

Pre-Event

How do I enter?

You can enter any of the events in the ACT Aquathlon Series via the [event calendar](#).

How much does it cost?

Full pricing for the event can be found on each event page. Please note there are price increases 6 and 1 week prior to the event.

What do I get for my entry fee?

We provide each participant and their family and friends the best possible sporting event experience. Our events are family focused events and there is something for everyone. A list of the benefits that you will receive with your race entry can be found on the event website:

- Beautiful, safe, fair race and spectator friendly venue
- Aid Stations: On the run with water and electrolyte drinks
 - Post-race recovery nutrition
 - Electronic timing
- Sanctioning, technical support & insurance through Triathlon Australia
- Prizegiving with **all** competitors having the opportunity to win valuable spot prizes

Who can enter?

Triathlon is a sport for all ages and abilities. You can find the categories available on the event page. Please remember to check the minimum age for each category.

Do I need to be a member of Triathlon Australia (TA), Triathlon ACT or Club?

No, but if you are not a member of TA you will need to register for a Non-TA/Non-Competitive TA Member category which includes a One Day Membership at the time of entering.

What is the TRYkids category?

TRYkids is an entry level event for children from no experience up. There are two separate age groups within TRYkids:

- **TRYkids Long** is for participants aged between 10 and 13 years. The distance for the aquathlon is 200m swim and a 2km run
- **TRYkids Short** is for participants aged between 7 and 13 years. The distance for the aquathlon is 100m swim and a 1km run.

You may also be interested in the [ACT Junior Program](#) run by some of our local clubs.

What is the Novice category?

The Novice category is for anyone 12 years and over who is new to the sport. This category is an entry level distance with the swim being between 250-500m and the run 1.5-3km depending on the race in the series.

Can I enter on the day?

If you miss the online entry cut off dates you will be able to enter during "registration", which will occur at Diddams Close on event day. Ensure you check the event schedule closer to the time to see what times registration will be held. We are unable to take entries on the day.

Do you have a poster I can put up at my workplace / gym to help me encourage others? Yes, please contact us as we have these for selected races. Please contact admin@act.triathlon.org.au

What distances are available?

The Aquathlon Race #4 event has four races available:

Aquathlons

- Main (2.5km Run / 1000m Swim / 2.5km Run)
- Novice (1.25km Run / 500m Swim / 1.25km Run)
- TRYkids 10-13 years (200m swim / 2km run)
- TRYkids 7-13 years (100m swim / 1km run)

Where does the course go?

All course maps are available via the event page on our website and will be displayed at registration and Athlete Services during the event.

Will my race pack be posted to me?

No, race packs will need to be collected from registration. This will be held at Diddams Close on race day. Please check the website for the event schedule and in event newsletters in the lead up to the event.

Will there be an expo at the event?

There will be no expo at the Aquathlon events.

What do I need to bring with me to registration?

Please bring photo ID and your TA membership card if you are a member.

What happens if I lose my timing chip after collecting it at registration?

Please let us know at the Athlete Services area so that we can arrange a replacement for you. Please note that there is a charge of \$70.00 for unreturned timing chips.

What is my correct age category?

Your age for all Triathlon ACT events is the age you are as of **31st December 2017**; this is as per Triathlon Australia rules [Race Competition Rules](#)

How can I make changes to my entry or transfer to someone else?

You can make changes online up until 7 days prior to the event. There is a \$10 fee to change category or transfer your entry to another person.

If you need to make a change to your entry after this time, you can Email admin@act.triathlon.org.au or alternatively you will be able to see us at the Athlete Services area at the race venue during registration time on the event weekend.

If you are changing from a shorter distance to a longer distance you will be required to pay the difference in entry fees before the change is made. Distance changes are subject to availability. If you are changing from a longer distance to the shorter distance you will receive a refund less an administration fee.

Please note transfers are at the discretion of Triathlon ACT.

Event Day**Where can I park for free close to the event?**

There is ample parking at the Diddams Close carparks on race day. Best to get there early to get one close to the start/finish area. [Google Map](#)

What time do the events start?

Once the event schedule is confirmed it will be on the event website and published in the pre-race newsletters

How do I know when my wave start time is?

Wave's starts will be advised when you receive your event information the week prior. PLEASE NOTE wave starts may change prior to race morning so please check the information board for any updates on race morning.

What happens if I start in the wrong start group?

If you realise during the race, please continue and finish your event. Advise us at the Athlete Services area as soon as you have finished ensuring we can provide the correct timing for the event. Please note you will be ineligible for awards and points.

Is there somewhere to store my bag?

If you have a bag & personal belongings you need to take this out of the transition area and leave this at the bag drop area which is located in the Athlete Services area. A record of your race number will be attached to your bag. You will be required to show your race number to enable you to collect your bag after the event.

Is the event timed?

Yes, each participant in an adult race receives a timing chip as part of their race pack which is to be worn on your left ankle.

General**What do I do if I need first aid or don't feel well before, during or after the race?**

Inform a volunteer, event staff or 1st Aid.

Where will the toilets be located?

Toilet facilities will be available at all events. You will be able to locate these on the event maps on the information boards.

Teams**Can I enter in a team?**

Yes, we do team entries! A team for an aquathlon is two participants. One person swims and one person runs.

What are the team categories?

Teams can be made up of all male, all female or mixed and will all race under the one category of 'teams'.

Do all team members need to be at registration?

Only one team member is required to pick up the race pack from Registration.

How does a team work?

Traditionally the changeover point is within transition but this can vary at each event. Please ensure you listen carefully at the Race Briefing. The swimmer must give the runner the timing chip before runner leaves transition to begin the run. The race number bib is to be worn by runner only. The timing chip is to be worn by all team members on the left ankle or the team may not receive a time. Your timing chip acts as your team's relay baton.

Transition

What is a transition area?

The term 'transition area' is the area where you set up your run gear and 'transition' from the swim to run leg. Before the start you will leave your gear for the run and then exit and head to the start. You can't leave any bags or additional items in the transition area. These will be removed by Technical Officials if left in transition.

What should I wear?

When you are in the transition area before the run leg you can put on shorts/leggings and a singlet or t-shirt. Some people choose to purchase a tri-suit, which means you can wear this the entire time. Please note nudity is not permitted in transition or on course. For all competitors, your torso must be covered during the run.

Run

Are there drink stations on the run course?

Yes, there will be aid stations on the run course. These will have water and electrolyte drinks available.

Can I race with an IPOD, MP3 or other music device?

You are not permitted to race with any music devices including mobile phones, MP3 players, earphones etc; this is a very serious safety risk to you. As stated in Triathlon Australia's [Race Competition Rules](#). If you are caught with any of these items, you may be instantly disqualified.

Post-Race

What do I do after I cross the finish line?

Please remove your timing chip and place in the bucket provided. Then make your way to the recovery area where water and nutrition will be provided. Medical are also located close to the recovery area if required. If you need any assistance getting to the recovery area please advise one of our volunteers at the finish line. The **most important** thing to remember is to smile, have your race number visible and enjoy the finish line experience!

What happens after the race?

After the race is a great time to catch up with friends and family, make new friends with your fellow competitors and generally talk about the whole experience! After that, stick around for the presentations and computer generated random draw prizes, you must be present to win!

Do I receive a finisher's medal or certificate?

Not available for this race

How and when can I see my results?

The results will be posted following the event. You will have until midday on the Friday post event to advise Triathlon ACT of any discrepancies. Provisional results will be published online by 5pm on the Friday post event. Final results will then be posted 48 hours after the provisional results are posted.

What if I can't stay for presentations?

If you are a category place getter and are unable to stay for presentations, you will need to contact our office by email admin@act.triathlon.org.au Please do so within 2 weeks of the event to arrange for medal collection. If you are unable to collect your medal from our office you are able to have your medal sent for a surcharge of \$5.