

CAPITAL DUATHLON

AUS
TRIATHLON

Event Guide

11 OCTOBER 2026

ACT
TRIATHLON

Supported by



ACT
Government

WELCOME

Welcome to the 2026 Capital Duathlon, hosting the Australian Standard Distance Duathlon Championships and ACT Sprint Distance Duathlon Championships, held here at the outstanding venue of Stromlo Forest Park in Canberra.

On behalf of AusTriathlon, I am delighted to welcome you to one of Australia's premier duathlon events.

The Australian Standard Distance Duathlon Championships provide an opportunity for athletes from across the country to test themselves against the nation's best while competing for Australian Championship honours. Whether you are an experienced duathlete chasing a podium finish, representing your club or taking on a new challenge, we are thrilled to have you on the start line.

Stromlo Forest Park offers a spectacular championship setting. With a fast and demanding bike course along Uriarra Road and the renowned Robert de Castella Cross Country Course providing a challenging run leg, athletes can look forward to a race that rewards preparation, determination and grit.

Events such as this are only possible through the collective efforts of many people. I would like to sincerely thank our technical officials, volunteers, event staff, sponsors and partners for their commitment and support in delivering this championship experience.

Most importantly, thank you to all athletes for choosing to be part of our sport. Your passion, dedication and enthusiasm continues to strengthen the triathlon and multisport community across Australia.

I wish you the very best for race day. Race hard, enjoy the experience and take pride in the achievement of reaching the start line. I look forward to seeing you out on course and celebrating your success at the finish.

Nicholas Hull
National Events Manager
AusTriathlon



AusTriathlon acknowledges the Traditional Custodians of the lands on which we all meet today. We pay our respects to their Elders past, present and emerging and recognise their continuing connections to the land and sea-where triathlon is at home. AusTriathlon recognises the outstanding contribution that Aboriginal and Torres Strait Islander peoples make to society and sport in Australia and celebrates the power of sport to promote reconciliation and reduce inequality.

EVENT PROGRAM

Date: Sunday 11 October 2026

Venue: Stromlo Forrest Park, ACT.

SATURDAY 10 OCTOBER 2026	
3:00PM - 5:00PM	EARLY PACK PICK UP
SUNDAY 11 OCTOBER 2026	
5:45AM	EVENT PACK PICK UP OPEN
6:15AM	TRANSITION OPEN
6:30AM	EVENT PACK PICK UP CLOSE
6:45AM	TRANSITION CLOSE
6:55AM	RACE BRIEFING STANDARD
7:00AM	RACE START STANDARD (OPEN)
7:02AM	RACE START STANDARD (FEMALE)
7:10AM	RACE BRIEFING SPRINT
7:15AM	RACE START SPRINT (OPEN)
7:17AM	RACE START SPRINT (FEMALE)
7:20AM	RACE BRIEFING FUN RUN 10K
7:25AM	RACE START FUN RUN 10K
7:30 AM	RACE BRIEFING FUN RUN 5K
7:35AM	RACE START FUN RUN 5K
9:30AM	PRESENTATION SPRINT
10:30AM	PRESENTATION STANDARD
9:50AM	TRANSITION OPEN^ FOR BIKE COLLECTION
9:30AM	KIDS EVENT PACK PICK UP OPEN
9:45AM	KIDS TRANSITION OPEN
10:00AM	KIDS EVENT PACK PICK UP CLOSE
10:30AM	KIDS TRANSITION CLOSE
10:50AM	RACE START KIDS

^ Transition opening time is at the discretion of the Head Referee and will consider the safety of athletes in the transition area. Transition may open earlier or later for bike collection.

**** Schedule subject to change**

KEY CONTACTS & EMERGENCY INFORMATION

RACE PERSONNEL

- Event Manager: Nicholas Hull – events@triathlon.org.au
- Race Director: Lara Lever
- Technical Delegate: Gai Webster
- Medical Contact: Get First Aid

EMERGENCY CONTACTS

- Dial 000 – for Police, Fire or Ambulance for any life-threatening emergency, at any time, day or night.
- The ACT Emergency Services Agency (ESA) is responsible for emergency management and related support arrangements in the Territory. It comprises Ambulance, Fire & Rescue, Rural Fire and State Emergency Services.
- Hospitals
 - Northside – 11.6km from race site
 - North Canberra Hospital
 - 5 Mary Potter Cct, Bruce ACT 2617
 - Phone: (02) 6201 6111
 - Southside – 9.5km from race site
 - Canberra Hospital
 - Yamba Dr, Garran ACT 2605
 - Phone: (02) 5124 0000

VENUE INFORMATION

University of Canberra Stromlo Forest Park (UC Stromlo) is Australia's premier multi-use recreational sporting facility situated in the heart of the Molonglo Valley in the nation's capital, Canberra. Set on 1200 hectares, UC Stromlo is surrounded by spectacular views and pristine waterways. Only 15 minutes from the city centre, the Park has something for everyone, from recreational to professional users.

Boasting a purpose-built event pavilion, a 1.2km criterium cycling circuit, a 2.5km grass cross country running track, a network of equestrian trails, pump track and over 50km of mountain bike trails suitable for riders of all abilities. Both the Centenary Trail and Bicentennial National Trail pass through the Park, and there are kilometres of shared trails for those wanting to explore on foot as well.

More information is available at: [Home - Stromlo Forest Park \(act.gov.au\)](https://act.gov.au).

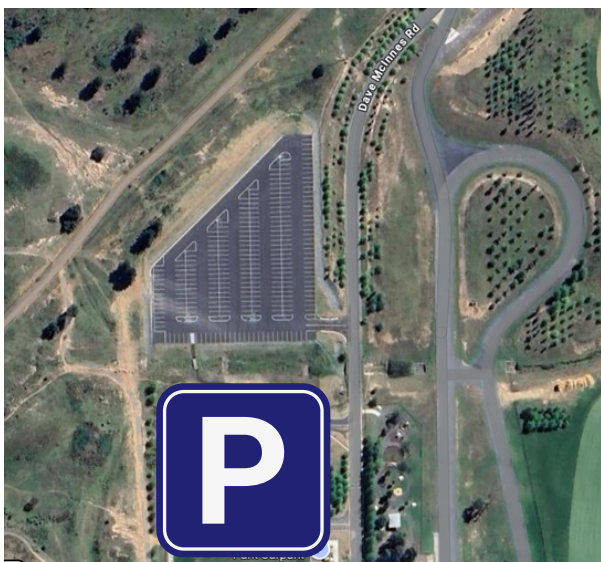
VENUE TRAVEL

UC Stromlo is located in the heart of the Molonglo Valley, an easy 15 minute drive (15km) from the Canberra CBD.

The main gate and vehicle access can be found at Dave McInnes Road off Opperman Avenue, via John Gorton Drive. Access is also available via Mount Stromlo Road.

PARKING

University of Canberra Stromlo Forest Park (UC Stromlo) has 487 paid parking spaces onsite. Payment methods are by cash, card, or the easy park app. Prices for 15min-3hr is \$1.80 and 3hr-6hr \$2.80. All parking fees goes towards venue maintenance.



VENUE INFORMATION

ROAD CLOSURES

Road closures Uriarra Road (to Uriarra crossing) will take effect 7.00am to 11.00am.

Bike course cut-off will take effect from 9.00am.

FACILITIES

There are toilets within the pavilion at UC Stromlo – please ensure they are kept neat and tidy.

Handlebar café (located behind the pavilion) serve up a range of local beers, wine, coffee, burgers, and snacks. Opening hours are from 7.30am to 9pm.

There are no bins provided at UC Stromlo so all rubbish **MUST** be taken with you.

EVENT SAFETY FOR ATHLETES AND SPECTATORS

It is important for athletes and spectators to be aware of the race course and transition zones to ensure races are not disrupted and athlete performance is not hindered.

Start areas, Transition and the Finish chute are STRICTLY for athletes ONLY.

A full road closure is in place for the event.

During the Race:

- Do not run or ride beside an athlete on course as this will result in disqualification.
- Do not use permanent paint or crayons on the road or footpaths.
- Do cheer for athletes, but do not provide them any outside assistance.
- Do not accept any equipment or clothing from an athlete as this will result in disqualification.
- Please only cross the course in designated spectator crossing zones OR only when it safe to do so.
- Please obey all instructions from Police, Traffic Management, Staff, Technical Officials and event volunteers.

GENERAL RULES

The Duathlon is sanctioned and run under AusTriathlon guidelines. For full details of rules and regulations please go to www.triathlon.org.au/rules/. Drafting rules (for Sprint distance only) are available in this event guide as well as the Race Competition Rules.

- Ensure you have your bib on for all **run** legs.
- Helmets must be on and done up before you touch your bike.
- You must place your bike on the rack after the bike leg before removing your helmet.
- Roads are closed but locals can get an escort out if they live on the circuit – keep this in mind and abide by road rules – keep left.
- Complete triathlon clothing must be worn at all times – tops and bottoms.
- The Standard race is non-drafting – officials will penalise for drafting.
- Only matching bib number and bike numbers will be permitted to remove bikes from the transition area. **ATHLETES MUST BRING THEIR BIB TO COLLECT THEIR BIKE.**
- Athletes are responsible for familiarising themselves with the course.
- Full maps are available online, in this guide and on competitor information boards.
- Headphones, headsets, Walkman's, iPods, mp3 players, and other types of personal audio devices are not to be carried or used at any time during the race.
- Competitors may not accept assistance from anyone other than an authorised race official.
- Aerobars and handle bars that have aerobars built in are NOT permitted in the Sprint distance race for any age/open category. However you may if you are competing in standard.

THE EVENT

REGISTRATION

Registration is available through the [ACT Triathlon event page](#).

EARLY RACE PACK PICK UP

Athletes can pick up the race pack from the UC Stromlo Pavilion on:

- Saturday 10th October from 3:00pm to 5:00pm
- Sunday 11th October from 5:45am to 6:20am

Please bring your photo ID with you.

Race packs will contain your race bib, bike and helmet stickers (see Technical Information for correct sticker location).

BAG STORAGE

Bag storage will be available near the transition area. Bags must be clearly marked using the race sticker provided. **ATHLETES MUST BRING THEIR BIB TO COLLECT THEIR BAGS.**

ACT Triathlon does not accept responsibility for lost or damaged property. We advise you not to leave valuables in your bags.

TRANSITION CHECK IN AND OUT

- Compulsory bike check-in will take place at transition on Sunday morning. Check in will occur at the Bike Exit location (closest to the pavilion). After you have set up, you will exit transition via the Run Exit location.
- Athletes must not enter transition before their bike is checked by Technical Officials.
- Please prepare before you arrive for bike check-in.
- Please have your helmet on and done up (see correct fitting description in this guide), your Helmet and Bike stickers on your bike and helmet, and Race Numbers are marked on both upper arms (see Technical Information for further information).
- Timing chips must be worn on left leg and race bibs worn on run legs.

THE EVENT

- During Bike Check-in the Technical Official will check your bike and helmet to ensure they are compliant. Please read the Rules section clearly to ensure you know the rules regarding the right equipment for the event.
- Bike racks separated by race distance but are not numbered. Athletes may rack anywhere for their race distance with a maximum of 4 bikes per rack
- All your equipment must be placed beside your bike before the race and any equipment discarded in the race must be placed in the same area. Athletes must not use chalk, powder, or any other substance to mark their position on the rack.
- No bags are permitted to be left in transition.
- Remember, it is your responsibility to have your bike serviced and checked prior to Race Day and that you have checked that all parts of your bike are correctly tightened and in good working order, this includes that your handlebars are plugged.
- Transition will open from 9.50am for bike check out. Transition opening time is at the discretion of the Head Referee and will consider the safety of athletes in the transition area. If athletes are still on the bike course, transition may be later for bike collection.
- Athletes must bring their bib number to collect their bike.

RACE BRIEFINGS

Race briefings are compulsory for all athletes. Race briefings will occur at the start line five (5) minutes before each race start.

CUT OFF TIMES

Cut off times apply to the Standard distance event. Athletes who have not passed the second U-turn at the Stromlo-end of Uriarra Road by 9.00am will be directed back to transition. Athletes will have their timing chip removed.

These athletes will be permitted to finish the race but will not receive a time.

AUSTRALIAN CHAMPIONSHIP TITLE

The Australian Championship title in Standard Duathlon will be awarded to first, second and third placed athletes. To be eligible for the Australian Championships title athletes must hold a current AusTriathlon Standard or Premium membership by Thursday midnight prior to the event.

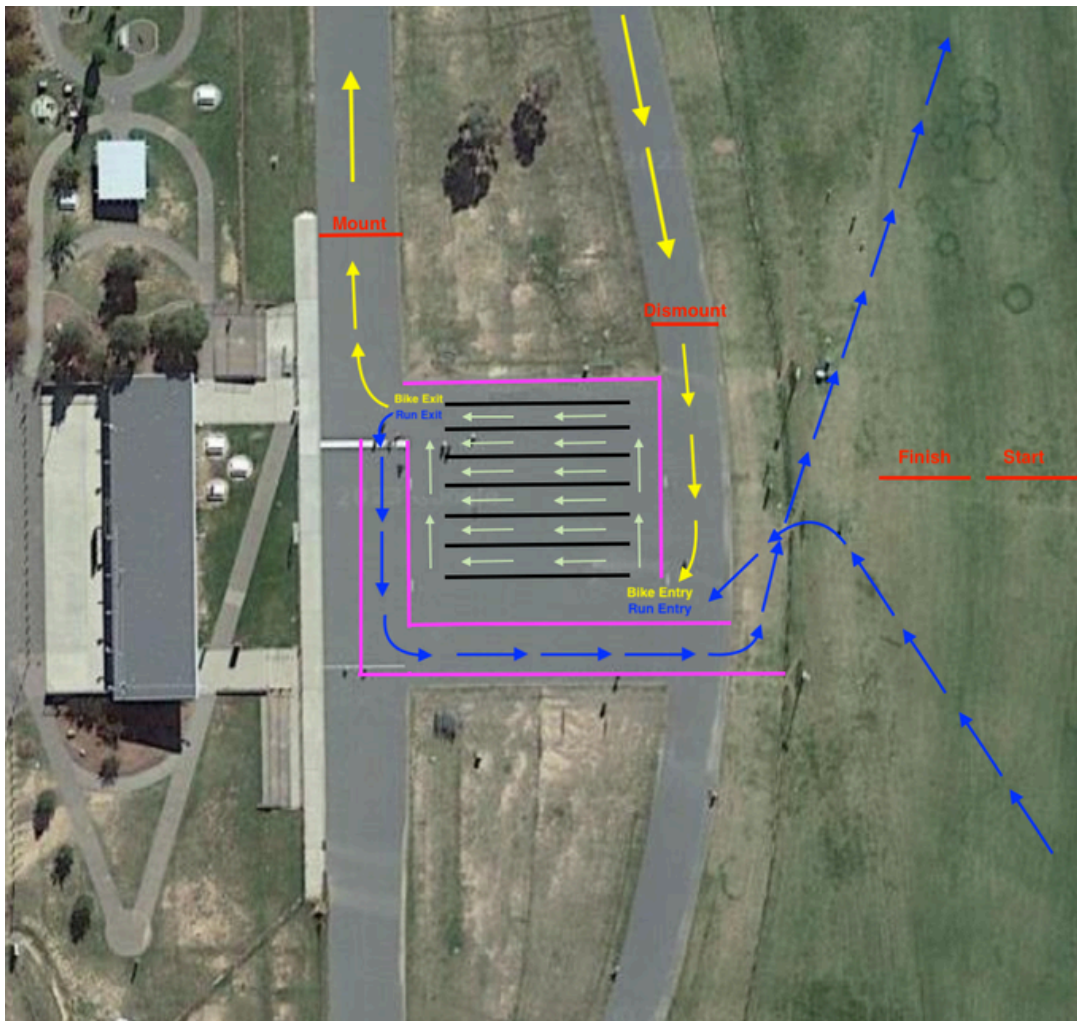
RACE DESCRIPTION

TRANSITION

After the first run, athletes will enter transition from the south Run Entry gate. Athlete must turn right towards the bike racks. Conduct your transition diligently, touching your bike only after your helmet is securely fastened. Once bike is unracked, athletes should head north towards the Bike Exit gate. Proceed to the mount line and mount your bike beyond this line.

At the end of the bike leg, once dismounted at the dismount line athletes must enter transition at the south Bike Entry gate (same gate as Run Entry), turn right towards bike racks. Once bike is racked, athletes should run north to the end of the bike racks, turn right towards Run Exit to enter the second run leg.

Transition flow is one-way. Always follow the directions of Technical Officials and volunteers.



RACE DESCRIPTION

DUATHLON

RUN COURSE

The run course for all athletes will be on the Robert de Castella Cross Country Running Track. All athletes are to run in a clockwise direction for all run legs.

SPRINT & STANDARD

For Sprint athletes, the run course consists of two laps of the 2.5km loop (5km in total) of the running track. For Standard athletes, the run consists of four laps of the 2.5km loop (10km in total) of the running track.

Upon concluding the required number of laps, all competitors will proceed towards the transition area through the double gate.

Following completion of the bike leg, all athletes will proceed out of transition back onto the running track. Sprint athletes will complete one lap of the 2.5km loop and Standard athletes will complete two laps of the 2.5km loop (5km in total).

Upon rounding the last bend of your final lap, set your sights on the finish line to complete the race. Athletes are responsible for counting their own laps. Athletes who do not complete the required number of laps will be disqualified.



RACE DESCRIPTION

DUATHLON

BIKE COURSE

Athletes should ensure their helmet is on and clipped before moving their bike from the rack once out of transition.

The bike course for all athletes begins on the criterium track, heading north towards the entrance gate. Upon reaching the gate, athletes will turn right onto the criterium track extension. Athletes will continue riding towards old Uriarra road and then turn left on to the road towards the Uriarra road roundabout. Please be aware and cautious of the magpie located near the Uriarra Road roundabout.

This part of the course presents a wonderful view of Canberra's bushland not often seen from the city, amidst a gently undulating countryside. Athletes should always ride on the left side of the road and are not to cross the centre line (even when one may not be painted on the road).



RACE DESCRIPTION

DUATHLON



RACE DESCRIPTION

DUATHLON

SPRINT

Sprint distance athletes are reminded this event is draft legal. Appendix A of the Athlete Guide contains Draft Legal Rules that all athletes should read and be familiar with.

Sprint athletes will ride 9.6km down Uriarra Road, execute a U-turn and follow the same route back to old Uriarra road and towards the criterium track. Upon entry to the criterium track, athletes will be directed a slight left towards the dismount line.

Dismount your bike before crossing the dismount mat and proceed straight ahead. Take a right turn into the transition area (the same entry used for the run), turning sharply right to reach the rack line. Rack your bike and only then undo and remove your helmet. Secure your bike, then continue along the racks and take a left towards the run exit. The Sprint distance is a age group draft-legal race. Drafting rules apply.

STANDARD

Standard athletes will ride 9.6km down Uriarra Road and execute a U-turn. Athletes will ride back towards old Uriarra road, they will then execute another U-turn before the roundabout near Stromlo entrance to complete a second lap of Uriarra Road. Athletes who have not reached the second U-turn at Stromlo to start your second lap of Uriarra Road before the 9.00am cut-off will be directed back to transition.

Following completion of the second Uriarra Road lap, Standard athletes will return to transition via the same route. Upon entry to the criterium track, athletes will be directed a slight left towards the dismount line.

Dismount your bike before crossing the dismount mat and proceed straight ahead. Take a right turn into the transition area (the same entry used for the run), turning sharply right to reach the rack line. Rack your bike and only then undo and remove your helmet. Secure your bike, then continue along the racks and take a left towards the run exit. The Standard distance is a non-drafting race. Drafting penalties will apply.

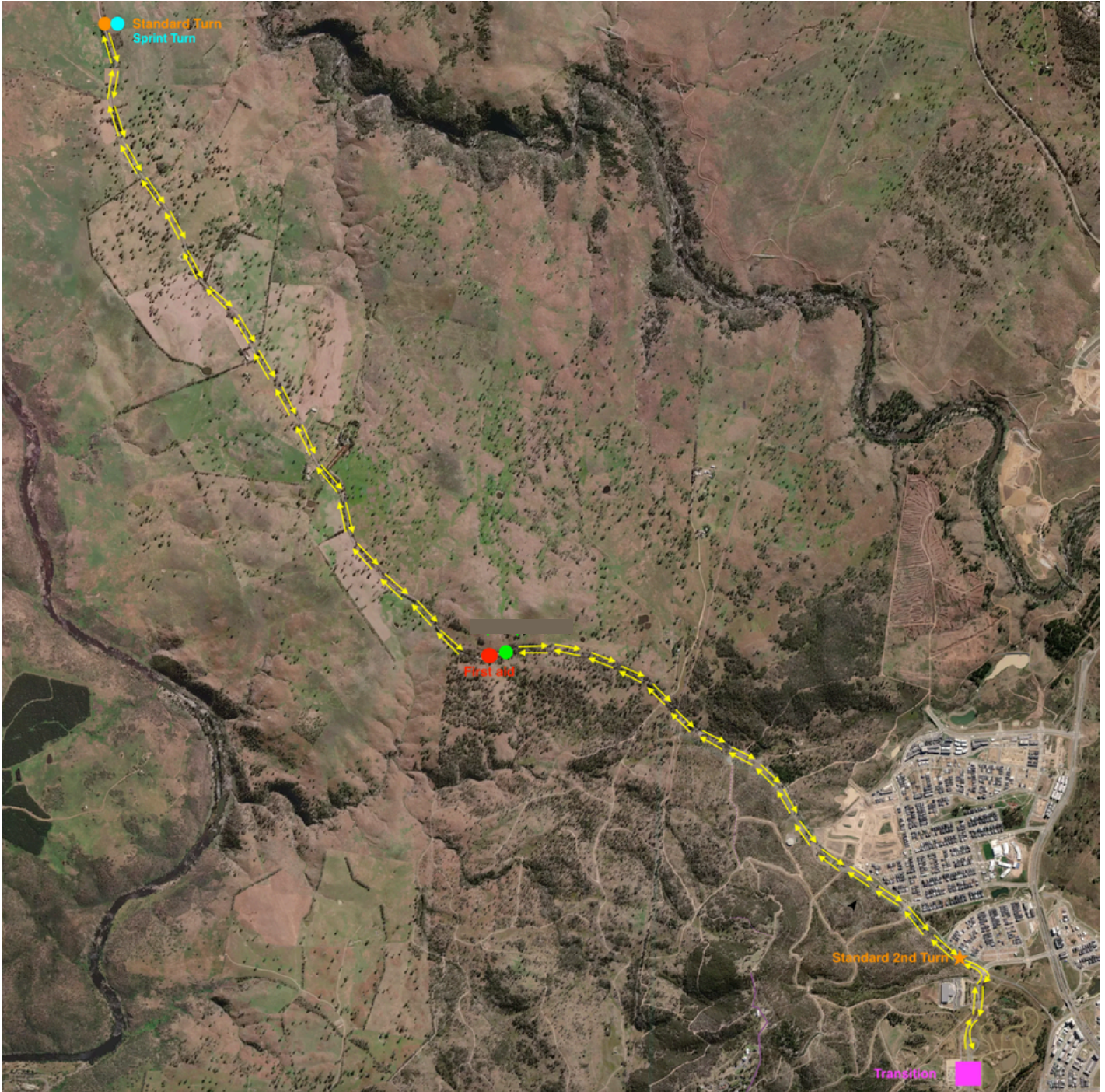
RACE DESCRIPTION

DUATHLON



RACE DESCRIPTION

DUATHLON



RACE DESCRIPTION

FUN RUN

FUN RUN

The fun run for all athletes will be held on the scenic Robert de Castella Cross Country Running Track and the adjoining trails of Stromlo Forest Park. The course winds through natural bushland and open spaces, making it a beautiful way to experience the venue while running at your own pace.

This fun run will be fully timed, giving you the chance to set a personal best or simply enjoy the atmosphere with friends and family. Every participant will receive a finisher medal.

Whether you're a seasoned runner or just looking to join in the excitement, the fun run is designed to be inclusive, social, and enjoyable for everyone.

5K RUN

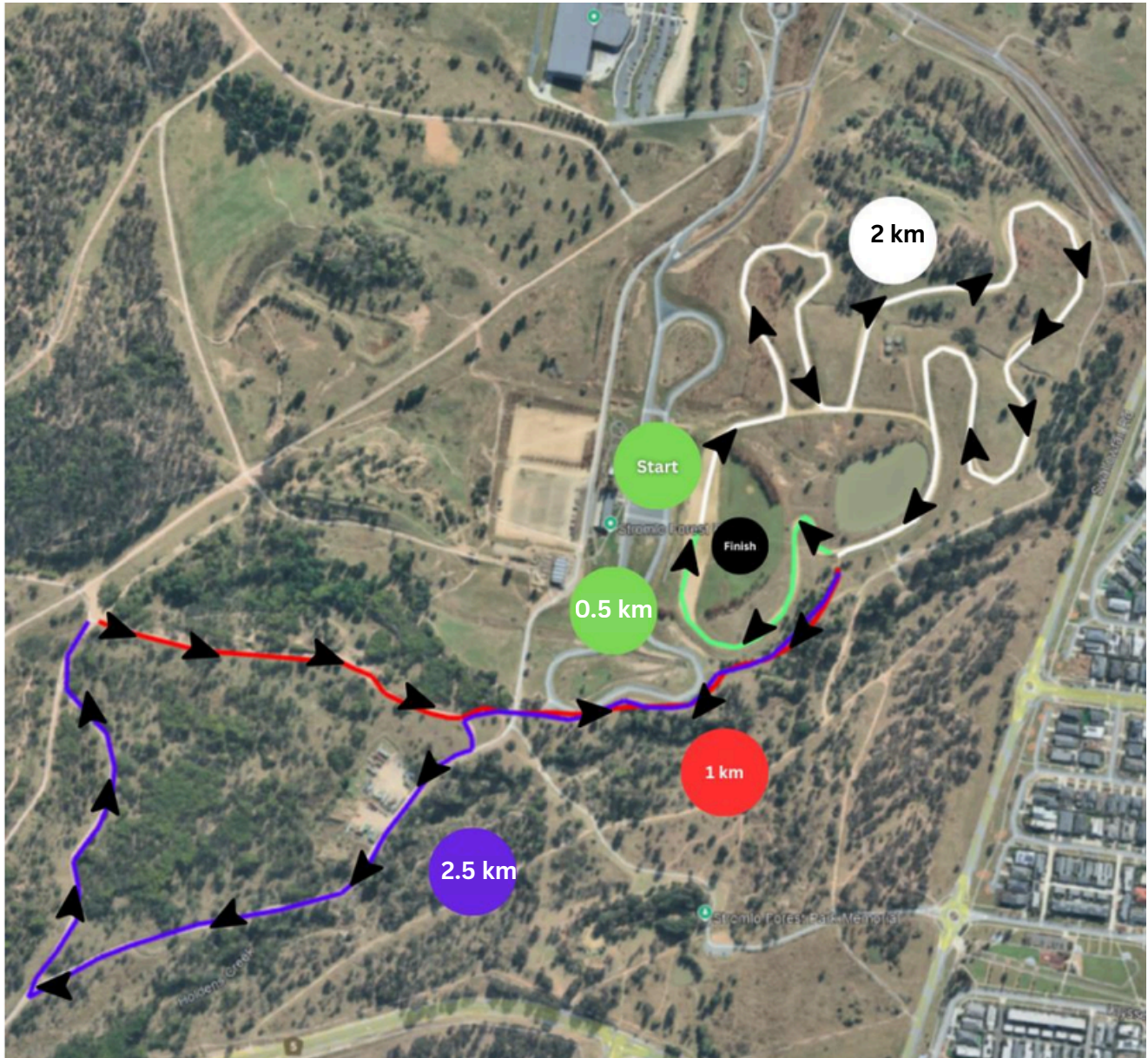
The 5km run begins on the Robert de Castella Cross Country Track, with athletes completing a modified course of 2km + 2.5km + 0.5km. After the opening 2km on the grass track, athletes turn left and head upwards onto the trail section. From there, they turn left again to complete a 2.5km trail loop before rejoining the cross country track. A final left turn then takes them onto the last 500m stretch, guiding athletes into the finish chute.

10K RUN

The 10km run begins on the Robert de Castella Cross Country Track, with athletes completing two full rounds of the 5km course. Each round includes the opening 2km on the grass track, a left turn onto the trail section, a 2.5km trail loop, and a return to the cross country track before finishing with the final 500m stretch. After the first round, athletes will continue straight past the finish chute to begin their second lap. On completing the second round, athletes turn left into the finish chute to complete the race.

RACE DESCRIPTION

FUN RUN



RACE DESCRIPTION

KIDS DUATHLON

KIDS DUATHLON COURSE

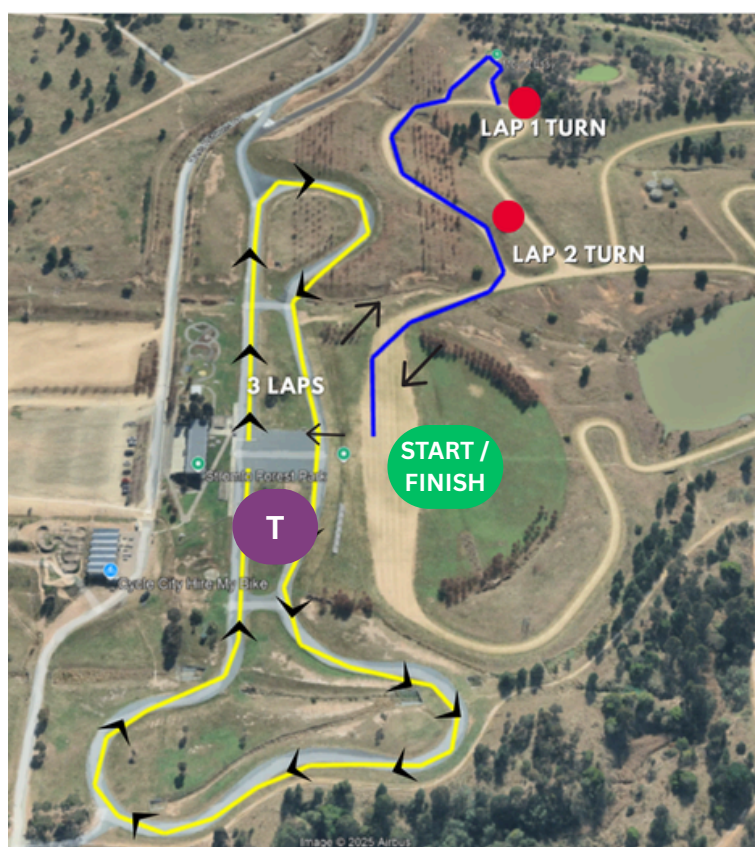
The Kids Duathlon is a relaxed, fun event designed especially for young athletes. Run in a run–ride–run format. The course is fully timed and all finishers will receive a medal. Please note, while times will be recorded, no results will be published since the focus is on participation and enjoyment.

KIDS RUN COURSE (1km + 0.5km)

The event begins with an out-and-back 1km run on the Robert de Castella Cross Country Track. Athletes will follow the marked course to the turnaround point, complete a right-hand U-turn, and return towards transition. After completing the bike leg, kids will re-rack their bikes in transition and head back out for a final 0.5km out-and-back run loop before entering the finish chute.

KIDS BIKE COURSE (3.75KM)

Athletes should ensure their helmet is on and clipped before moving their bike from the rack once out of transition. Once the first run is complete, kids will collect their bikes from transition, safely exit, and complete three laps of the Stephen Hodge Criterium Track (totalling 3.75km). After finishing their final lap, athletes return to transition to prepare for the last run.



TIMING AND MEDICAL SERVICES

TIMING

Timing for this event is being provided by Sports Event Services. Timing chips must be worn around the left ankle for the entire duration of the race. Timing chips must be returned at the end of your race. You must cross the mats at all timing locations to receive an official race time.

MEDICAL SERVICES

Medical services will be available at the venue throughout the event. Mobile medical personnel will be located on Uriarra Road and will be able to provide assistance if required. Athletes should ensure they have appropriate medical insurance.

TECHNICAL INFORMATION

World Triathlon and AUS Triathlon rules apply for the Standard and Sprint distance races. This includes bicycle, wheels and handlebar restrictions. It is the athlete's responsibility to know, understand and adhere to competition rules. A non-exhaustive list of penalties are available in appendix A of this guide.

COMPETITION RULES

- AUS Triathlon [Race Competition Rules](#) (Version 1.2 June 2026)
- World Triathlon: [World Triathlon Development: Technical Officials Documents • World Triathlon](#)
- UCI Approved equipment: [Equipment](#) | [UCI](#)

The Sprint distance race is an age group draft-legal event. Appendix A contains the draft legal rules provided by the Capital Duathlon Technical Delegate, Gai Webster. Athletes competing in this race must familiarise themselves with rules for this event.

PROTESTS & APPEALS

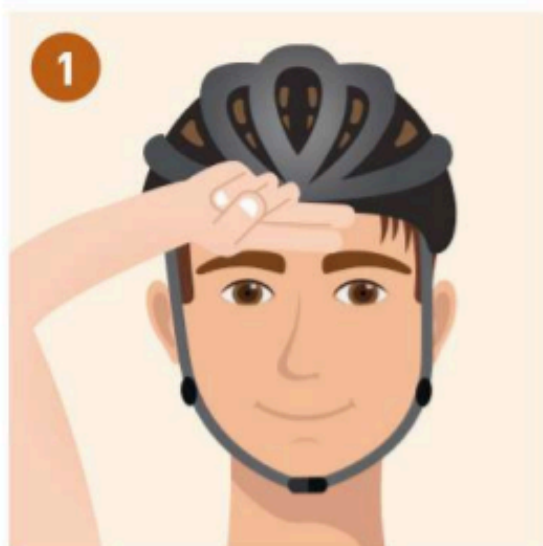
Standard procedures will be followed according to the AusTriathlon Race Competition Rules.

BIKE HELMET FITTING

[Watch this video](#) to correctly fit your bike helmet.

TECHNICAL INFORMATION

BIKE HELMET FITTING



1 Position the helmet so that it protects your forehead. (1-2 fingers above your eyebrows).



2 Fasten the clip on the strap under your chin. Then tighten the strap so you can still fit one finger between it and your chin to ensure it isn't too tight.



3 Slide the plastic clips on each side of the strap upwards so the strap forms a triangle just below your ears.



4 Use the rear adjuster to ensure a snug, comfortable fit. Your helmet should touch on all sides and not slide forwards, backwards or from side-to-side.

TECHNICAL INFORMATION

UNIFORMS, EQUIPMENT, RACE NUMBER FITTING

All athletes should ensure they wear suitable racing attire. Athletes wearing race suits should ensure they comply with AusTriathlon Race Competition Rules. During the bike and run segments, the torso must be covered. Athletes wearing race suits with a front zipper should ensure the zipper is always connected at the bottom.

Athletes should ensure their equipment complies with relevant race rules at all times, including bicycle, wheels and handle bars. Equipment in transition should be kept neat and tidy. Bags left in transition will be removed before the start of the race.

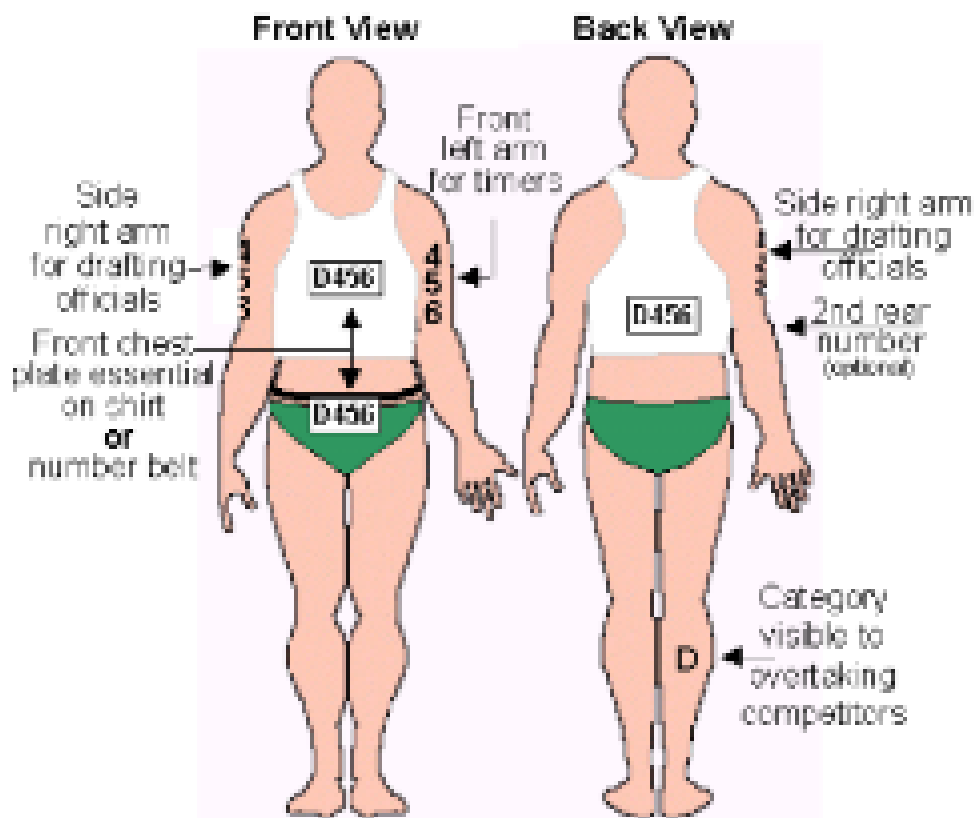
In your race pack you will receive a race bib (with chip attached), bike/helmet stickers. Stickers should be affixed to the helmet and bike before entering transition for bike check in.

The helmet sticker should be placed at the front of your helmet. The bike sticker should be attached to the seat post with the number heading towards your rear wheel.

Timing chips must be worn throughout the race and race bibs need to be worn for both run legs. Bibs may be pinned to your t-shirt or worn on a race belt. Failure to wear your race bib may result in a time penalty.

You will not be provided with number tattoos. For race day, athletes should mark both upper arms with your race number. Numbers should be written in large print vertically downward using a thick dark permanent marker. Markers will be available at the race pack pick up location.

TECHNICAL INFORMATION



PENALTY BOX LOCATIONS

The Penalty Box will be positioned near the Dismount Line on the Bike leg. Run course penalties will be served on the spot as either a Warning or Time Penalty.

RUBBISH

ACT Triathlon is committed to minimising environmental impact on the host community, so we request that all athletes collect and discard their own rubbish in the bins provided near the finish line. There are no other bins available at UC Stromlo.

There will be a designated rubbish zone at the aid station. Athletes risk disqualification if they discard any item outside these designated zones

POST RACE INFORMATION

FINISH LINE

The Finish chute is STRICTLY for athletes ONLY – no family members can join you.

RECOVERY AREA AND RUN AID STATIONS

Water will be available at the Run Aid Station and in the Recovery Area near the Athlete Services Tent. Please discard all paper cups in the bins provided or at the Run Aid Station. The Recovery Area and the Run Aid Station are self-serve

BIKE AND GEAR COLLECTION

Transition for bike collection will open at approximately 9.50am, subject to decision by the Race Referee. Please listen out for bike collection announcements. Athletes may collect bags from bag drop at any time. Please ensure you have your bib number with you.

RESULTS AND PRESENTATION

Presentation of Capital Duathlon and National medals for place getters will occur near the finish line once results have been verified by the Head Referee. Additionally, results will be uploaded to the ACT Triathlon website and posted on social media channels.

Collection of medals by place getters unable to attend presentation can be arranged post-event. Please contact the AusTri National Events Manager (nicholas.hull@triathlon.org.au) after the event.

LOST PROPERTY

Lost property will be kept at the bag drop tent. Please contact AusTriathlon events@triathlon.org.au after the event for lost property collection.

APPENDIX A:

DRAFT LEGAL RULES

The following **RACE COMPETITION RULES** will apply for this event in the **Age Group Draft Legal Sprint race**.

From the **AusTriathlon Race Competition Rules** dated June 2026 and in effect from Version 1.2 June 2026 (<https://www.triathlon.org.au/rules/>) – the following Rule advises:

3.15 Draft legal events for Age Group competitors

a. The World Triathlon Competition Rules apply including, but not limited to:

- Wheels having at least 12 spokes
- Disc wheels not being permitted in draft legal events
- Only traditional drop handlebars are permitted
- The handlebars being plugged
- Clip-on bars are not being permitted

b. A competitor passing on the inside (left hand side) of another competitor will receive a Blue Card Time penalty for an illegal pass.

The competitor must present to the Bike Penalty Box for a 2-minute Time Penalty.



APPENDIX A:

DRAFT LEGAL RULES

World Triathlon Competition Rules can be downloaded from

(<https://triathlon.org/about/downloads>)

UCI Approved equipment can be downloaded from

(<https://www.uci.org/equipment/bh2JJzw1eB0n876rX2iB1>)

World Triathlon Competition Rules (June 2026)

Rule 5.2 Equipment

d.) For draft-illegal events, Para Triathlon and Age-Group draft-legal events:

(i) Frames:

- The bike will be no more than 185 cm long, and 50 cm wide;
- The bike will measure between 24 cm and 30 cm from the ground to the centre of the chain wheel axle;
- There will be no less than 54 cm and no more than 65 cm between a vertical line passing through the centre of the chain wheel axle and a vertical line through the centre of the front wheel axle;
- The frame of the bike shall be of a traditional pattern, i.e., built around a closed frame of straight or tapered tubular elements (which may be round, oval, flattened, teardrop shaped or otherwise in cross-section). Bikes built around a diamond shape (no saddle down tube) or with a rear triangle which does not connect at the top of the down tube/top tube section are considered acceptable.
- Bikes provided with the UCI Time Trial homologation label (Code TT) are always allowed in World Triathlon draft-illegal events, even if they contravene any of the previous bullets in this 5.2 d.) (i) insert.

(ii) Saddle-position:

- There will be a vertical line touching the front-most point of the saddle which will be no more than 5 cm in front of, and no more than 15 cm behind, a vertical line passing through the centre of the chain wheel axle, and an athlete must not have the capability of adjusting the saddle beyond these lines during competition;

e.) Wheels:

(vii) For Age-Group draft-legal competitions, wheels must have the following characteristics:

- Wheels shall have at least 12 spokes;
- Disc wheels are not allowed

f.) Handlebars:

(ii) For Age-Group draft-legal competitions, the following handlebar rules will apply:

- Only traditional drop handlebars are permitted. The handlebars must be plugged;
- Clip-ons are not allowed.

APPENDIX A:

DRAFT LEGAL RULES

g.) Helmets:

(i) Helmets must be approved by a national accredited testing authority recognised by a National Federation affiliated with World Triathlon.

5.5 Drafting:

b.) Draft legal events:

(i) It is forbidden to draft off a different gender athlete;

(ii) It is forbidden to draft off an athlete being in a different lap;

(iii) It is forbidden to draft off a motorbike or vehicle.

APPENDIX A:

DRAFT LEGAL RULES

For your information and as per the World Triathlon (WT) Draft Legal rules, the following penalties will apply (reference number from Appendix K) and be served at the Listed Penalty Box.

General Infringement

RULES	PENALTIES	WT RULE
11. To dispose of rubbish or equipment around the course outside the clearly identified places, such as aid stations or rubbish disposal points;	- Warning and amend if possible, or - Time penalty – 10 seconds In Bike Penalty Box	2.1 a.) (xi)

Bike Course Infringement

RULES	PENALTIES	WT RULE
77. Drafting off a different gender athlete in draft legal events	- 1st offence: Warning and amend - 2nd offence DSQ	5.5 b.)
78. Drafting off an athlete in a different lap in draft legal events	- Warning and amend if possible, or - DSQ	5.5 b.)
80. Drafting off a vehicle or motorbike in a draft-legal competition	- Warning and amend if possible, or - DSQ	5.5 b.)
82. Blocking in a draft-legal Age Group competition	- Time penalty – 10 seconds In Bike Penalty Box	5.7
A competitor passing on the inside (left hand side) of another competitor may receive a blue card time penalty for an illegal pass.	- Blue Card presented - Time penalty – 2 minutes In Bike Penalty Box	AT Rule 3.7

Transition Infringements

RULES	PENALTIES	WT RULE
56. All athletes must have their helmet securely fastened and cannot lock or unlock touch the locking mechanism of the helmet from the time they remove their bike from the rack before the start of the bike segment until after they have placed their bike on the rack and let go after the finish of the bike segment.	- Warning and amend - Time penalty – 10 seconds served on the spot	7.1 r.)
54. Athletes must use only their designated bike rack and must rack their bike for a traditional bike rack as follows: • For the first transition: In an upright position with the front of the saddle hooked over the horizontal bar. Head Referee may apply exceptions – eg windy conditions. • For the second transition: In any direction, with both sides of the handlebar, both brake levers or the saddle within 0.5 m of the rack number or name plate. The bike must be racked in a way that does not block or interfere with the progress of another athlete.	- Warning and amend - Time penalty – 10 seconds served on the spot	7.1 a.) 7.1 f.)
67. Athletes who cycle out of transition rather than mounting at the mount line will be disqualified.	DSQ	7.1 i.)
68. Athletes who make no attempt to dismount at the Dismount line causing them to cycle in Transition will be disqualified.	DSQ	7.1 k.)

ACT TRIATHLON

