



Associated  
Catholic  
Colleges

"Excellence,  
Honour and  
Fairness in  
Student Activities"

**2017 TRIATHLON  
SCHOOLS INFORMATION PACKAGE**



The ACC is conducting its second triathlon competition, working in partnership with Sole Motive, an event management company with significant experience in triathlon events. The ACC will be allocated its own 'wave starts' as part of the event.

**When:**

Sunday 19th March 2017

**Race Start:**

Mini – 7.20am (300m swim, 10km bike, 2km run)

Sprint – 8.50am (750m swim, 20km bike, 5km run)

**Where:**

Peter Scullin Reserve, Beach Rd, Mordialloc (Melway ref: 92 M1)

See Appendix 1 for venue map.

**Entry Instructions:**

Details for the event can be obtained from the Sole Motive website:

<http://www.solemotive.com>

**Entry Instructions**

1. To enter go to:  
<http://events.solemotive.com/activetri/>
2. Click on "Register Now"
3. Enter email address and password – if you have not registered an email address and password with our website you will be prompted to do so (simply follow *New User* instructions)



4. Follow the prompts for registration.

**NB: Minimum age for the Kids triathlon is 7 years old, Mini triathlon is 12 years old, Sprint triathlon 14 years old and for the Olympic triathlon 16 years old. Ages are calculated as the participant's age at 31/12/2016**

5. Once you have selected your events please select whether or not you are a Triathlon Australia member. If you are not a member the price is higher to cover you for insurance for the day. For more information on how to become a TA member please visit <http://www.triathlon.org.au/>

6. Select *Yes* to *Are you part of a school group?* and enter your school name when asked *What school group?*

7. Once you get to the "Order Review" page you will be asked to enter a code under "Discounts" the code is **ActiveTriACC** this will give you a 10% discount off your entry fee only.

**NB: The discount is valid for Race 5 entries only.**

**Refunds for the 10% discount will not be given if the promotional code is not entered. The code is valid for online entries only.**

**The discount cannot be given for on day entries.**

**If a non-student is found to be using the code then the agreement between Sole Motive and your school will cease immediately and for the remainder of the season.**

- Once payment has been processed you will receive a receipt via email.
- Participant instructions will be emailed to you closer to the event date.
- Race packs will be ready for collection at the event location on the Saturday before the event from 2-4pm or on the Sunday morning at the event.

If you have any queries please phone Sole Motive on 9285 0600 or email [info@solemotive.com](mailto:info@solemotive.com)

**Cost (GST inclusive): The ACC discount will take 10% off the costs listed below**

Mini <b>INDIVIDUAL</b>	\$56.50	Mini <b>TEAM</b>	\$94.50
Sprint <b>INDIVIDUAL</b>	\$90.00	Sprint <b>TEAM</b>	\$127.00

Registration details need to be completed by the deadline of **5pm WEDNESDAY MARCH 15<sup>TH</sup>, 2017.**

**Note that no changes can be made to your entry on Race Day.**

Students need to confirm their registration with the Director of Sport at your school once completed. A full list of participants from your school **MUST** be supplied to the ACC office after the registration process closes. This will ensure that the relevant participants are entered together in the ACC Wave.

If you are a Triathlon Australia Member or have already entered the Activetri Series, you will need to confirm your entry with your Director of Sport AND Sole Motive directly in order to



compete in the ACC Wave. Your standing within your normal age group will not be affected by the change of wave, as results will carry over into your normal group.

### **Race Packs:**

Your race pack can be collected on Sunday 19th March from 6.00am **from the ACC marquee**, which is located next to the Entries / Race Kit Collection area (See map at the end of this information package). Look for the ACC wind flags.

Each race pack is an A5 size envelope containing the following items:

- On the front is student name, race number and what event they are doing – please double check this is correct.
- Security band – it also has their race number written on it. This is put on their wrist on the morning of the race. It allows them to get in and out of the transition area. Without it, they will not be allowed in.
- Stickers – these also have their race number printed on them. There are 2 sets – one set goes on their bike helmet (RHS) and one set goes on their bike stem at the front.
- Swim cap – each race pack contains a coloured swim cap relevant to wave start.
- Timing chip – It needs to be attached securely to their ankle.

### **Numbering:**

Race numbers are written on the upper right arm, the front of left quad. Race Category must be written on the back of your right calf. These should be done by schools prior to race start, just bring your own thick black marker pen.

### **School Marquee:**

Each school is welcome to set up their own marquee, however a site will need to be booked via Sole Motive management. To book a site and find out more details about setting up a marquee, visit the Sole Motive website: [CLICK HERE](#)

It is critical that proper weights be utilised to secure your marquee. No pegging is allowed and marquees that are not weighted correctly will not be allowed to be set up. Further information is available later in this package.

### **What to bring/wear:**

Swim – school bathers, goggles, wetsuit (optional)

Ride – bike (in good working order), helmet, school polo shirt & shorts (if desired), runners, water bottle, bike shoes (optional)

Run – runners, school polo shirt/Singlet & shorts (if desired), cap

General – sunscreen (30+), sunglasses, water bottle, refreshments (fresh fruit, fruit bars).

Race Day Arrival – arrive 1 hour prior to your race start to ensure you get your gear organised in transition.

### **Results:**

Although participants will race as individuals, there will be an ACC banner awarded to the best-performed overall school. The top 4 times from each school will be collated and each school will then be ranked according to their combined times. Individual results will be available via the Sole Motive website, with ACC results to be distributed in the week following the event.

ACC awards will be based on three sections:

1. **INDIVIDUAL SPRINT**
2. **INDIVIDUAL MINI**
3. **TEAM SPRINT**



## **First Aid**

Schools are required to bring their own first aid kits to address the immediate first aid needs of their students. Sole Motive will provide first aid attendants for students who require treatment beyond that initially administered by school staff.

## **Cancellations/Withdrawals**

Cancellation will only occur in the event of extreme weather conditions (e.g. lightning storms) in consultation with Sole Motive Event Management and ACC. Registration is confirmation of your participation. On the date of close of entry, the ACC is required to confirm numbers and staffing with the service provider (Sole Motive) and, as such, no refunds can be given after this date.

## **Race Structure:**

### **The Swim**

Swimmers will need school bathers (check on day if wetsuit allowed), designated wave swim cap and goggles. Ensure that their timing chip securely fastened to their ankle, and students are familiar with the swim course. Water safety attendants are on the swim course. If students need help, raise hand.

### **Transition 1**

#### *Individual*

From the beach, students run back to the Reserve to the transition area. Students find transition entrance and run to where their bike is racked. Make appropriate clothing changes - runners on, t-shirt & shorts, helmet on and done up before un-racking bike. Find correct exit and wheel bike out of transition area to mount line on the road.

#### *Team*

From the beach, swimmer runs back to the Reserve to the transition area. Rider team mate is waiting in in 'Teams Transition Box' with their helmet on and done up. Swap the timing band over. Rider then runs to their bike, un-racks it, wheels bike out of transition area to the mount line on the road.

### **The Bike**

Ensure students are aware of the following rules:

- Helmet must be on and done up before un-racking your bike
- Bike must be wheeled out of the transition area, that is, you cannot ride it until you pass the 'mount line' on the road
- Stay to the left unless passing, which is done on the right
- No drafting, that is, stay 3 bike lengths behind the cyclist in front
- Do not ride side by side
- At the end of the bike leg, Race Officials will ask you to dismount at the 'dismount line' and wheel your bike to the bike rack
- Keep helmet on and done up until you bike has been racked

### **Transition 2**

#### *Individual*

Upon return to the transition area, student must rack their bike, take helmet off and then can commence their run leg.



### *Team*

Upon return to the transition area, rider must rack their bike, take helmet off and then run to 'Teams Transition Box' to swap timing band over to their Runner team mate.

### **The Run**

The run will take place on the paths that run alongside the beach. There are two drink stations on the run leg (refer to map). Finish line is through the finish arch. The timing chip will be returned to the bucket after you cross the finish line. Sole Motive staff will assist in this process.

### **TRAINING CLINIC**

Students have an opportunity to attend a training and information session the day prior to the event. This may be helpful for those who are participating in this event for the first time. The training clinic focus will be on an introduction to triathlon and practise transitions. This will be a practical session.

Where /Meeting point: Peter Scullin Reserve, Mordialloc

When: Saturday 18th March

Time: 2:45 pm to start at 3 pm

What's needed: this is a practical session so if you wish to have the opportunity to practice your transitions and techniques being demonstrated – Bicycle, helmet and bike shoes or runners.

Transition familiarisation: will follow after this session. Approx. 3.45 pm

Best wishes to all participants. Further information about the event can be found on the Sole Motive website: [www.solemotive.com](http://www.solemotive.com) or from the Director of Sport at your school.

### **ACC Contact Details**

Paddy McKenna

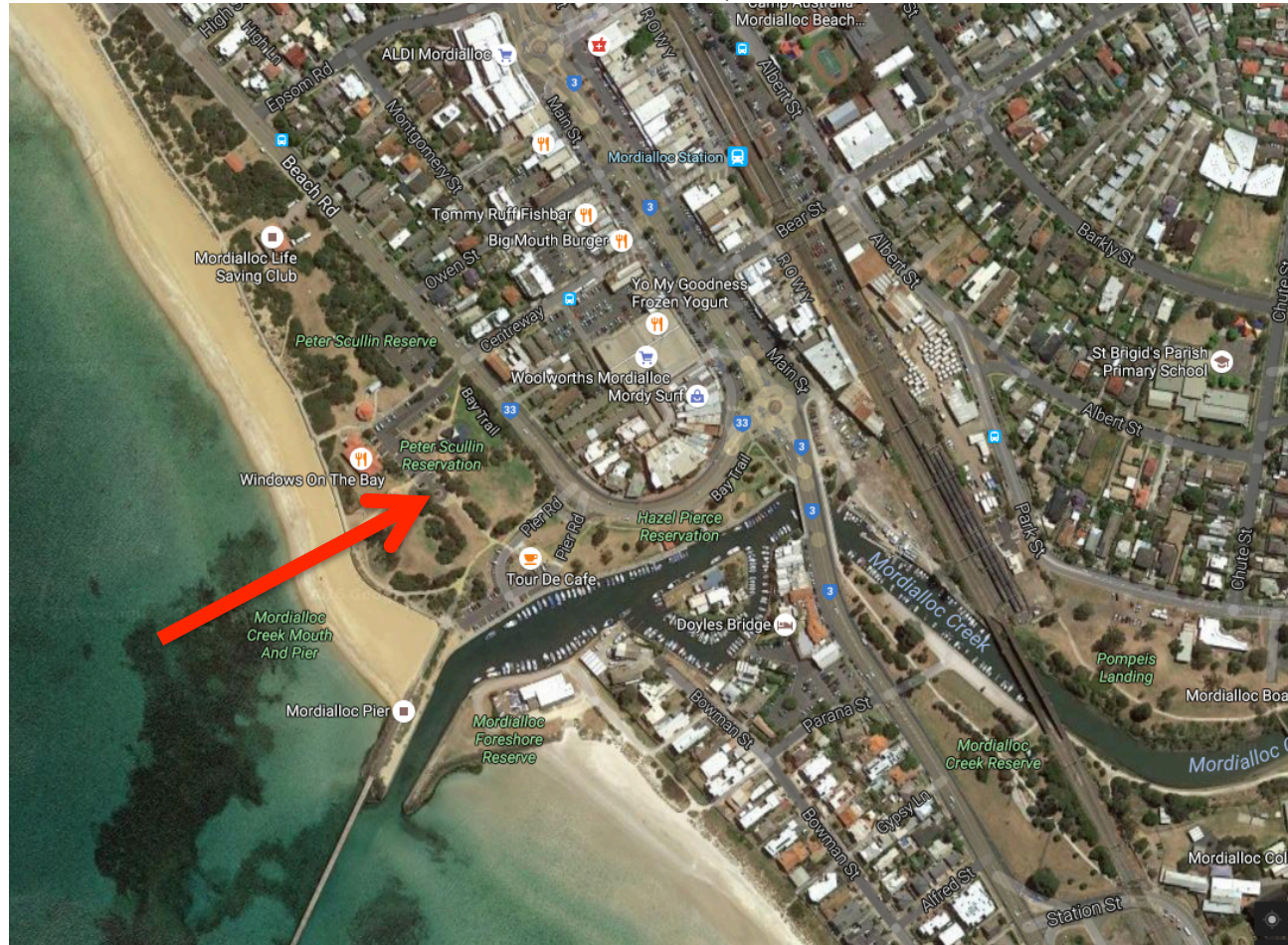
[paddy@accmelb.com.au](mailto:paddy@accmelb.com.au)

03 8651 1132

0433 282 445



## Peter Scullin Reserve, Mordialloc



Google map reference: <https://goo.gl/maps/BVR6Q7wiPCv>



# RACE 5 MORDIALLOC

# ACTIVETRI MELBOURNE TRI SERIES 2016/17

**LEGEND**

- SWIM LEG
- BIKE LEG
- RUN LEG
- S START
- F FINISH
- T TRANSITION
- + FIRST AID
- ☒ WATER STATION
- ♿ PUBLIC TOILETS

**COURSES**

**OLYMPIC TRI 1500m/40km/10km**  
**SWIM** 1500m lap anticlockwise south off Mordialloc LSC  
**RIDE** 2x 20km loop along Beach Rd and back. Turning prior to Royal Ave.  
**RUN** Run: 5km out and back along beach and bike paths to "Old Beaumaris Hotel".

**SPRINT TRI 750m/20km/5km**  
**Swim** 750m lap anticlockwise south off Mordialloc LSC  
**Ride** 1 x 20km loop along Beach Rd and back. Turning prior to Royal Ave.  
**Run** 5km out and back along beach paths to past Mentone Pde.

**MINI TRI 300m/10km/2km**  
**Swim** 300m lap clockwise south off Mordialloc LSC  
 Beginner: 100m lap clockwise south off Mordialloc LSC  
**Ride** 10km lap, between Pier Rd and Cromer Rd  
**Run** 2km out and back along beach paths to Rensison St

