 KM RUN

(BIKE = 1 LOOP)



KIDS TRIATHLON*

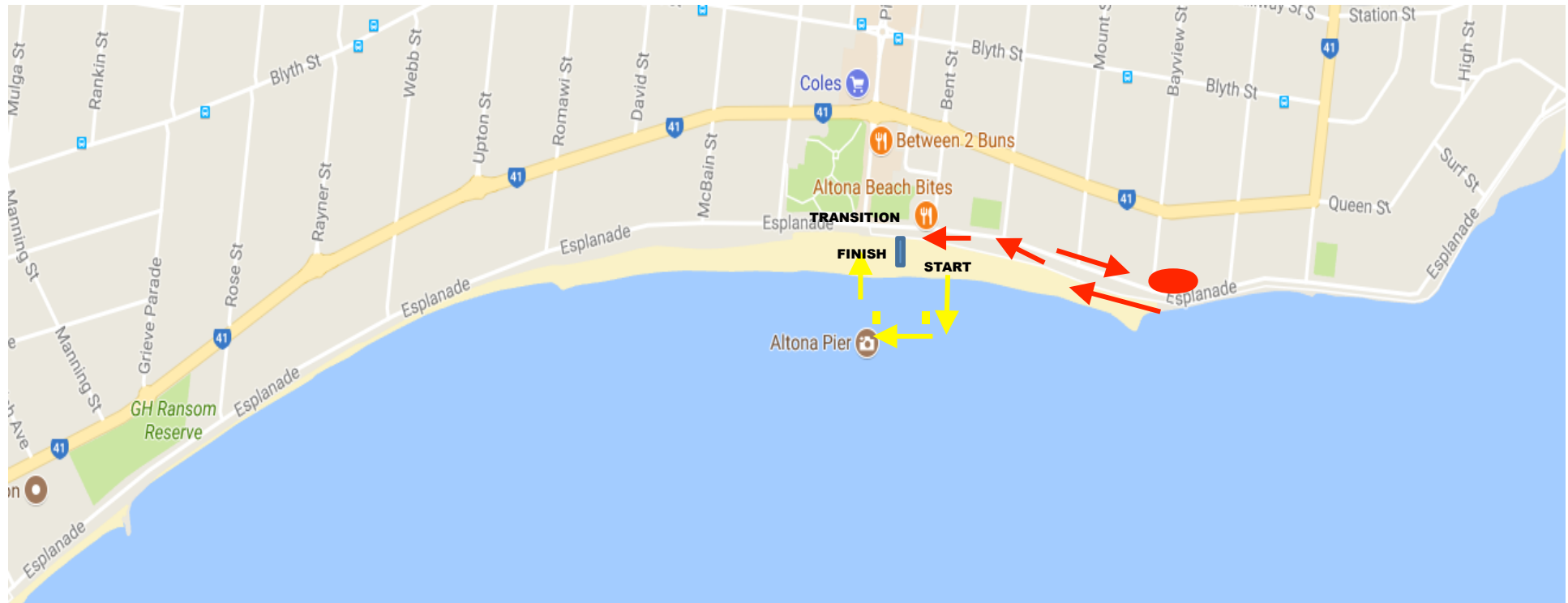


7 – 8 years 50M SWIM / 1 KM BIKE / 400M RUN

9 –10 years 100M SWIM / 3 KM BIKE / 500M RUN

11 –12 years 200M SWIM / 4 KM BIKE / 1KM RUN

*Special needs children (7-17) any of the above distances subject to min age requirements.



KIDS TRIATHLON*

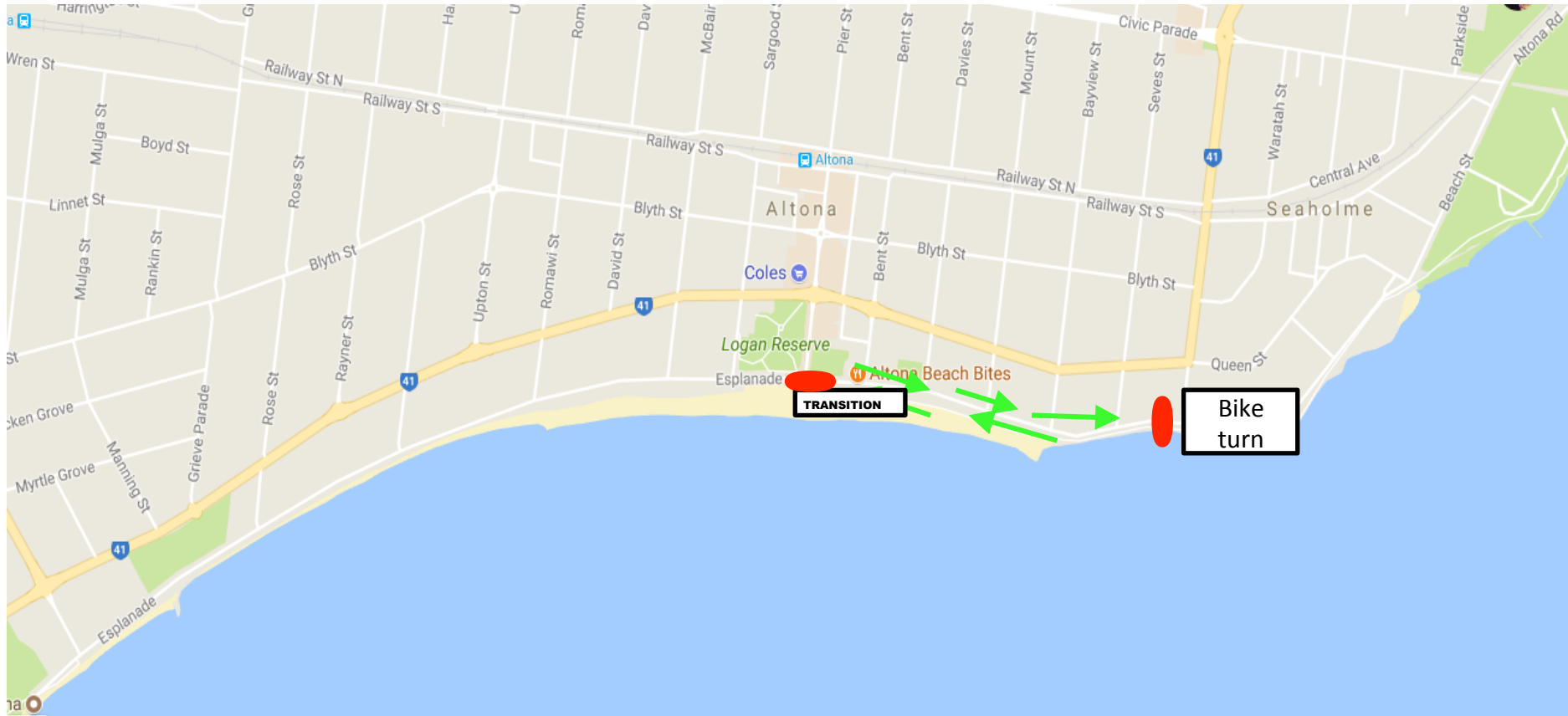


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9 – 10 years 100M SWIM / 3 KM BIKE / 500M RUN

11 – 12 years 200M SWIM / 4 KM BIKE / 1KM RUN

*Special needs children (7-17) any of the above distances subject to min age requirements.



7-8 years 1 LAP = 1 KM

9-10 years 3 LAPS = 3 KM

11-12 years 4 LAPS = 4 KM



**WE HOPE YOU HAVE A
GREAT EXPERIENCE AT
WSTC!!**

THANKS FOR RACING WITH US.
