

WA
TRIATHLON



NEW MEMBER PACK
2023/24

TRIATHLON WESTERN AUSTRALIA

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NOTE: If there are any words used in this document that you are unsure of, please check the glossary of terms at the back for a definition.

Welcome to the Triathlon WA Community

Dear New Member,

Welcome, thank you for choosing to be a member of Triathlon Western Australia. We are very excited to have you join our 2000-strong network of WA athletes, volunteers, and passionate supporters.

We hope this New Member Pack will help you feel more confident as you embark upon your triathlon journey and help explain a few key aspects of this fantastic sport. Inside you will find information about membership, racing, and a glossary of terms so you'll know the tri lingo!

Here are a few tips to remember for your journey:

1. Don't be afraid to start from the beginning – You may not be the best or the fittest to begin with, or you might not have the best gear, and that's ok. It's all about learning and doing your best. Everyone starts somewhere. When I did my very first triathlon, I wore my old cotton rowing suit and borrowed a friend's bike!
2. Your club and club mates are an amazing support network and a veritable encyclopaedia of triathlon knowledge. Don't be afraid to introduce yourself to everyone and ask a million questions. Triathletes are a tight-knit community who love to help others.
3. Celebrate Gradual Improvement - Each time you train, you'll do better than the last time. Small steps over time lead to big results. Make sure to celebrate your achievements, no matter how small.
4. Set a realistic goal for yourself – something like competing in your first triathlon or being able to run 5km. It will help motivate you to learn the skills and keep improving. Remember, you don't have to race if you don't want to - it's an optional part of the sport!
5. Give yourself a break and take time to rest and recover regularly. Sleep, nutrition, and rest are essential. You've got this!

If you need any assistance with your membership, or have any questions, please feel free to contact our TWA office team via email at admin@wa.triathlon.org.au or by phone on 08 9443 9778.

We wish you the very best, and we hope to see you at future events. Thank you and welcome!

Kind regards,



Olivia Birkett

Executive Director

Triathlon Western Australia Inc.

When is the Membership Season?

Triathlon has a financial year season, rather than a calendar year. This means our seasons (and memberships) run from 1 July – 30 June each year. All memberships expire 30 June.





Triathlon Australia Race Competition Rules

You can find a copy of the latest rules on the TA website here: [Race Competition Rules – AusTriathlon](#)

Athlete Insurance

As a Triathlon Australia member, you will receive athlete insurance cover through the Triathlon Australia National Insurance Program, depending on the level of cover included in your membership.

To make a claim, or learn more, you need to visit: <https://vinsurancegroup.com/triathlon/>

	 SOCIAL	 BASIC	 STANDARD	 PREMIUM
INSURANCE	N/A	\$20m Public Liability Insurance for Training only Lower Limited level of Personal Accident Cover a) Training only b) Lower Lump Sum benefits upon Death/TPD c) Lower cover for medical costs and loss of income	\$20m Public Liability Insurance for Training and Racing Standard Personal Accident Cover a) Both Training and Racing b) Lump Sum Capital benefits for Death/TPD c) Medical costs and loss of income	\$20m Public Liability Insurance for Training and Racing Superior Personal Accident Cover a) Both Training and Racing b) Lump Sum Capital benefits for Death/TPD c) Medical costs and loss of income
Individual training	X	✓	✓	✓
Club training	X	✓	✓	✓
Racing	X	X	✓	✓
International travel	X	X	X	Discount available Visit triathlon.org.au for details

Go Membership – The Member Portal

GoM, or Go Membership is the platform on which you can manage your membership, club and more. To access the member portal, please visit: <https://triathlonaustralia.justgo.com/>

- If you have forgotten your username, then you can use your TA number instead. If you are not sure of either, please contact us.

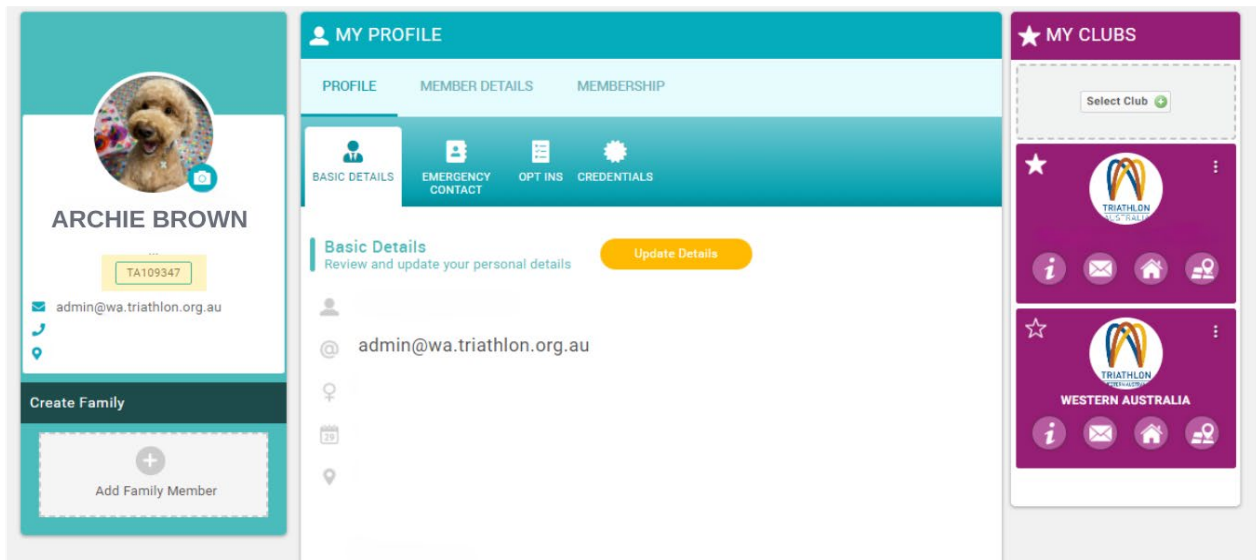
- If you have forgotten your password, you can enter your username or TA number and use the forgot password function. If the reset email is not coming through, please try again and be sure to check your junk mail.

If you are still experiencing issues accessing your profile, please contact us via phone on (08) 9443 9778 or email admin@wa.triathlon.org.au and we will be able to assist you.

LOCATING YOUR TA NUMBER:

A TA number is your unique member identifier. Think of it as your membership number in terms of Triathlon Australia. You'll need to enter your TA number when registering for an event, so you avoid paying an ODM fee (meant for non-members).

Your TA number should look something like this: TA123456 (TA followed by several numbers) and you can find it nearby your profile photo on your Go Membership profile. A TA number is highlighted in the example below.



AUTORENEW:

When you become a Triathlon WA / Triathlon Australia member, an auto-renewal subscription is selected by default. This means that every season, your membership will automatically roll over and renew so long as your payment details are valid. If you do not want this, you can turn the subscription off through the finance section of your Go Membership account.

Follow the below steps to make sure auto-renew is turned on/off:

1. Head to the member portal at <https://triathlonaustralia.justgo.com/>
2. Login to your account
3. Go to Menu > Finance
4. Under Subscription Summary, click on View Plans next to your name.
5. Here you will see that your subscription plan is active, and you can cancel it if needed. Cancelling the plan turns auto-renew off. You can also turn it back on if it was previously cancelled.

6. You can also update your credit card details by selecting Update Card Details in the top right corner.
7. Auto-renewal of your membership will occur on 1 July every year unless it is turned off.

CHANGE MEMBERSHIP TYPE/TIER:

If you would like to upgrade your membership, choose the Membership tab and click on the tile with your Clubs name on it. It will note a '1' on it already as you have a membership currently. On the next page choose your new level of membership. Complete the final steps as needed and confirm your details. Upon reaching the checkout page, you should see automatic discounts applying in the situation where you are upgrading.

If you are downgrading, please contact info@triathlon.org.au and request assistance.

ADDING A SECOND CLUB

1. Once your primary membership is active, you can add a second club.
2. Head to <https://triathlonaustralia.justgo.com/> and login to your account.
3. Under My Profile click Select Club in the top right-hand corner.
4. Search for the new club and follow the process to register as normal. You must purchase a membership for your second club at the same level as your primary membership (Standard, Premium, Basic or Social). The price will initially show as being the full membership cost, however at checkout the system should automatically discount the TA and TWA portions - meaning you'll just be paying the club fee.
5. Complete payment and you're set!

Basic Triathlon Equipment Checklist

- Goggles
- Swimwear or tri suit
- Swim cap (usually provided at races, or you can buy a better-quality silicone cap for training)
- Bike in good working order (not an e-bike)
- Bike helmet that fits well and clips under your chin
- Cycling / Running clothes (if not wearing tri suit the whole race)
- Running shoes and socks
- Towel
- Hat, sunscreen and sunglasses
- Optional: Cycling shoes and socks
- Optional: Triathlon wetsuit
- Optional: Race Belt

What to Wear to Your First Race

If you have no idea where to start, it's a good idea to have a look at the images of the event from past years on Instagram or Facebook page and see what other athletes wore. Below is some general advice.

PRE-RACE:

It can be cold at the start of the morning so make sure you bring a jumper (and beanie in winter) to keep you warm. Apply sunscreen (yes, even on a cloudy day – be aware of UV) and stow any valuables like car keys in your bag to be placed in bag drop. Please leave headphones, mobiles, and other tech at home or in your bag. Watches are allowed. Make sure you have collected your race pack and racked your bike in transition. Make sure to bring two pairs of shoes; the ones you'll race in must be left in transition, and you probably don't want to be barefoot all morning. Bringing a second pair of shoes/socks also means you can go for a warmup jog if you want to. Some athletes prefer to bring thongs/slides as their second pair of shoes.

NOTE: Please put your helmet on and clip it up prior to heading to transition. Technical Officials will carry out a cursory inspection of your bike and helmet to make sure there are no obvious safety issues.

SWIM:

Most athletes will wear either a tri-suit or swimwear they feel comfortable in, plus goggles and of course the swim cap and timing chip from your race pack. In terms of goggles, choose what works for you. Open water swimmers generally use tinted goggles to assist with reducing glare from the sun. Fins and other flotation aids are not allowed. Don't forget a towel!

PS. For winter events, if you're doing something like the Busselton 100, it's a good idea to get a triathlon wetsuit. In summer, you generally won't be able to use one. Check the TA Race Competition rules for more info about wetsuit use.

BIKE:

If you didn't swim in a tri-suit or don't want to cycle in your swim wear, you'll need to bring some other clothes to put over the top of your bathers (or change into) for the bike and run. Activewear or just leggings/shorts and a t-shirt is fine. We find it's easiest to pre-pin your race number onto a T shirt or a race belt which you can just slip-on during transition. Your number usually needs to be on the back for the cycle. You will also want to pop on your running shoes, or bike shoes instead if you have them. Whether you want to wear socks or not is up to you. Be sure to bring some sunglasses to protect you from UV during the cycle. Don't forget to bring a helmet that clips under your chin, as this is mandatory. Make sure you are wearing your helmet BEFORE you touch your bike.

RUN:

You can keep wearing your running shoes and activewear or tri-suit for this leg. If you have a race belt, swivel your race number around to the front. If the race number is pinned to the back of your shirt, you'll need to move it to the front. Don't forget a hat, sunglasses, and of course a smile for that finish line moment!

OTHER OPTIONAL ITEMS TO BRING:

- It's always good to have a small bike repair kit in case you get a flat tyre on race day. Bring an extra inner tube and a bike pump so that if it does happen (which it likely won't) then you won't be relying on borrowing supplies from other athletes.
- Having your own personal medical kit is also a good idea. This kit should contain some band aids or blister patches, any medications you need (e.g. asthma inhaler or EpiPen), and perhaps some aloe/after sun care.

- Some athletes like to use a small towel to lay out as the base of their transition pile so that they can wipe their feet after the swim. If you are a person who hates sand in their socks/shoes, this is a great hack!
- Bring at least 2 x filled water bottles for yourself to use during and after the race just in case the venue does not have a refill station.
- Bring an extra towel and change of clothes for after the race - if the event venue has shower and changeroom facilities.

WHAT TO DO IF YOU HAVE YOUR PERIOD ON RACE DAY:

Periods are a totally normal part of life so don't be embarrassed. Every female triathlete has had the same struggle. If you have your period on race day, we recommend using a tampon if you can, combined with some black bike shorts or leggings so that you feel totally secure. You can pop some short bike pants over your swimsuit in the swim or just swim in your activewear if you're worried about leaking.

How to Set Up Transition

Transition is the 'storage place' for all the equipment required to complete the event, it can only have the necessities. Your transition area will need to be set up prior to the race start, with a time frame mentioned in the race schedule. Be aware that the transition area does close before the race start (depending on the wave times this could be relatively early for your individual race start). Be sure to check your race briefing/ schedule. When you enter transition technical officials will be checking our bike and helmet, please enter transition with your helmet ON and done up for checking.

Most races will divide the transition space either by distance or race number, or sometimes both! For example, you may have a designated space on a transition rack by racing in the enticer distance and then your race number. Some races may just have the transition racks as per the race distance, and then you will need to find a space available for your equipment.

Generally speaking, the acceptable space needed is enough for your bike to be racked, and then small area below (either on the left or right side of your bike – personal preference!) for any equipment you may need. Please be courteous of how much space you are taking up.

Equipment required to set up in transition are as follows:

1. Bike: Can't complete the cycle leg without the trusty steed! See below the different ways you can rack your bike.
2. Helmet: Set up with clasps undone, sitting facing upwards for ease of application. Remember you CANNOT touch your bike without having your helmet fastened and secured on your head.
3. Cycling shoes: These can be any shoes you will be wearing for the bike course, runners or cycling shoes are fine. Have the shoes open, ready for your feet to slide on in!
4. Running shoes: If you do have cycling shoes, you will need your different shoes that you will be completing the run in. However, using your running shoes in the bike leg is perfectly fine.
5. Race number: You will receive a race number in your race pack that you will either need to attach to a singlet/t-shirt with pins or use a race belt. You will need to slip this on in T1 (swim to bike) prior to going out onto the bike course.

6. Water bottle: If you have a water bottle holder on your bike, keep your water bottle on the bike so you can have a drink on course. Don't worry if you do not have a water bottle holder on your bike. Whilst it is handy to have a bottle on the bike, you can just leave a water bottle in transition and utilise the free water cups at aid stations instead.

Suggested items for transition but not essential:

- Hat: We always want to protect our skin from the Australian sun, having a hat in transition means you can grab that to head out onto the run for added protection.
- Socks: This is a personal preference, some people prefer to pop some socks on for the ride or run, this is something to practice in training. Socks assist with reducing the risk of blisters and are that added level of comfort.
- Sunglasses: Eye protection is extremely important, having a comfortable, secure fitting pair of sunnies will not go astray. Practice wearing on a run prior to race to make sure they won't slip around and annoy you on the day.
- Towel: Having a towel to wipe your face, hands or feet from water, sweat or dirt is always handy.
- T-shirt or shorts: If you do not have a Tri suit and do not want to complete the full race in your swim wear, you can slip on these items of clothing in transition for the ride and run.

In the example below, the transition area was divided by distance. This participant has a towel at the bottom, with their hat, race number, helmet, shoes, socks and water bottle all laid out on top next to their bike. Remember to be courteous and kind to your transition neighbours and keep equipment within your area.



Please note: The example pictured is from Every Woman Triathlon, which is why there is a tutu. That is not a normal triathlon transition item!

How to rack your bike

There are two ways to set your bike up in transition, down to personal preference and bike set up.

Option 1: Hanging your bike up by the seat. This is the less stable choice out of the two options because it only has one point of contact on the rack but is a very common and easy method.

Option 2: Hang by the handlebars (brake hoods). This is more secure; however, it is dependent on your bike set up and if you have the style of handlebars required.



Common Race Mistakes and How to Avoid Penalties

1. NOT KNOWING THE RULES

The most common reason athletes receive penalties or disqualifications is because they are not aware of the race rules. It is always a good idea to have a look over the rules before racing, just in case! You can find a copy of the latest rules on the TA website here: [Race Competition Rules – AusTriathlon](#)

2. NOT PUTTING YOUR HELMET ON BEFORE TOUCHING YOUR BIKE IN TRANSITION

Triathlon rules state a helmet must be secured on the athlete's head before removing the bike from racking and remain that way until the bike is securely racked again. Your helmet must clip under your chin and be securely fastened at all times.

3. DRAFTING BY ACCIDENT IN NON-DRAFT LEGAL EVENTS

Drafting behind another competitor on the bike is seen as an advantage and not allowed in non-drafting races. You must stay out of the draft zone, which is measured by the front wheel of the leading bike through to the front wheel of the trailing bike. The length of the draft zone is dependent on the cycle leg distance.

- Bike Course 40km or less: Draft Zone is 10 metres = ~ 5 bike lengths
- Bike Course is above 40km: Draft Zone is 12 meters = ~ 6 bikes lengths

Drafting zone also has time limits in which to pass a fellow cyclist, this limit is relevant to your race distance. The passing time starts as soon as you enter the drafting zone and only ends once your front wheel passes your competitor's front wheel. You must continue on to ensure this was a firm pass, whilst the competitor you passed may need to pull back to keep the drafting zone distance.

- Bike Course 40km or less: 20 seconds
- Bike Course is above 40km: 25 seconds

Please see this video produced by Triathlon Australia for an explanation of drafting:

<https://www.youtube.com/watch?v=UlyzvbJW0G0&t=45s>

4. LITTERING OR DISCARDING EQUIPMENT ON COURSE

There are designated “littering zones” for water cups and bottles at each aid station. Do not toss cups, water bottles or any other equipment off the course anywhere else– you will be littering. Not only is it bad for the environment, but it is also disrespectful to volunteers and the local community. The penalty for littering can be a yellow (minor), blue or red (major) card depending on what has been discarded and how. It may even result in disqualification.

5. NOT PAYING ATTENTION TO THE MOUNT AND DISMOUNT LINE

The bike course officially starts at the mount line and ends at the dismount line, a competitor must mount their bike after the designated mount line by having one complete foot in contact with the ground after the mount line. To mirror the above, when going into T2 (bike to run), the competitor must dismount their bicycle before the dismount line by having one complete foot in contact with the ground before the dismount line. Missing the line in either areas will result in a yellow card penalty (time penalty).

6. MISSING A TURN MARKER / CUTTING THE COURSE

It’s important that you study the course maps for your event and make sure you have a good idea where you are going. In multi-distance races, there are often turn markers for each distance. If you turn at the wrong point, you will not be completing the correct distance which may earn you a disqualification.

7. ACCEPTING OUTSIDE ASSISTANCE

Only accept assistance from an event official or volunteer. Volunteers may hand you water etc from the aid station, and event medical staff can help with any medical needs. A friend or family member who is spectating cannot hand you anything, cycle/run beside you, or run down the finish chute with you. Any attempt by an unauthorised or unofficial source to help or to stabilise a competitor will lead to disqualification.

8. NOT COVERING YOUR TORSO

A competitor may only have a bare torso when moving from the swim exit to their designated transition area. Competitors must cover their torso with a trisuit, or singlet/t-shirt for the remainder of the event.

9. NOT WEARING YOUR RACE NUMBER

A competitor must clearly display their race number at all times on the bike and run course. This can be attached by a race belt or by pinning to a singlet/t-shirt. If you have a race belt, you can easily swivel your number from the back (bike) to the front (run). Pinning will be a bit slower as you need to re-pin when changing back/front facing. Intentionally not putting it on or forgetting may result in a yellow card (time penalty). You don't need to wear your race number in the swim. In some cases, body marking may be used instead of a paper race number / bib.

10. FAILING TO OBEY THE INSTRUCTIONS OF A TECHNICAL OFFICIAL

When shown a Yellow, Blue or Red Card by a Technical Official, a competitor must:

- a. Confirm with the Technical Official their race number; and
- b. Acknowledge and obey any instruction from the Technical Official.

A competitor may complete the event even if shown a Yellow, Blue or Red Card by a Technical Official. If you are rude to the official (who are all volunteers by the way) or do not follow their instructions, you may be disqualified – or even suspended from the sport if it is serious abuse like spitting or physical violence. Even if you disagree with a decision, please remember that these people are volunteers doing their best and they do not deserve abuse of any kind. Be kind, be respectful.

11. USING A MOBILE PHONE OR WEARING HEADPHONES DURING THE RACE

Safety is the utmost importance in any race scenario, you must not have any equipment that is going to distract you or endanger others on course. Athletes may not use communications devices of any type at all during the race. Even bone conduction headphones are not allowed as you must be always fully aware of your surroundings during a race. Ignoring this may result in disqualification.

12. TRYING SOMETHING NEW ON RACE DAY

No penalty, but just a very bad idea. Stick to what you know, what you have practiced and what you are comfortable with. Race day (or the day before) is not the time to try a new food or nutrition product. Nobody wants a toilet emergency during the bike leg, or a queasy tummy on the run!! In general, we advise avoiding gassy and greasy foods during race week. Drink plenty of water and get lots of sleep. On race morning, try to eat breakfast at least an hour before the race starts so it has time to settle. You can always bring snacks for during and after the race. Leave the new gel brand to experiment in training!

13. BEING RUDE OR NUDE

Athletes must not cause offence to others through deliberate acts of nudity, or using a personal toilet in public. You cannot be nude in transition. If you need to completely change your clothing, please use the provided public toilets or change areas which are usually right by transition. If you need to go to the bathroom during a race, porta-loos are usually scattered around the course and also near transition.

Volunteer Opportunities

Community sport in Australia would not be able to run or grow without the commitment and passion of volunteers. This is the same with our triathlon clubs and local events. They would not function without the support of passionate members. As the saying goes, many hands make light work! We encourage you to investigate ways to further assist your community and help your fellow members. Don't be the person who sits on the bench!

When volunteering, it is best to utilise your unique expertise, passion, or previous experience. All committees can benefit from a vast range of backgrounds, experience, and knowledge. Even if you have not been in the sport for long, skills in things like marketing, communications, finance, governance, business management, customer service and administration are all incredibly useful to clubs.

If you cannot commit to a full season on the committee, then perhaps you could assist at events helping with set up, pack down, manning aid stations or the registration desk, assisting with beginners' programs, or even fundraising initiatives. Your effort will be appreciated, so don't hesitate to ask your committee how to get involved.

Further to that, there is nothing more exciting than being a part of a big event with loads of excitement. If you are not racing then why not sign up to assist with Ironman WA, your local club race, or the Busselton Festival of Triathlon. These events are always seeking volunteer assistance and are a lot of fun. You can do cool things like be at the finish line handing out medals, water/recovery, or helping with race pack pick up. Volunteering at events provides a fun, exciting learning environment, a peek behind the scenes of some of the biggest tri events in WA, and way to meet new people in our community.

Member Development Opportunities

COACHING

The coaching accreditation program is a national program administered by Triathlon Australia but delivered locally by Triathlon Western Australia. The coaching education program is fully accredited by the Australia Sport Commission and is comprised of progressive accreditation levels:

1. **Foundation Coach:** beginner coaches working with novices under the guidance of a higher accredited coach.
2. **Development Coach:** intermediate coaches working with a squad or group who are preparing to participate in races.
3. **Performance Coach:** advanced coaches working with performance-focused athletes who are preparing to compete seriously in races.
4. **High Performance Coach:** very advanced coaches working with elite athletes or para-triathletes who are specifically targeting success at international or interstate races.

Coaching accreditation once achieved is valid for one year with further accreditation renewal dependent on the coach registering each year as a coach with Triathlon Australia.

No prior coaching experience is required to become a Foundation Coach. You can find the list of upcoming courses on our website here: <https://www.triwa.com.au/coaching-courses/>

TECHNICAL OFFICIATING

If you are a supporter of triathlon, wish to give back to the sport you love or want something to do while not competing, why not become a Triathlon Australia Technical Official? Technical Officials are responsible for ensuring that an event is run in accordance with the Triathlon Australia (TA) Race Competition Rules (RCR).

The Technical Officiating Course is completely free and can be completed online or in person. More information here email technical@wa.triathlon.org.au

AUSTRALIAN AGE GROUP TRIATHLON AND MULTISPORT TEAM

As a Triathlon Australia member, you can race and qualify to wear the Green and Gold at the World Triathlon Age Group World Championships.

World Triathlon is the international governing body for the Olympic sport of triathlon and all related multisport disciplines around the world. It is the recognised International Federation for the sport of Triathlon (by the International Olympic Committee) and of Paratriathlon (by the International Paralympic Committee).

Each season World Triathlon host several Age Group World Championships that you can qualify for in Australia. For more information, check the links below:

- [AUS Championships – AusTriathlon](#)

How to Speak Triathlete: A Glossary of Triathlon Terms

Age Category: Most races break age groups down into 5-year or 10-year categories, based on your age as at 31 December (as per the TA race rules). It means that you race alongside people who are a similar age.

Age Group Athlete: Also known as an “age-grouper”, this just means an adult athlete competing in their age category, as opposed to Open/Elite.

Aid Station: An aid station is a tent, table, or general rest area established to provide hydration and nutrition supplies to triathlon event participants during the race. Aid stations usually provide cups of water and electrolyte drinks.

Appeal: If you had submitted a protest at a race and were unhappy with the decision made by the Race Referee, you could appeal it. Please see the TA Race Competition Rules for more info. Please be respectful and courteous when dealing with officials, even if you disagree with a decision made. All Technical Officials in WA are volunteers.

AquaBike: A race type with no run leg. Instead, you just do the swim and the cycle.

Aquathlon: A race that is just swim- run or run, swim, run – no cycle leg.

Bag Drop/Bag Compound: All bags should be removed from transition prior to transition closing for the start of the event. A complimentary Bag Drop / Bag Compound area is usually available next to transition so that you can leave your personal items in a safe spot.

Beach start: When athletes start the swim portion of the race from dry land (not necessarily a beach) and run into the water.

Bib (Cycling) / Bib Shorts: A type of riding short that includes supportive straps to keep the pants in place (no rolling down). Think of it like a pair of shorts with built in suspenders.

Bib (Race): Your paper race number is also known as a race bib or bib number.

Blocking: When an athlete deliberately cycles on the ride hand side, blocking others from passing/overtaking. This may result in a penalty.

Blue Card: This is shown by a technical official to a competitor who has committed an infringement resulting in a time penalty.

Body marking: Putting your race number on your arm with a temporary tattoo or black marker.

Bonking: To bonk in a race means to completely run out of energy, leaving you unable to complete the distance.

Brick: A training session including two disciplines which are carried out one after the other. The classic Brick is a bike session immediately followed by a run.

Buoy: The floating markers used on a triathlon course to indicate course layout, distance, and turns.

Cadence: This refers to your leg speed or pedal revolutions, for running and cycling.

Chamois: The padded part of a tri-suit or bike shorts that helps make the cycle-leg more comfortable.

Classification (para-triathlon): Classifications are based on impairment type. They determine which athletes are eligible to compete & how they are grouped together for competition. In para triathlon, there are nine classifications. See more here: <https://triathlon.org/paratriathlon/categories>

Cleats: The little notches on the bottom of your bike shoes that allow them to lock into your bike pedals. Sometimes bike shoes with cleats are just referred to as cleats.

Cooldown: Physical activity done after a workout or race to loosen muscles and rid the body of lactic acid.

Crit / Criterium: A bike race consisting of several laps around a closed-circuit course, timed.

Cross Triathlon: Also known as X-Tri, this is a race type with an open water swim, mountain/offroad bike leg, and trail run. Think XTERRA Dunsborough.

Dismount Line: The line, marshalled by a technical official and sometimes marked by flags, by which you must have stepped off your bike before crossing and entering T2 (bike to run).

Disposable Timing Chip: These are not as common as normal timing chips, but sometimes used for smaller races. Wear as if it were a normal timing chip, but at the end of the race you cut it off and put it in the bin. It is not re-usable. The band needs to be comfortably loose and the race number should be facing outwards on your left ankle.

DNF: 'Did not finish' a race.

DNS: 'Did not start'. This means you didn't start the race or your timing chip wasn't activated properly across the start line.

DQ/DSQ: Disqualified

Drafting: To cycle too closely behind or to the side of someone, reducing your required effort by benefitting from their slipstream or them blocking the wind. Triathlon races are split into draft legal (DL, allowed) and non-drafting (not allowed). Most triathlon races are non-drafting as you require a special credential from TWA to race Draft Legal.

Duathlon: Most commonly a run, bike, run. A race with no swim leg.

Electrolytes: Salts that are essential for your body to replace after sweating. Includes e.g. sodium, potassium, chloride and calcium.

Enticer: A race distance that is shorter than a sprint distance and can vary depending on the event. It's typically around a 250m swim, 10km cycle and 2km run. Generally used as a good introduction to the multi- sport world.

E-Ticket: Sent out via email before a race, it contains your race number, start wave and cap colour information. Basically, it's just the information you need to collect your race pack at an event.

Expo: An event (typically pre-race) for checking out featured vendors and exhibitors, and hanging out with other athletes.

Fartlek: Interval training and fartlek training mean intense sessions which involve varying paces and efforts, alternating between harder sections and easier recovery sections.

Finisher: A competitor who completes the entire race course within the rules and crosses the finish line.

Flotation Aid: Anything that improves your ability to float in water. Examples include kickboards, pull buoys, wetsuits, or pool noodles. Flotation aids are generally not allowed at races.

FTP: Functional threshold power. On the bike it is the power you can average for an hour.

Gels: Gels are goeey liquid nutrition products in a pouch which can help replenish your glycogen & sodium stores. They're not for everyone, trial in training.

GOAT: The greatest of all time. You may see someone say something is 'goated' which generally means the commenter is very impressed.

Go Membership: The Triathlon Australia Member Portal. This is the platform you use to renew your membership.

Hill Reps: Hill repeats. Bike or run workout where you repeatedly go up a hill at a high intensity level.

HRM: Means a heart rate monitor. Classically this is a sensor which is strapped across your chest.

Hydration Products: The main goal is avoiding dehydration and to replace the electrolytes/salts you are losing through sweat. For beginners doing short races, just water is usually enough. If someone mentions a 'hydration product', it's likely they are referring to an electrolyte drink or dissolvable tablet that can be added to water.

ID: A race category for non-elite athletes with an Intellectual Disability.

Indoor Trainer / Wind Trainer: A training device which allows you to set up your bike indoors and ride stationary. Use a non-slip mat under it!

Interference: A deliberate block, charge or abrupt motion which impedes another competitor.

IRONMAN / IM: IRONMAN is a brand/series of long course endurance triathlon events owned by the World Triathlon Corporation (WTC). In triathlon slang, the word IRONMAN is often used to describe any long course event around an IRONMAN distance (even if the event is not actually an IRONMAN branded event or owned by them). You may also hear Half IRONMAN used as a general term, which is usually referring to an actual IRONMAN 70.3 event or race with a similar distance.

Jammers: a very tight pair of swimming shorts commonly used by male athletes for pool training.

Jersey: A cycling top with a front zip. They have back pockets for holding your mid-ride snacks.

Kit: The full collection of cycling clothing (jersey & cycling shorts/bib shorts), often matching, and worn together.

Ladder/Pyramid: An interval workout with progressively increasing then decreasing distances at each interval.

Long Course: Typically anything longer than a standard distance race, commonly involves a 1.9km swim, 90km, 21km run or can also include the 100km total distance which entails a 2km swim, 80km bike, 18km run.

Mashing / Grinding: Pedalling at a low cadence on a high gear.

Medical: At events, medical assistance will always be available on course. Please ask for medical help if you have even the slightest hint you may need it. Any aid given by race medical personnel is permissible and will not lead to disqualification. Note: Medical staff have the right to remove an athlete from the course if they deem further competing to be a critical danger to their health.

Mount line: When coming out of the T1 (swim to bike) transition, you must not get on your bike until you have passed the mount line, which is generally a set of flags or line on the ground manned by an official.

Negative Split: To finish the second half of a race faster than the first half.

Nutrition Products: In terms of triathlon, 'nutrition products' are things like gels, sports drink, energy bars, chews, protein powders, protein bars and recovery drinks. These supplements are useful in some race situations as they're easily accessible, portable, convenient and provide concentrated nutrients when real food may not be practical. For beginners, you don't need any fancy nutrition products. Eat healthily regularly, eat a good breakfast before a race and have a snack during/after your race.

ODL: One Day License fees charged during race registration for non-members.

Olympic Distance: An outdated term for a Standard Distance triathlon, involves a 1.5km swim, 40km bike and 10km run.

Open Category: Essentially, this is the racing age group for more elite adult and under 23 age group athletes. The Open category is technically open to any athlete who wants to step up - but make sure you can keep up! Open categories often include athletes that race Nationally or Internationally and who are very experienced in the sport.

Open water swim / OWS: A swim in a lake, river, or the ocean.

Outside Assistance: Only accept assistance from an event official or volunteer. For example, you can accept a cup of water from a volunteer at an aid station, or medical help from an event staff member. A friend or family member who is spectating cannot hand you anything, cycle/run beside you, or run down the finish chute with you. Any attempt by an unauthorised or unofficial source to help or to stabilise a competitor will lead to disqualification.

Para / Para-triathlon: Para-triathlon is triathlon for athletes with a physical or vision impairment. A participant in para-triathlon is known as a Para-Triathlete, or just 'Para' for short. Depending on an athlete's classification, they may use a handcycle a track chair, a tandem bike and sighted guide or standard equipment. Some athletes may require the use of leg or arm prostheses, however adaptive equipment is not permitted during the swim.

Pass: When one competitor's bicycle draft zone overlaps another competitor's bicycle draft zone, makes continual forward progress through that zone, and passes within a maximum period specified in TA Race Competition Rules. A competitor cannot pass another competitor on the left-hand side in a non-draft legal event.

PB/PR: Personal best or personal record.

Peak: Training period just before the taper, where you get specific for your goal race and try to reach your peak fitness.

Peloton: The large, main group on a group ride.

Penalties: If an official shows you a yellow, blue, or red card you may be asked to serve a penalty. You can stop and ask them where to go to serve the penalty. Usually this will be the designated penalty box, located at the dismount line. You can learn more about penalties by reading the Triathlon Australia Race Competition Rules.

Penalty Box: One or more designated areas on the course where competitors may be required to serve a time penalty for a rule violation.

Periodisation: The season is typically divided into different training periods. A typical progression would be base, build, peak and taper periods before a goal race.

Positive Split: When the second half of a race or workout is slower than the first.

Protest: Usually in relation to an issue during a race (e.g course, equipment, timing service, or the actions of a fellow competitor). Protests are made AFTER the race, within 30 minutes of finishing. A competitor may file a protest with the Race Referee. Please be respectful and courteous when dealing with officials, even if you disagree with a decision made. All Technical Officials in WA are volunteers. Please see TA Race Competition Rules for full info.

Query: Shown on race results if there has been an error or discrepancies the timing provider must investigate.

Race belt: Elastic belt used to keep your race number in place without having to pin it to your clothes. These are very handy and relatively inexpensive.

Race Referee: A Technical Official who is responsible for making final decisions on all rule infringements reported by Technical Officials and all protests.

Race Suit: Competitors may wear any type of race suit (comprising of 100% textile material). During the swim segment the race suit must not cover hands or feet and must not contain any material which assists in buoyancy, such as polyurethane or neoprene. During the bike and run segments, the race suit must cover the torso. If front zipper is attached, it may be undone but must be connected at the bottom at all times.

Racking / Bike Racking: Racking a bike in triathlon racing means hanging your bike on the bike rack (usually a long metal pole) in the transition area. You can either hang your bike by the seat or by the handlebars. It will depend on the style of bike you have. Ask a technical official at the event if you are unsure which option to choose.

Recovery / Recovery area: As you cross the finish line, the athlete recovery area is a walk-through zone immediately after the finish line. This is where you can rest after finishing the race and grab some water or fruit.

Red Card: This is shown by a technical official to a competitor who is suspected of committing a violation (or major infringement). You will be allowed to finish the race, and the Race Referee will make a ruling on disqualification at the end of your race.

Registration: Can be used interchangeably to describe either the actual event sign up process OR picking up your race pack before the event.

RD: Race Director. The person who calls the shots at an event.

Rolling start: Athletes are set off in one continuous line at intervals (usually a few seconds apart) for the swim start.

RPM: Revolutions per Minute which refers to the turning of your legs on the bike and how many turns you can do in 60 seconds.

Run or Ride Belt: Also known as a Fuel Belt. Waist-mounted belt for carrying snack bars/gels/drinks.

Saddle: Your bike's seat. Make sure yours is comfy to avoid chafe and groin pain (aka saddle sores)

Sighting: This is looking where you are going when you are swimming in open water. When sighting, you should choose a landmark (e.g. a buoy) to keep as a reference point, and conserve energy by only lifting your eyes above the water.

Spinning: Pedalling at a high cadence on a low gear.

Splits: Your times across specific race markers. For example, your times for each leg of the race, transition, etc.

Sprint Distance: Traditionally comprises of a 750m swim, 20km Bike and 5km Run.

Standard Distance: Previously known as Olympic distance, involves a 1.5km swim, 40km bike and 10km run.

Stop-Start Penalty: Also known as a "stop and go penalty", this is the penalty for a minor rule infringement. During a race, a Technical Official may hold up a yellow card and ask you to stop for a few seconds to serve a penalty where the rule break occurred. Failure to stop will result in a disqualification.

Strava: The app used by many athletes to record and share their training and race performances.

Swim Cap: You will usually be provided with a coloured swim cap that corresponds to your race distance at an event. It is compulsory to wear the cap provided during the swim. The swim cap helps the water safety team keep track of everyone in the water.

Taper: To recover and reduce your training load before a big race.

Team: In terms of triathlon racing, a team can be made up of two or three people. In a team of three, one person does one leg of the race each (e.g person 1 does the swim, person 2 does the bike, and person 3 does the run). In a team of two, one person will do 2 legs of the race instead.

Technical Official: Accredited race officials who are qualified by TA as technical officials, and are appointed to be responsible for observing, assessing, and reporting on the performance of competitors in a sanctioned (TA insured) event in relation to TA Race Competition Rules.

Threshold/Run Threshold: When running, it is the pace you can maintain for an hour.

Time Trials: A common phrase in swimming, cycling, and running. In swimming and running this is generally racing over a fixed distance as fast as you can.

Timing chip: You'll wear a chip attached to an ankle strap through the whole race to track your time.

Tinlids: Another term for a kids race. It's rhyming slang that some race directors like to use.

Tyre Lever: Small tool used to remove the tyre from your wheel to replace or repair the inner tube. These are very handy to have for the inevitable mid race flats.

TOTY: Triathlete of the Year. This is an annual award given to athletes who scored the most points in the Triathlon WA State Series.

Transition – T1 & T2: Triathlon is a non-stop race, meaning you need to go from swimming to cycling to running. You do this via transitions. There are two transitions in a race: T1 is the exit from the swim and preparing for the bike; T2 is finishing the bike and starting the run. Normally, T1 and T2 are in the same place/are the same place, meaning this is where your bike is racked and where you swap kit between legs.

Transition Zone: A location within a defined boundary which is not a part of the swim course, the bicycle course, or the run course and within which each competitor is allocated an area for the storage of individual items of clothing and equipment.

Tri-suit: This is a piece of clothing which can be worn for the whole triathlon, the swim, the bike, and the run. Most tri-suits have a small insert/pad (chamois) to make the cycle-leg more comfortable. Lots of clubs have their own club tri-suit available to purchase.

Turns: Swim turn, bike turn, run turn. It is usually a buoy, cone, sign or other marker on the course that indicates where you must turn to complete the lap for your chosen race distance.

TWD: Triathlete with a disability. This is a category for non-elite athletes who are not officially categorised as a Para and race at a local level. There is also the ID (Intellectual Disability) race category.

U23: Under 23. It is a category of junior racing, particularly interstate and international junior racing.

Warning: In terms of racing, the purpose of a warning is to alert an athlete about a possible rule violation and to promote a "proactive" attitude. A Technical Official can administer a warning to an athlete to correct a minor infringement instead of giving a penalty.

Waves/Wave Start: When a race starts in staggered groups (waves) usually separated by gender and age groups. You'll be allocated a cap colour and wave number for racing so that you start at the correct time.

Wetsuits: Triathlon wetsuits must be less than 5mm thick and are often not allowed in competition unless the water and air temperature are cold enough. Wetsuit use will either be not allowed, optional, or compulsory.

Wetsuit compulsory: Where the race director determines that the use of a wetsuit during the swim leg of the race is compulsory, because of the low water temperature. It's a really good idea to own a wetsuit and bring it to any winter races (like Busselton 100) just in case.

World Triathlon: The international governing body for the Olympic and Paralympic sport of triathlon and all related multisport disciplines around the world, including long distance, duathlon, aquathlon, cross triathlon and winter triathlon.

Yellow Card: This is shown by a technical official to a competitor who has committed a minor infringement and will result in a start-stop penalty.

Zwift: The popular online training app which allows you to run and cycle in a virtual world.

70.3: A half IRONMAN distance race. The '70.3' refers to the total distance in miles (113 km) covered in the race, consisting of a 1.9 km swim, a 90 km bike ride, and a 21.1 km run.

Heard a word or phrase you think we should add? Send us an email at admin@wa.triathlon.org.au

WA TRIATHLON

2023/24 CALENDAR

DATE					EVENT	LOCATION
SEPTEMBER 2023						
10TH					ARMADALE DUATHLON #1	CHAMPION LAKES
23RD					ARMADALE DUATHLON #2	CHAMPION LAKES
OCTOBER 2023						
1ST	✓		S		AUSTAL TIGER SNAKE CLASSIC TRIATHLON	GARDEN ISLAND
1ST					PERTH DUATHLON 80K & RUNNING WORKS FESTIVAL	CHAMPION LAKES
15TH	✓	✓	J/S		EXSS SPRINT DUATHLON	CHAMPION LAKES
22ND					SUNSMART KIDS TRIATHLON EFS 1	COCKBURN ARC
29TH				✓	SAFETY BAY IGA SPRING TRIATHLON	SHOALWATER BAY
NOVEMBER 2023						
2ND					SSWA SECONDARY TRIATHLON CHAMPIONSHIPS	CHAMPION LAKES
3RD					SSWA PRIMARY TRIATHLON CHAMPIONSHIPS	CHAMPION LAKES
11TH					EXSS X-TRI OFF ROAD TRIATHLON	LAKE LESCHENAULTIA
12TH					BUNBURY WOMENS TRIATHLON	BUNBURY
12TH					RAMSAY HEALTH CARE TRIATHLON PINK	MT CLAREMONT
19TH					LEFT BANK TRIATHLON	EAST FREMANTLE
26TH		✓		✓	EXSS SPRINT TRIATHLON	CHAMPION LAKES
DECEMBER 2023						
2ND					IRONKIDS BUSSELTON	BUSSELTON
3RD					GWM IRONMAN WESTERN AUSTRALIA	BUSSELTON
3RD					GWM IRONMAN 70.3 WESTERN AUSTRALIA	BUSSELTON
10TH					SUNSMART KIDS TRIATHLON EFS 2	COCKBURN ARC
17TH					STEP AHEAD PODIATRY TRIATHLON & KIDS TRI	ROCKINGHAM FORESHORE
17TH	✓		S	✓	CITY OF JOONDALUP COASTAL QUEST	WHITFORD NODES
23RD					EXSS DRAFT LEGAL / SUPERSPRINT	CHAMPION LAKES



INTERCLUB







SENIOR



JUNIOR



STATE CHAMPS
SENIOR (S) OR JUNIOR (J)

DATE					EVENT	LOCATION
JANUARY 2024						
7TH				✓	GIANT MANDURAH STATE INTERCLUB CHAMPIONSHIP	HALLS HEAD
14TH					RTC SUPERMIX TRIATHLON & KIDS TRIATHLON	ROCKINGHAM FORESHORE
21ST					ARMADALE TRIATHLON	CHAMPION LAKES
26TH					AUSTRALIA DAY TRIATHLON	POINT WALTER

FEBRUARY 2024						
4TH	✓	✓			ROCKINGHAM FORESHORE TRIATHLON	ROCKINGHAM
18TH	✓	✓		✓	LGM BUNBURY CLASSIC	BUNBURY
18TH					EVERY WOMAN TRIATHLON	CHAMPION LAKES
25TH					KD CYCLES ENDURO TRIATHLON & KIDS	ROCKINGHAM

MARCH 2024						
4TH	✓	✓	J/S		JOONDALUP AUTUMN CLASSIC (JA CLASSIC)	MULLALOO BEACH
9TH					TRANS CAPE SWIMRUN	DUNSBOROUGH
10TH					THE BIKE PLACE SHOALWATER TRIATHLON	SHOALWATER BAY
16TH & 17TH				✓	KARRI VALLEY TRIATHLON (16TH) & KIDS TRIATHLON (17TH)	RAC KARRI VALLEY RESORT
24TH	✓	✓	J	✓	COOGEE BEACH TRIATHLON	COOGEE BEACH
24TH					CITY OF JOONDALUP MULLALOO TRIATHLON	MULLALOO BEACH
31ST				✓	ESPERANCE OD	ESPERANCE

APRIL 2024						
7TH					WA CALIBRATIONS SPRINT TRIATHLON & KIDS TRI	ROCKINGHAM
20TH & 21ST	✓		S		XTERRA DUNSBOROUGH	DUNSBOROUGH
28TH				✓	ARMADALE AQUATHLON	ARMADALE FITNESS & AQUATIC CENTRE

MAY 2024						
4TH					BUSSELTON FORESHORE TRIATHLON	BUSSELTON
4TH					SUNSMART KIDS TRIATHLON BUSSELTON	BUSSELTON
5TH	✓		S	✓	BUSSELTON 100 & AQUABIKE	BUSSELTON



INTERCLUB



SENIOR



JUNIOR



STATE CHAMPS
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