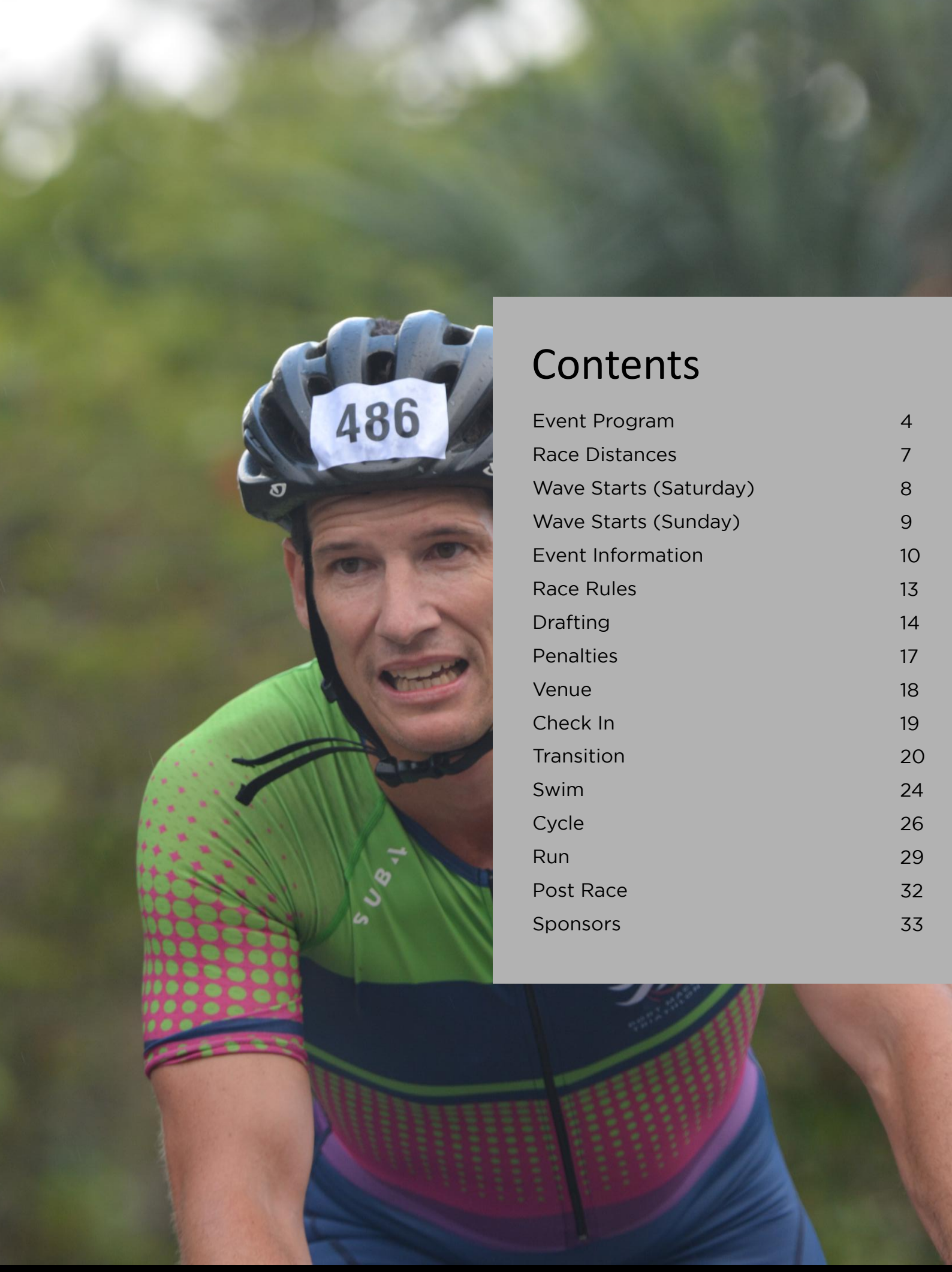
Athlete Guide

Trial Bay Triathlon



7 & 8 February 2026



Contents

Event Program	4
Race Distances	7
Wave Starts (Saturday)	8
Wave Starts (Sunday)	9
Event Information	10
Race Rules	13
Drafting	14
Penalties	17
Venue	18
Check In	19
Transition	20
Swim	24
Cycle	26
Run	29
Post Race	32
Sponsors	33



Version Control

DATE	UPDATES
08-01-2026	Version One Published
29-01-2026	Updated Cycle Course Updated Run Course Added Transition Flow
02-02-2026	Added Wave Starts Updated Sunday Program Updated Discover Map Updated Drafting Rule to 25 second for passing Updated Penalty Box infraction time to 2 mins



Event Program – Saturday 7 February

EVENT	TIME	LOCATION
Saturday 7 February		
Check In Opens	9:30 AM	Trial Bay Gaol Campgrounds
Transition Opens	9:30 AM	Trial Bay Gaol Campgrounds
Transition Tour	10:00 AM	Trial Bay Gaol Campgrounds
Milo Mini Triathlon Start	10:30 AM	Trial Bay Gaol Beach
Milo Micro Triathlon Start	11:30 AM	Trial Bay Gaol Beach
Milo Mini Aquathlon Start	12:15 AM	Trial Bay Gaol Beach
Milo Mini Adventure Start	12:30 PM	Trial Bay Gaol Beach
Milo Discover Aquathlon Start	1:00 PM	Trial Bay Gaol Beach
Sprint & Enticer Triathlon Check In	4:30 PM – 6:30 PM	South-West Rocks Country Club – Sports Stadium
Presentations	15 mins after each event	Trial Bay Gaol Campgrounds



Event Program – Sunday 8 February

EVENT	TIME	LOCATION
Sunday 8 February		
Check In Open	5:45 AM	Trial Bay Gaol Campgrounds
Transition Open	5:45 AM	Trial Bay Gaol Campgrounds
Marshalling on the Beach	6:30 AM	Trial Bay Gaol Beach
Enticer Individuals	6:45 AM	Trial Bay Gaol Beach
Enticer Relay Team	6:45 AM	Trial Bay Gaol Beach
Sprint Individuals	7:00 AM	Trial Bay Gaol Beach
Sprint Aquabike	7:00 AM	Trial Bay Gaol Beach
Sprint Relay Team	7:00 AM	Trial Bay Gaol Beach
Sprint All in Team	7:00 AM	Trial Bay Gaol Beach
Presentations	9:00AM	Trial Bay Gaol Campgrounds

Nestlé MILO

PROUD PARTNER OF

TRIAL BAY TRIATHLON

SATURDAY 7TH FEBRUARY 2026



ALL ENTRANTS RECEIVE A

MILO KIT BAG

INCLUDING CAP, RASH VEST, BUCKET HAT, BOUNCY BALL, TOWEL, T-SHIRT, & MILO PRODUCT





Race Distances

CATEGORY	AGES	SWIM	CYCLE	RUN
Milo Mini Triathlon	11-13	200m	6km	1km
Milo Micro Triathlon	8-10	100m	3km	500m
Milo Mini Aquathon	6-7	100m	-	500m
Milo Mini Adventure	5	50m	-	50m
Milo Discover Aquathlon	5-13	100m		500m
Seabreeze Beach Hotel Enticer Triathlon	12+	300m	10km	2.5km
Coastline Credit Union Sprint Triathlon	14+	750m	20km	5km

Wave Starts – Saturday

All athletes are asked to begin marshalling 20 minutes prior to their start.

Check In and Transition firmly closes 10 minutes prior to your start time.

	Check In Transition	9:30am to 12:20pm	
Wave	**Division**	**Time**	**Cap Colour**
Wave 1	**MILO Mini Triathlon - Boys**	10:30:00 AM	Milo
Wave 2	**MILO Mini Triathlon - Girls**	10:32:00 AM	Milo
Wave 3	**MILO Micro Triathlon - Boys**	11:30:00 AM	Milo
Wave 4	**MILO Micro Triathlon - Girls**	11:32:00 AM	Milo
Wave 7	**MILO Mini Aquathlon - Boys**	12:15:00 PM	Milo
Wave 8	**MILO Mini Aquathlon - Girls**	12:17:00 PM	Milo
Wave 9	**MILO Mini Adventure - Boys**	12:30:00 PM	Milo
Wave 10	**MILO Mini Adventure - Girls**	12:32:00 PM	Milo
Wave 5	**MILO Discover Aquathlon - Boys**	1:00:00 PM	Milo
Wave 6	**MILO Discover Aquathlon - Girls**	1:02:00 PM	Milo

Wave Starts – Sunday

All athletes are asked to begin marshalling 20 minutes prior to their start.
Check In and Transition firmly closes 10 minutes prior to your start time.

	Check In Transition	5:45am to 6:35am	
Wave	**Division**	**Time**	**Cap Colour**
Wave 1	**Enticer - Male** **Enticer Relay Teams**	6:45:00 AM	Orange
Wave 2	**Enticer - Female**	6:47:00 AM	Green
Wave 3	**Sprint - Male 39 and Under**	7:00:00 AM	Orange
Wave 4	**Sprint - Male 40-59**	7:02:00 AM	Yellow
Wave 5	**Sprint - Male 60 and Over**	7:04:00 AM	Pink
Wave 6	**Sprint Teams** **Sprint Aquabike**	7:06:00 AM	Yellow
Wave 7	**Sprint - Female 44 and Under**	7:08:00 AM	Green
Wave 8	**Sprint - Female 45 and Over**	7:10:00 AM	Pink

Event Information

AusTriathlon Membership

All participants must be a current AusTriathlon member or One Day Member.

When you purchased your entry your membership number was verified and if you did not have a membership number or your membership was not current, a One Day Membership was automatically added to your purchase.

If you are interested in becoming an annual member please contact info@triathlon.org.au.

Prerequisite

This event is for the competitive, recreational, and social participant. We want everyone to have a go and have fun; however it is important you have done some training prior to the event.

We want you to enjoy the triathlon, so you must be physically capable to complete your nominated distance within a reasonable time frame.

If you are not sure and need some pointers, call the office and we will help put you in contact with some experts in the field to help guide your training needs.

Pre-Race Training

When you are on the road cycling or running, remember to follow the rules of the road.

Do not ride two abreast on narrow sections of road and obey all traffic laws.

Being a triathlete does not exempt you from the law.

It is the law to wear a helmet whilst cycling, and Police will issue on the spot fines.

Age Group Participation

Unless you are in an Elite 'Open' wave or in a Team, your entry and wave start is usually organised by your age group.

All our events calculate your age grouping using the Triathlon Australia Rules and Regulations, by using your age as of 31 December 2025.

Relay Teams

Relay teams consist of two or more participants who transfer the timing band between them throughout the race.

Swimmers must pass on the band before cyclists remove their bike from transition; and cyclists must rack their bike before passing the timing band onto runners.

Relay team times are calculated once the runner crosses the finish line.

All In Teams

All In teams consist of three participants who start together and each complete a full triathlon.

Even though you start together, you do not have to complete the whole race together.

All In team times are calculated as a sum of all three teammates times once the final teammate crosses the finish line.



Event Information (cont'd)

Safety

Trained staff, local police, volunteers, and triathlon race officials will be course – their highest priority is to ensure your safety. Failure to follow directions may results in a disqualification from the race.

If an athlete is considered incapable of continuing the race without risk of serious injury, the Race Director, Race Referee, and medical staff have ultimate and final authority to remove an athlete from the race.

If you decide to withdraw from the race, it is your responsibility to report it to the finish line.

Medical

There are medical staff stationed at the event venue adjacent to the finish as well as mobile on the cycle course.

If you see or experience an incident requiring medical attention, alert the nearest member of the event crew.

Volunteers

We require the assistance of many local community-based volunteer organisations.

We ask that you treat all volunteers with the highest level of respect. Abuse of volunteers in any capacity will not be tolerated and offenders will be faced with disqualification at the discretion of the Race Director.

Should an issue arise, you are welcome to approach the Race Director or the Event Manager at the finish line.

Social Media

Keeping current on your socials is an important part of life for many athletes, and we promote regular sharing of results and achievements.

Feel free to share your photos and comments using the hashtag #trialbaytri

Facebook:

www.facebook.com/trialbaytri

Instagram: www.instagram.com/trialbaytri

coastline bank

Bank where you belong

Proudly supporting the Trial Bay Triathlon

coastline.com.au 1300 361 066

Coastline Credit Union Limited T/A Coastline Bank. ABN 88 087 649 910 / AFSL & Australian Credit Licence 239175

Race Rules

Officials

Technical Delegate
Christina Thorne

Race Referee
Annette Lee

AusTriathlon Competition Rules

For all the race competition rules, go to the AusTriathlon website and read the Official AusTriathlon Race Competition Rules:
www.triathlon.org.au/Technical/Race_Competition_Rules

General Rules

When you are on the road cycling or running, remember to follow the rules of the road. Do not ride two abreast on narrow sections of road and obey all traffic laws.

Do not use abusive language.

Do not interfere with the property of another competitor.

Mobile phones and electronic devices are strictly prohibited during racing.

No public nudity or urination (including within transition).

Your torso must be covered on the cycle and run legs of the event.

Outside Assistance

Competitors may not accept assistance from anyone other than an authorised race official, this includes:

- receiving water or food from spectators
- handing goggles to spectators
- pacing a competitor on the run or cycle

Timing

Your timing chip is included in your race kit that you receive at check-in. Your timing chip is assigned to you specifically, do not change or switch with another person.

Timing chips must be worn on your **left** ankle.

If you do not start the race or pull out of the race for any reason, you must return your timing chip to the finish line or the athlete help desk

If your timing chip is not returned or is lost, you will be charged $150 for a replacement.

Helmets

At all times when participating in or preparing for an held in Australia, all who are mounted on a bicycle shall wear a securely fastened helmet that meets a recognised cycling standard.

Participants shall provide documented proof for their helmet - such as manufacturer's label - upon request by event officials.

Participants must wear their fastened helmet when dismounting from the cycle course until the bike is racked in transition.

Race Numbers

There are three numbers included in your race kit that you receive at check-in.

The small sticker must be placed on the right side of your bike helmet for the cycle leg.

The long sticker must be placed around your seat post for the cycle leg.

Your race bib must be worn on the run leg. Ensure that the number stays forward so it is easier for the officials to identify you.

There will be no body numbering or tattoos.

TARKINE

AUTOPILOT



AUSSIE OWNED/DESIGNED

PODIATRIST APPROVED

YOUR ORDER PLANTED 2 TREES

YOUR ORDER REMOVED 15 BOTTLES FROM THE OCEAN

CARBON NEUTRAL SHIPPING

1% OF REVENUE TO SAVE THE TARKINE

TARKINE.COM

Drafting

Drafting behind or next to another bike or any other vehicle is strictly prohibited. Athletes must ride on the left side of the road, except when passing other cyclists.

The draft zone of a competitor may not overlap the draft zone of another competitor, motorcycle or vehicle except in the following circumstances:

a) When the competitor is in the process of legally passing another competitor, motorcycle or vehicle:
   i. for safety reasons
   ii. for an aid station
   iii. for entrance to or departure from a transition area
   iv. in making an acute turn

b) When passing a forward competitor or motorcycle, the rear competitor is allowed a maximum of 25 seconds to pass through the 12m draft zone. Failure to observe this may result in a penalty.

c) When passing a forward vehicle, the rear competitor is allowed a maximum of 90 seconds to pass through the draft zone. Failure to observe this may result in a penalty.

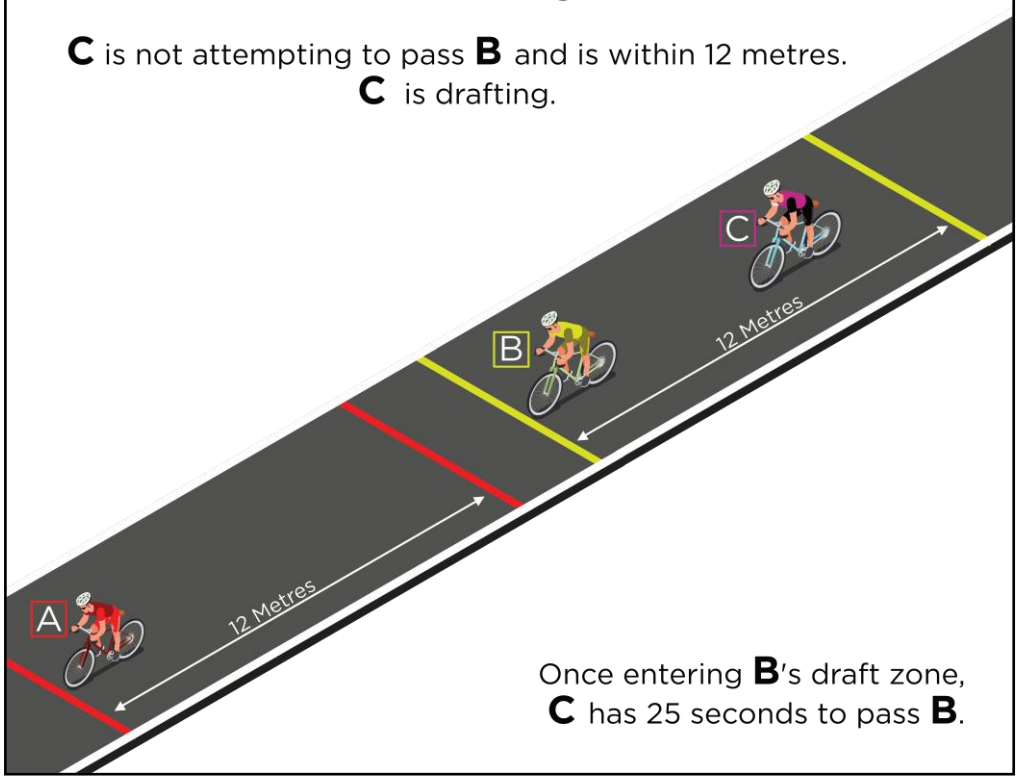
d) At every instant during the overlapping of draft zones, the rear competitor must be seen to be gaining on the forward competitor or motorcycle or vehicle. Failure to observe this may result in a penalty.

e) Once passed, a competitor must immediately commence to drop back out of the draft zone of the forward competitor before attempting to re-pass.

A competitor is deemed to have been passed once the leading edge of the front wheel of the passing bicycle has moved in front of the leading edge of the front wheel of the competitor's bicycle. Failure to observe this may result in a penalty.

A and **B** are maintaining separation greater than 12 metres.
B is not drafting.

C is not attempting to pass **B** and is within 12 metres.
C is drafting.

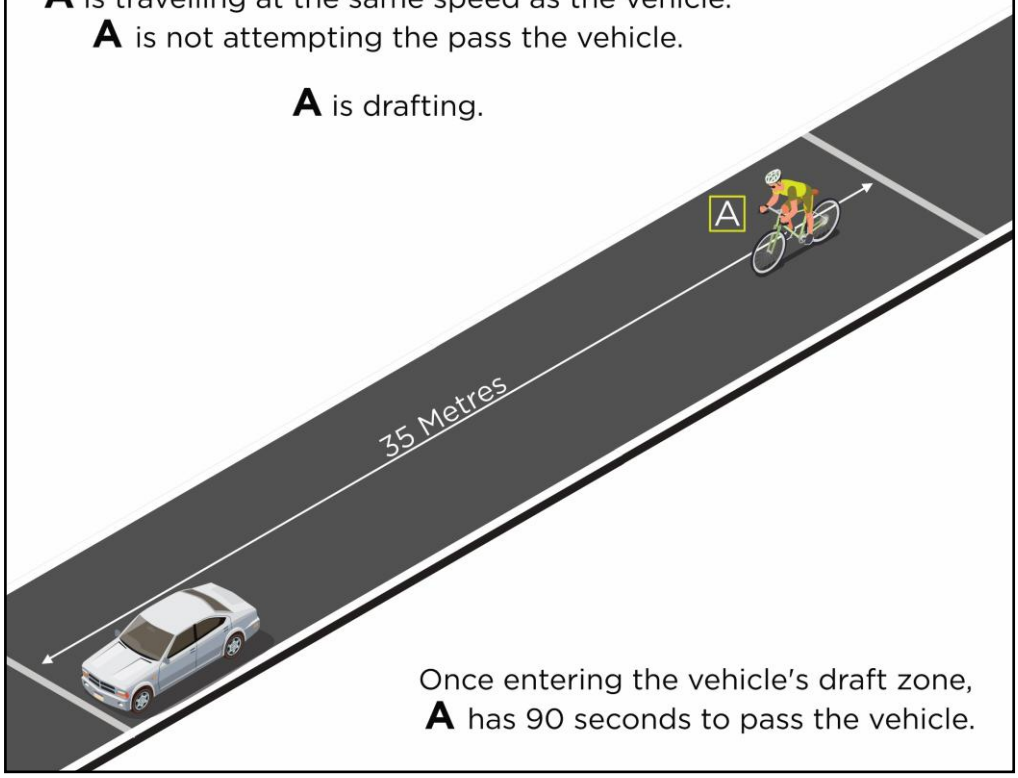


Once entering **B**'s draft zone,
C has 25 seconds to pass **B**.

Drafting Examples

A is within 35 metres of the vehicle.
A is travelling at the same speed as the vehicle.
A is not attempting the pass the vehicle.

A is drafting.



Once entering the vehicle's draft zone,
A has 90 seconds to pass the vehicle.


BOOK NOW
NATIONAL STORAGE
MEDIUM BOX
1800 650 014
nationalstorage.com.au
Need more packing supplies?
Visit our ONLINE BOX SHOP
SMALL BOX
apartment
renovation
An extra room for your move
adventure
home
NATIONAL STORAGE
Scan to learn more

Penalties

Technical officials can assess penalties - even if the infringement is not listed - if the technical official deems an unfair advantage has been gained or if a dangerous situation has been created.

The penalty box is located at the Transition gate under the red tent.

Penalty box infractions – 2 minutes

- Drafting
- Illegal passing

Stop/Start Penalty

- Cycle course: report to the penalty box and advise the official that you are serving a stop/start penalty
- Run course/transition: issued on the spot
- Blocking

The official will serve a penalty by doing the following:

- Sound a whistle or horn
- Show a blue or yellow card
- Call your number
- Advise you of the penalty
- If you are shown a Red card, you may be disqualified

Disqualification

If you are shown a red card or fail to attend the penalty box, a violation report will be filled out and submitted to the Race Referee.

The Race Referee will assess your disqualification and rule accordingly.

All disqualifications will be posted on the penalty notice board after the race.

Littering

We take pride in being a ‘leave no trace’ event.

You must take responsibly for your own litter and deposit in the correct receptacle.

Athletes found littering will be fined in accordance with local laws and disqualified.

Venue

Parking

Parking is available at Trial Bay Gaol/Arakoon National Park.

Please park legally and only in designated areas – there will be Council rangers ticketing in the area.

Toilets

Toilets are available at the Trial Bay Gaol Campgrounds.

Bag Store

There is limited space for bag storage at the Check In tent within the Trial Bay Gaol Campgrounds.

Check In

Check In times and locations are shown in the Event Program.

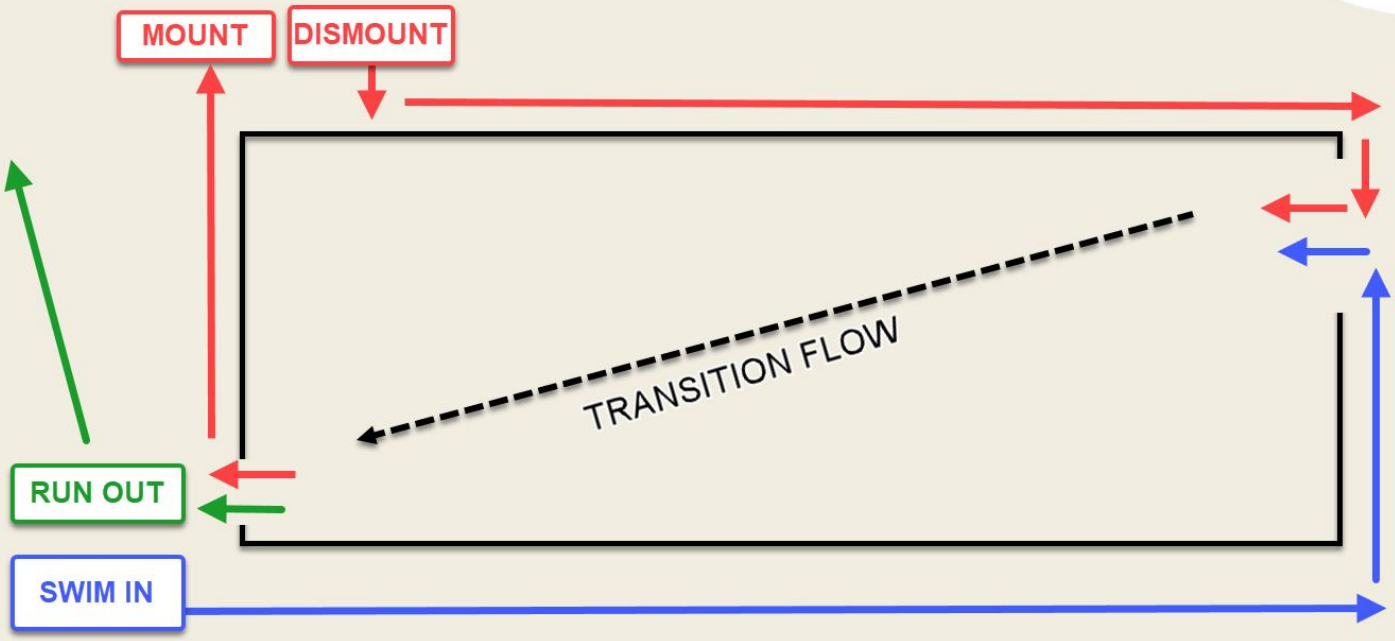
When you arrive at Check In, you will need to sign on. Prior to race day, we will send out your race number via SMS - please have your race number ready when you line up – it makes things quicker!

Once you have checked in and placed your numbers stickers onto your bike and helmet, you can then move to transition. You must have your helmet on and fastened prior to entering transition.

If you are not a Triathlon Australia member, you will need a One Day Licence. If you did not enter a TA number online when you entered, the One Day Licence was automatically added to your entry at the time of purchase. Teams require one licence per team.

When arriving on site - please allow enough time to:

- Sign on at Check In
- Put your bike in Transition
- Then walk to the start and marshal area
- We would suggest arriving at least 90 minutes before the start of your race



Transition

Before the Race

For the safety of all participants, transition must be kept clear during racing. Transition closes 15 minutes prior to the first wave.

Swim-to-Cycle

- After completing the swim, you must take off your wetsuit (if applicable) and clip on your helmet. Your helmet's chinstrap must remain fastened at all times (when on your bike or running with your bike).
- Ensure your timing chip is securely fastened on your ankle before removing your bike from the rack.
- Move your bike quickly out of the transition area, following the signs provided. Do not mount the bike before the "Mount Here" sign. The line is clearly marked on the road.

Cycle-to-Run

- On your return, dismount your bike at the "Dismount Here" sign before entering Transition.
- Return your bike to its original position and then remove your helmet.
- Be aware of other competitors and their equipment. At no time should you interfere with another competitor's bike or equipment. However, if by accident you knock over someone's bike you need to put it back.
- Quickly put on your running shoes and follow the yellow arrows provide to ensure you do not run into any other competitors.
- Exit the run at the run exit – if you are confused ask an official or marshal on the course.

After the Race

Your bike cannot be collected until the last cyclist has finished their ride and start the run. We anticipate this will be 9:00 AM on Sunday. **YOU WILL NEED TO BRING YOUR RACE BIB TO RETRIEVE YOUR BIKE FROM TRANSITION.**

TrialBay triathlon



MINI TRIATHLON

SWIM - 200m

CYCLE - TWO LAPS - 6km

RUN - 1km

MICRO TRIATHLON

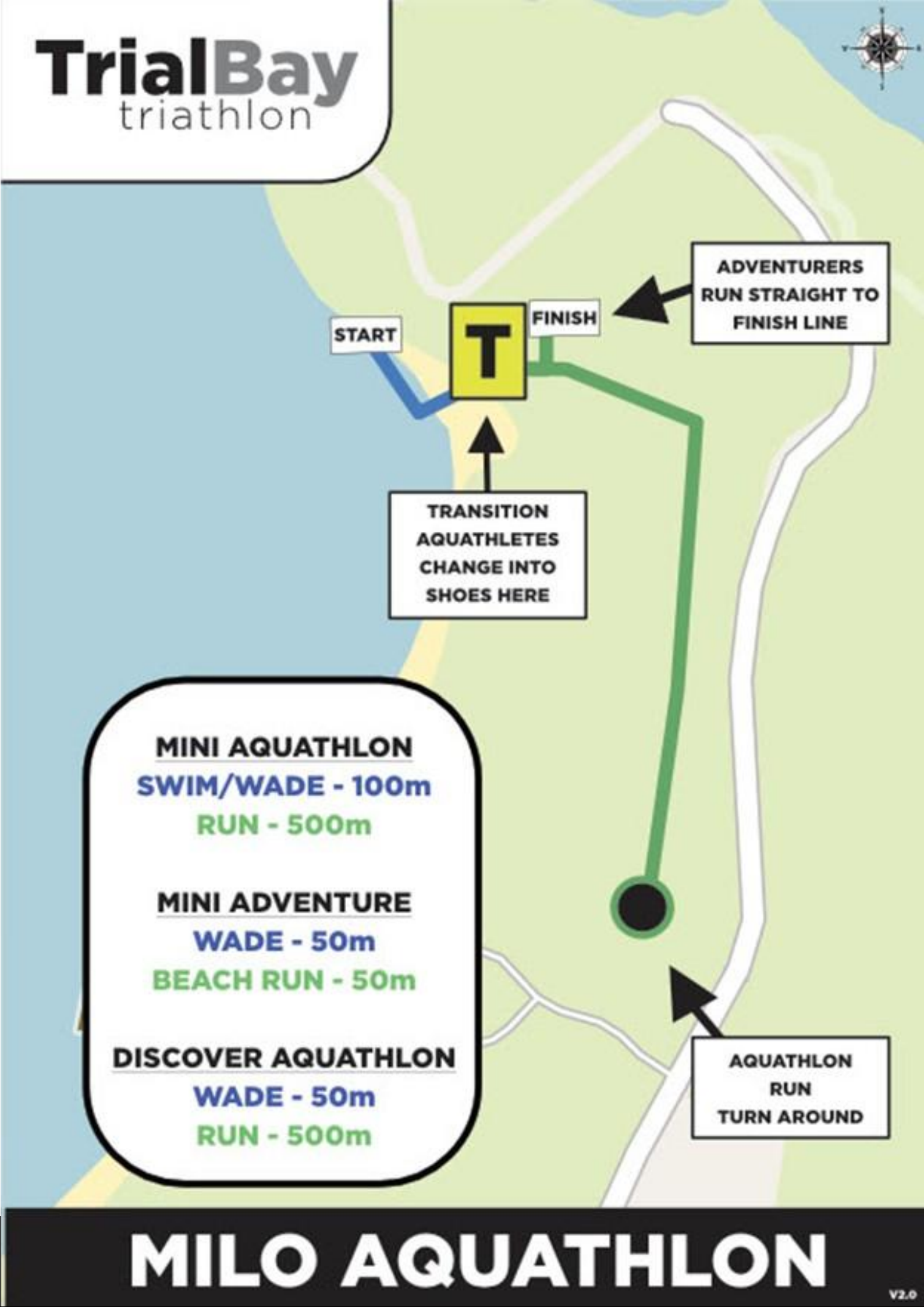
SWIM - 100m

CYCLE - 3km

RUN - 0.5km

MILO TRIATHLON

V2.0


TrialBay
triathlon
ADVENTURERS RUN STRAIGHT TO FINISH LINE
START
T
FINISH
TRANSITION AQUATHLETES CHANGE INTO SHOES HERE
MINI AQUATHLON
SWIM/WADE - 100m
RUN - 500m
MINI ADVENTURE
WADE - 50m
BEACH RUN - 50m
DISCOVER AQUATHLON
WADE - 50m
RUN - 500m
AQUATHLON RUN TURN AROUND
MILO AQUATHLON
V2.0

SEE WHAT BETTER LOOKS LIKE

Vorgee's **VORTECH RANGE** is constructed with Ultra-Light materials for less pressure and a lighter fit.







Immerse yourself

Vorgee

TrialBay triathlon



SWIM

V2.0



Swim

It is your responsibility to read this Athlete Guide and be informed of any final race briefing before entering the water. There are no excuses if you don't follow regulations and are reprimanded by officials.

Proceed to the marshal area no later than 20 minutes before your wave start time. If you miss your wave, you will be able to start late, but your time will be calculated from your scheduled start wave start. If you start early, you may receive a penalty.

You must wear the official swim cap for your wave given to you in your check in pack - it should be visible and clean. You may wear a personal swim cap under your official swim cap.

When entering the water, please make sure your timing chip is securely fastened. You must walk through the official entrance to the starting area.

If you are not the best swimmer, take it easy and let the faster competitors go first and then find your own rhythm and enjoy the water.

The swim is marked with buoys, look up regularly to check you are on track. Should you be in any kind of need lifesavers and marshals will be in the water to help you.

Wet Suits

The official temperature will be taken on race morning, and a preliminary temperature will be taken the day prior.

Wetsuits will only be permitted if the official water temperature is less than 24.6 degrees.

TrialBay triathlon



SPRINT
2 Laps - 20km

ENTICER
1 Lap - 10km

CYCLE

V4.0



Cycle

Your bike must comply with the regulations of Triathlon Australia and must be technically suitable and safe for a triathlon. Fixed-gear bicycles are not permitted.

Disk wheels or covers are allowed on the rear wheel only. However, this provision may be changed by the Race Referee in the interests of safety.

Please remember that you are fully responsible for your bike performance and safe condition on race day. Please make sure that all mechanical parts are in good condition and that all equipment on the bike is securely fastened.

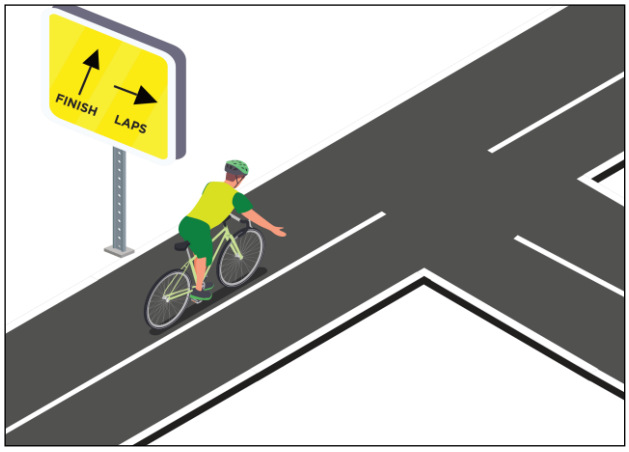
Over-inflation is a well-known phenomenon at races and may result in a flat tyre before the race or after the swim. Please take note of your tyre's maximum inflation pressure to avoid any issues.

THIS CYCLE COURSE IS ON A SHARED ROAD KEEP LEFT AND USE CAUTION

Laps

Some distances will complete multiple laps of the cycle course. It is your responsibility to know how many laps you have to complete and to keep track of the number of laps you have completed.

On your approach to the lap decision point, signal with your right arm if you will be taking the lap turn and move to the right; riders proceeding into transition should keep to the left.





The run course is identified by green cones from the exit of transition to the finish chute. Keep along the run path at all times and follow race signage and the directions of course marshals.

Make sure you turn ONLY at the turn point signs and turn marshal. You will be disqualified if you cut the course and turn early.

The leading runner for each distance will be accompanied by a lead volunteer cyclist who will clear the way along the course.

MP3 players and headphones are strictly forbidden throughout the race. Keep your head up and enjoy the spectators who cheer you on along the course!

KEEP RIGHT ON THE RUN COURSE

Race Number

You must wear a shirt and your race number at all times on the run course. Place your number either on your shirt or a race belt, above your waist and in the center of your body.

Runners without race numbers may incur a stop/start penalty.

2/2-6 LANDSBOROUGH ST SOUTH WEST ROCKS 6566 6070

SWR DENTAL

WE HEAR YOU



Just one of many commitments to you

FIND OUT MORE HERE

www.swrdental.com.au

New Technology Same Day Crowns

Interest Free Payment Plans

Capped Price Care - $199 New Patient Exam



Post Race

Recovery

Once you have completed your race, you can enter the recovery zone. Recovery is directly after the finish line - there will be recovery drinks, as well as water and fruit.

After you've finished your race, enjoy! Listen to the crowd. Feel the emotions. This is your day! Don't worry about your watch. Be a crowd pleaser and pose for the cameras. You could make the headlines of the evening news or make the front-cover of next year's race magazine!

Sunday Bike Collection

Your bike cannot be collected from transition until the last cyclist has finished their ride and started the run. We anticipate this will be at 9:00am on Sunday.

You will need to bring your race bib to retrieve your bike from transition – this is so we can match you to your bike.

Results

Results are available on the event website: www.trialbaytri.org

Presentations

See the event program for timings and locations.


Social
Alley
TEN PIN, BAR & DINER
OPEN 7 DAYS
CALL 0408 733 144.

Our Partners

Nestlé MILO

coastline bank

SEABREEZE BEACH HOTEL

SOUTH WEST ROCKS Country Club

HAMMER NUTRITION

Tyrepower South West Rocks

TARKINE

Harcourts The Rocks

Immerse yourself vorgee

NORTHSOUTH LIVE

South West Rocks Family Dental Surgery

NATIONAL STORAGE



NX Sports wishes to thank all our partners for the Trial Bay Triathlon.

Please support the organisations that make your community sporting events possible!

Thank you to the community of South West Rocks!