



PHO3NIX



QUEENSLAND TRI SERIES

ROUND 1: RABY BAY
24 SEPTEMBER

WELCOME MESSAGE

Thank you for signing up to take part in the Pho3nix Queensland Triathlon Series and Pho3nix Kids Triathlon.



My name is Chris McCormack, four-time triathlon world champion and passionate advocate of triathlon for over 30 years.

We are proud to be partnering with The Event Crew to bring you a new look and renewed focus for the Pho3nix Queensland Triathlon Series and Pho3nix Kids Triathlon.

The Pho3nix Foundation is a non-profit organisation created by Polish businessman Sebastian Kulczyk, with the sole purpose of promoting physical activity as a way to improve health and wellbeing among children.

The program has expanded from Poland and has launched with dual Olympic medallist Nicola Spirig in Switzerland, dual Olympic champion Alistair Brownlee through the Brownlee Foundation in the UK, and 7-time world champion Javier Gomez in Spain.

As an Australian, I'm pumped to now bring this program to our shores.

Our focus is on keeping Aussie kids outdoors and active, and there's no better way than to swim, bike and run with their friends.

Check out what we do @pho3nixlife or visit the [Pho3nix Foundation](https://pho3nixfoundation.org) website for more information and to donate.

I look forward to seeing you all at the races.

Chris McCormack
CEO
MANA Sports and Entertainment Group

mana.

Acknowledgment of Country



We pay our respects to the Ancestors and Elders past and present.

Ngali yura bagandi wanyambili ngali ngahmbili
Quandamooka jarala yana.

We give you greetings when we walk together on
Quandamooka Country.

EVENT TIMELINE

SATURDAY 23 SEPTEMBER		* Times subject to change on the day
Time	Activity	
2:00pm	Event Check In & Bike Racking opens (optional)	
3:00pm	Tips and Tricks	
4:00pm	Event Check In & Bike Racking closes (optional)	
SUNDAY 24 SEPTEMBER		
5:15am-6:15am	Check In Open	
5:15am - 6:30am	Bike Racking Open	
6:45am*	Pho3nix Kids Triathlon Start	
7:05am*	Rackley Swimming Enticer Start	
7:25am*	Club Course Start	
7:30am*	Pho3nix Kids Bike Collection	
8:15am*	Super Sprint Start	
8:30am*	Pho3nix Kids and Rackley Swimming Enticer presentations	
10:15am*	Adult distance event presentations	

DISTANCE AND LAPS

	SWIM	CYCLE	RUN
CLUB 15yrs+	900M 1 lap	25KM 5 laps	6KM 3 laps
SUPER SPRINT 13yrs+	400M 1 lap	15KM 3 laps	4KM 2 laps
RACKLEY SWIMMING ENTICER 12yrs+	200M 1 lap	5KM 1 lap	2KM 1 lap
PHO3NIX KIDS TRIATHLON 7-14yrs	100M 1 lap	2KM 1 lap	500M 1 lap

discover

Redlands Coast

Yura! Welcome to Redlands Coast for the Queensland Tri Series

Stay a little longer and explore the hidden treasures and little adventures on Redlands Coast. Immerse yourself in our unique villages, magnificent islands, rich heritage, Aboriginal Quandamooka culture and the abundance of natural attractions.

Keep your heart racing on a coastal adventure with kayaking, stand up paddle boarding, sailing, fishing, diving, sand boarding and more. Take time to relax and unwind with a stay in the range of accommodation options including hotels, apartments, retreats, luxury holiday houses, glamping and beach camping.

visitredlandscoast.com.au



Redlands
coast



Learn more – drop in to the Redlands Coast
Visitor Information Centre at Cleveland
or phone 1300 667 386

GENERAL EVENT INFORMATION

I'VE ENTERED, WHAT HAPPENS NOW?

Race numbers (eKit) and Event Information emails will be emailed out on Thursday of race week.

For all other information before this time, please read this event manual completely and stay up to date via social media.

COLLECTION OF YOUR RACE PACK

Once you receive your race number, simply save a screenshot of your race number and bring this with you on Saturday or Sunday during Event Check-In times - this number is what you need to collect all your event gear. If you haven't received it just check out the alphabetical list on the Event Information board at the event site. If you have any issues, please see the Help Desk.

PHO3NIX KIDS TSHIRT & SWIMMING CAP

All children entered in to one of our Pho3nix Kids Triathlons will receive a Pho3nix Tshirt and Swimming Cap. It is compulsory for all children to swim wearing the provided swimming cap and to wear the tshirt during the run leg of the triathlon, no exceptions.

OPTIONAL WETSUIT SWIM

All distances have the option of wearing a wetsuit during the swim.

COMPETITION RULES

TRIATHLON AUSTRALIA is the sanctioning body of this event and therefore all Triathlon Australia rules apply.

TEAM INFORMATION

- All team members need to wear the provided timing chip on the left ankle.
- Change over point for the timing chip is at the cyclist's bike.
- The race number bib is to be worn by the runner only.

TRANSITION INFO

Transition is where you need to place your bike and change over between the swim / bike / run.

Setup in Transition: find the bike rack allocated for your category, place your bike on the rack and set up your race equipment to the right (chain side) of your bike. Remove any non-race equipment.

Familiarise Yourself: check the start & finish points to transition. Check the course maps so you know where to go.

Transition Access:

- Only competitors are allowed in transition (one parent per Kool Kid during set up and pack down only. No parents are permitted in transition during the event)
- Jumping transition fences will lead to disqualification.
- Competitors must wait for the announcement to gain access to their bikes after their race.

THE VENUE AND PARKING

The Venue is located at Raby Bay Harbour Park on Shore Street West. Access to this location can be made via Shore Street West. For Parking details please see the Map below.

ROAD CLOSURES

- Shore St West (between Wellington St & Waterloo St): 6:00-10:30AM
- Shore St West (between Waterloo St & Masthead Dve): 6:00-11:00AM
- Gordon St (between Shore St West & Bainbridge St East): 6:00-10:30AM
- Bainbridge St East (between Gordon St & Bainbridge St West): 6:00-10:30AM
- Northern Arterial (between Freeth St West & Sturgeon St): 6:00-10:30AM
- Please take into consideration these road closures when parking if early exit is required.

EVENT BRIEFING

The information below is considered your event briefing - check the notice board for any last minute changes and listen to swim starter to receive critical event information.

SWIM

If you are a slow or not a confident swimmer, please start at the back. If you need any assistance during your swim leg, please raise your hand and call for one of the lifeguards. If you choose to warm up before your race you must do this away from the race area.

BIKE

- Roads will be closed for the cycle leg; however you must stay alert for official and emergency vehicles. Please be cautious around other cyclists and keep left at all times unless overtaking. This is a non-drafting event.
- NO BLOCKING – “A competitor who impedes the forward progress of another competitor will receive a Yellow Card Stop-Start penalty for blocking. A blocking penalty can be avoided by safely moving to the left of the cycle lane at every opportunity.” Triathlon Australia, Rule 3.8
- NO DRAFTING – “For all events with a cycling distance up to and including the standard distance, the bicycle or motorcycle draft zone is a distance of 10 metres. The front edge of the front bicycle or motorcycle wheel defines the start of the draft zone. Competitors have 20 seconds to pass through this zone.” Triathlon Australia, Rule 3.9a. Also, see Clause 3.11(g).
- Upper torso must be covered at all times during the ride.
- Helmet must be on and done up before you touch your bike and you must rack your bike before undoing your helmet

RUN

- There are drink stations along the run course so please make use of these to

ensure proper hydration.

- Please keep left on the run course at all times unless overtaking.
- Upper torso must be covered at all times during the run.

CODE OF CONDUCT

In order to secure and maintain a safe, fun and enjoyable atmosphere for our participants, the Qld Tri Series has implemented a code of conduct. Repeated or serious breaches of this code may result in disciplinary actions including exclusion at future events and the disqualification.

WHAT TO BRING

SWIM	
• Goggles	• Swim cap (provided)
• Swim suit / tri-suit	• Timing chip (provided)
• Sunscreen	
BIKE	
• Bike	• Bike pump
• Bike shoes or running shoes	• Spare tube / tyre lever (optional)
• Helmet	• Drink bottle
RUN	
• Running shoes	• Race number bib (provided)
• Socks	• Race belt or pins to attach bib
• Hat/ sunglasses	

WHAT NOT TO BRING

Please leave all headphones at home - we have an insurance and safety requirement that you can hear event marshals and volunteers at all times. Headphones will be removed if seen.

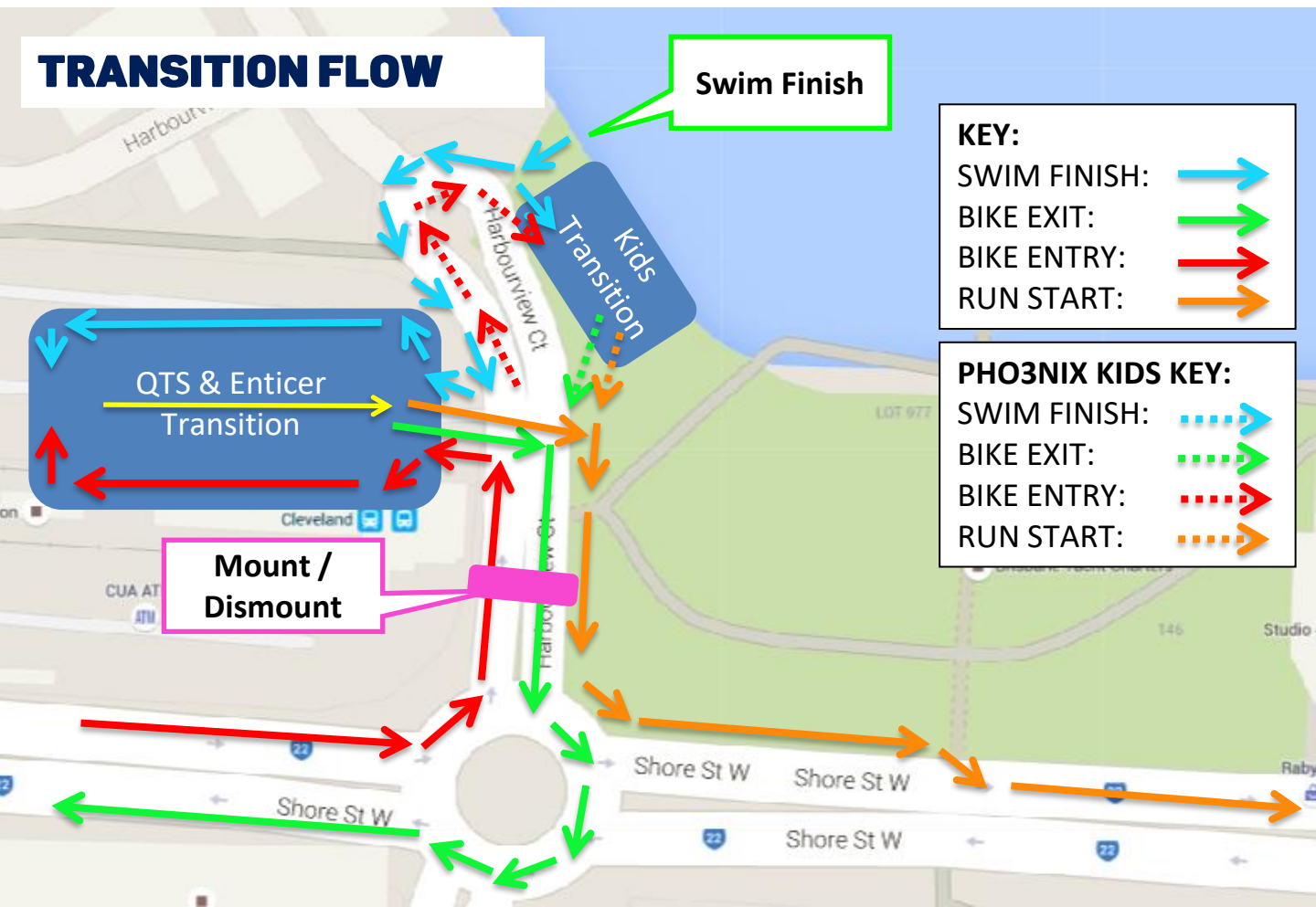
COMPETITION RULES

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VENUE MAP



TRANSITION FLOW



SWIM COURSE MAP

KEY:

CLUB: 

S/S: 

ENTICER: 

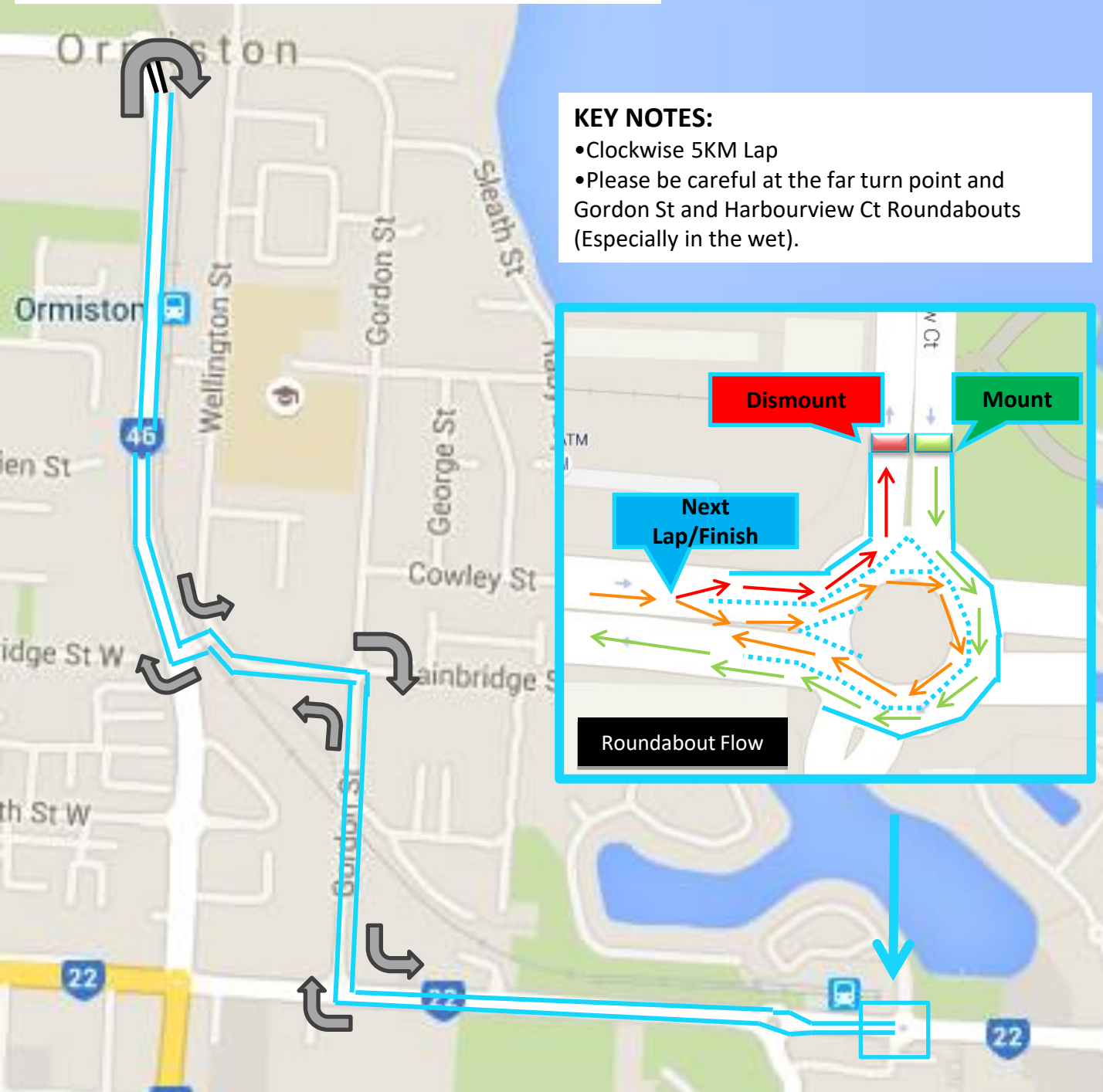
KIDS: 

Swim Finish

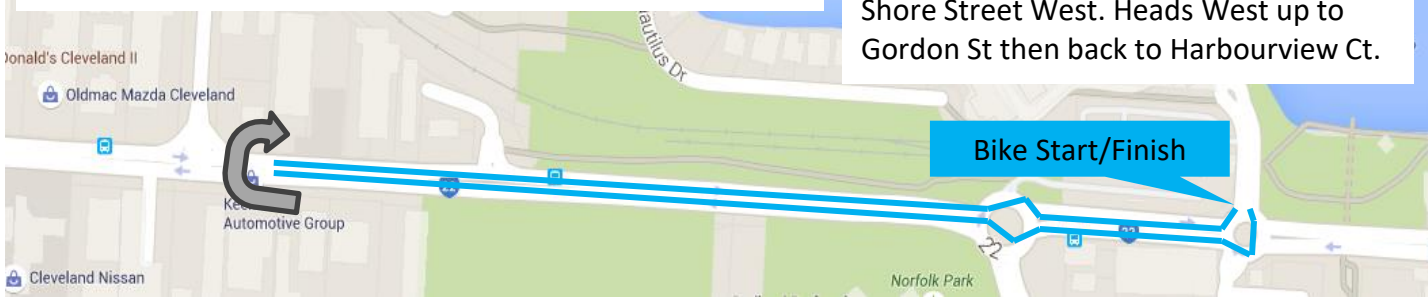
Swim Start



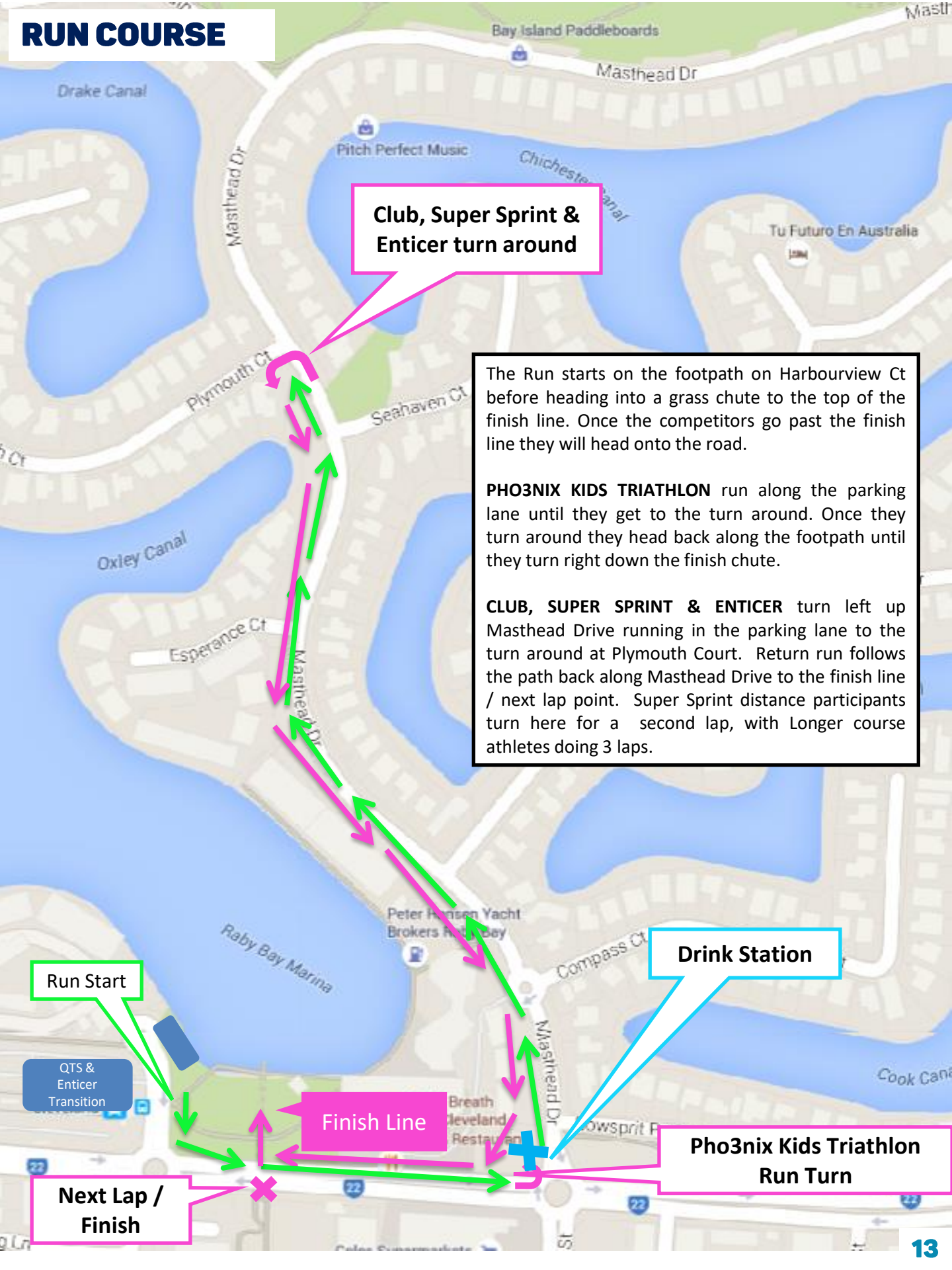
QTS & ENTICER BIKE COURSE



PHO3NIX KIDS TRIATHLON BIKE



RUN COURSE



Club, Super Sprint & Enticer turn around

The Run starts on the footpath on Harbourview Ct before heading into a grass chute to the top of the finish line. Once the competitors go past the finish line they will head onto the road.

PHO3NIX KIDS TRIATHLON run along the parking lane until they get to the turn around. Once they turn around they head back along the footpath until they turn right down the finish chute.

CLUB, SUPER SPRINT & ENTICER turn left up Masthead Drive running in the parking lane to the turn around at Plymouth Court. Return run follows the path back along Masthead Drive to the finish line / next lap point. Super Sprint distance participants turn here for a second lap, with Longer course athletes doing 3 laps.

Run Start

QTS & Enticer Transition

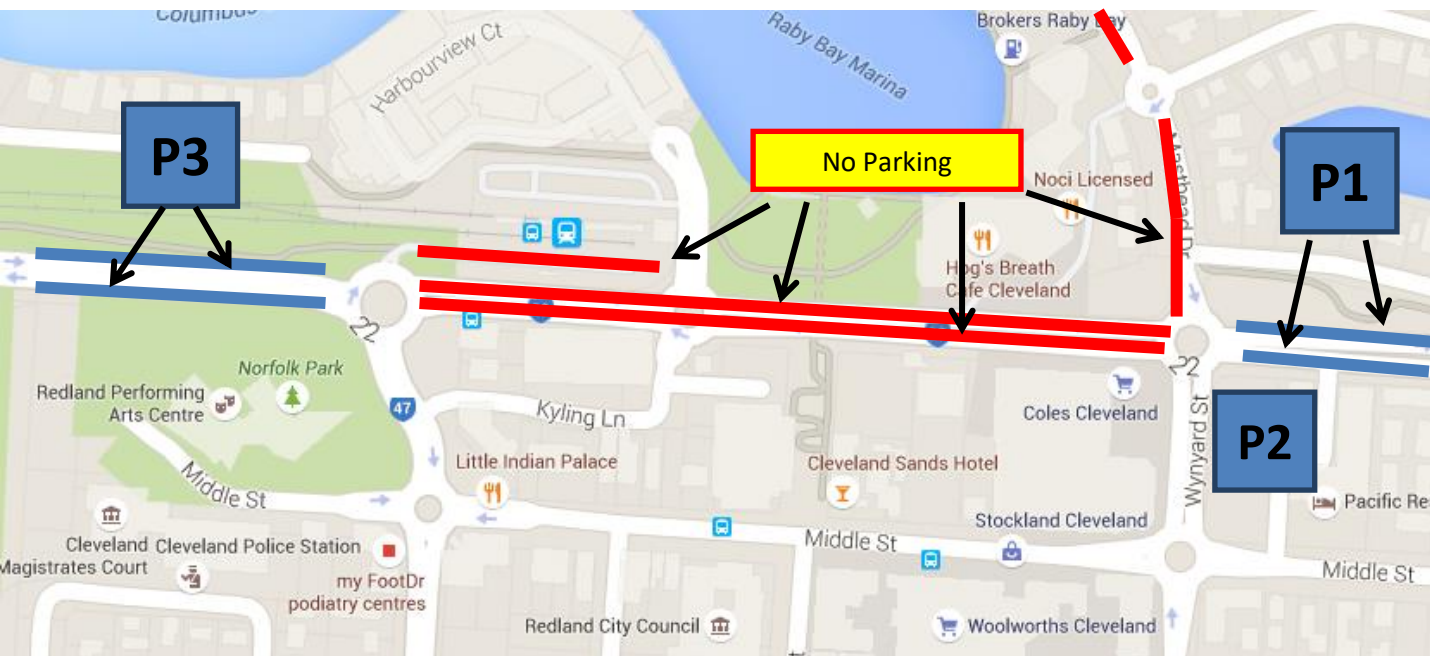
Finish Line

Next Lap / Finish

Drink Station

Pho3nix Kids Triathlon Run Turn

EVENT PARKING



KEY NOTES:

- **P1:** Shore Street East (East of Masthead Drive). Side of street parking that is accessible at all times.
- **P2:** Wynyard Street Car Park. Access via Wynyard Street or Shore Street East. Can be entered and exited all day with no road closure impact.
- **P3:** Shore Street West (West of Waterloo Street). Side of street parking that is accessible prior to 6:15AM and after 10:30AM. Shore St West closed from 6:15AM until 10:30AM.
- **No Parking Zones:** Please do not park on Shore Street West between Waterloo Street and Masthead Drive or on Masthead Drive Northbound. These sections of road are part of the course and therefore No Parking zones. No Parking in QR Front car park. This car park is for QR Staff and commuters only.