

2026 Athlete Information Guide



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13TH BEACH HEALTH SERVICES

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At The Heads

BARWON — **HEADS** **HOTEL**



HENDRY'S
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GREAT OCEAN WETSUITS

RADIUS

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At The Heads



13TH BEACH HEALTH SERVICES

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Event Schedule

SATURDAY, FEBRUARY 21ST, 2026		
TIME	ACTIVITY	LOCATION
4:00PM - 7:00PM	OPTIONAL: EARLY RACE KIT COLLECTION	LOCATED AT THE TRANSITION SITE, OPPOSITE THE BARWON HEADS HOTEL
5:30PM	OPTIONAL: TRANSITION TOUR & RACING TIPS WITH BECKWORTH RACING	EVENT VILLAGE
SUNDAY, FEBRUARY 22ST, 2026		
TIME	ACTIVITY	LOCATION
6:30AM - 8:00AM	RACE KIT COLLECTION	LOCATED AT THE TRANSITION SITE, OPPOSITE THE BARWON HEADS HOTEL
6:30AM - 8:10AM	BIKE CHECK-IN	LOCATED AT THE TRANSITION SITE, OPPOSITE THE BARWON HEADS HOTEL
7:55AM	PRE-RACE BRIEFING	PRESENTATION STAGE
8:15AM	RACE START	OZONE JETTY
FROM 10AM	BIKE COLLECTION	BIKE TRANSITION AREA
10:30AM	PRESENTATIONS	PRESENTATION STAGE

Race Kit

1. Swim Cap

The provided swim cap must be worn during the swim leg of the triathlon. Your swim cap colour corresponds to your swim wave start time, found on page 11. Each swim start has its own cap colour. Do not swap with others.

2. Ankle Timing Band

Securely attach to your left ankle with the number facing outwards. **Please note this year the number on your timing band does not match your race number.**

Each team receives one timing band; it should be passed to the next team member during the changeover.

- All timing bands need to be returned at the end of the event once you cross the finish line.
- If not returned, you will be charged \$50 for replacement.

If you withdraw from the course, please notify the event/timing staff.

3. Security Wrist Band

Each competitor must wear the security wristband once collected during athlete check-in. You must have this for check-in and check-out of your bike from transition.

4. Bike stickers

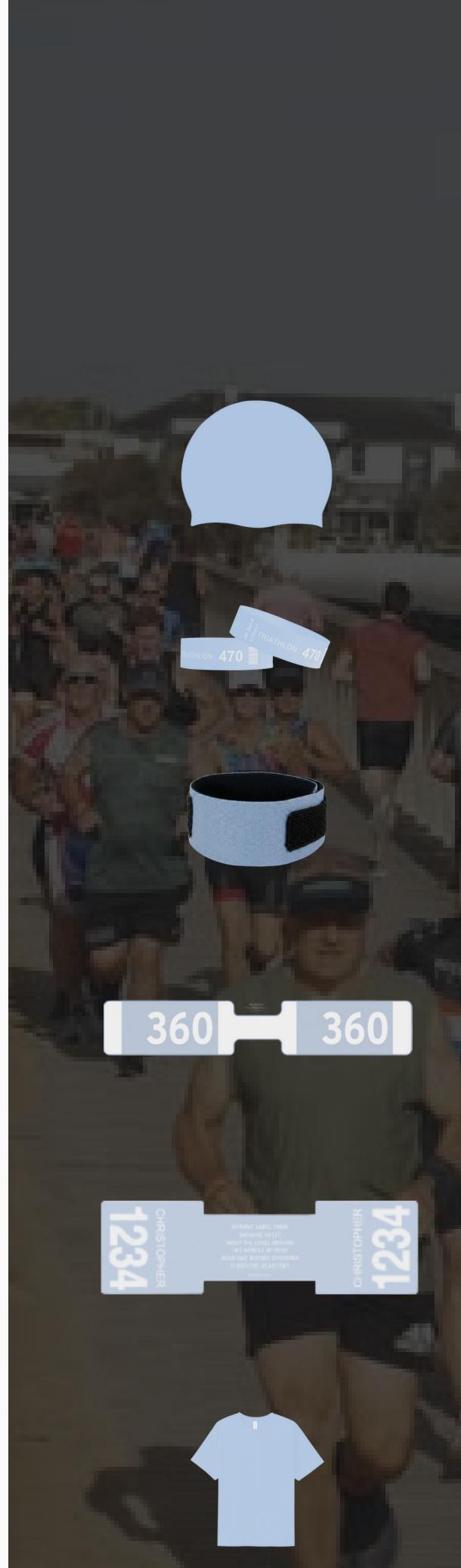
The bike sticker is attached to your head stem (the front section of your bike which connects to your handlebars). This is your security pass when entering and exiting the transition area with your bike.

This sticker will match your security wristband and number on your arm.

5. Gear Drop Bag Tag

Place the bag tag from your race kit on your bag for identification in the bag compound.

7. Event T-Shirt



Pre-Race Information

ATHOME

Receive and review e-ticket

All confirmed entries will receive an event e-ticket sent via email on Thursday, February 19th. Have this ready on your phone or printed out for registration and race kit collection. Please note that late entries will not receive an e-ticket.

Watch the official pre-race briefing

Please watch the official 2026 Barwon Heads pre-race briefing video prior to Sunday's race, shown on the next page (page 8), as well as setting aside time to read the AusTriathlon pre-race briefing, and familiarise yourself with the [AusTriathlon race rules](#).

Race number

Write your race number on your upper right arm with a permanent marker. You will receive your athlete number in the email containing your event e-ticket.

RACE DAY

Parking

Please remember to plan ahead and allow yourself enough time to park your car and collect your race kit on race day morning. There are numerous parking options available, indicated by red squares. Please note these are suggested parking areas only.



Registration and race kit collection

Inclusions in your race kit are on page 6. Those who collected their kits early do not need to check in again.

Attach your bike sticker and wear your wristband.

Once you have collected your race kit, attach your bike to your head stem (the front section of your bike that connects to your handlebars) and put on your wristband. You cannot be in the transition area without a wristband.

Gear drop

If you need to drop off a bag during the race, please make sure to secure it and make it easily identifiable. Attach the bag tag provided in your race kit for identification, so we know which bag is yours. Once you've finished the triathlon, you will need to show your wristband (which matches the number on your bag tag) to collect your bag. The gear drop location is on the event map on page 3.

While the bag compound is secure, we strongly recommend that you do not leave valuables in this area and that you label all your belongings. We take no responsibility for lost property. The gear drop is located near the transition area, as shown on the next page.



Every child deserves a break

Cottage by the Sea is an independent, not-for-profit children's charity based in Queenscliff that has been established for 128 years. Our purpose is to give children in need inspiration, fun and opportunity within a holiday environment.

We offer children and young people inspiration, fun and opportunity through diverse programs offered in a wide range of environments. During their camp experience, we provide opportunities for building positive relations with peers and adult role models to help participants learn and grow.

[DONATE NOW](#)

Since 1989, Cottage by the Sea has supported:

More than
22,000
participants

More than
1,200
schools

More than
550
children and families in
respite

Pre-Race Information



Click on the video above to watch the 2026 Barwon Heads Triathlon pre-race briefing.

Relay Team Information

Please note that the information below relates to Teams competitors.

The teams category is completed as a relay. One person does the swim, one does the cycle, and one does the run. Alternatively in a pair, one person can compete any two legs of the event and the teammate does the other leg.

All team members wear a security wristband to enter and exit the transition area.

RACE DAY & TRANSITION

All team members must wear the provided timing band. The changeover between team members will occur at your bike rack. The timing band is passed to the next team member, like a baton, at each transition. Make sure that when the timing band is swapped in during transition between athletes, it is on firmly (left ankle) with the number facing outward.

Team changeovers are self-managed, and Relay Teams are responsible for ensuring they know when they must be at the meeting point.

Team members who are not competing in their leg of the race can wait in the team member changeover section, which will be marked within the transition area. Once an athlete has completed their section, they can either remain in the area or leave to spectate.

Our volunteer event marshals will be in the team compound to assist.

FINISH LINE

Only the running athlete of the relay team is permitted to cross the finish line.



Transition

TRANSITION

- Bike racks are allocated per gender & age category, not per person.
- Bike racks will have gender- and age-category signs to direct you to the appropriate rack for your bike. There will also be maps up in the transition area to assist.
- You can choose any spot on the rack based on your gender & age category.
- Do not attempt to rack your bike in a different category, as this will disrupt traffic flow.
- Rack your bike in between the red tape markings on the racks.
- Bikes should alternate on either side of the rack so there are never two bikes side by side.
- Leave your race equipment (towel, helmet, shoes, race top, drink) on the right-hand side of your bike.

POST-RACE BIKE COLLECTION

Bike collection starts from 10AM. To get into the transition area, please show a volunteer your athlete wristband.

NEED HELP?

- Race officials will be on hand in the transition area to assist with setting up your transition area if needed.
- Please don't touch another athlete's bike or gear if they have placed it in the wrong spot; inform an official, and they will move it.
- Bike assistance will be available at the Hendry Cycles marquee between 6:30AM and 8:10AM (next to transition)



At The Heads

RACE DAY STARTS & ENDS HERE



Pre-race fuel & post-race refuelling — all in one place
Your go-to after-race meeting spot!

BREAKFAST

Walk-in only
8:30AM - 11AM

LUNCH & DINNER

FROM 12PM

JETTY ROAD

Kiosk

COFFEE, SMOOTHIES, RECOVERY
DRINKS, SNACKS & MORE

**COMPETITOR
SPECIAL OFFER**

FREE POST-RACE DRINK
JUST SHOW YOUR WRISTBAND AT THE BAR!

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TRIATHLON

400M Swim Course



The 400M swim course begins at Ozone Jetty in the calm, protected waters on the north side of the Barwon Heads Bridge and this year the tide is moving fast and, as always, you will be swimming with it!

The swim exit has been adjusted due to sand movement that has exposed rocks and reef at the usual exit. You will swim keeping the buoys on your right, parallel to the shoreline, never more than 20M from the sandbar. At the last buoy, you will turn right and head up onto the sandbar, where you will wade towards a safe exit from the water.

Once swimmers return to shore, there is a short jog along the sand and up into transition, which is located on the grass field opposite the Barwon Heads Hotel.

Water safety will be provided by the experts from Ocean Grove Surf Life Saving club.



Swim Starts

- Be familiar with the swim start process prior to race day.
- Your race kit envelope will have your start time and cap colour on the front.
- Each swim wave will start 3 minutes apart
- To reduce congestion, within your swim wave, there will be a rolling start every 10 seconds.
- Your race time starts once you cross the timing mat at the start line
- Please note: open female and open male categories are a mass start.

Wave	Category	Wave Time	Cap Colours
1	Open Male	8:15am	Red & White
2	Open Female	8:16am	Fluro Pink & Black
3	Male 19 – 29	8:17am	Green & White
4	Male 19 – 29	8:20am	White & Black
5	Male 30 - 39	8:23am	Orange & White
6	Male 30 - 39	8:26am	Blue & White
7	Male 40 - 49	8:29am	Grey & Black
8	Male 40 - 49	8:32am	Pink & Black
9	Male 14-18, All Teams	8:35am	Maroon & White
10	Male 50-59, 60+	8:38am	Yellow & White
11	Female 14 -18, 50-59, 60+	8:41am	Green & Black
12	Female 40 – 49	8:44am	Orange & Black
13	Female 40 - 49	8:47am	Purple & White
14	Female 30 - 39	8:50am	Red & Black
15	Female 30 - 39	8:53am	Blue & Black
16	Female 19 - 29	8:56am	Black & White
17	Female 19 - 29	8:59am	Yellow & Black

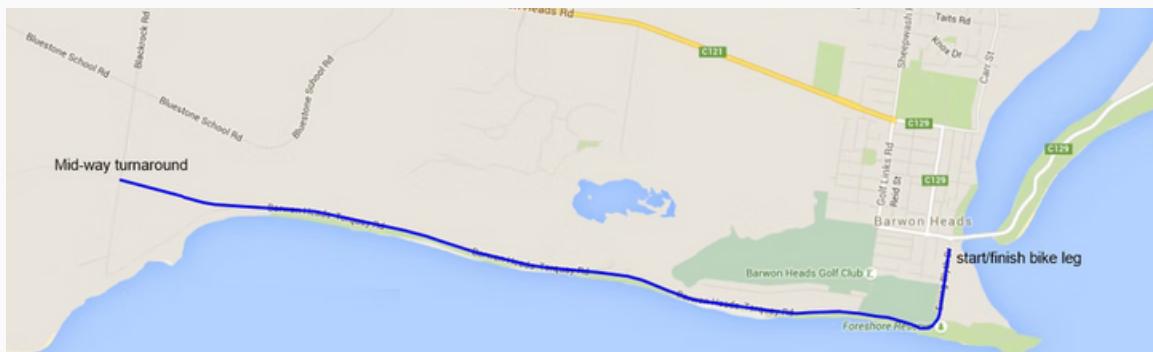
Please note there is 2 wave starts for some age categories.



14KM Bike Course

A 14km out-and-back along the iconic Cadel Evans 13th Beach Road, you don't get many rides like this! Scenic ocean views, smooth roads, and a course that's flat and fast.

Back into transition, and it's just the run between you and the finish line.



HENDRY'S

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4KM Run Course



Out over the Barwon Heads footbridge, stay right at all times, then follow the path towards Ocean Grove. There are two drink stations available in both directions, with a turnaround at 2km.

Once you reach the bridge on the way back, it's just 300m to the finish line, in front of the cheering crowd at the car park opposite Barwon Heads Hotel!



Timing & Results



TIMING & RESULTS

- Your race results will be available on our website.
- All competitors will be able to download your competitor certificate, which will include timing splits and category positions.

PRESENTATIONS

Presentations start at 10:30AM at the presentation stage in the event village.



Athlete Checklist

Pre-Race Day

- Ensure event confirmation is confirmed (event e-ticket delivery on February 19)
- Familiarise yourself with the event schedule, including check-in and drop-off times
- Familiarise yourself with the course
- Watch pre-briefing videos and read AusTriathlon rules and briefing

Race Day

- Check-in and pick up athlete race kit
- Put on your security wristband
- Affix bike sticker
- Rack your bike, and set-up your transition area
- Put your timing band securely on your left ankle, with the number facing outwards. The timing number doesn't match your race number.

Pre-Race Day (at event village)

- 4PM - 7PM: Optional early check in and collection of race kit
- 5:30PM: Optional tour of the transition site and tips from Beckworth Racing
- Write your race number on your upper right arm in permanent marker
- Watch pre-briefing videos and read AusTriathlon rules and briefing

Post-Race

- Return your timing band at the finish line
- Attend the post-race presentations at 10:30AM
- Enjoy the post race celebrations!

Frequently Asked Questions

What do I wear in the swim?

A trisuit or a comfortable pair of bathers, goggles, race swim cap (provided by us). Wetsuit optional.

What do I wear on the bike and run legs?

Women may wear a trisuit, their bathers, or a singlet/crop top/top if preferred. Males may wear a trisuit or bathers with a singlet/top. For all competitors, shorts and socks are optional. Competitors may not compete with a bare torso or without footwear in the bike and the run.

I'm worried about the swim. Are there lifeguards nearby? Can I stop and rest if needed?

This swim will be aided by the current, making this distance feel shorter than 400M in the pool. Ocean Grove SLSC will be responsible for water safety. They will have an IRB (boat)/jet skis, and board paddlers nearby to assist. If you need assistance, raise your hand. You can stop and rest at any time.

Where do I place my race number?

Please write your race number on your right upper arm with black permanent marker. All competitors will receive a security band with their race number on it. This security band is required to access the transition area and to secure your bike at the end of the event.

Will I be allocated a specific spot to rack my bike?

You will be assigned a bike rack based on your age and gender; it will not include your name or number. For example, male 14-18 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. Tape will be used to mark the racks to ensure bikes are in the correct spots and evenly spaced.

What should I put beside my bike in transition?

Suggestions include: a towel, a race top/singlet, shoes (bike shoes and/or running shoes), socks, a helmet, sunglasses, a hat, and hydration.

Please ensure your gear does not spill out into the thoroughfare between bike racks.

Can I wear headphones or listen to music during the race?

Unfortunately not. This is to ensure your safety and that of other competitors nearby. This is a Triathlon Victoria race rule.

Are there any specific rules for the triathlon?

Yes, even though this event is a fun event with a large number of first-timers, rules still apply to ensure fairness and safety. Please familiarise yourself with the [AusTriathlon race rules](#).

Why are the female categories last to start?

Safety is our number one priority. To reduce the risk of potential accidents in the cycle leg, we aim to order the waves based on the average cycling speed. This minimises the dangers of competitors overtaking others at high speed. There is a female "Open" wave for competitive triathletes of any age; this is the second wave of the event.

Have another question we haven't answered yet?

Visit the [Contact Us](#) page on our website to submit your question. Our team will get back to you via email.

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At The Heads

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