



TRIATHLON TIPS

Swim Start

If you are a weak swimmer, position yourself towards the back of the pack so you don't get caught up in the middle! If you are a confident, strong swimmer, position yourself near the front of the pack so you're not held up by slower swimmers.

Wetsuits

As per Triathlon Australia rules, age group competitors are allowed to wear wetsuits when the water temperature is below 22 degrees. This ruling can also be determined by external environmental conditions (heat, cold, stingers, distance) and may impact on whether an event allows wetsuits or if they are deemed compulsory. A ruling may be made prior to the event if one of these factors exists, therefore the water temperature on the day will be invalid in determining this in the best interest and safety of all competitors.

Drafting

Drafting is not allowed in most triathlon events. The draft zone of a competitor must not overlap that of another, except when you are in the process of legally passing the competitor in front, for safety reasons, to reach an aid station, when entering or departing transition or making an acute turn. A competitor's draft zone is a 7m long and 3m wide rectangle around every cyclist.

Jelly Legs

Practice running for 5-10 minutes after your cycle training, in order to condition your body to avoid the 'jelly legs' sensation on race day!

Transition

Practise transitioning during your training sessions, to minimise wasted time on race day. Cut down on non-essential items which could potentially save you crucial seconds! Try elastic laces, run without socks, use powder in your shoes to get them on and off quicker and wear a trisuit to avoid having to change into a shirt and shorts for the cycle and run. Remember, you need to have your helmet on before you unrack your bike!

And last but not least, if you feel like you have pushed yourself to the limit, make sure you seek medical staff or one of the TriEvents Event Crew to help you! Remember to stay hydrated and always use sun protection!