



## EVENT INFORMATION GUIDE

### SUPPORTED BY



### Sponsors

The Local Organising Committee is proud to have Triathlon Victoria, Mulwala Waterski Club and Yarrowonga Mulwala Tourism, along with the following event partners as part of the Yarrowonga Mulwala MultiSport Festival.



## Supporting partners



# Contents

Sponsors.....	1
Welcome and key event details.....	4
Weekend Schedule of events.....	5
Triathlon Dinner and Presentation of Saturday Race Awards .....	5
Village Layout.....	6
Transition .....	6
Triathlon Course Maps.....	7
Swim (Mini, Sprint & Standard) .....	7
Bike (Mini, Sprint & Standard) .....	8
Run (Mini, Sprint & Standard) .....	9
Athlete/Supporter Parking .....	10
Event Details .....	11
Draft Legal Sprint, Non Draft Standard, Non Draft Sprint & Mini triathlons.....	11
Fun Runs Family 5km & 10km, Kids 1km & 3km .....	12
Victorian Club Shield .....	13
The McGregor Trophy.....	14
Fun Run Course Maps.....	15
5km Run.....	15
10km Run .....	16
Race Day.....	17
Event Rules.....	18
Getting to Yarrawonga Mulwala .....	19
Accommodation.....	19

# Welcome

Thank you for entering the Yarrawonga Mulwala  
Multisport Festival.

## **Welcome**

Welcome to the Yarrawonga Mulwala Multisport Festival.

This years events include two World Qualifying Events (WQE Draft legal Sprint and WQE Non Draft Standard distances) to be in the 2018 Australian Age Group Team at World Championships on the Gold Coast in September and Selection Event for School Sports Victoria (SSV). Also, on offer on Saturday are Non Draft Sprint and Mini Distances and Fun Runs on the Sunday.

YMMF caters for all ages and abilities, making it a great weekend away for the whole family.

With activities for both participants and supporters, we hope that you all enjoy this spectacular weekend festival!

The 2017 participant information guide will assist you in preparing for and enjoying the festival.

All the best in your final preparation and we look forward to seeing you race day.

YMMF Local Organising Committee

## **Event Details**

**Date:** 21<sup>st</sup> and 22<sup>nd</sup> of October 2017

**Location:** Mulwala Waterski Club, Mulwala

**Registration:** See event schedule

**Collection:** From 10:00am Saturday

## **Race Contacts:**

**Website:** [www.ymmf.com.au](http://www.ymmf.com.au)

**Email:** ymmfestival@gmail.com

**Phone:** 0419 336 884

**Event Manager:** Jared Loughnan

## **Race Day Contact:**

Peter Guy, Race Director – 0439 483 726

Grant Cosgriff – 0403 041 400

Peter Flockart 0417 565 499



# Weekend Schedule

## Saturday 21<sup>st</sup> October: (UPDATED 19<sup>th</sup> OCTOBER 2017)

10:00am	Registration and transition opens (All events)
12:30pm	Registration and transition closes (All triathlon events)
12:50pm	Triathlon Briefing – All races (including SSV Intermediate & Senior)
<b>1:15pm</b>	<b>Draft Legal Sprint Triathlon (WQE)</b>
1.55pm	Standard Distance Triathlon(Non Draft) – Briefing No. 2
<b>2.00pm</b>	<b>Standard Distance Triathlon (WQE)(Non Draft)</b>
2:25pm	Sprint Distance Triathlon (Non Draft) – Briefing No. 3 (including SSV Intermediate & Senior)
<b>2:35pm approx.</b>	<b>Sprint Distance Triathlon (Non Draft)</b>
4.20pm approx.	Mini Distance Triathlon (Non Draft) transition reopens (including SSV Junior)
4:35pm	Mini Distance Triathlon (Non Draft) transition closes (including SSV Junior)
4:45pm	Mini Distance Triathlon (Non Draft) Briefing
<b>5:00pm</b>	<b>Mini Distance Triathlon (Non Draft)</b>
From 6:45pm	Presentations - Mulwala Waterski Club, Malibu Deck

All triathlon events will be conducted according to the TA Race Competition Rules (RCR):

Link: [http://www.triathlon.org.au/Technical/Race\\_Competition\\_Rules.htm](http://www.triathlon.org.au/Technical/Race_Competition_Rules.htm)



## Wave allocations and times – all events – Updated 18/10/2017

Start times, wave allocations and cap colors					
TIME	WAVE	GENDER	CATEGORY	CAP COLOR	
<b>DRAFT LEGAL SPRINT</b>					
1:15PM	Group 1	MALE	SSV SENIOR & INTERMEDIATE	PURPLE	
1:20PM	Group 2	MALE	AGE GROUPS - UNDER 45	DARK GREEN	
1:24PM	Group 3	MALE	AGE GROUPS - 45 AND OVER	WHITE	
1:28pm	Group 4	FEMALE	SSV SENIOR & INTERMEDIATE	RED	
1:33PM	Group 5	FEMALE	AGE GROUPS - ALL	YELLOW	
<b>STANDARD DISTANCE</b>					
2:00PM	Wave 1	MALE	AG : 35-39,40-44,45-49	RED	
2:05PM	Wave 2	MALE	AG : 17-19,20-24,25-29,30-34	BLACK	
2:10PM	Wave 3	FEMALE	AG : 17-19,20-24,25-29,30-34,35-39	NAVY	
2:15PM	Wave 4	MALE	AG : 50-54,55-59,60-64,65-69,70+	DARK GREEN	
2:20PM	Wave 5	FEMALE	AG : 40-44,45-49,50-54,55-59,60-64,65+	ORANGE	
2:23PM	Wave 6	TEAMS	TEAMS	YELLOW	
<b>SPRINT</b>					
2:35PM	Wave 1	MALE	ALL MALE	WHITE	
2:38PM	Wave 2	FEMALE	ALL FEMALE	NAVY	
2:41PM	Wave 3	TEAMS	TEAMS	YELLOW	
<b>MINI</b>					
5:00PM	Wave 1	MALE	JUNIOR SSV	ORANGE	
5:01PM	Wave 2	FEMALE	JUNIOR SSV	YELLOW	
5:03PM	Wave 3	MALE	ALL MALE	ORANGE	
5:04PM	Wave 4	FEMALE	ALL FEMALE	YELLOW	

## Sunday 22<sup>nd</sup> October:

7:30am	Registrations open for all events
8:15am	5km & 10km Fun Runs registration closes
<b>9:00am</b>	<b>5km and 10km Family Fun Run</b>
9:45am	Kids 1km & 3km Fun Run registration closes
<b>10:00am</b>	<b>Kids 1km &amp; 3km Fun Run</b>
11:00am	Presentations – Yarrawonga Foreshore

### NOTES:

- Registration for Sunday events will be available all day Saturday

## Presentation Party

Make sure you hang around at the Mulwala Waterski Club on the Saturday evening for the Presentation Party on the Malibu Deck. Some fantastic spot prizes will be up for grabs along with some great live entertainment.

From 5pm Live entertainment will start on the Malibu Deck with dynamic duo band ***Touch'n'Go*** and a special Multisport Happy Hour will follow presentations at 7pm. Playing in the club after will be renowned Melbourne and Sydney **U2 Tribute Band 'Achtung Baby'**.



Sunday 22

Malibu Deck:- John Luke Shelley 4pm - 8pm

## Village & Transition Layout



## Medical

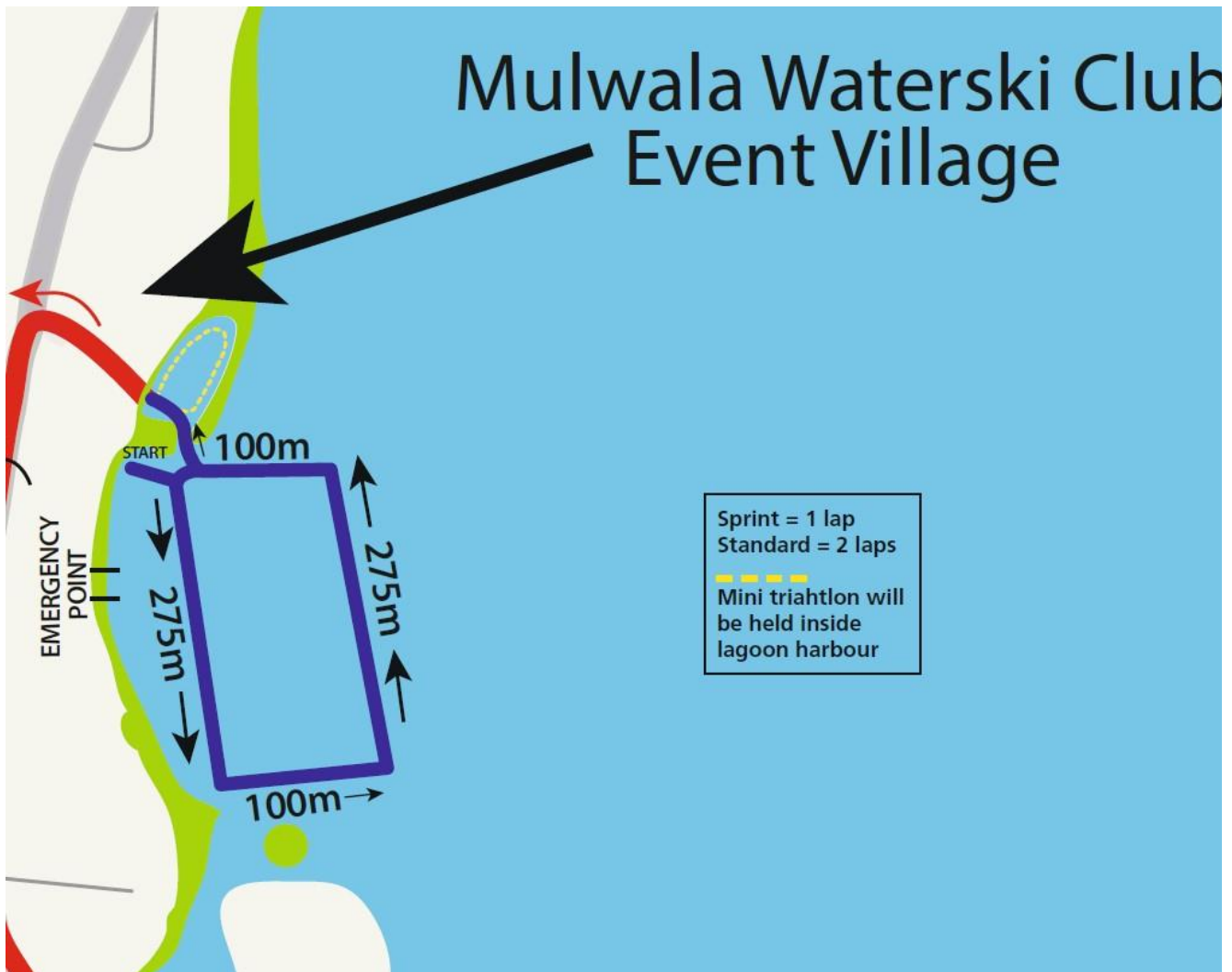
There will be an ambulance and first aid support during the event.

## Technical Support

Triathlon Australia have appointed Technical Officials to this event to ensure the event is safe and fair for all competitors. If you have any questions pertaining to the rules, please ask a Technical Official, recognisable by their fluoro vests.



# Swim

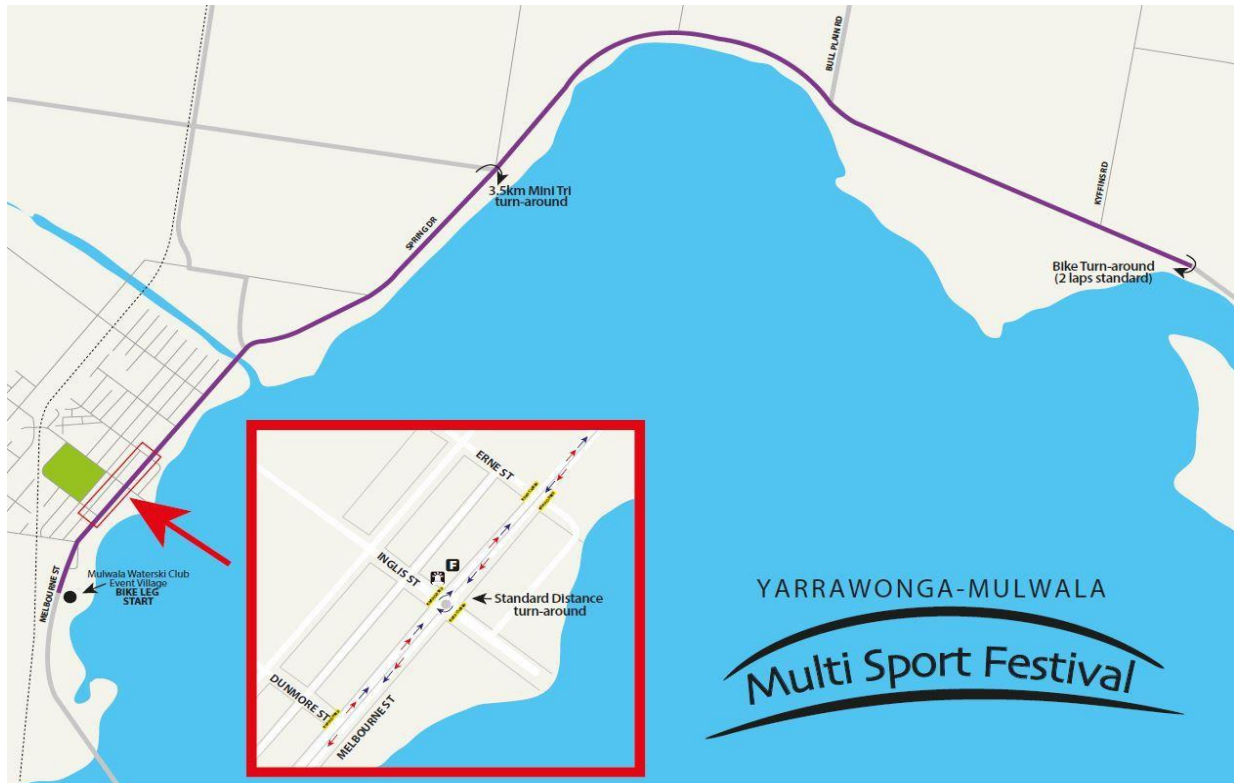


## Wave Starts

The YMMF committee will determine the waves and groups once entries have been received and the field size is known.

- For the Draft Legal Sprint, groups/waves will be determined to allow the benefit of drafting to be achieved, while considering group sizes for bike safety and course management. It is important to note that a competitor can only draft off other competitors in the same group/wave they have been assigned. There will be sufficient wave commencement spacing to minimise the potential for large groups to catch other groups/waves on the bike leg.
- For Non Drafting Events, groups/waves will be determined to allow competitors to achieve a 10m draft zone unless they are overtaking other competitors.

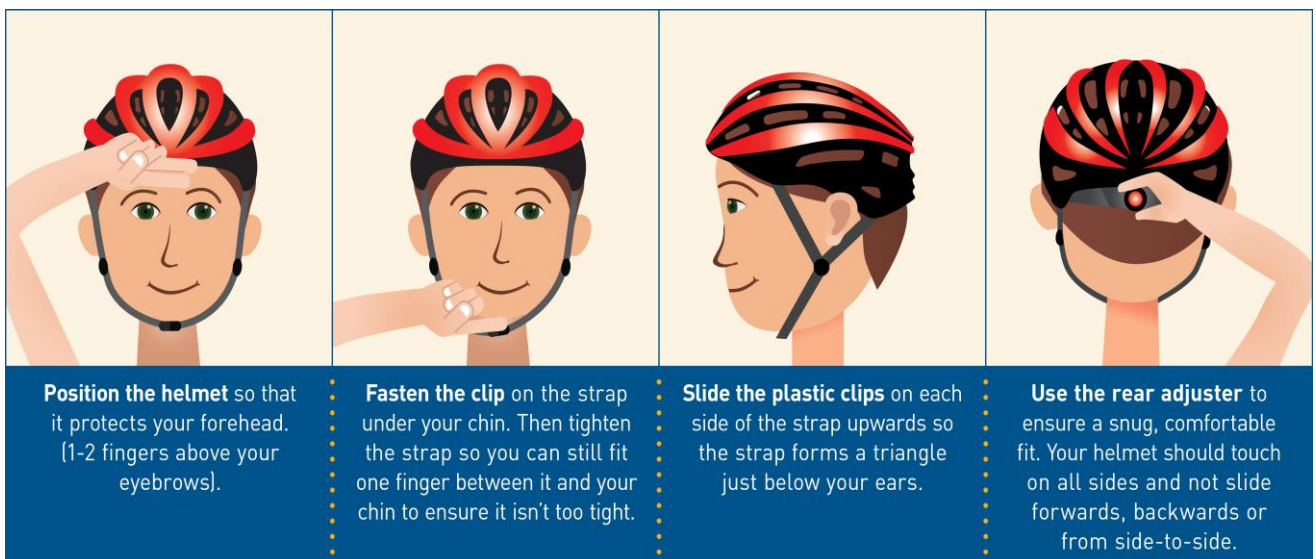
# Bike



A fast, flat course on a good surface.

## Helmet Safety

Please ensure your helmet fits correctly



# Run



A scenic run course over the bridge, along the foreshore and back again.

## Hydration at Aid Stations

Hydration support will be provided by Aqua Force.

# Athlete / Supporter Parking



# Events

**Saturday 21<sup>st</sup> October 2017**

## **Sprint Distance Triathlon (Draft Legal) WQE 2018 Australian Age Group Team World Championships on Gold Coast**

**\*\*\*\*\* DRAFT LEGAL \*\*\*\*\***

### **750m swim- 20km ride- 5km run**

- Start time: 1:15pm – includes SSV Intermediate and Senior competitors
- Open to all age groups
- 2018 Australian Age Group Team World Championships qualifying event
- Victorian State Series Event
- Australian University Championships Event
- SSV Intermediate and Senior Selection races
- Swim – Deep Water Start

## **Standard (OD) Distance Triathlon (Non Draft) WQE 2018 Australian Age Group Team World Championships on Gold Coast**

### **1500m swim – 40km ride - 10km run**

- Start time: 2.00pm - First Wave Open competitors
- Open to teams and all age groups
- 2018 Australian Age Group Team World Championships qualifying event
- Swim – Deep water start

## **Sprint Distance Triathlon (Non Draft)**

### **750m swim- 20km ride- 5km run**

- Start time: 2:35pm approx.
- Open to teams and all age groups

## **Mini Triathlon (Non Draft)**

### **250m swim, 7km ride, 2km run**

- Start Time: 5:00pm
- SSV Junior Selection race
- Swim – Boat Ramp Start

**Sunday 22<sup>nd</sup> October 2017**



## 5km, 10km Family Fun Run

- Start time: 9:00 am

## Kids 1km & 3km Fun Run

- Start time: 10:00 am



## Victorian Club Shield

Each year the Victorian Club Shield is awarded to the champion club at the Yarrawonga Mulwala Multisport Festival. The Shield is currently held by the **Albury Wodonga Triathlon Club (2015)**.

For 2017 the shield is awarded for points accrued across 4 events:

- 5km Fun Run
- 10km Fun Run
- Sprint Distance Triathlon
- Olympic Distance Triathlon

### **Performance Points**

In each age group and open category will be allocated:

- 1st place 30 points
- 2nd place 29 points
- 3rd place 28 points  
down to
- 30th place 1 point

Only the first competitor from each Club in each category scores performance points. The 2nd and subsequent athlete from each Club “blocks” the performance points available to other clubs.

### **Participation Points**

Competitors – 1 point per club member per event entered and completed.

# The McGregor Trophy

In 2012 during the presentations for each event at the Yarrawonga Mulwala Multi-Sport Festival Triathlon Victoria noticed there was a familiar face making multiple podium appearances. This face was athlete Carole McGregor from the Shepparton Triathlon Club, who had entered in four separate events and received the following age results.

- 11<sup>th</sup> fastest female overall in the Dash for Cash
- 2<sup>nd</sup> in age group National Aquathlon
- 1<sup>st</sup> in age group Long course Aquathlon
- 3<sup>rd</sup> in age group Standard Triathlon

To celebrate such a great achievement a trophy was created and named after Carole.

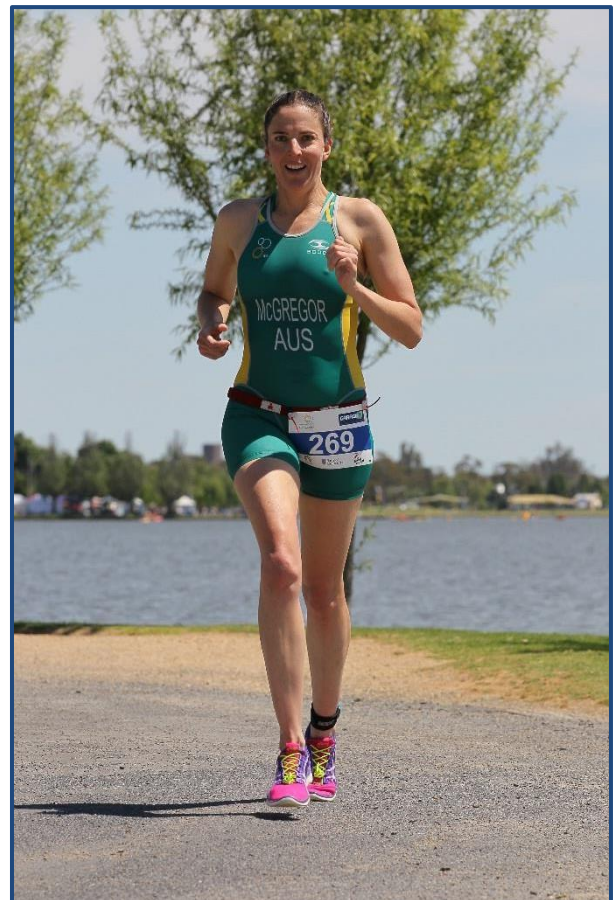
The McGregor Trophy will be awarded to the best overall athlete at the Yarrawonga Mulwala Multisport Festival. The winner will receive a trophy and vouchers to the value of approx. \$200.

To be eligible you need to enter both the Standard Triathlon and the 10km fun run.

The athlete with the highest points total wins. The points will be awarded on the following basis.

- Standard Distance Triathlon Age Group result (eg 1<sup>st</sup> in age group 100 points, 2<sup>nd</sup> 99 points etc)
- 10km Fun Run Age Group Result (eg 1<sup>st</sup> in age group 100 points, 2<sup>nd</sup> 99 points etc)

In the event of a tie each winner will receive a trophy and the prize money will be split.



# SUNDAY FUN RUNs

## Course Maps

Course maps are available on the website.

### 5km

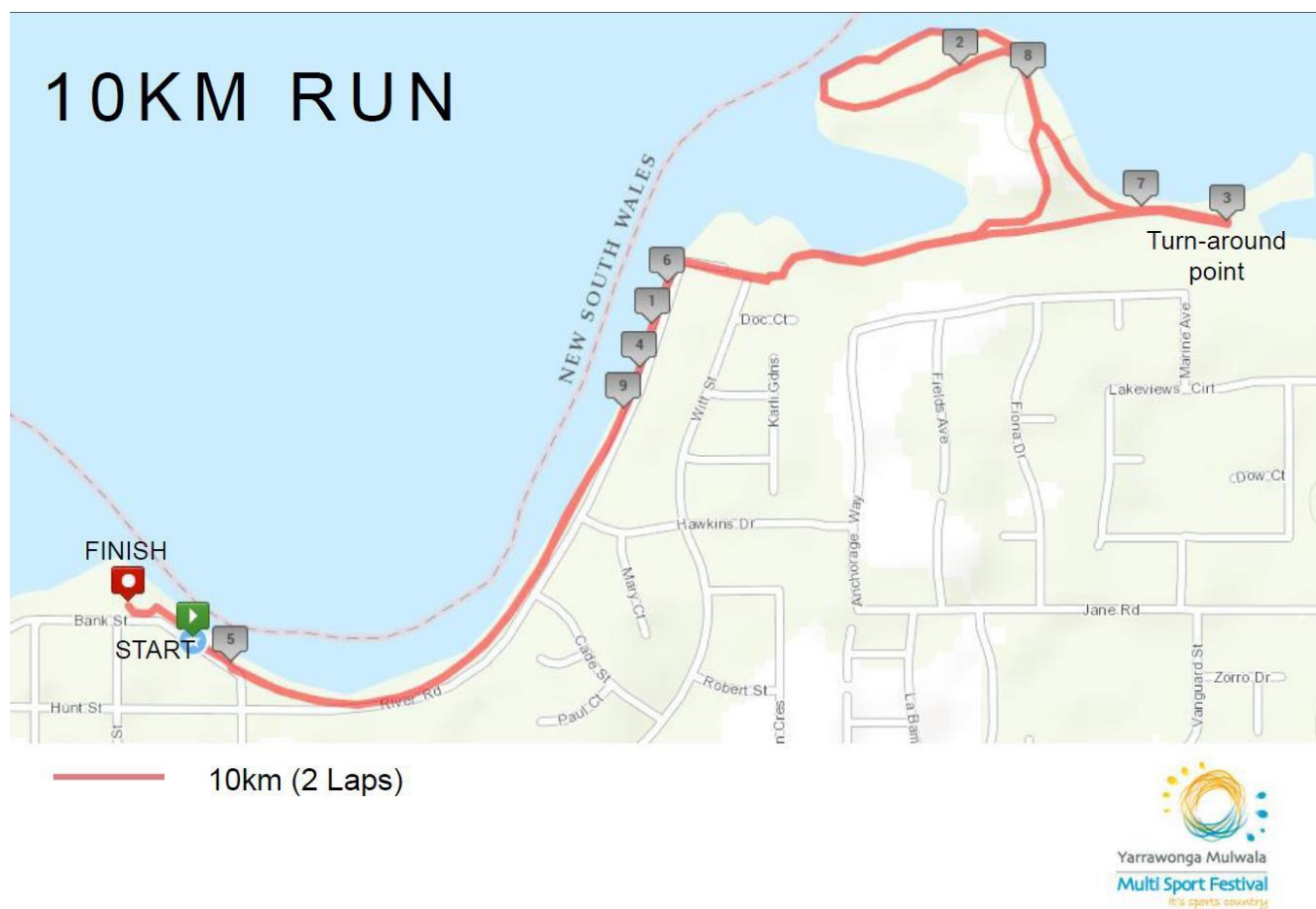


— 5km (1 Lap)





10km





# Race Day

## Arrive Early

We recommend arriving at least an hour prior to race start to ensure you have adequate preparation time.

Please check your Race Day information sheet and all venue signs to ensure you know the location of entry and exit points.

## Bike Transition Area

Before entering the bike transition area you must have your helmet fastened for inspection. Mountain Bikes with stands may free stand in the allocated area.

The transition area can be a very busy place so it is important to TAKE CARE and be respectful of others and their property.

Prior to transition closing, you will need to remove all your bags from transition to the bag compound.

## Pre-Race Briefing

All participants must be present at Race Briefings to ensure they are aware of latest updates.

There could be last minute changes as a result of weather conditions, etc.

## Security

Participants will not be permitted to enter into the bike area to collect their gear until the last competitor has commenced the run. **NO EXCEPTIONS** will be made to this rule. Only competitors (no spectators) are allowed into the transition area.

Your competitor number must be on at all times during the race, from the time you arrive until the time you pick up your bike from the compound at the completion of the event.

## Tip: Bring a Race Belt for your bib!

Timing band must be worn on the left ankle AT ALL TIMES when racing.

Team members must changeover the timing band in the designated area.

## Swim Leg

If you get into any trouble during the swim leg please signal the lifeguards by raising one arm straight up in the air and calling for assistance. This is a clear and recognised signal, other actions may be misinterpreted.

## Cycle Leg

Fasten your helmet before unranking your bike and running it along the cycle lane to the bike exit. Mount bike after you have crossed the mount line. On reentering transition, you must dismount from your bike before the dismount line and run your bike along the cycle lane to your allocated bike rack. Only then are you permitted to take off your helmet. Please note that all competitors must complete the cycle and run with a covered torso.

## Note:

- iPods, MP3 players or headphones are NOT permitted during the event.
- If you withdraw from the race or do not complete a race leg, please notify the timing team at the finish line.

# Event Rules

## General

- The spirit of friendly competition is to apply throughout each race with all competitors racing safe and fair.
- Competitors are responsible for following the Triathlon Australia Race Competition Rules and any special rules applicable to the event.  
[http://www.triathlon.org.au/Technical/Race\\_Competition\\_Rules.htm](http://www.triathlon.org.au/Technical/Race_Competition_Rules.htm)
- Competitors must strictly obey all directions and instructions by officials, marshals and police.
- Competitors are responsible for keeping on the designated course.
- Competitors must not discard equipment or litter on the course, except at approved dedicated locations.

## Swim

- Wetsuits with a thickness of less than 5mm are optional depending on air and water temperature. Interim and final temperatures will be taken 24 hours and 2 hours prior to event. A wetsuit ruling will be displayed on noticeboard.
- All competitors must wear the event swim cap from the race kit, during the swim leg.
- A competitor may stand on the bottom or rest by holding an object as long as they do not make forward progress.

## Cycle

- Bike Helmets are compulsory.
- For **non drafting** events, competitors must keep to the left hand side of the road at all times and maintain a distance of 10m between each other unless passing.
- When passing, the rear competitor is allowed a maximum of 20 seconds to pass and must be gaining on the forward competitor at all times. A competitor is deemed to have been passed once the leading edge of the front wheel has moved in front of the wheel of the passed competitor's bicycle.
- An educational video relating to non drafting events, can also be viewed at:  
[http://www.triathlon.org.au/Technical/Race\\_Competition\\_Rules.htm](http://www.triathlon.org.au/Technical/Race_Competition_Rules.htm)

- For the **Draft Legal Sprint** event, drafting off other competitors in your wave start is permissible. Only road bikes may be used. Disc wheels and/or disc brakes are not permitted. Clip ons are not allowed. (Time trial bikes and Time trial helmets are NOT allowed. If you wish to use a time trial bike, you will have to enter the non draft sprint event starting at 2.40pm)

## Run

- A competitor may not crawl.
- A competitor may not run with a bare torso or without shoes on any part of the run course.
- A competitor must clearly display the race identification number on their front.
- Outside assistance is not permitted.

## Bike Area/Transition

- A competitor must mount and dismount the bicycle at the respective designated mounting and dismounting lines.
- A competitor must rack their own bicycle at their designated bike rack location and leave it in a stable position. It must be racked by either seat or both brake hoods.
- A competitor must at all times place all their equipment at their bike rack location.
- A competitor may not interfere with another competitor's equipment, but where accidental interference occurs the equipment should be restored to its former position and state.

## Penalties for Infringing the Rules

- **Non Draft Events**
  - Stop/Start Penalty
  - 3minutes to be served in Penalty Box on **Cycle** for drafting/illegal pass.
- **Draft Legal Sprint Event**
  - 10sec to be served in Penalty Box on **Run** for discarding equip/littering, transition infringements ie improper racking of bike, helmet unfastened, mount/dismount
  - 1minute in Penalty Box on **Run** for drafting off a different wave

competitor or motorcycle. A 2<sup>nd</sup>  
offence incurs disqualification (DQ)

## Getting to Yarrawonga Mulwala

**From Melbourne:** Take the Hume Hwy (M31) 285 km from Melbourne CBD. Turn off Yarrawonga-Benalla Rd (C373). Travel time around 3 hours and 40 minutes.

**From Sydney:** Take the Hume Hwy (M31) and then take the B400 turn off to Yarrawonga. Travel time around 7 hours, approximately 630 km.

**From Canberra:** Take the M25 (Barton Hwy) to the Hume Highway and head south, then take the B400 turn off to Yarrawonga. Travel time around 5 hours, approximately 470 km. B400 Murray Valley Highway will lead you to the Yarrawonga Town Centre travelling from east and west.

## Accommodation

Accommodation in Yarrawonga and Mulwala cater to all tastes and needs with a good selection of motels, caravan parks, B&B's and luxury self-contained units. Accommodation options are available in the townships or within a few minutes' drive. For all accommodation inquiries please contact Yarrawonga Mulwala tourism on (03) 5744 1989 or visit their website.

<http://www.yarrawongamulwala.com.au/>

