



PHOENIX



QUEENSLAND TRI SERIES

ROUND 5 : ROBINA

14 JANUARY

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 13 JANUARY	
Time	Activity
2:00pm - 4:00pm	Event Check In Open
3:00pm	Tips & Tricks session
2:30pm - 4:00pm	Optional Bike Racking (note start time)
SUNDAY 14 JANUARY	
5:00am	Roads closed
5:00am - 6:15am	Event Registration available
5:00am - 6:30am	Transition Open (please note race start times below and allow sufficient time to register, set up in transition and walk to start)
6:00am	Pho3nix Kids Triathlon Start
6:15am	Olympic Distance Start
6:40am	Pho3nix Kids transition open for bike collection (approx)
6:45am	Sprint Distance Start
7:15am	Pho3nix Kids Triathlon presentation (approx)
7:30am	Rackley Swimming Enticer Start
9:00am	Transition open for bike collection all distances
9:30am	All other distances presentation (approx)

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) 5:00-10:15AM SUN.
- Boowaggan Rd (between Gooding Dve & Robina Parkway) 5:00-10:15AM SUN.

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.

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.
- 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.

COMPETITION RULES

AusTriathlon is the sanctioning body of this event and therefore all AusTriathlon rules apply. Please click here to see a full list of the Race Competition rules.

WHAT TO BRING

SWIM

- | | |
|------------------------|--------------------------|
| • Goggles | • Swim cap (provided) |
| • Swim suit / tri-suit | • Timing chip (provided) |
| • Sunscreen | |

BIKE

- | | |
|-------------------------------|--------------------------------------|
| • Bike | • Drink bottle |
| • Bike shoes or running shoes | • Bike pump |
| • Helmet | • Spare tube / tyre lever (optional) |

RUN

- | | |
|----------------------------|-----------------------------------|
| • Running shoes | • Race number bib (provided) |
| • Socks | • Race belt or pins to attach bib |
| • Cap / visor / sunglasses | |

WHAT NOT TO BRING

Please leave all ipods and headphones at home - there is an insurance and safety requirement that you can hear event personnel at all times. Headphones will be removed if seen.

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.

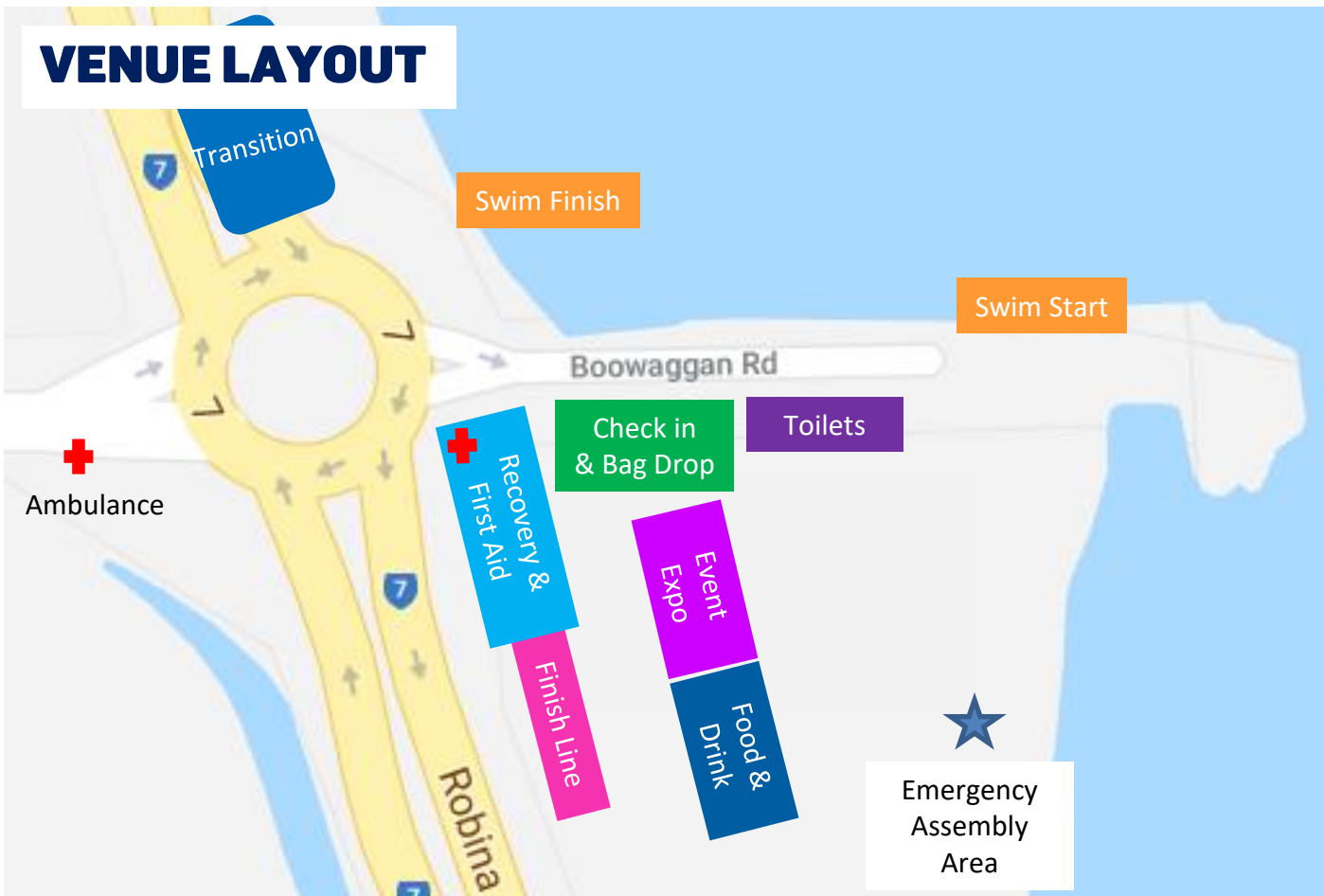
DestinationGoldCoast.com

📍 SURFERS PARADISE

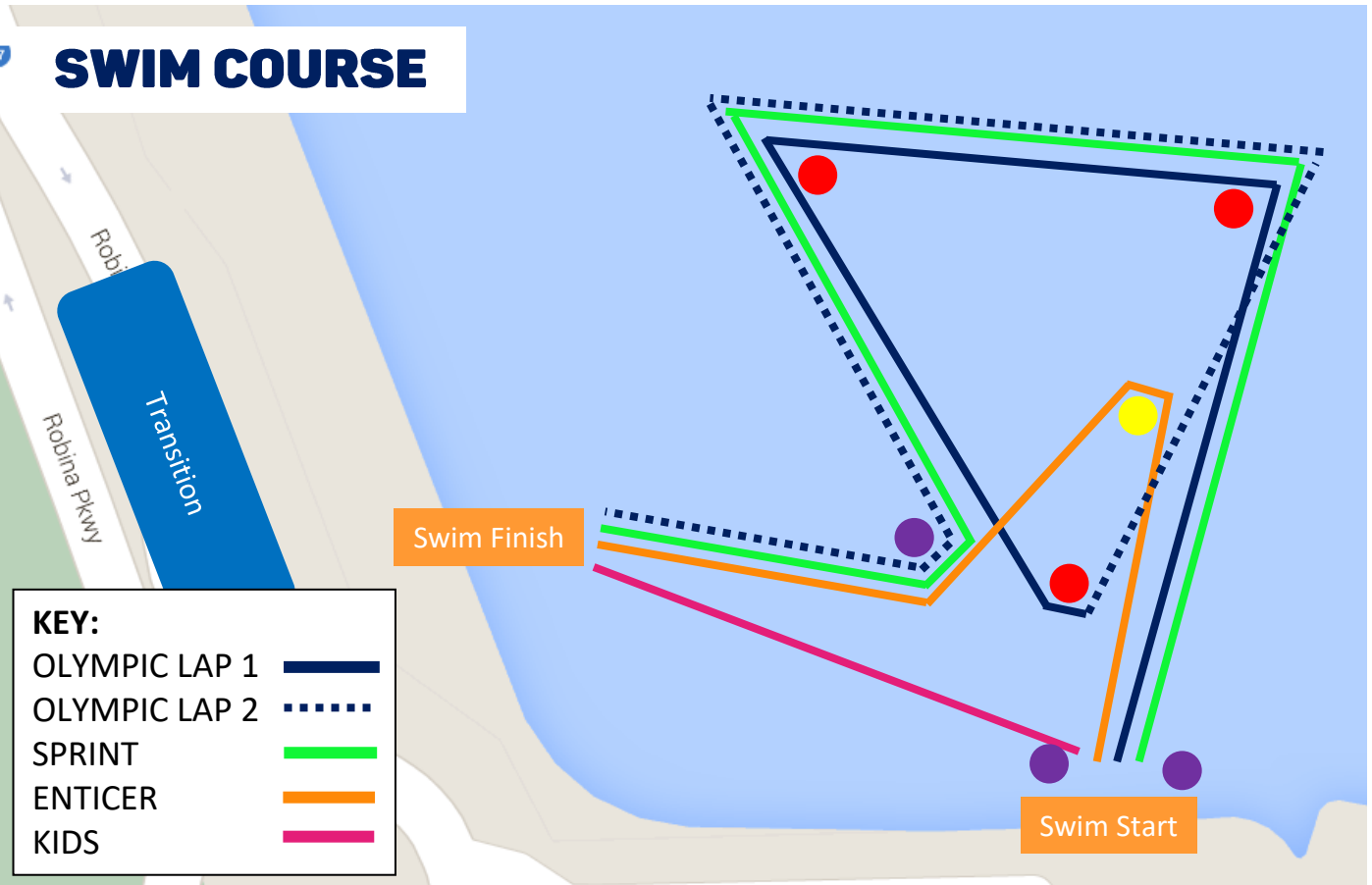
#playgoldcoast

GOLD COAST.

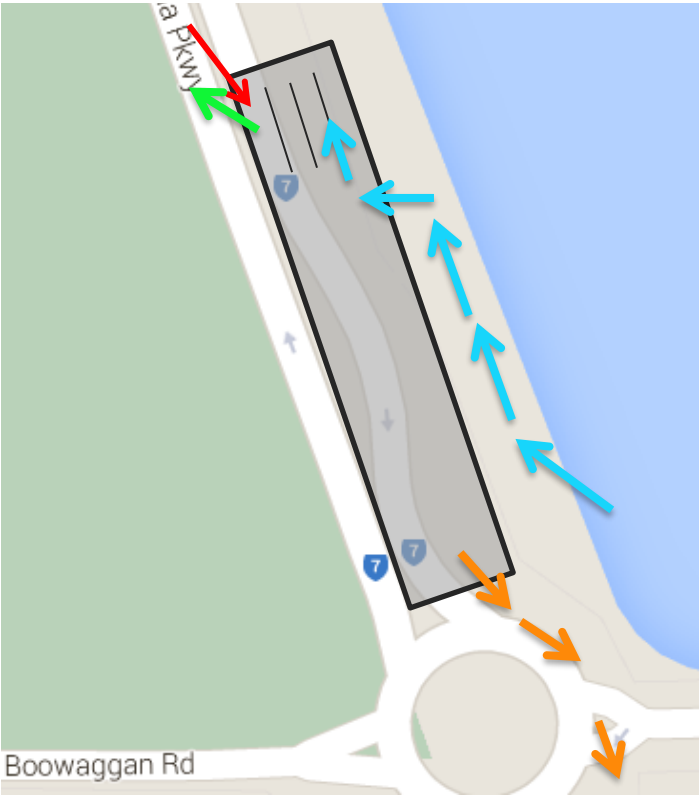
VENUE LAYOUT



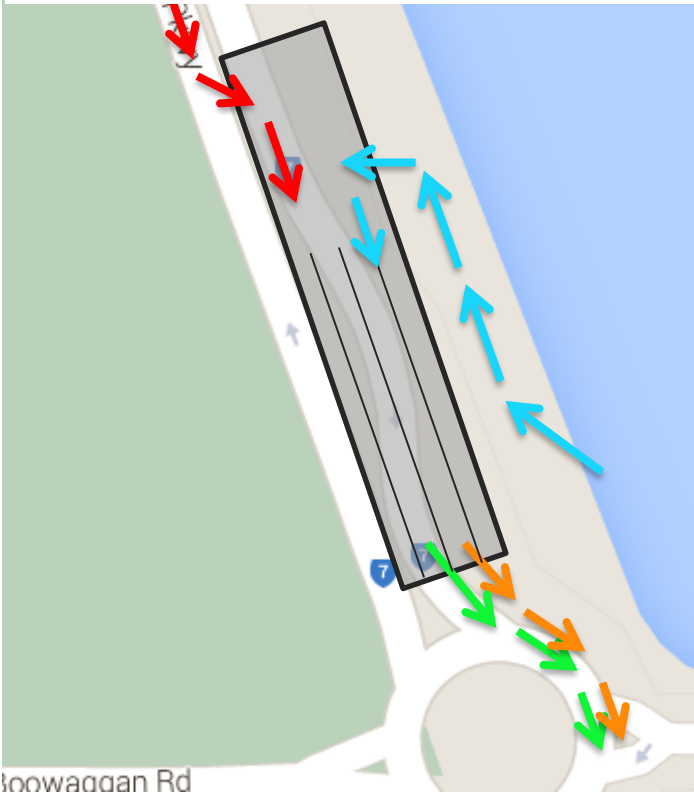
SWIM COURSE



PHO3NIX KIDS TRANSITION



ALL OTHER TRANSITION



KEY:

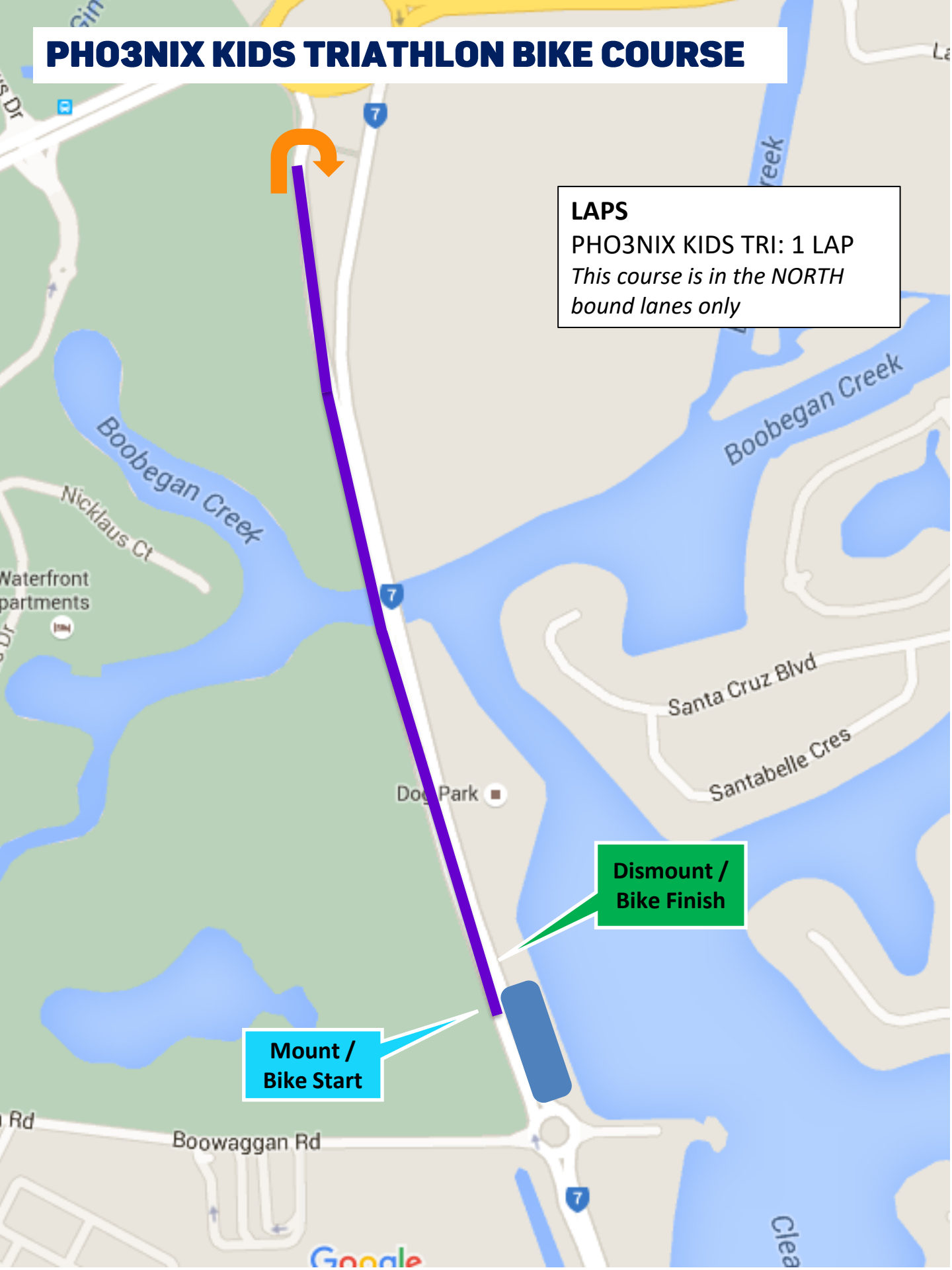
- SWIM FINISH:
- BIKE START:
- BIKE FINISH:
- RUN START:

PHO3NIX KIDS TRIATHLON BIKE COURSE

LAPS

PHO3NIX KIDS TRI: 1 LAP

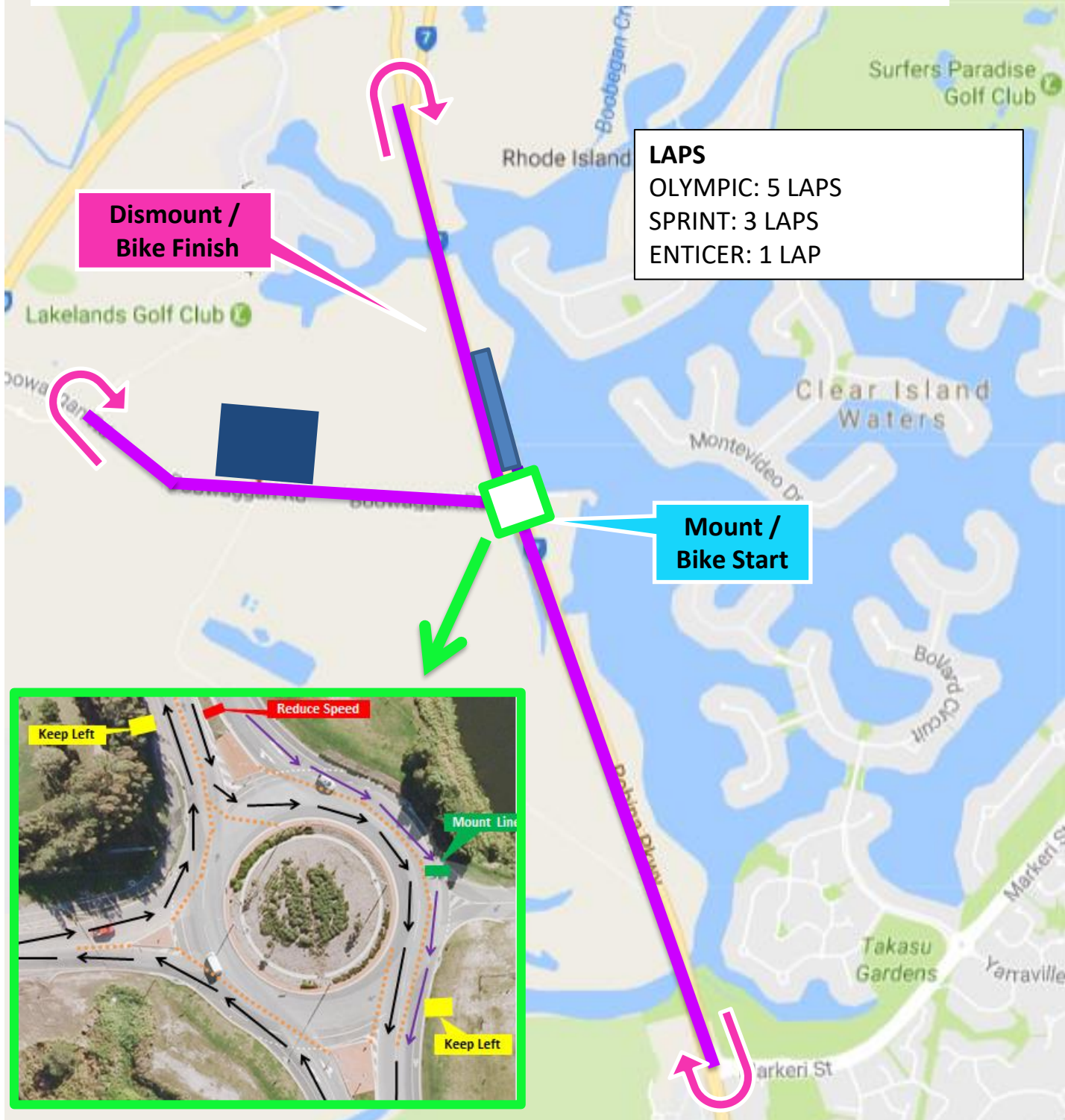
*This course is in the NORTH
bound lanes only*



Mount /
Bike Start

Dismount /
Bike Finish

ENTICER, SPRINT & OLYMPIC BIKE COURSE



- Bike Course goes in a clockwise direction.
- Section North of Boowaggan 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 Boowaggan Road/Robina Parkway Roundabout as this is a tight technical section from all approaches.

RUN COURSE



Finish Line

PHO3NIX KIDS
turn around

KEY

OLYMPIC: 3 LAPS

SPRINT: 2 LAPS

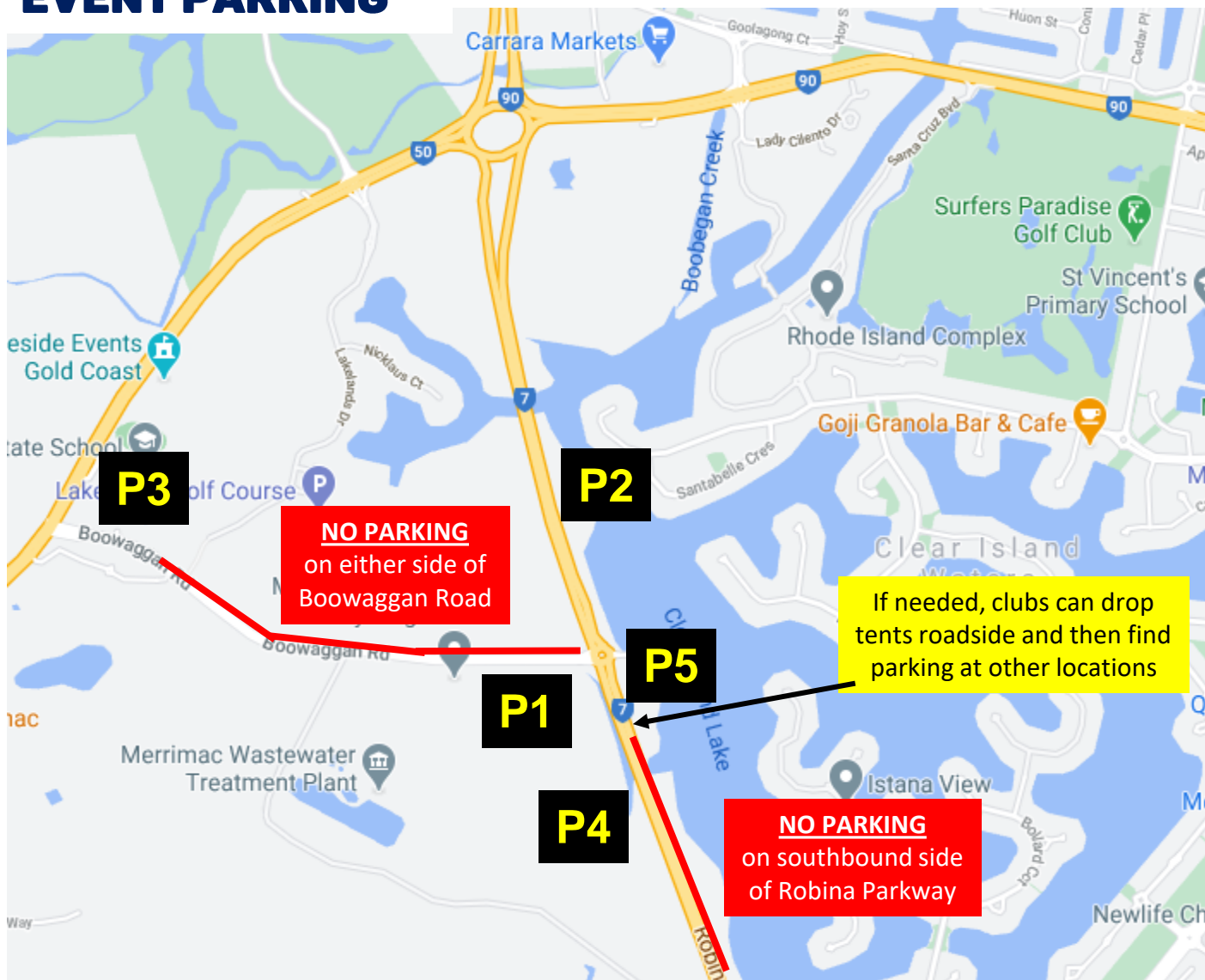
ENTICER: 1 LAP

KIDS: 1 LAP

ENTICER &
SPRINT
turn around

OLYMPIC
turn around

EVENT PARKING



P1: Regular parking, Metricon Car Park. Cars must be in before 5:00am and will be able to leave from roughly 9am. 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: GRASS PARKING CLOSED. Limited roadside parking available. Do not park on the grass.

P3: Early Exit Parking at Merrimac State School. Cars must be in before 5:00am if coming via Boowagga however can access at any time via Gooding Drive. This is the recommended parking for parents of Pho3nix Kids wanting to leave straight after your event.

P4: Regular Parking. Cars must be in before 5:00am and will be able to leave from roughly 9am. 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: CLOSED TO ALL VEHICLES. Club tents can still be put up but these will need to be dropped road side and walked in.