SUNDAY 15TH FEBRUARY 2026

Athlete Information Pack

This pack contains all the information you need to be ready for race day. The most important thing you need to know is this:

At the Maffra Triathlon we are all about participation, inclusion, fun and safety.

So if something doesn't quite work for you, we will do our best to find a solution.

If you have any questions don't hesitate to contact us maffratri2024@gmail.com

TRIATHLON CATEGORIES

The Kids Teams Events

Kids Age categories are recommendations only, although the minimum age stated is not flexible for insurance reasons. If your child is 8 and wants to race with friends in the 4-7 category, that's fine, etc.

We encourage you to choose a race category that challenges your own level of fitness.

Note: All events will be untimed this year. Awards will be given to first across the line in each category and everyone else. If you want to know your race time you will need to use your own timing device.

OPTION 1 - Kids Micro Teams Triathlon (recommended ages 4-7) **CATEGORY A**

Teams of 3 to 5 kids, each child completes a full triathlon, starting at the same time as their teammates (you don't have to stay together if you don't want to).

20m swim + 500m cycle + 200m run

OPTION 2 - Kids Mid Teams Triathlon (recommended ages 7-11) **CATEGORY B**

Teams of 3-5 kids, each child completes a full triathlon, starting at the same time as their teammates (you don't have to stay together if you don't want to).

40m swim + 1.2km cycle + 600m run

OPTION 3 - Kids Long Teams Triathlon (recommended ages 11-14) **CATEGORY C**

Teams of 3-5 kids, each child completes a full triathlon, starting at the same time as their teammates (you don't have to stay together if you don't want to).

50m swim + 2.4km cycle + 900m run

TEAMS TRIATHLON RELAY CATEGORIES -12+

MENS TEAM- TM

3X Male team members in each team, each team member completes one full triathlon in relay format (team member 1 complete 1 full triathlon, tags his team mate #2 who also completes a full triathlon, tags team mate #3 who also completes one full triathlon.

All 3 team members can cross the finish line together as a team.

FEMALE TEAM- TF

3X Female team members in each team, each team member completes one full triathlon in relay format (team member 1 complete 1 full triathlon, tags his team mate #2 who also completes a full triathlon, tags team mate #3 who also completes one full triathlon.

All 3 team members can cross the finish line together as a team

MIXED TEAM- XT

3X team members in each team (mixed male and female), each team member completes one full triathlon in relay format (team member 1 complete 1 full triathlon, tags his team #2 mate who also completes a full triathlon, tags team mate #3 who also completes one full triathlon.

All 3 team members can cross the finish line together as a team.

UNDER 18 TEAM- 18

3X Under 18 team members in each team, each team member completes one full triathlon in relay format (team member 1 complete 1 full triathlon, tags his team #2 mate who also completes a full triathlon, tags team mate #3 who also completes one full triathlon.

All 3 team members can cross the finish line together as a team.

UNDER 16 TEAM- 16

3X Under 16 team members in each team, each team member completes one full triathlon in relay format (team member 1 complete 1 full triathlon, tags his team #2 mate who also completes a full triathlon, tags team mate #3 who also completes one full triathlon.

All 3 team members can cross the finish line together as a team.

FAMILY TEAM- FT

2 or 3 Family team members in each team, each team member completes one full triathlon in relay format (team member 1 complete 1 full triathlon, tags his team #2 mate who also completes a full triathlon, tags team mate #3 who also completes one full triathlon.

All 3 team members can cross the finish line together as a team.

PIRATES TEAMS – 1 LEG EACH - PT

2 or 3 x Team members completeing 3 x triathlons

Team member 1 = swimmer (swims 3 times)

Team member 2 = rider (rides 3 times)

Team member 3 = runner (runs 3 times)

Team members cross finish line together as team.

please do not bring a ship-ship will not fit in pool

SOLO TRIPLE TRIATHLON CATEGORIES-14+

MALE SOLO- MS

Male solo completes three triathlons back-to-back.

3 x (200m swim + 7km cycle + 2km run)

FEMALE SOLO- FS

Female solo completes three triathlons back-to-back.

3 x (200m swim + 7km cycle + 2km run)

MALE U/18 SOLO- 18M

Male U/18 solo completes three triathlons back-to-back.

3 x (200m swim + 7km cycle + 2km run)

FEMALE U/18 SOLO- 18F

Female U/18 solo completes three triathlons back-to-back.

3 x (200m swim + 7km cycle + 2km run)

OVER 50 MALE SOLO- 50M

Over 50 Male solo completes three triathlons back-to-back.

3 x (200m swim + 7km cycle + 2km run)

OVER 50 FEMALE SOLO- 50F

Over 50 Female solo completes three triathlons back-to-back.

3 x (200m swim + 7km cycle + 2km run)

EVENT SCHEDULE- SUNDAY 23RD FEBRUARY

When	What
8:00AM	Check-in opens – both senior and kids can check in during this time and rack their bikes in transition area
8:45 AM	Check-in closes for kids events and Kids transition area closed (All bikes must be racked in transition before this time) Kids Micro Teams race breifing
9:00AM	KIDS MICRO RACE STARTS ! Kids Mid race breifing
9:15AM	KIDS MID TEAMS RACE STARTS! Kids long race breifing
9:40AM	KIDS LONG TEAMS RACE START!
10:00AM	SOLO AND TEMS RELAY CHECK-IN CLOSES
10:15AM	SOLO AND TEAMS RACE BREIFING Transition area closed for SOLO and TEAMS categories (all bikes and equipment must be in transition area before this time)
10:30	SOLO RACE START ! FOLLOWED BY TEAMS RACE START (5 MINUTES AFTER SOLO START)
12:00PM	RACING FINISHED
12:15	EVENT PRESENTATION
12:30	MAFFRA LAWN TENNIS CLUB LIVE MUSIC AND REFRESHMENTS AVAILABLE

Preparing for the Race

Things you need to take on the day:

Swim Leg:	Towel, Goggles, Bathers, Swim Cap (if you have one)
Bike Leg:	Bike, **Helmet**, Shoes, Socks (optional), T-shirt or Singlet, Water bottle
Run Leg:	Shoes, Socks (optional), T-shirt or Singlet, Hat / Cap

The Day Before

- Make sure you are registered! On the day registrations will not be accepted.
- Lay out your gear and check that you have everything you need
- Get plenty of rest and drink plenty of water
- Make sure you know where the race venue is and how to get there and what time you need to arrive
- Familiarise yourself with the course maps

When you arrive on event day

- Give yourself plenty of time on event day. Aim to arrive about 1 hour before your event starts.
- Parking – please do not park on the course. There is plenty of parking on streets east of Gibney St, or south of Duke Street.
- Bike Racks – Drop your bike off in the transition area on Laura St. There will be designated sections for the kids and one for the senior events.
- Check-in – All participants must check-in and get their race/team number. Check-in will be located at the Maffra Tennis Clubrooms.
- Once you are checked-in, familiarise yourself with the event layout and offerings and then head back to the transition area to get setup.

Transition Area

- Participants only in the transition area. NO SPECTATORS OR PARENT HELPERS allowed in transition for the duration of the event. This is for safety and security reasons.
- Take note of the entry and exit points
- Set up your bike, place your shoes and clothes next to your bike, keep other equipment out of the way.
- Place your helmet so it is easy to put on
- Place your shoes with laces open so they are easy to put on
- Ask for help – look out for people with a blue and black RTC t-shirt. These are the seasoned triathletes and they are all friendly and would love to give you tips on how to setup your bike and gear.

Event Briefing

- The event briefing will take place 15 minutes before race start.
- Listen carefully, make sure you know the rules
- Know the course and how many laps you are meant to do

During the Race

SWIM LEG

- All races will start in the water.
- Lifeguards and volunteers will come to your aid if experiencing difficulties
- Be careful and take your time when leaving the pool via the steps.
- Do not run on the concrete around the pool. Run on the grass instead..

TRANSITION TO BIKE

- Put on your T-shirt first after the swim, then your shoes and helmet.
- Do NOT pick up your bike until helmet is on and fastened. Failure to do so is grounds for disqualification.
- Do NOT get on bike till after the mount line. This will be clearly marked and marshalled.

BIKE LEG

- Remember how many laps you are doing
- Keep left except when overtaking
- Slow down before corners and turns
- Tell people you are coming by when you are overtaking
- This is a non-drafting race. You must maintain at least a 10m gap between you and the bike in front of you unless you are overtaking.
- Bike course is on closed roads but local residents may enter. Please use caution at all times and obey all road rules.
- Get off your bike at the dismount line. Return your bike to the same spot in transition.

TRANSITION TO RUN

- Rack your bike before taking off your helmet.
- Put on your running shoes and hat and proceed to the run start.

RUN LEG

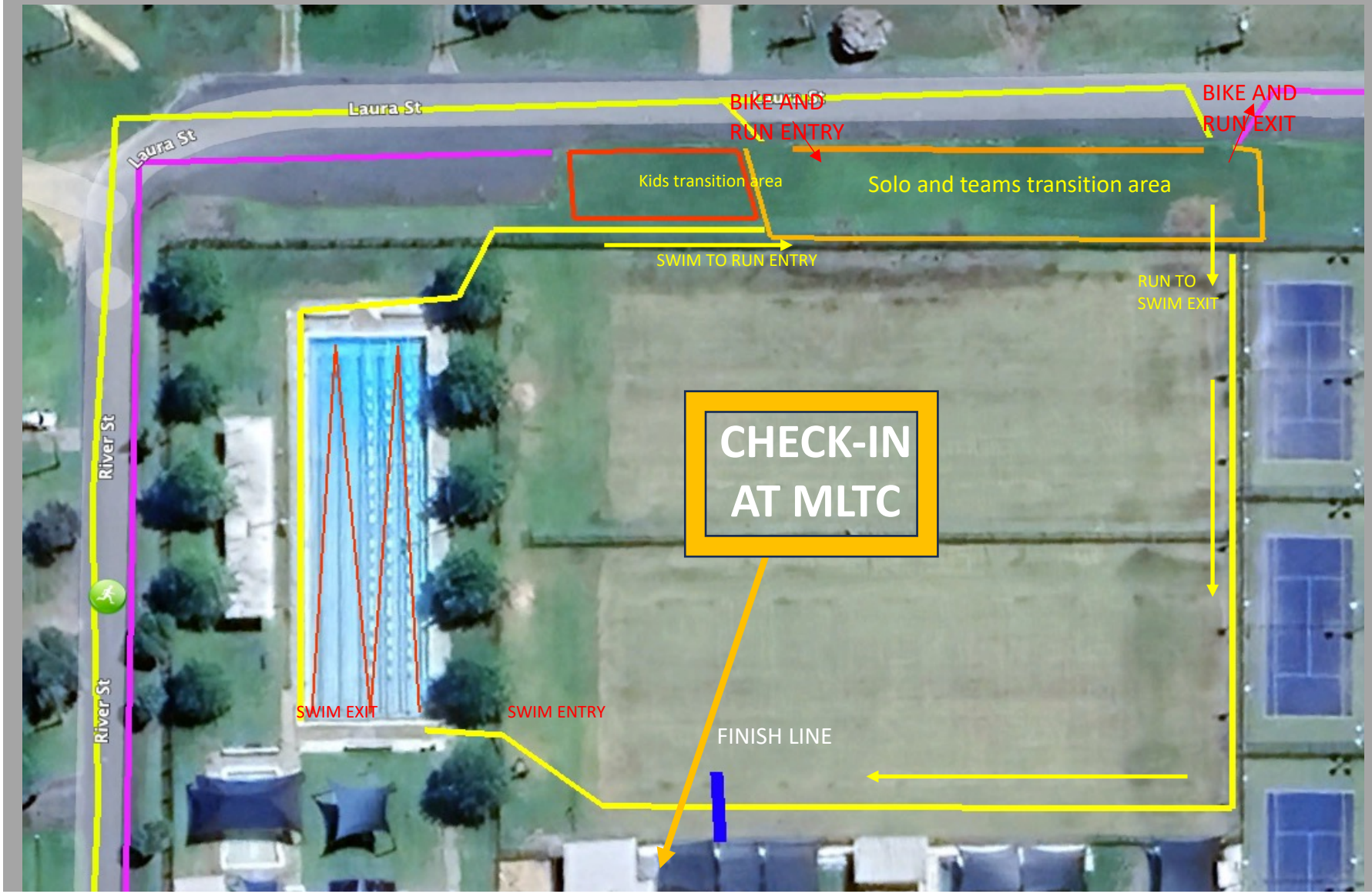
- Follow the arrows on the course and directions of course marshals
- Pace yourself and have a great time! Don't forget to smile when you cross the finish line!
- Call out your race number when you cross the finish line to assist timers.
- Team Triple Tri – your teammate will be waiting under the finish arch. Tag your teammate and they will then head to the pool to start their race.
- Solo Triple Tri – at the end of the run leg you will need to enter transition, take off your shoes and grab your goggles BEFORE you enter the tennis courts and run through the finish arch.

After the Race

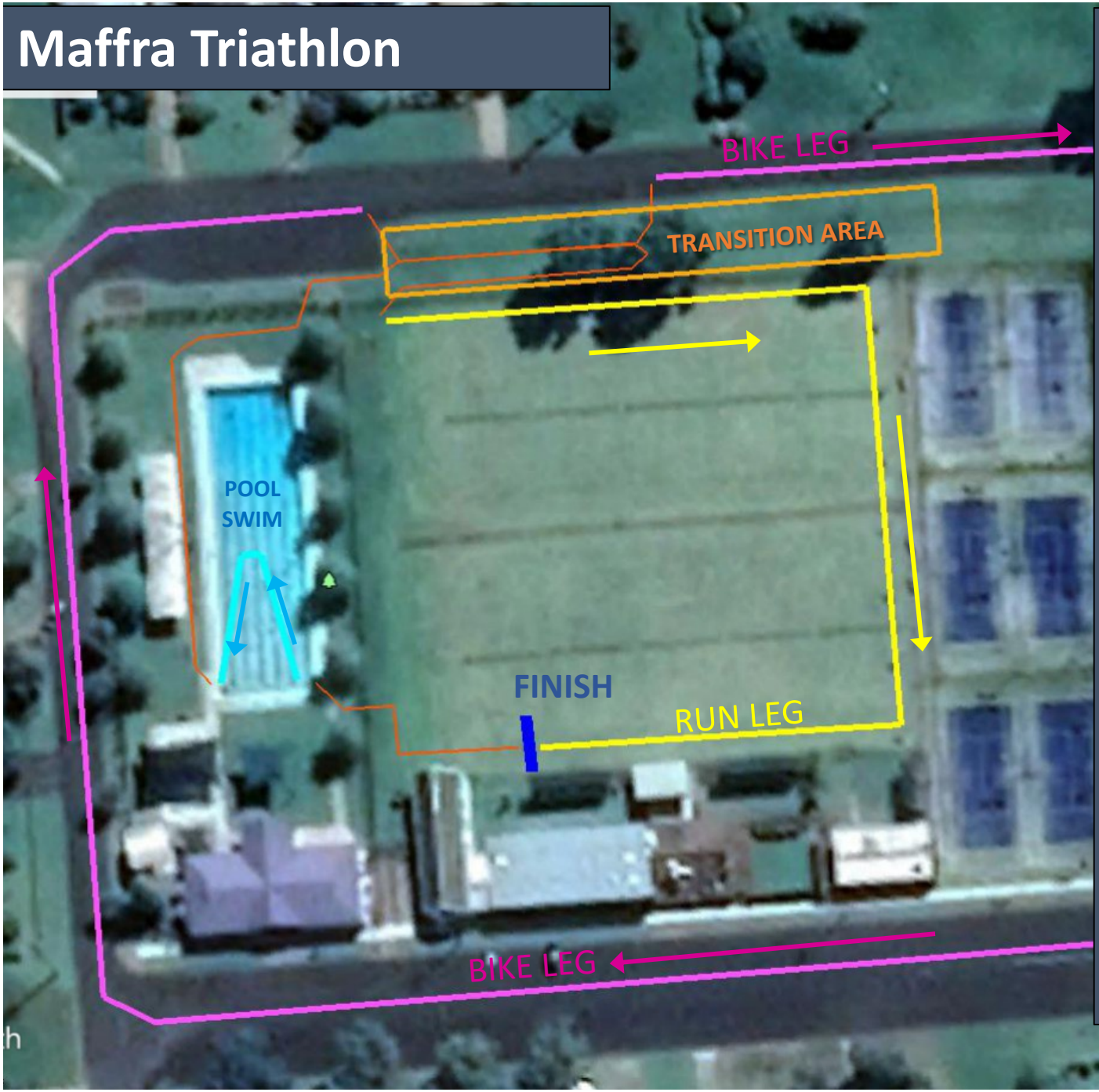
- Have a drink and something healthy to eat soon after completing the event. This will help restore the energy you used during the event and assist your recovery.
- Geta a photo with your team, family and friends
- Make sure you wait until after the last participant has finished before you go to collect your bike and equipment from the transition area.
- Please stay and enjoy the festivities available on the day. MLTC will be having live music and refreshments in the afternoon be sure to hang around for a fun afternoon.
- Watch and cheer on your fellow participants and the kids as they complete their own mini triathlons.

TRANSITION AREA AND FINISH LINE

NO PARENTS OR SPECTATORS ALLOWED IN TRANSITION AREA
THERE WILL BE RTC MEMBERS TO ASSIST KIDS IN TRANSITION AREA



Maffra Triathlon



Kids Micro Race

Race 1 (4 – 7 yrs)

Swim – 20m

Ride – 500m (1 lap)

Run – 250m (1 lap)

3-5 kids per team, each team member completes a full triathlon (swim, ride and run)

All kids will start in the pool in their allocated waves.

Exit the pool via the steps and run on the grass. Do NOT run on the concrete.

All kids must where shoes and have their torso covered for the bike and run.

Note: All kids will race at the same time, NOT in relay format.

NO ONE IS PERMITTED IN THE TRANSITION AREA EXCEPT WHEN RACING

Maffra Triathlon

Kids Mid Race

Race 2 (7 – 11 yrs)

Swim – 40m

Ride – 1.2km (1 lap)

Run – 600m (1 lap)

3-5 kids per team, each team member completes a full triathlon (swim, ride and run)

All kids will start in the pool in their allocated waves.

Exit the pool via the steps and run on the grass. Do NOT run on the concrete.

All kids must where shoes and have their torso covered for the bike and run.

Note: All kids will race at the same time, NOT in relay format. Kids times will be added together to work out the team time.

NO ONE IS PERMITTED IN THE TRANSITION AREA EXCEPT WHEN RACING

Maffra Triathlon

Kids Long Race

Race 3 (11 – 14 yrs)

Swim – 60m

Ride – 2.4km (2 laps)

Run – 900m (1 lap)

3-5 kids per team, each team member completes a full triathlon (swim, ride and run)

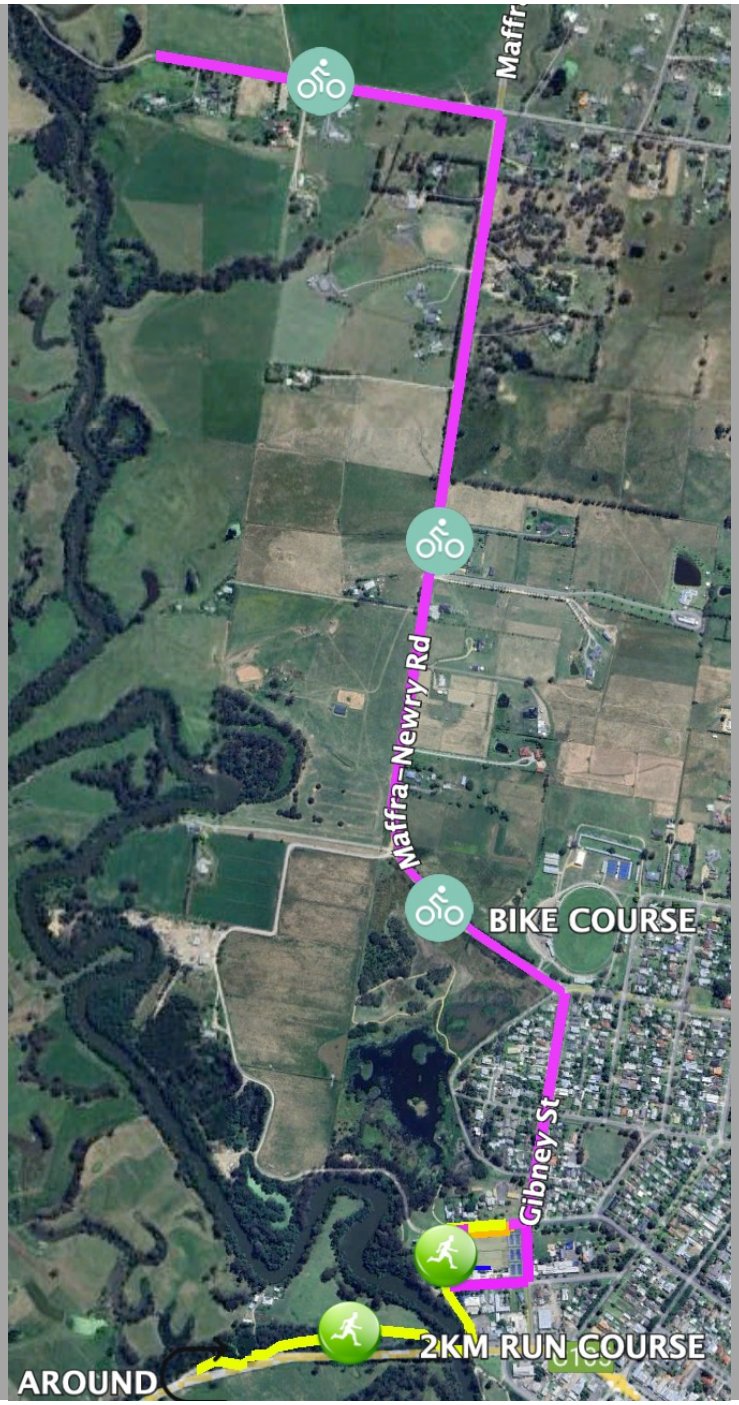
All kids will start in the pool in their allocated waves.

Exit the pool via the steps and run on the grass. Do NOT run on the concrete.

All kids must where shoes and have their torso covered for the bike and run.

Note: All kids will race at the same time, NOT in relay format. Kids times will be added together to work out the team time.

NO ONE IS PERMITTED IN THE TRANSITION AREA EXCEPT WHEN RACING



Senior Course

Swim – 200m

Ride – 7km

Run – 2km

Race 4– Individual Triple Tri 14+ yrs

One person 4completes three full triathlons back to back (200m swim, ride and run) x3

Race 5 – Team Triple Tri 12+ yrs

Team Triple - 3 people per team, each team member completes a full triathlon (swim, ride and run) then tags the next team member

NO ONE IS PERMITTED IN THE TRANSITION AREA EXCEPT WHEN RACING

BAT TRACK 2KM RUN

Senior Course

Swim – 200m

Ride – 7km

Run – 2km

Race 4– SOLO Triple Tri

14+ yrs

SOLO Athlete completes three full triathlons back to back
(200m swim, 7km ride and 2km run)
x 3 times

Race 5 – TEAMS Triple Tri

12+ yrs

Team Triple - 3 people per team, each team member completes a full triathlon , or one leg each (swim, ride and run) then tags the next team member
(200m swim, 7km ride,2km run)

NO ONE IS PERMITTED IN THE TRANSITION AREA EXCEPT WHEN RACING