TRIATHLON SOUTH

SWIM. BIKE. RUN. REPEAT.

Come Race With Us

2026–27 Season Guide



SWIM. BIKE. RUN. BELONG.

Southern Tasmania's grassroots multisport club · triathlonsouth.com

INSIDE THIS GUIDE

Contents

Welcome to the 2026–27 season	3
There's a place for you — the race formats	4
Your season — the 2026–27 race calendar	5
The series and distances at a glance	6
What it costs — entry fees	7
How to enter	8
Membership — the two you need to know about	9
What is a State Championship race?	10
Championship and qualifying race days	11
The Teams Challenge	12
Get a team together	13
TRYstars — racing for young athletes	15
Her Path to Play — women in triathlon	16
Her Path to Play in detail	17
Your first race day	19
While you're racing — five things to remember	20
Transition without the mystery	21
What should you bring?	22
The race is bigger than the result	23
Volunteer with us	24
Our partners	25
Contact us	26

New to this?

If you are thinking about a first race, the four pages you need are There's a place for you (p.4), What it costs (p.7), Your first race day (p.19) and What should you bring? (p.22). Everything else can wait until you have one finish line behind you.

START SOMEWHERE

Welcome to the 2026–27 Season



Whether you have raced with us for many years, are returning to the sport, or are thinking about entering your first multisport event, we are delighted to welcome you to the 2026–27 Triathlon South season.

Triathlon South is a grassroots, not-for-profit club run by volunteers who share a commitment to providing safe, enjoyable and accessible racing in southern Tasmania. Our aim is simple: to give people opportunities to swim, bike and run, to challenge themselves, to enjoy competition and to be part of a supportive sporting community.

This season takes you from winter duathlons at MyState Bank Arena, through summer aquathlons at Bellerive and Kingston beaches, to the Shipwrights Arms Hotel Triathlon Series at Seven Mile Beach. Across the programme there are options for first-timers, teams, juniors, experienced club racers, State Championship competitors and athletes pursuing World Qualifying opportunities.

What brings all of these events together is the community around them. Our races depend upon competitors, families, volunteers, Technical Officials, water-safety personnel, sponsors and supporters giving their time and enthusiasm. We are enormously grateful to everyone who makes a full season of racing possible.

Come race with us.

You can come to compete for a championship, chase a personal best, race alongside friends, try something completely new — or simply discover what you are capable of.

FIND YOUR FORMAT

There's a Place for You









You do not need to think of yourself as a triathlete before you start. Choose the format and the distance that suits where you are now, and build from there.

DUATHLON **Run. Bike. Run.** A great way to begin multisport racing without the swim.

AQUATHLON **Swim. Run.** Simple, fast and a natural introduction to racing from open water into transition.

TRIATHLON **Swim. Bike. Run.** From Short Course through to Long Course.

AQUABIKE **Swim. Bike.** An alternative pathway for athletes who do not want the final run.

TEAMS **Share the challenge.** Race with friends, family or workmates and divide the legs between you.

TRYSTARS **Ages 7–12.** Age-appropriate racing for younger athletes in an encouraging race-day environment.

Swim. Bike. Run. Repeat.

Different distances. Different ambitions. One race-day community.

YOUR SEASON

Seven Race Days

Keep the dates together. Race one event or build a season around several. Event information and entry details are released through Triathlon South channels ahead of each race.

DATE & TIME	EVENT / VENUE	RACES OFFERED	HIGHLIGHTS
Sun 30 Aug 2026 **10:00am**	**The Agency (Hobart) Duathlon** *MyState Bank Arena* 601 Brooker Hwy, Glenorchy	• Duathlon Sprint • Duathlon Short Course • TRYstars	• Winter Series Race 1 • TRYstars Winter Race 1 • Club points race
Sun 20 Sep 2026 **10:00am**	**The Agency (Hobart) Duathlon** *MyState Bank Arena* 601 Brooker Hwy, Glenorchy	• Duathlon Sprint • Duathlon Short Course • TRYstars	• Winter Series Race 2 • TRYstars Winter Race 2 • Club points race
Sun 6 Dec 2026 **10:00am**	**The Agency (Hobart) Aquathlon** *Bellerive Beach* 3 Derwent St, next to Ninja Stadium	• Aquathlon Sprint • Aquathlon Short Course • TRYstars	• Aquathlon Series Race 1 • State Series Race 2 • State Sprint Aquathlon Championship • Aus3 Live Kids Series Race 1 • World Qualifying Event
Sun 27 Dec 2026 **9:00am**	**The Agency (Hobart) Aquathlon** *Kingston Beach* Osborne Esplanade, opposite the Salty Dog	• Aquathlon Sprint • Aquathlon Short Course • TRYstars	• Aquathlon Series Race 2 • Club points race
Sun 17 Jan 2027 **9:30am**	**Shipwrights Arms Hotel Triathlon** *Seven Mile Beach* Day Use Area 2, off Surf Road	• Standard Triathlon • Sprint Triathlon • Short Course Triathlon • Sprint Duathlon • Standard Aquabike • TRYstars	• Summer Series Race 1 — Gala Day • Standard (Olympic) Triathlon • Aquabike Standard World Qualifying Event
Sun 21 Feb 2027 **9:30am**	**Shipwrights Arms Hotel Triathlon** *Seven Mile Beach* Day Use Area 2, off Surf Road	• Long Course Triathlon • Sprint Triathlon • Short Course Triathlon • Sprint Duathlon • Long Course Aquabike • Sprint Aquabike • TRYstars	• Summer Series Race 2 • State Series Race 3 • State Long Course Triathlon Championship
Sun 21 Mar 2027 **10:00am**	**Shipwrights Arms Hotel Triathlon** *Seven Mile Beach* Day Use Area 2, off Surf Road	• Sprint Triathlon • Short Course Triathlon • Sprint Duathlon • Sprint Aquabike • TRYstars	• Summer Series Race 3 • State Championship Series Race 5 • State Sprint Triathlon Championship • Sprint World Qualifying Event

All events support Teams across all distances.

Split the legs between two or three people. Teams are welcome in every race on this calendar, at every distance.

CHOOSE YOUR FORMAT. BUILD YOUR SEASON.

The Series

The Agency (Hobart) Duathlon Series
Winter racing at MyState Bank Arena — run, bike, run.

The Agency (Hobart) Aquathlon Series
Summer beach racing at Bellerive and Kingston — swim, run.

Shipwrights Arms Hotel Triathlon Series
The summer centrepiece at Seven Mile Beach — Short Course to Long Course.

Peter McKenna's TRY-A-TRI TRYstars Series
Racing for 7–12 year olds at every event on the calendar.

Distances at a Glance

TRIATHLON	
Long Course	1700m / 60km / 15km
Standard (Olympic)	1500m / 40km / 10km
Sprint	750m / 20km / 5km
Short Course	375m / 13km / 2.5km

AQUATHLON	
Sprint	1000m swim / 5km run
Short Course	300m swim / 2.5km run

DUATHLON — WINTER	
Sprint	5km / 18.9km / 2.5km
Short Course	2.5km / 10.9km / 1.25km

DUATHLON — SUMMER	
Sprint	2.5km / 20km / 5km

AQUABIKE	
Long Course	1700m swim / 60km bike
Standard (Olympic)	1500m swim / 40km bike
Sprint	750m swim / 20km bike

TRYSTARS — AGES 7–12	
7–9 years	100m / 2km / 750m
10–12 years	200m / 4km / 1.5km

WHAT IT COSTS

2026–27 Race Entry Fees

All prices in Australian dollars, for the 2026/27 season. Fees vary by distance. Entering as a Triathlon South member is always the cheapest way to race with us.

EVENT	DISTANCE	TS MEMBER	AUSTRI MEMBER	PUBLIC / TEAM	JUNIOR
WINTER DUATHLON SERIES — MYSTATE BANK ARENA					
Duathlon	Short Course	**$30**	$40	$45	$20 off
Duathlon	Sprint	**$30**	$40	$55	$20 off
AQUATHLON SERIES — BELLERIVE AND KINGSTON					
Aquathlon	Short Course	**$40**	$50	$55	$20 off
Aquathlon	Sprint	**$40**	$50	$65	$20 off
SUMMER TRIATHLON SERIES — SEVEN MILE BEACH					
Triathlon	Short Course	**$60**	$70	$75	$30 off
Triathlon	Sprint	**$70**	$80	$95	$30 off
Triathlon	Standard (Olympic)	**$100**	$110	$135	$30 off
Triathlon	Long Course	**$130**	$140	$175	$30 off
Duathlon	Sprint	**$70**	$80	$95	$30 off
Aquabike	Sprint	**$70**	$80	$95	$30 off
Aquabike	Standard (Olympic)	**$100**	$110	$135	$30 off
Aquabike	Long Course	**$130**	$140	$175	$30 off
TRYSTARS — AGES 7 TO 12, AT EVERY RACE DAY					
TRYstars	Ages 7–12	**Free**	$10	$10	—

What the columns mean

- TS member — a Triathlon South member who also holds a current AusTriathlon Standard or Premium membership. The price includes the $10 club discount.
- AusTriathlon member — a current AusTriathlon Standard or Premium member who is not a Triathlon South member.
- Public / Team — entrants without a current AusTriathlon membership. The fee includes a One Day Licence. Team entries are charged at this rate: one fee per team, whatever the distance.
- Junior — the discount shown comes off the applicable fee. Age is taken as at 31 December 2026.
- Late entry — entries close 4pm the day before the race. After that, online entry only, with a $20 late fee, up until one hour before the start. TRYstars is free for members and $10 otherwise.

GETTING ON THE START LIST

How to Enter

Entries for every Triathlon South event open ahead of race day and close at 4pm the day before it. Entering early helps our volunteers plan the race, and always costs you less than a late entry.

1

Choose your race

Pick the event and the distance from the calendar on page 5. If you are unsure, Short Course is the shortest option at every race day and the best place to begin.

2

Check your membership

Decide whether you are entering as a Triathlon South member, an AusTriathlon member or a member of the public. If you plan to race more than twice this season, read page 9 first — membership will almost certainly save you money.

3

Enter online

All entries are online through the AusTriathlon JustGo portal, linked from triathlonsouth.com and the Triathlon South Facebook page. Teams use the Team ticket: one member enters, then adds the team name and members at checkout.

4

Watch for the event information

Ahead of each race we release event information covering course maps, parking, registration times and transition close. Read it — it answers most questions before you have to ask them.

5

Turn up early

Registration and transition open early and close well before the start, and the race briefing follows immediately. Page 19 sets out how a race morning runs.

Entries close the day before

Entries close at 4pm the day before the race. After that you can still enter online, with a $20 late fee, up until one hour before the start. We have gone paperless — there are no entries at the registration desk on race morning.

Late Registration allowed but please confirm registration/payment at desk on race day.

RACE WITH US. JOIN WITH US.

Membership

There are two race memberships, and they do different things.

Triathlon South club membership connects you to your local club and reduces what you pay to enter our races. AusTriathlon membership is the national membership that provides your race licence, insurance cover and eligibility for championship competition. Many of our regular racers hold both.

1. Triathlon South club membership

- The cheapest entry fee at every Triathlon South race — see the fee table on page 7.
- Club points at every race, counting towards the Club Age Category awards and Triathlete of the Year.
- Club communications, training information and member updates.
- A say in how your club is run, including at the Annual General Meeting.
- Support for a volunteer-run, not-for-profit club that exists to put on local racing.

2. AusTriathlon membership

AusTriathlon is the national body. Its membership comes in two tiers. Prices below are the current published annual rates and are additional to club membership.

STANDARD from $199 a year

- Unlimited race licence access at sanctioned events
- Training and racing insurance cover*
- State, national and world championship eligibility
- Club competition access
- Member rewards and partner discounts
- Optional travel insurance upgrades

PREMIUM from $310 a year

- All Standard membership benefits
- Enhanced Personal Accident insurance cover*
- Priority event entry opportunities where available
- International travel insurance discounts
- Optional global training and racing cover upgrades
- Discounted Age Group Team expression of interest fee
- Exclusive Premium offers and partner benefits

Why bother?

Race more, pay less. Unlimited race licence access means regular racers avoid buying an individual race licence every time they start.

Train and race with confidence. Insurance cover while you train and race, including Personal Accident and Public Liability cover subject to policy terms.*

Go further in the sport. Only AusTriathlon Standard and Premium members are eligible for State Championship titles and Age Group qualification pathways.

Find your people. Join a local club, race with others and become part of the wider Australian triathlon community.

**Insurance benefits and eligibility are subject to AusTriathlon membership terms, policies and event requirements. AusTriathlon prices shown are the published annual rates at the time of printing and exclude club membership. Check current membership information before joining.*

RACE LOCAL. BE CONSISTENT. EARN POINTS.

What Is a State Championship Race?

Four of our seven race days carry more than club results. Two words appear against them in the calendar — State Championship and World Qualifying — and they mean different things. This page explains both in plain terms.

In one sentence

A State Championship race decides who holds a Tasmanian title in that discipline for the season. A World Qualifying race is one at which eligible athletes can begin the process of qualifying for an Australian age-group team. A single race can be both — three of ours are.

State Championship races

A State Championship race is an ordinary Triathlon South race day with an official title attached to it. You enter it exactly as you would any other race, you start alongside everyone else, and the course is the same. The difference is that eligible athletes are also racing for a Tasmanian championship in their age group, and Triathlon Tasmania presents medals on the day.

These races form the Triathlon Tasmania State Championship Series, which runs across Sprint Triathlon, Standard Triathlon, Long Course, Duathlon, Aquathlon and Super Sprint. Every championship event contributes to season-long standings, and results are celebrated at State Awards. The principle behind the series is straightforward: race local, be consistent, and earn points across the season rather than staking everything on one day.

Who can win a title? Only AusTriathlon Standard and Premium members are eligible for State Championship titles. Club members and members of the public are very welcome to enter and race — they simply are not eligible for the title itself.

Do I have to do anything differently? No. Enter the race as normal. Eligibility is determined from your membership, not from a separate entry.

What if I am not chasing a title? Nothing changes. These are still club race days, with the same distances, the same courses and the same people.

World Qualifying races

A World Qualifying race is one at which eligible age-group athletes can qualify for selection to an Australian age-group team for a World Championship. Four races on our calendar carry this status, which means an athlete chasing qualification can do it here in southern Tasmania rather than travelling interstate to find a qualifying event.

Qualification depends on your result relative to your age group, your AusTriathlon membership, and the criteria published for that season. The criteria change from season to season, so check the current version before you build a season around them.

THE FOUR RACES THAT COUNT

Championship & Qualifying Race Days

Three of our four Championship race days are also World Qualifying events. If a title or a qualification is your goal this season, these are the dates to build around.

Sun 6 Dec 2026 *Bellerive Beach*
State Sprint Aquathlon Championship
STATE SERIES · WORLD QUALIFYING

Sun 17 Jan 2027 *Seven Mile Beach*
Gala Day (Standard) Triathlon
AQUABIKE STANDARD WORLD QUALIFYING

Sun 21 Feb 2027 *Seven Mile Beach*
State Long Course Triathlon Championship
STATE SERIES

Sun 21 Mar 2027 *Seven Mile Beach*
State Sprint Triathlon Championship
STATE SERIES · WORLD QUALIFYING

Reading the calendar

STATE SERIES Counts towards the Triathlon Tasmania season-long standings.

STATE CHAMPIONSHIP An official Tasmanian title is decided at this race.

WORLD QUALIFYING Eligible athletes can qualify here for Australian age-group selection.

CLUB RACE DAY A Triathlon South race with club results only. Every bit as much a race.

Sort your membership out early.

Eligibility is checked against your AusTriathlon membership. If a title is your goal this season, join before the first championship race — not on the morning of it.

SHARE THE CHALLENGE

The Teams Challenge

Every race on the Triathlon South calendar can be entered as a team, at every distance. Across the season those team results add up: the Teams Challenge is our season-long team competition, and it is decided by consistency rather than by one fast morning.

The idea

Get two or three people together. Each of you takes one leg. Race as many of the seven race days as you can, collect points at each, and see where your team finishes at the end of the season. It is the easiest way into the sport, and one of the best reasons to keep coming back.

How a team works

TRIATHLON	One swimmer, one cyclist, one runner. Or two people, with one doubling up.
AQUATHLON	One swimmer, one runner.
DUATHLON	One runner and one cyclist, with the runner taking both run legs.
AQUABIKE	One swimmer, one cyclist.

How the Challenge is scored

1

Enter as a team

Nominate your team name when you enter. Use the same name at every race so your results stay together across the season.

2

Race and score

Your team earns points at each race day it completes. Points are awarded on finishing position within the team category.

3

Race often

Points accumulate across the seven race days. Turning up consistently beats one quick result — a team that races five events will usually finish ahead of a faster team that races two.

4

Best Team and Best Team Mate

Two awards are presented at the end of the season: Best Team, for the team that puts together the strongest season, and Best Team Mate, for the individual who makes the biggest contribution to team racing across the year.

WHO RACES AS A TEAM

Get a Team Together



You do not need three triathletes. Most teams are formed the other way round — a swimmer who has never ridden a bike in a race, a cyclist who does not swim, and a runner who is happy to stay on dry land. Between them they make a complete athlete.

WORKPLACES

Three colleagues, one team name, and a genuinely good reason to talk to each other about something other than work.

FAMILIES

Parents and older children racing together. A team entry is often a young athlete's first step up from TRYstars.

CLUBS AND SQUADS

Swim clubs, running groups and cycling clubs already have the people. A team entry is the shortest path from one discipline into three.

FRIENDS

The most common entry of all. Someone signs up, talks two others into it, and by February all three are entering as individuals.

What it costs and how the changeover works

ONE FEE PER TEAM

- Duathlon — $45 Short Course, $55 Sprint
- Aquathlon — $55 Short Course, $65 Sprint
- Triathlon — $75 Short Course, $95 Sprint
- Triathlon — $135 Standard, $175 Long Course
- Aquabike and summer Duathlon — $95 Sprint, $135 Standard, $175 Long Course

THE CHANGEOVER

- The timing chip is transferred at the designated changeover point.
- For a bike-to-run changeover, the incoming cyclist must rack the bike before the handover.
- Only the athlete on course carries the chip.
- Wait in the changeover area, not in transition, until your leg begins.

Ready to put a team in?

Enter online and nominate your team name at checkout — only one team member needs to enter. If you want help pulling a team together, email triathlonsouth@gmail.com.



PETER MCKENNA'S TRY-A-TRI TRYSTARS SERIES

TRYstars — Ages 7 to 12

TRYstars is where a lot of Tasmanian triathletes start. It runs at every race day on the calendar, in a format matched to the event: run–ride–run at the winter duathlons, swim–run at the summer aquathlons, and swim–ride–run at Seven Mile Beach.



Collect rewards. Finishers work towards TRYstar Champion recognition across the season.

Build confidence. Short, achievable courses in a supportive, non-intimidating environment.

Have fun. The point is enjoyment and participation, not podiums.

Race alongside the club. TRYstars runs on the same mornings as the adult races, so families can race on the same day at the same venue.

Information for parents and carers

- TRYstars is open to young athletes aged 7 to 12, racing in two age groups: 7–9 and 10–12. Entry is free for Triathlon South members and $10 for everyone else.
- A safe, roadworthy bike and a correctly fitted, approved helmet are required for any race with a bike leg.
- Courses are shorter and are supervised throughout by marshals and volunteers.
- Parents and carers are asked to stay at the venue for the event. Registration opens half an hour before the TRYstars start.
- Come and watch a TRYstars race before entering if your child is unsure — nobody will mind.

Age group	Seven Mile Beach — swim / ride / run	Aquathlon rounds — swim / run
7–9 years	100m · 2km · 750m	Shortened course, fully supervised
10–12 years	200m · 4km · 1.5km	Shortened course, fully supervised

How a TRYstars race morning runs

TRYstars races before the adult events, with its own registration and its own briefing pitched at the kids rather than the parents. Start times move with the main race, so check the event information: TRYstars starts at 9:00am at the winter duathlons and at Bellerive, 8:00am at Kingston, 8:30am at Seven Mile Beach in January and February, and 9:00am at the March race.

HER PATH TO PLAY · WOMEN IN TRIATHLON TASMANIA

Thinking About Giving Racing a Go?

Women — this one's for you.

Her Path to Play is a Tasmanian program helping more women and girls get into sport and stay in it. Triathlon South is using it to open a welcoming pathway into triathlon — whether you are brand new, coming back, or ready to step up from having a go to racing properly.

Who it's for

Women and girls at any stage: never raced and curious; returning after time away; already racing and wanting to go longer or faster. You do not need to be a member, own a wetsuit, or have any idea what a transition is before you get in touch.

Here's how we'll support you

Women-focused support

Friendly guidance from your first question to your first finish line.

Dedicated training

Women-only sessions, from beginners through to pre-race clinics.

Race-day support

So you are never on your own at the start line.

Help with equipment

Support accessing suitable gear so cost is not what holds you back.

A supportive online community

Join Women in Triathlon Tasmania and connect with others doing the same.

Comfort and privacy at events

Dedicated change facilities so you can take part with confidence.

You don't need to be fast or experienced.

You just need to want to give it a go.

REGISTER YOUR INTEREST

Facebook: Women in Triathlon Tasmania · Email: [insert contact]

WHAT THE PROGRAM ACTUALLY DELIVERS

Her Path to Play in Detail

Her Path to Play is not a poster and a good intention. It is a funded program with specific components, delivered across the 2026–27 season, aimed at the barriers that keep women out of triathlon or push them back out again after a season or two.

A women-only training pathway

Induction workshops for people entirely new to the sport, beginner-friendly training sessions, pre-race clinics before the summer events, and accredited coaching support for women entering or progressing in triathlon.

Targeted inclusion support

Individual and small-group coaching and mentoring for women facing additional barriers — including women coming to the sport later in life, and women for whom cost or access has been the obstacle.

Equipment access support

Coordination and transport of second-hand triathlon equipment between regions, so that the cost of a wetsuit or a bike is not the thing that ends the conversation.

An inclusive participation environment

A moderated Women in Triathlon Tasmania online community, and portable change tents at events and training days to improve privacy, comfort and confidence.

How to get involved

IF YOU WANT TO TAKE PART

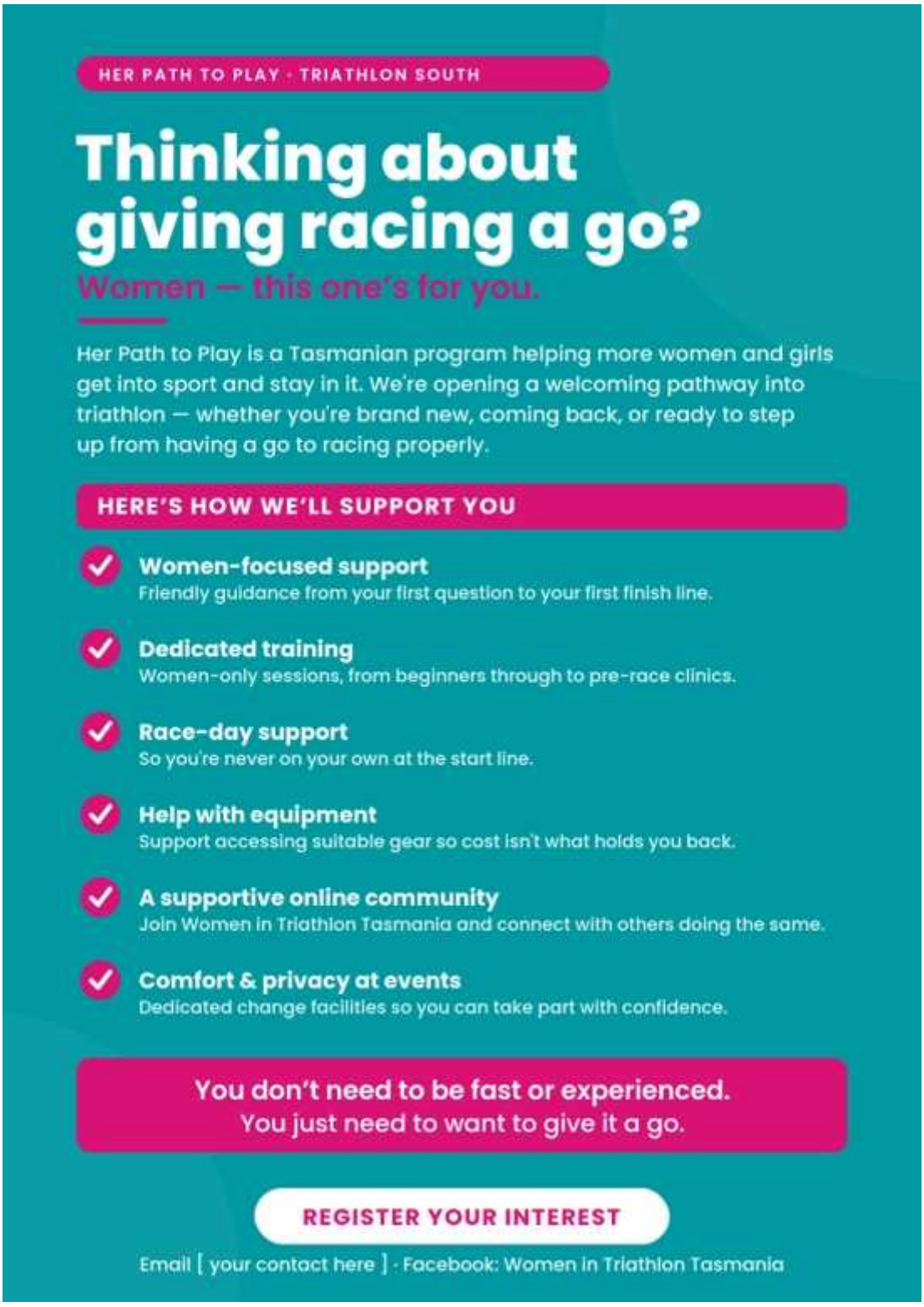
- Join the Women in Triathlon Tasmania online community.
- Come to an induction workshop — no equipment or experience needed.
- Ask about the training sessions and pre-race clinics.
- Tell us if equipment is the barrier. We can usually help.

IF YOU WANT TO HELP DELIVER IT

- Mentor a newer athlete through her first season.
- Offer coaching if you are accredited, or work towards accreditation.
- Donate serviceable second-hand triathlon equipment.
- Help set up and staff the change tents on race mornings.

Get in touch

Facebook: Women in Triathlon Tasmania · Email: [insert women's program contact]



Her Path to Play is supported by the Tasmanian Government through Active Tasmania.

WE'LL TALK YOU THROUGH IT

Your First Race Day



1	**ARRIVE EARLY** Give yourself time to park, find registration, understand the venue and settle in before transition closes.
2	**CHECK IN** At registration you will check in and collect the race-day items required for your event, including your race number and timing chip where used.
3	**SET UP TRANSITION** Rack your bike in the appropriate area and lay out only the equipment you need. Check where Bike Out, Bike In, Run Out and the finish are located.
4	**CHECK THE COURSE** Read the event information and the race-day whiteboard. Know your course and the number of laps you are responsible for completing.
5	**ATTEND THE BRIEFING** The race briefing is where course hazards, changes, safety information and race-specific procedures are confirmed.
6	**HEAD TO THE START** For swim events, follow instructions for the swim briefing and warm-up. For duathlon, move to the run start when directed.
7	**RACE** Follow course signage, marshal directions and Technical Official instructions. Race hard if you want to — but look after the people around you.
8	**FINISH AND STAY AROUND** Catch your breath, encourage others home and, where you can, stay for presentations and the post-race community.

FIVE THINGS TO REMEMBER

While You're Racing



HELMET FIRST

Fasten your helmet before touching your bike. When you return, rack the bike before removing your helmet.

KNOW YOUR LAPS

You are responsible for completing the correct number of laps for your event.

NO DRAFTING

Maintain the required separation on the bike except when overtaking, and complete overtakes safely.

LISTEN TO OFFICIALS

Marshals and Technical Officials are there to keep the event safe and help everyone get around the course.

LOOK AFTER EACH OTHER

Our courses can include first-timers, juniors, mountain bikes and athletes moving at very different speeds.

Also remember: personal music devices and headphones are not permitted while racing; footwear is required on the run; and your torso must remain covered.

Something doesn't make sense? Ask.

Our volunteers, officials and experienced competitors would much rather answer a question before the race than have you wondering what to do once it starts.

THE BASIC SEQUENCE

Transition Without the Mystery

Transition is simply the place where one leg of your race becomes the next. Every event follows the same sequence. Learn it once and it stops being mysterious.

1	SWIM / RUN IN	You arrive in transition on foot.
2	FIND YOUR BIKE	Go straight to your own rack position.
3	HELMET ON AND FASTENED	Before you touch the bike. Every time.
4	BIKE OUT	Wheel your bike to the mount line.
5	MOUNT AFTER THE MOUNT LINE	Not before it.
6	RIDE	Complete your laps. No drafting.
7	DISMOUNT BEFORE THE DISMOUNT LINE	Not after it.
8	BIKE IN	Wheel your bike back to your rack position.
9	RACK BIKE	Before you touch your helmet.
10	HELMET OFF	Only once the bike is racked.
11	RUN OUT	And on to the finish.

The two rules that catch people out

Helmet on and fastened before you touch the bike. Bike racked before the helmet comes off. Almost every transition penalty at a club race comes from one of these two.

Racing as a team?

The timing chip is transferred at the designated changeover point. For bike-to-run changeovers, the incoming cyclist must rack the bike before the handover.

KEEP IT SIMPLE (AT FIRST)

What Should You Bring?



EVERYONE

- Race clothing
- Water
- Sunscreen
- Warm, dry clothes for before and after
- Race belt if you use one
- Your race confirmation

SWIM + BIKE

- Goggles
- Wetsuit where appropriate
- Swim cap as required or provided
- Roadworthy bike
- Approved helmet
- Drink bottle

USEFUL EXTRAS

- Towel
- Spare goggles
- Bike pump
- Basic bike tools
- Dry shoes and clothes
- A little extra time

You do not need expensive equipment to start.

A safe, roadworthy bike, an approved helmet and the basic equipment required for your event are enough. Start with what you have and learn what works for you.

Bike check

Your bike must be roadworthy: working brakes, secure handlebar end plugs, no loose or broken components, and tyres in good condition. Technical Officials check bikes at registration and can refuse a bike that is not safe to race.

COMMUNITY

The Race Is Bigger Than the Result



Triathlon South race days work because people contribute in different ways. Some race. Some volunteer. Some marshal, officiate, provide water safety, help with registration, support juniors, take photographs, set up courses or simply make enough noise to bring people home.

You will also race alongside people with very different goals. For one athlete, the day may be about a State Championship. For another, it may be their first open-water swim, first finish, first race as part of a team, or simply the confidence to turn up.

Race your race. Respect theirs.

Competition matters. So do encouragement, patience and looking after one another on course.



NO VOLUNTEERS, NO RACING

Volunteer With Us

Triathlon South is run entirely by volunteers. Every race day on the calendar needs people, and most roles need no experience, no equipment and no more than a morning of your time. If you race with us, please consider giving one morning back across the season.

MARSHALLING *No experience needed*
Standing at a corner or a turnaround, pointing athletes the right way and keeping the course safe.

REGISTRATION *No experience needed*
Checking athletes in, handing out race numbers and answering the same friendly questions all morning.

TRANSITION *No experience needed*
Helping athletes rack bikes correctly and keeping transition tidy and safe before the race.

WATER SAFETY *Relevant skills or accreditation required*
Supporting swimmers from a board or a craft at our open-water events.

TECHNICAL OFFICIALS *Training provided*
Officiating the race under Triathlon Australia rules. Accreditation is provided — this is a genuine pathway, not just a job.

SET-UP AND PACK-DOWN *No experience needed*
Putting the course out before the race and picking it up afterwards. Always the shortest-handed job.

PHOTOGRAPHY *Bring your own camera*
Capturing the day so athletes have something to look back on.

COMMITTEE AND BEHIND THE SCENES *Ongoing roles*
Entries, finances, communications, sponsorship and the planning that happens long before race morning.

Put your hand up

Email triathlonsouth@gmail.com or speak to anyone in a Triathlon South shirt on race morning. Tell us which race days suit you and we will find you a job.

THANK YOU

Our Partners

Triathlon South is a not-for-profit club run by volunteers. Our race days happen because local businesses and organisations choose to back grassroots sport in southern Tasmania. Please support the businesses that support your racing.

Series naming partners

The Agency (Hobart)

Naming partner — Duathlon Series and Aquathlon Series

Shipwrights Arms Hotel

Naming partner — Triathlon Series, Seven Mile Beach

Peter McKenna's TRY-A-TRI

Naming partner — TRYstars Series

Supporting partners

West Hobart Gourmet Meats · **My Ride Hobart** · **Running Edge**

Triathlon South is affiliated with Triathlon Tasmania and AusTriathlon. Her Path to Play is supported by the Tasmanian Government through Active Tasmania.

Interested in partnering with us?

If your business would like to be on this page next season, email [insert sponsorship contact].

READY?

Come Race With Us



FIND US

Website triathlonsouth.com

Facebook Triathlon South

Email triathlonsouth@gmail.com

Entries triathlonaustralia.justgo.com

ASK US

First race we'll walk you through it

TRYstars racing for 7–12 year olds

Her Path to Play women's pathway into the sport

Volunteering one morning, any race day

Email **triathlonsouth@gmail.com** and we will point you to the right person.

TRIATHLON SOUTH

SWIM. BIKE. RUN. REPEAT.

SWIM. BIKE. RUN. REPEAT.

Triathlon South Inc. · A volunteer-run, not-for-profit club · triathlonsouth.com