YARRAWONGA-MULWALA

Multi Sport Festival

EVENT INFORMATION GUIDE

SUPPORTED BY

Sponsors

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

Supporting partners



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Welcome

Thank you for entering the Yarrawonga Mulwala Multisport Festival.

Welcome

Welcome to the Yarrawonga Mulwala Multisport Festival.

This years events include World Qualifying Event (WQE Non Draft Standard distance) to be in the 2019 Australian Age Group Team at World Championships, Lausanne, Switzerland, 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 2018 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: 20th and 21st of October 2018

Location: Mulwala Waterski Club, Mulwala

Registration: See event schedule

Collection: From 10:00am Saturday

Race Contacts:

Website: www.ymmf.com.au

Email: ymmfestival@gmail.com

Phone: 0419 336 884

Event Manager: Jared Loughnan

Race Day Contact:

Rohan Day, Race Director – 0420 380 955

Peter Flockart, Operations Director – 0417 565 499

Jared Loughnan – Event Manager – 0419 336 884

Weekend Schedule

Saturday 20th October: (UPDATED 18th OCTOBER 2018)

10:00am	Registration and transition opens (All events)
12:30pm	Registration and transition closes (All triathlon events)
1:10pm	Triathlon Briefing – All races (including SSV Intermediate & Senior)
1:30pm	**Standard Distance Triathlon (WQE)(Non Draft)**
2.00pm	**SSV Sprint Distance Triathlon (Draft Legal)**
2.15pm	Triathlon Briefing – Sprint (2nd briefing)
2:35pm approx.	**Sprint Distance Triathlon (Non Draft)**
3.50pm approx.	Mini Distance Triathlon (Non Draft) - transition reopens (including SSV Junior)
4:05pm	Mini Distance Triathlon (Non Draft) transition closes (including SSV Junior)
4:15pm	Mini Distance Triathlon (Non Draft) Briefing
4:30pm	**Mini Distance Triathlon (Non Draft)**
From 6:30pm	Presentations - Mulwala Waterski Club, Malibu Deck

PRESENTATION MEDALS – PLEASE NOTE - ATHLETES MUST BE PRESENT TO RECEIVE THEIR MEDAL. Medals will not be posted after the event.

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

Sunday 21st October:

7:30am	Registrations open for all events
8:15am	5km & 10km Fun Runs registration closes
9:00am	**5km and 10km Family Fun Run**
9:45am	Kids 1km & 3km Fun Run registration closes
10:00am	**Kids 1km & 3km Fun Run**
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.

Sunday 22
Yarrawonga Foreshore Kiosk area – Fun Runs

Wave allocations and times – all events – Updated 17/10/2018

ORCA SWIM LEG

Start times, wave allocations and cap colors

TIME	WAVE	GENDER	CATEGORY	CAP COLOR	
STANDARD DISTANCE					
1:30PM	Wave 1	MALE	AG : 17-19,20-24,25-29,30-34,35-39,40-44	GREEN	
1:32PM	Wave 2	MALE	AG : 45-49,50-54,55-59,60-64,65-69,70+	BLUE	
1:34PM	Wave 3	FEMALE	AG : 17-19,20-24,25-29,30-34,35-39	YELLOW	
1:36PM	Wave 4	FEMALE	AG : 40-44,45-49,50-54,55-59,60-64,65+	PINK	
SPRINT DISTANCE					
2:35PM	Wave 1	MALE	All Male	ORANGE	
2:37PM	Wave 2	MALE	All Female	GREEN	
2:40PM	Wave 3	FEMALE	Teams	RED	
SSV SPRINT					
2:00PM	Wave 1	MALE	INTERMEDIATE	BLUE	
2:02PM	Wave 2	FEMALE	SENIOR	ORANGE	
2:04PM	Wave 3	FEMALE	INTERMEDIATE	YELLOW	
2:06PM	Wave 4	FEMALE	SENIOR	GREEN	
SSV MINI					
4:30PM	Wave 1	MALE	ALL MALE	RED	
4:31PM	Wave 2	FEMALE	ALL FEMALE	PINK	
MINI					
4:33PM	Wave 3	MALE	ALL MALE	RED	
4:35PM	Wave 4	FEMALE	ALL FEMALE	YELLOW	
	PLEASE NOTE THAT THIS IS INDICATIVE AND CAN BE SUBJECT TO CHANGE				

Village & Transition Layout



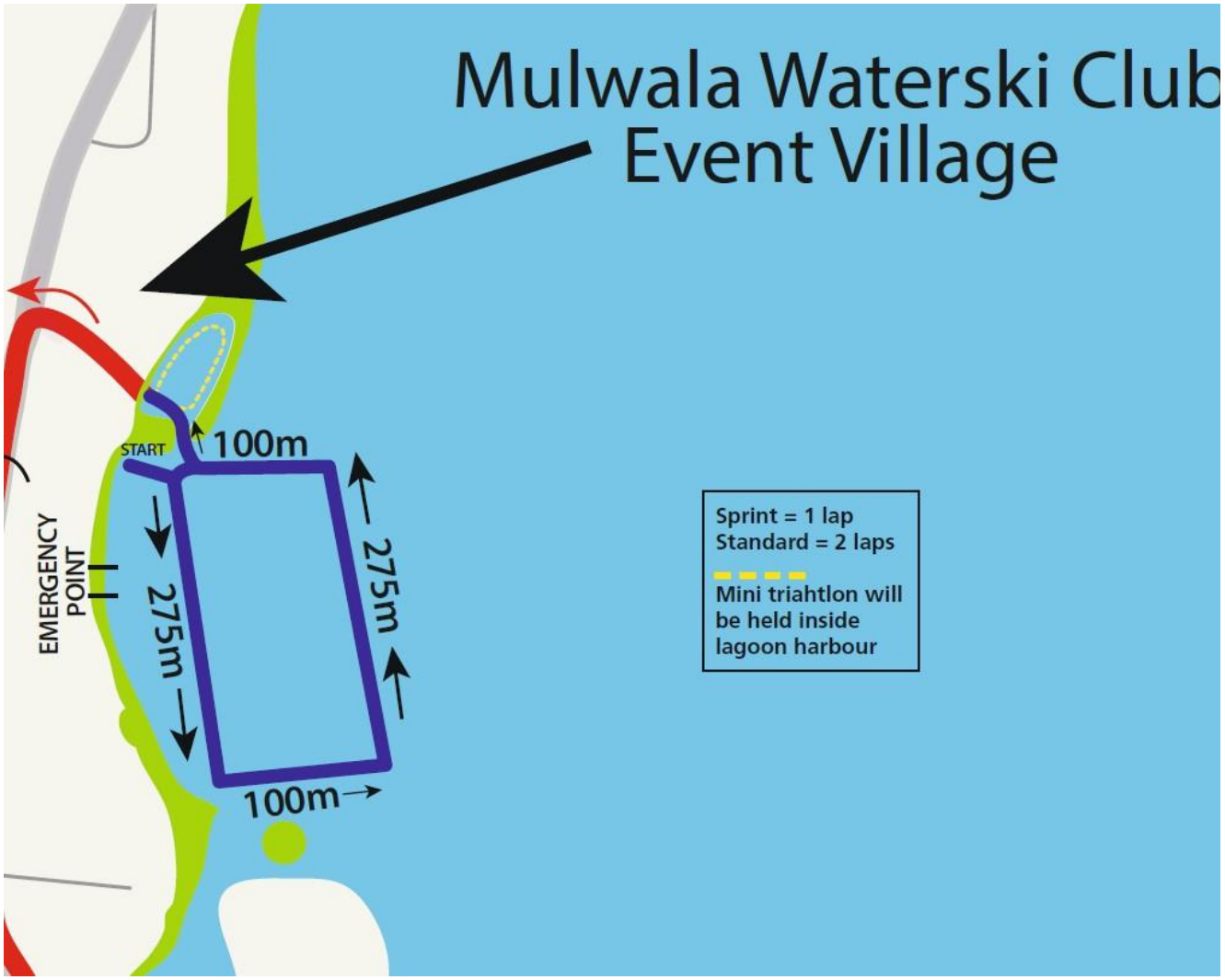
Medical

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 Non Drafting Events, groups/waves will be determined to allow competitors to achieve a 10m draft zone unless they are overtaking other competitors.

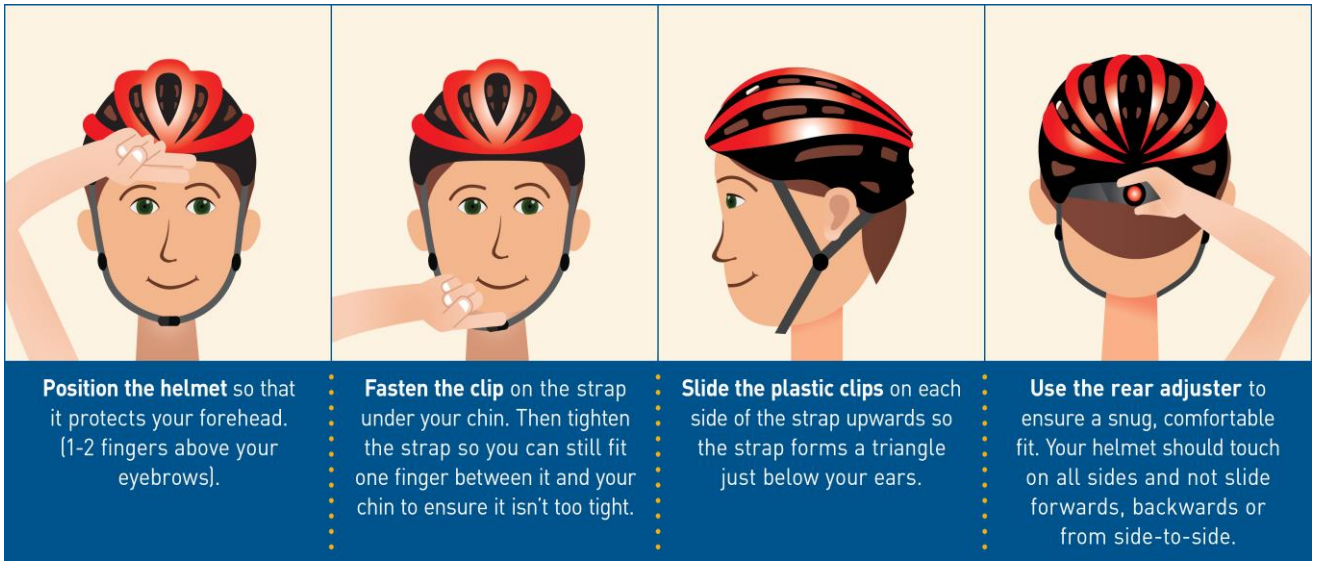
Bike



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 20th October 2018

Standard (OD) Distance Triathlon (Non Draft) WQE 2019 Australian Age Group Team World Championships on Lausanne, Switzerland

1500m swim – 40km ride - 10km run

- Start time: 1.30pm - First Wave Open competitors
- Open to teams and all age groups
- 2019 Australian Age Group Team World Championships qualifying event
- Swim – Deep water start

SSV Sprint Distance Triathlon – Intermediate and Senior (Draft Legal)

750m swim- 20km ride- 5km run

- Start time: 2:00pm approx.
- SSV only

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 21st October 2018

5km, 10km Family Fun Run

- Start time: 9:00 am

Kids 1km & 3km Fun Run

- Start time: 10:00 am



SUNDAY FUN RUNs

Course Maps

Course maps are available on the website.

5km



Yarrawonga Mulwala Multi Sport Festival

10km



10km (2 Laps)

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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 unracking 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
- 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

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 (SSV)**
  - 10sec to be served in Penalty Box on **Run** for discarding equipt/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 2nd 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 inquires please contact Yarrawonga Mulwala tourism on (03) 5744 1989 or visit their website.

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

