

# MS MEGA TRIATHLON

## Team Captains Checklist

### Pre Event

- Personalise your team page
- Recruit team members
- Plan some team training days followed by breakfast
- Develop a team activity or fundraising strategy
- Create a contact list of team members
- Create a team roster
- Ask team members about sleeping arrangements

### Today is the day! Have you packed...

- Sleeping bags, tents, pillows (if you are planning on staying the night)
- Towels - both gym and swim towel
- Bathers and exercise gear
- Goggles
- Warm clothes
- Food and snacks
- Some cash to purchase food
- Spare clothes
- Refillable water bottle
- Crazy costume, team shirts, club colours, mascot
- Fundraising receipt books (If applicable)
- Additional Chairs (Optional)

On the day reminder: Please hand in swim lap sheet to your community host



# MMS MEGA SWIM

## RULES AND SAFETY

- Each event will have varying numbers for maximum amount of team members. Please check the entry form for details. If you have more team members than the amount allotted you're still welcome to join in the fun, but you will be unable to win the event\*.
- To be eligible for team awards, one participant must undertake (during their allotted times) the swim, cycle and run throughout the 12-hour event.
- Participants under 18 years are to be supervised by parent or legal guardian at all times.
- Guardians of participants under 18 years of age must provide written consent to participant when registering online or offline.
- The order, duration and number of times a team member swims, cycles and runs (during the 4-hour blocks) are at the discretion of the team.
- Only one team member is to swim, cycle and run at a time.
- No wetsuits, fins, paddles snorkels or floatation devices are permitted - unless approved by the Senior fundraising coordinator.
- Swimmers will be required to wear the official event swim cap provided upon registration.
- Appropriate cycling and running attire to be worn during respective legs.
- Good sportsman-like conduct will be demanded of all competitors. Any unsportsmanlike conduct will be grounds for instant disqualification.
- The MS 12 Hour Mega Triathlon is strictly a smoke, drug and alcohol-free event.

N.B. It is the responsibility of all participants to ensure their health and safety at the event. Qualified lifeguards and first aiders will monitor the wet and dry areas for the entire 12 hours

# MMS MEGA SWIM

## ETIQUETTE

### Swim Etiquette

- As there may be two swimmers in the lane please take note of the following swim etiquette:
- Stay as far to the left in the lane as possible.
- No diving in the shallow end.
- If stopping at the wall, please make sure you are not in the middle a swimmer behind you may want to turn.
- If you are trying to pass a swimmer please do not constantly touch or grab at their feet. Once should be enough.
- When entering the water on your part of the relay please be careful of the other swimmer.
- If you are tired and feel you can't go on, please let your team mates know.

### Bike Etiquette

- Stationary bikes will be utilised for the cycle leg. Please take note of the following bike etiquette:
- Participants must be 100% dry before getting onto a bike (ie, if competing in the swim leg prior please make sure you've dried off properly).
- Suitable cycling attire is suggested.
- Please have a sweat towel to wipe down around the area and wipe up moisture.
- No mobile phones to be used while cycling.

### Run Etiquette

- Treadmills will be utilised for the run leg. Please take note of the following run etiquette:
- Please have a sweat towel to wipe down around the area and wipe up moisture.
- Suitable running shoes are required.
- No mobile phones to be used while running.