**FAQ’S**

We’ve received a large number of emails from nervous first timers, asking all sorts of questions. Here is some Q & A’s which may help:

**Q. What do I wear in the swim?**

**A**. Comfortable pair of bathers, goggles, race swim cap (provided by us). Wetsuit-optional

**Q. Will the swim be in deep water?**

**A**. The start of the swim will be on the sand, you will be able to porpoise in the beginning. Most of the swim will be in water overhead depth however there will be shallower sandbars along the swim course which you will be able to stand up on.

**Q. I’m worried about the swim, is there lifeguards nearby, can I stop and rest?**

**A**. This swim will be aided with an outgoing current making this distance feel shorter than 400m in the pool. Ocean Grove SLSC will be looking after water safety, they will have 2 IRB’s (boats) and 8 board paddlers nearby to assist. If you need assistance this is indicated by raising your hand. You can stop and rest at any time.

**Q. What clothing do I wear on the cycle & run legs?**

**A**. All competitors must have covered torsos.

Females may wear just their bathers, or a singlet/top if they like. Shorts & socks optional.

Males – singlet/top. Shorts & socks optional.

**Q. Where do I place my race number, do I wear it in the swim?**

**A.** You don’t have to wear your race number in the swim.

Your race number will come with safety pins, attach this to the front of your top. If you have a racing suit that you don’t want to put pins through then you can choose not to wear your number.

**Q. Will we be allocated a specific spot to rack our bikes?**

**A.** You will be allocated a rack to put your bike on according to your age and gender, it will not have your name or number on it. Eg. 30 - 39 males will all rack their bikes on the same length of rack. There will be signs at the front and end of each rack indicating your rack/s. There will be tape marking the racks to ensure bikes are in the right spot and evenly spread.

**Q. What do you put beside your bike in transition?**

**A.** Suggestions include: towel, race top/singlet with race number, shoes, helmet, sunglasses, and a hat. Ensure your gear does not spill out into the through way between bike racks.

**Q. Are there any specific Triathlon rules I need to know?**

**A.** Yes, even though this event is a fun event with a large number of first timer’s, rules still apply to ensure fairness and safety. Please click on the link on the Race Information page to watch the educational clip on drafting in the cycle leg.

Also this link to proper helmet fit \*\* [( click here )](http://www.triathlon.org.au/Assets/Triathlon+Australia+Digital+Assets/Resources/Technical/August+2013/Cycle+Helmet+Safety.pdf)