



PHOENIX



QUEENSLAND TRI SERIES

ROUND 6: CALOUNDRA
11 FEBRUARY

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



Sunshine Coast Council acknowledges the Sunshine Coast Country, home of the Kabi Kabi peoples and the Jinibara peoples, the Traditional Custodians, whose lands and waters we all now share.

We recognise that these have always been places of cultural, spiritual, social and economic significance. The Traditional Custodians' unique values, and ancient and enduring cultures, deepen and enrich the life of our community.

We commit to working in partnership with the Traditional Custodians and the broader First Nations (Aboriginal and Torres Strait Islander) communities to support self-determination through economic and community development.

Truth telling is a significant part of our journey. We are committed to better understanding the collective histories of the Sunshine Coast and the experiences of First Nations peoples. Legacy issues resulting from colonisation are still experienced by Traditional Custodians and First Nations people.

We recognise our shared history and will continue to work in partnership to provide a foundation for building a shared future with the Kabi Kabi and the Jinibara peoples.

We wish to pay respect to their Elders – past, present and emerging, and acknowledge the important role First Nations people continue to play within the Sunshine Coast community.

Together, we are all stronger.

Photo courtesy of Queensland.com



Mount Coolum National Park

*Sunshine
Coast*

EVENT TIMELINE

* Approximate time. Exact Wave Start times will be published on Thursday in race week

SATURDAY 10 FEBRUARY	
Time	Activity
2:00pm	Registration Opens
2:00pm	Optional bike racking open
4:00pm	Registration Closes
4:00pm	Optional bike racking close
SUNDAY 11 FEBRUARY	
5:15am	Registration Opens
5:15am	Transition Opens
6:00am	Roads Closed
6:00am	Expo Opens
6:15am	Registration Closes
6:30am	Transition Closes
6:45am*	Pho3nix Kids Triathlon Start
7:05am*	Rackley Swimming Enticer Start
7:35am*	Sprint Start
8:00am	Pho3nix Kids Presentation
10:00am*	All other distances Presentation at finish line

DISTANCE AND LAPS

	SWIM	CYCLE	RUN
SPRINT 14yrs+	750M 1 lap	20KM 4 laps	5KM 1 lap
RACKLEY SWIMMING ENTICER 12yrs+	300M 1 lap	10KM 2 laps	2KM 1 lap
PHO3NIX KIDS TRIATHLON 7-14yrs	100M 1 lap	2KM 1 lap	500M 1 lap

Please check the Event Information board on race morning for any last minute course changes

WELCOME TO THE SUNSHINE COAST

The Sunshine Coast is one of Australia's premier sports training destinations for high performance athlete training and acclimatisation. It offers ideal weather, great natural and purpose-built facilities, world class sports services and beautiful beaches.

Looking forward, the Sunshine Coast community is excited to be a Co-Host City for the Olympic and Paralympic Games Brisbane 2032 offering four key venues and hosting nine Olympic and Paralympic events.

The region's strong reputation as being home to triathlon, and its stunning destination encourages a great weekend of sport, social catch ups and more for you this February.

Sunshine Coast Council is proud to support the 2024 Qld Tri Series at Caloundra, and on behalf of Council and the Sunshine Coast Events Board, I would like to extend a warm welcome to participants and supporters.

I know that as well as enjoying the competition, you'll love looking around the Sunshine Coast and taking in our world-class beaches, our pristine hinterland and the wide variety of markets, shopping and [tourism experiences](#) on offer.

Our [Sunshine Pantry](#) has plenty of offerings of local produce, craft beer, fine cuisine and seafood to tempt your tastebuds after your efforts.

To all competitors, whether you are aiming for your personal best, training for something bigger or are just in it for fun, I wish you the very best of luck in this year's Qld Tri Series at Caloundra, and trust you have an enjoyable stay on the Sunshine Coast.

With best regards

John Williams, Chairperson
SUNSHINE COAST EVENTS BOARD



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 check out both our website and our Facebook page for latest info.

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, no exceptions.

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 Caloundra Power Boat Club, Woorim Park, Golden Beach. Access to the location can be made via Landsborough Parade and Churchill Street. For Parking details please see the Map below.

ROAD CLOSURES

- Landsborough Pde (From Nelson St to Oxley St) 6:15-10:30AM
- Landsborough Pde (From Lamerough Pde to Nelson St) 6:15-11:00AM
- Churchill St 4:30-11:00AM
- The Esplanade 6:15-10:30AM

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.

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.

SET YOUR OWN PACE AFTER THE RACE

📍 CALOUNDRA



Sunshine
Coast

After the race, relax into a different pace. Immerse yourself amongst our pristine beaches, subtropical rainforest and majestic mountains. Savour fresh and bountiful local produce and discover our array of attractions, tours and experiences.

visitsunshinecoast.com

VENUE MAP



SWIM COURSE

KEY:

SPRINT



ENTICER:



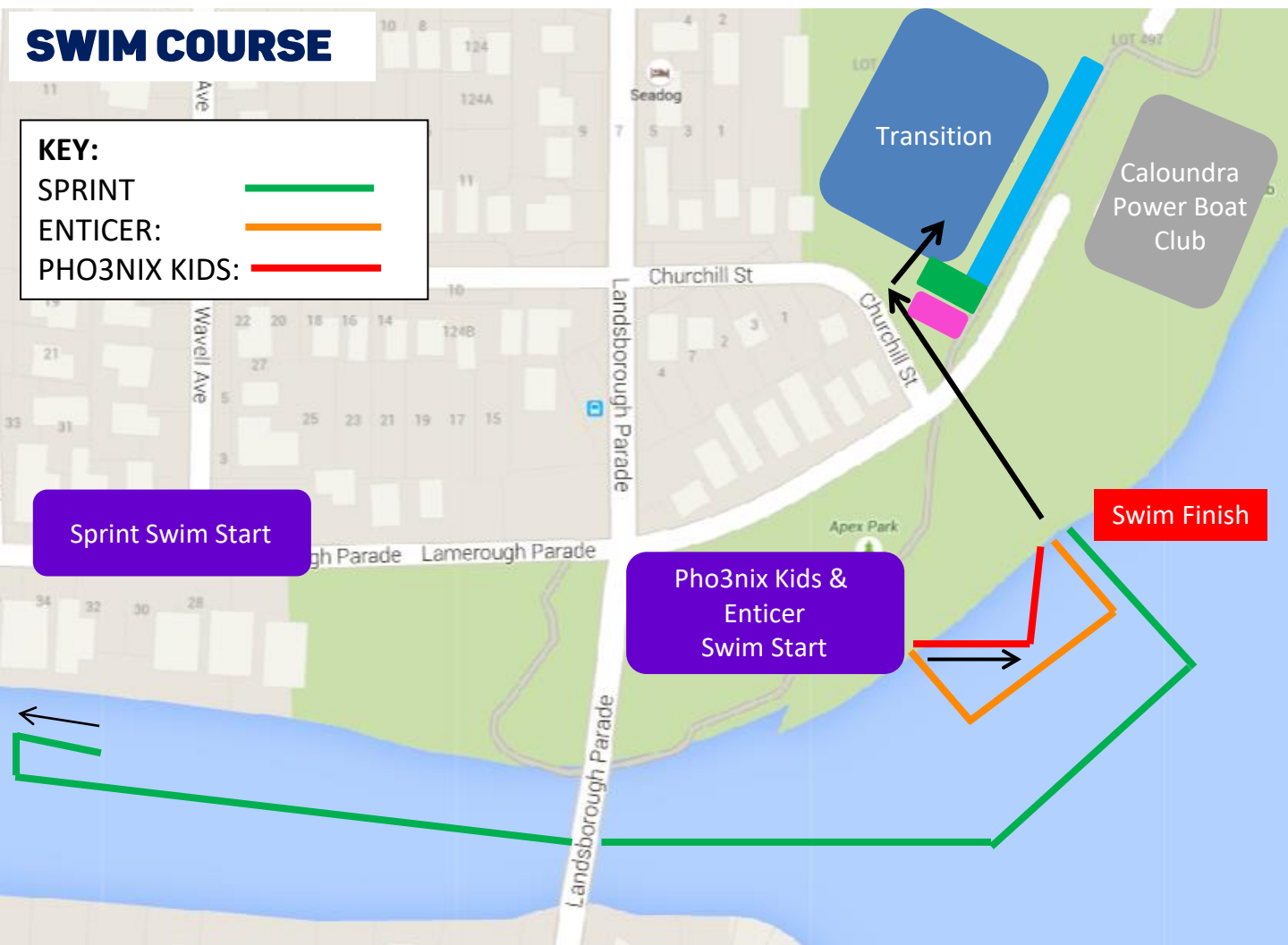
PHO3NIX KIDS:



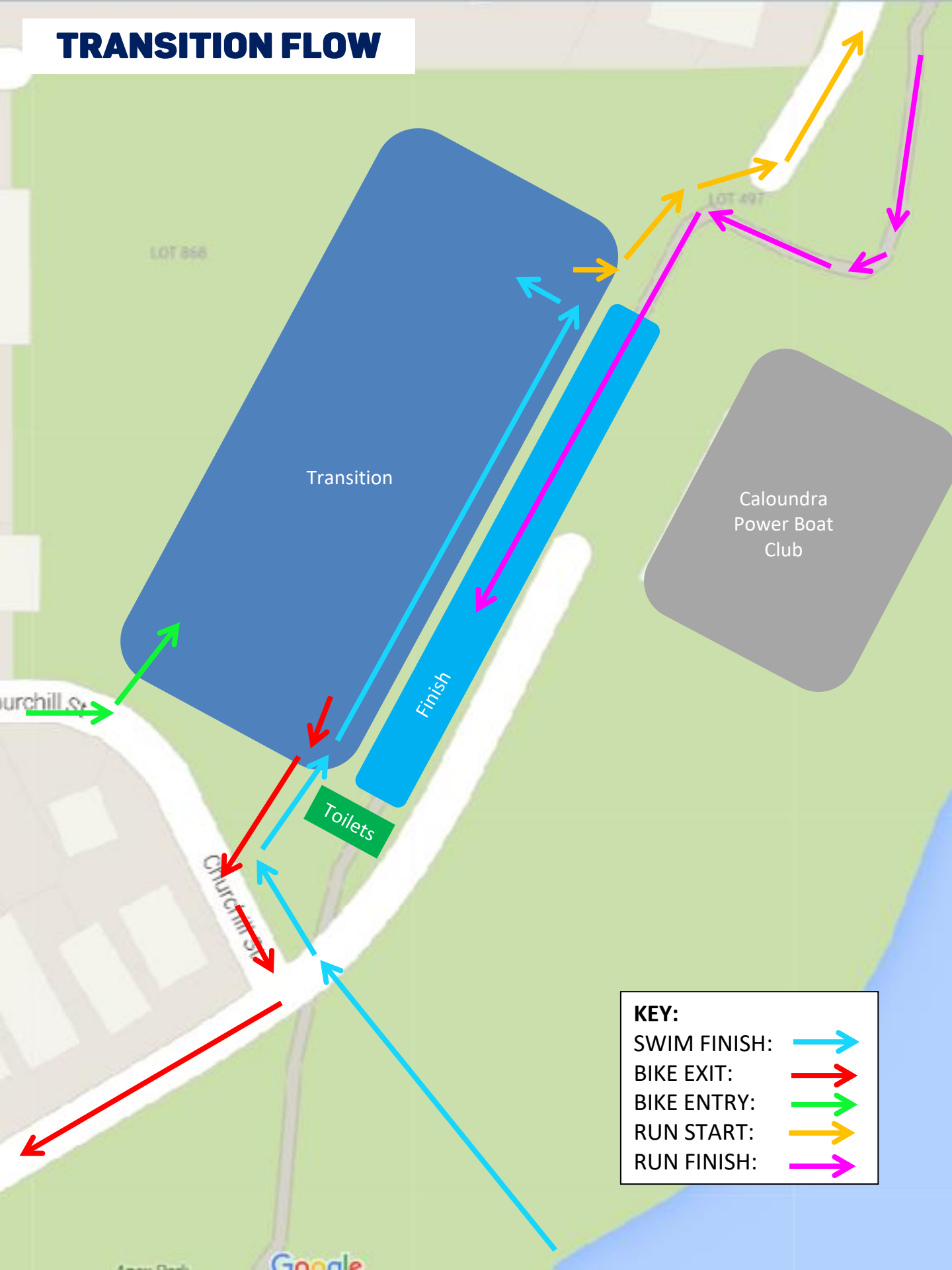
Sprint Swim Start

Pho3nix Kids & Enticer Swim Start

Swim Finish



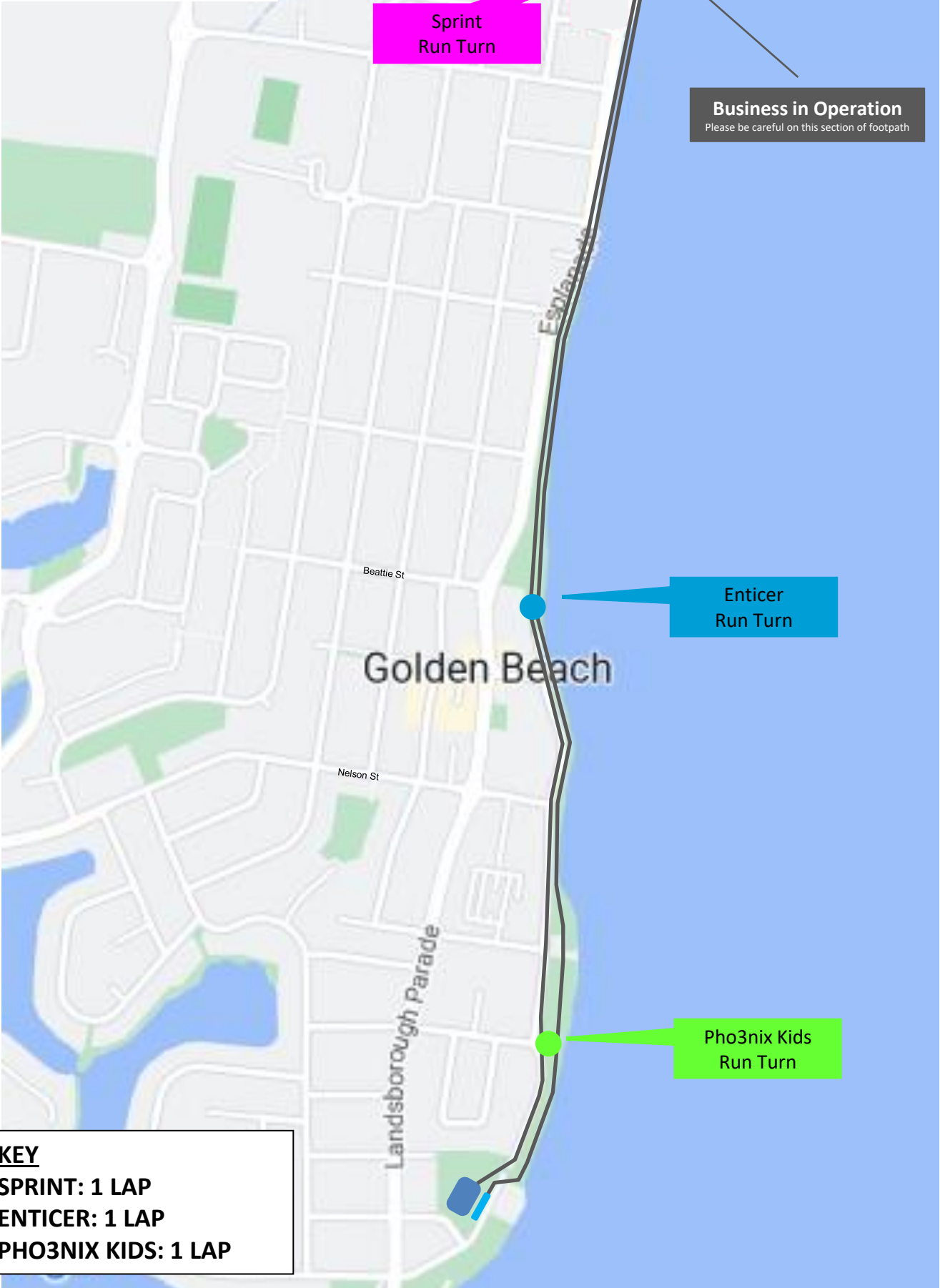
TRANSITION FLOW



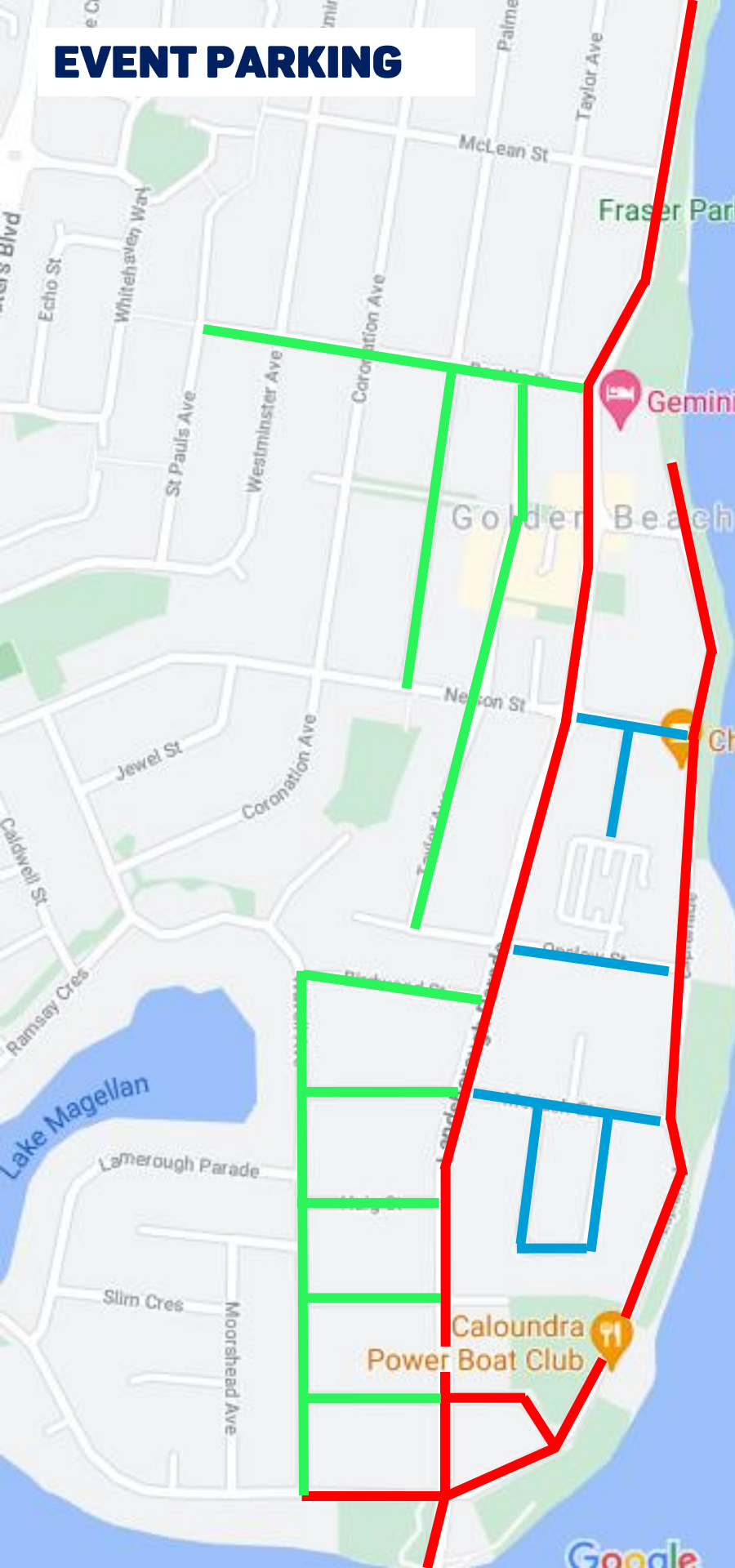
BIKE COURSE



RUN COURSE



EVENT PARKING



Key Notes:

No Parking —

No parking on these streets at any times. Churchill Street, Landsborough Parade, Lamerough Parade, Esplanade (All these streets are part of the course).

Early Exit Parking —

Park on these streets for early exit. Please keep in mind Landsborough Parade will be closed from 6:15AM until 10:30AM.

Restricted access —

Access to these streets is available before 6:15AM and after 10:30AM.