



PHOENIX



QUEENSLAND TRI SERIES

ROUND 3 : ROBINA
19 NOVEMBER

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 acknowledge and pay respects to the Yugambeh people of the Gold Coast and all their descendants both past and present.



We also acknowledge the many Aboriginal people from other regions as well as Torres Strait and South Sea Islander people who now live in the local area and have made an important contribution to the community.

EVENT TIMELINE

SATURDAY 18 NOVEMBER	
2:00pm - 4:00pm	Event Check In Open
3:00pm	Tips and Tricks session
2:30pm - 4:00pm	Optional Bike Racking (note start time)
SUNDAY 19 NOVEMBER	
5:15am	Registration Opens
5:15am	Transition Opens
6:15am	Registration Closes - Pho3nix Kids and Enticer
6:30am	Transition Closes - Pho3nix Kids and Enticer
6:40am *	Pho3nix Kids Triathlon Race Start
6:45am	Registration Closes - Sprint and Olympic
7:00am *	Rackley Swimming Enticer Race Start
7:00am	Transition Closes - Sprint and Olympic
7:15am*	Olympic Race Start
7:40am*	Sprint Race Start
8:30am*	Pho3nix Kids & U14 / U16 Enticer presentations
10:30am*	Sprint & Standard distance presentations

DISTANCE AND LAPS

	SWIM	CYCLE	RUN
OLYMPIC 15yrs+	1500M 2 laps	40KM 5 laps	10KM 3 laps
SPRINT 14yrs+	750M 1 lap	24KM 3 laps	5KM 2 laps
RACKLEY SWIMMING ENTICER 12yrs+	300M 1 lap	8KM 1 lap	2.5KM 1 lap
PHO3NIX KIDS TRIATHLON 7-14yrs	100M 1 lap	2KM 1 lap	500M 1 lap



See you at the von Bibra Subaru
RUN TURN



von Bibra *Auto Group* | EST. 1935

von Bibra Subaru Ferry Rd
83 Ferry Road, Southport | 07 5561 6161 | vonbibra.com.au

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. All other info can be found in this event manual or on our social media pages.

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, don't panic, 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.

OLYMPIC CUT OFF TIMES

You must have started your last lap of the bike 2hrs 20 mins after your start time. This equates to 1500m swim and 30km of bike within this time.

COMPETITION RULES

TRIATHLON AUSTRALIA is the sanctioning body of this event and therefore all Triathlon Australia rules apply. [Please click here to see a full list of the Triathlon Australia rules.](#)

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 the Boowaggan Road and Robina Parkway Roundabout. Access to this location can be made via Boowaggan Road from the North or Robina Parkway from the South. (NOTE: Robina Parkway will be closed from Boowaggan Road to Gooding Drive from 1PM Saturday). For Parking details please see the Map below.

ROAD CLOSURES

- Robina Parkway (between Gooding Dve roundabout & Boowaggan Rd) 1PM SAT - 1PM SUN
- Robina Parkway (between Boowaggan Rd & Markeri St) 6:00-10:15AM SUN.
- Boowaggan Rd (between Gooding Dve & Robina Parkway) 6:00-10:15AM SUN.

Please take into consideration these road closures when parking if early exit is required.

Come and PLAY

The only destination where you can surf world-class waves, hike through ancient rainforest, sip cocktails by a luxurious pool, squeal on a rollercoaster, discover diverse wildlife and savour the finest of dining... all in the same day.

DestinationGoldCoast.com

📍 SURFERS PARADISE

#playgoldcoast

GOLDCOAST.

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.

VENUE LAYOUT

Transition

Swim Finish

Swim Start

Boowaggan Rd

Toilets

Ambulance

Recovery &
First Aid

Check in
& Bag Drop

Event
Expo

Food &
Drink

Finish Line

Emergency
Assembly
Area

SWIM COURSE

Transition

Swim Finish

Swim Start

KEY:

OLYMPIC LAP 1

OLYMPIC LAP 2

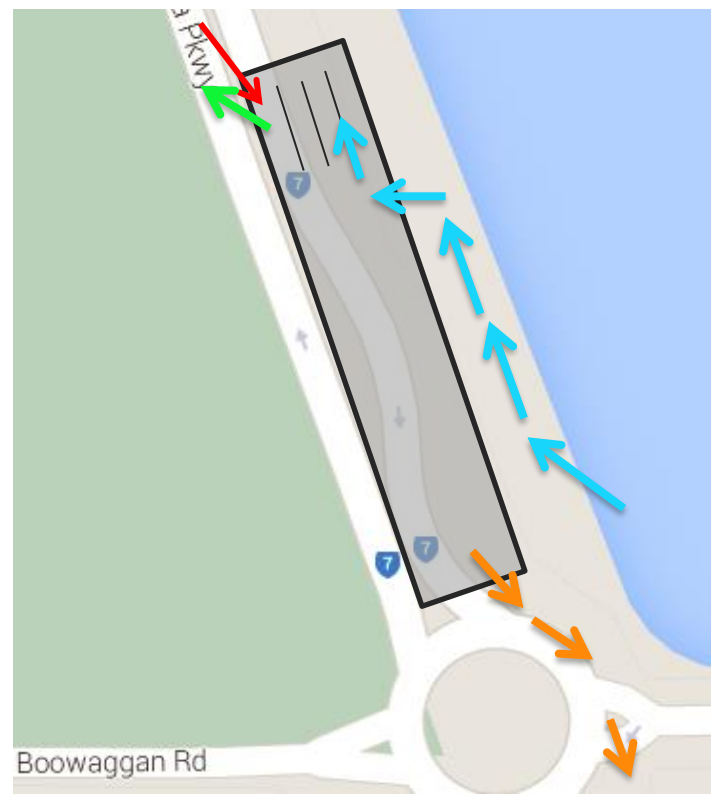
SPRINT

ENTICER

KIDS

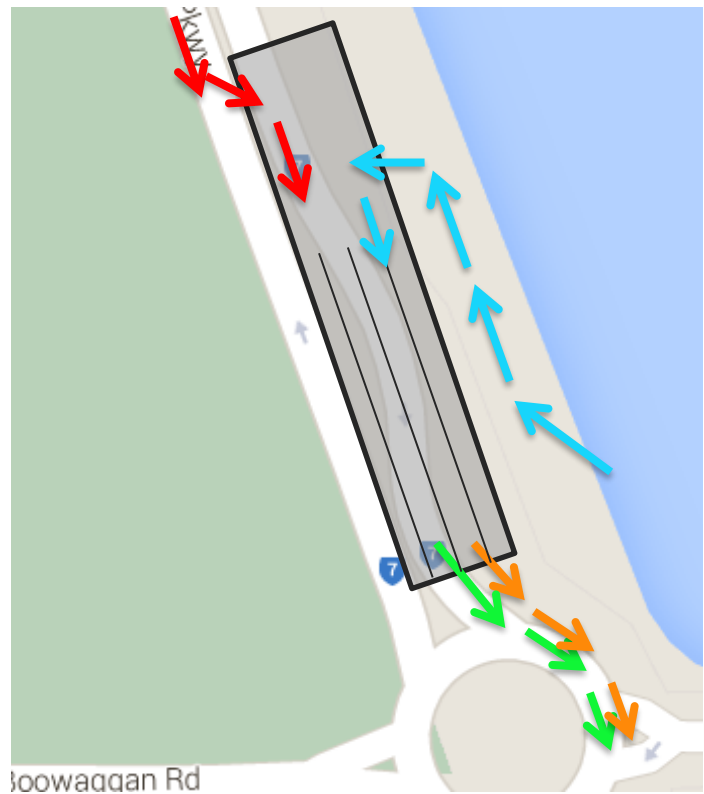






PHO3NIX KIDS TRIATHLON TRANSITION



PHO3NIX
KIDS
TRIATHLON
by
Chris McCormack

ALL OTHER TRANSITION



KEY:
SWIM FINISH: 
BIKE START: 
BIKE FINISH: 
RUN START: 

PHO3NIX KIDS TRIATHLON BIKE COURSE



PHO3NIX
KiDS
TRIATHLON
by
Chris McCormack

LAPS

1 LAP

This course is in the NORTH bound lanes only

Dismount /
Bike Finish

Mount /
Bike Start



ENTICER, SPRINT & OLYMPIC BIKE COURSE

LAPS

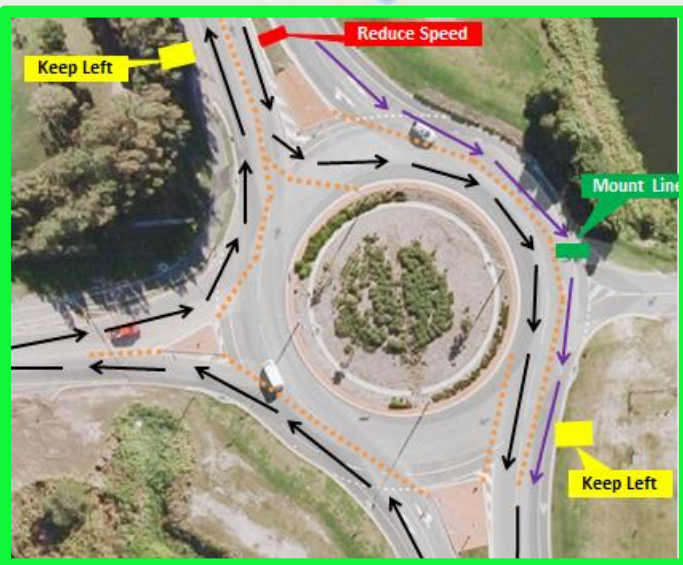
OLYMPIC: 5 LAPS

SPRINT: 3 LAPS

ENTICER: 1 LAP

**Dismount /
Bike Finish**

**Mount /
Bike Start**



- Bike Course goes in a clockwise direction.
- Section North of Boowaggon Road is out and back in the Northbound Lanes.
- When mounting your bike please keep left and watch for merging cyclists on your right.
- There will be a 'NO PASSING' section for 20M through the dismount line. This will be for Southbound cyclists only.
- Please take caution and reduce speed through the Boowaggon Road/Robina Parkway Roundabout as this is a tight technical section from all approaches.

RUN COURSE



PHO3NIX KIDS
turn around

SUBARU
Next Lap Near Turn

KEY

OLYMPIC: 3 LAPS

SPRINT: 2 LAPS

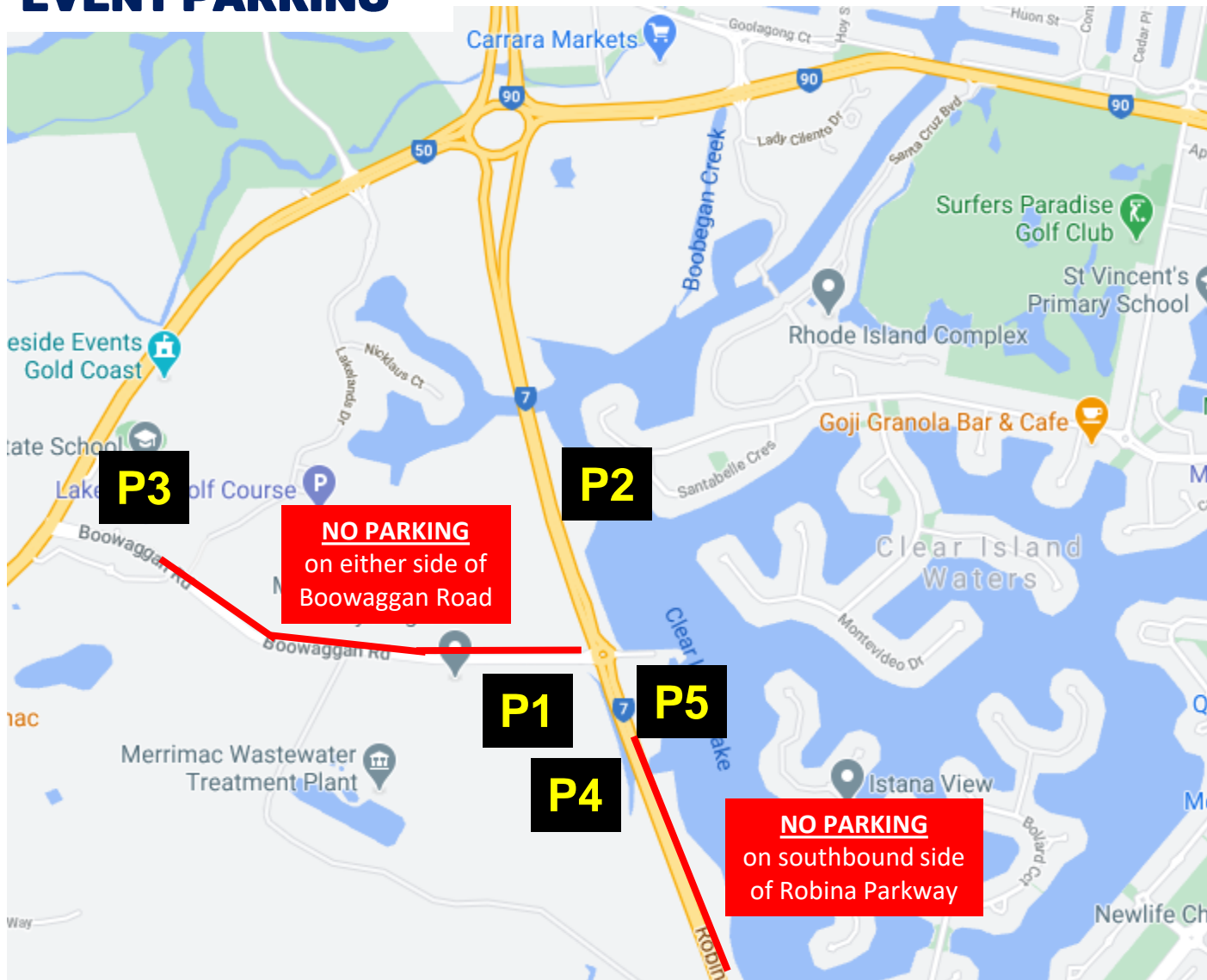
ENTICER: 1 LAP

PHO3NIX KIDS: 1 LAP

ENTICER & SPRINT
turn around

OLYMPIC
turn around

EVENT PARKING



P1: Regular Parking. Cars must be in before 5:00am and can't leave before 10:30am. This is the largest carpark and our preferred carpark of use for people not looking to leave early. This carpark is locked from 12pm Sunday.

P2: Early Exit Parking. Parking is off course and therefore may be accessed at all times - this carpark is locked from 12pm Sunday. Access to this carpark is **ONLY** via the Gooding Drive roundabout. **THIS CARPARK IS CLOSED IF IT IS WET.**

P3: Early Exit Parking at Merrimac State School. Cars must be in before 5:00am if coming via Boowaggan however can access at any time via Gooding Drive.

P4: Regular Parking. Cars must be in before 5:15am and can't leave before 10:30am. Cars must be parked completely off the road so as not to interfere with the bike course. Parking is on the Northbound side of Robina Parkway only.

P5: Regular Parking. Cars must be in before 5:00am and can't leave before 10:30am. This carpark is locked from 12pm Sunday. **THIS CARPARK IS CLOSED IF IT IS WET.**