

To get started in triathlon, establish at least a short term goal. Depending on your current fitness level, time available to train and background in swimming, cycling and running your initial goal may be to complete a short triathlon. Plan your training to fit in with your other commitments. To achieve your goal you will need consistent preparation, so make sure you allocate time to triathlon while keeping your other priorities in mind. Finding a good balance between your work or study, family, friends and sporting commitments will help to make triathlon a long term part of your life.

Entering an event

There are two ways to enter a TACT event:

- **Online:** Have a look to the event section of our website, look for the event that you want to enter and click “Enter Online”
Online registration generally close at 11.45 pm the Wednesday before the race.
- **On-The-Day:** Entering on the day is generally more expensive but gives you more flexibility if you are not sure to enter the event.
You can download and print an On-The-Day entry form from this website in the Event section to save some time or you can complete your form on the day. Make sure that you bring with you your Triathlon Australia card if you have one and enough to pay the entry fees.

Finding information about an event or a race

For each Event we have a particular website. Have a look to the Events section to find the link to the websites.

How to manage my race

Preparation

- Understand the basic rules of Triathlon [they are on the Triathlon Australia website]
- Plan and pack what you need the night before
- Be well hydrated leading up to the event and eat sensibly the day before
- On arrival place your bike in the compound and lay out your gear
- Register yourself at the registration tent at least one-hour before the start of the race

- Have a good warm-up
- Slip Slop Slap
- Enjoy the race

Racing Tips

- Start in a position that matches your swimming ability - fast to the front, slower to the back
- Drink plenty of fluids during the cycle and run legs
- Remember there is usually traffic on the road
- Listen to the technical officials and marshalls for instructions during the race

Recovery after the race

- Drink lots of fluid and eat some fruit
- Stretch