



ROUND FOUR



PHOENIX
KIDS
TRIATHLON
by
Chris McCormack

Raby Bay

15 December 2024

WELCOME MESSAGE



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



As a passionate advocate for triathlon for over 30 years, I know it is vitally important to give our kids and community opportunities to get involved in an active lifestyle. The Pho3nix Foundation is a sport not-for-profit established by Polish businessman Sebastian Kulczyk to assist and inspire children to engage in sport so they can live healthy and full lives.

More than half a million children have now participated in a Pho3nix Kids program across nine nations on three continents since its inception, supporting the Pho3nix Foundation's goals to bring

sport to kids all over the world. Programmes in Switzerland, Spain and the UK are headed up by dual Olympic medallist Nicola Spirig, dual Olympic champion Alistair Brownlee through the Brownlee Foundation, and 7-time world champion Javier Gomez. We are proud to continue partnering with The Event Crew to help get Aussie kids outdoors and active – and there's no better way than to swim, bike and run with their friends.

Check out all we do @pho3nixfoundation and visit the [Pho3nix Foundation](https://www.pho3nixfoundation.com) website for more information and to donate.

Welcome to the Pho3nix movement.

Chris McCormack
4x triathlon world champion, Pho3nix Foundation board member

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 14 DECEMBER	
Time	Activity
2:00pm	Optional Check In opens (no bike racking)
3:00pm	Tips and Tricks
4:00pm	Optional Check In closes
SUNDAY 15 DECEMBER	
5:15am-6:15am	Check In Open
5:15am - 6:30am	Bike Racking Open
6:45am*	Pho3nix Kids Distance Start
7:05am*	Rackley Swimming Enticer Distance Start
7:25am*	Club Distance Start
7:30am*	Pho3nix Kids Bike Collection
8:15am*	Super Sprint Distance Start
8:30am*	Pho3nix Kids and Rackley Swimming Enticer presentations
10:15am*	Adult distance event presentations

DISTANCE AND LAPS



	SWIM	BIKE	RUN
CLUB DISTANCE 15yrs+	900M 1 lap	25KM 5 laps	6KM 3 laps
SUPER SPRINT DISTANCE 13yrs+	400M 1 lap	15KM 3 laps	4KM 2 laps
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

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.

Prior to this please read this event manual 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 with you on Saturday or Sunday during Event Check-In times - this 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 or see the Help Desk.

PHO3NIX KIDS TSHIRT & SWIM 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

AUSTRiathlon 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 child for Pho3nix Kids events during set up and pack down only, no access 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. For Parking details please see the Map below.

ROAD CLOSURES

- Full road closure information can be found on our event website
- 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 [see rules for more info](#)
- No drafting [see rules for more info](#)
- 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 suit / tri-suit
- Sunscreen
- Swim cap (provided)
- Timing chip (provided)

BIKE

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

RUN

- Running shoes
- Socks
- Hat/ sunglasses
- Race number bib (provided)
- Race belt or pins to attach bib

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.

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.

visitredlandscost.com.au



Redlands
c o a s t



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

VENUE MAP



TRANSITION FLOW



SWIM COURSE MAP

KEY:

CLUB: 

S/S: 

ENTICER: 

KIDS: 

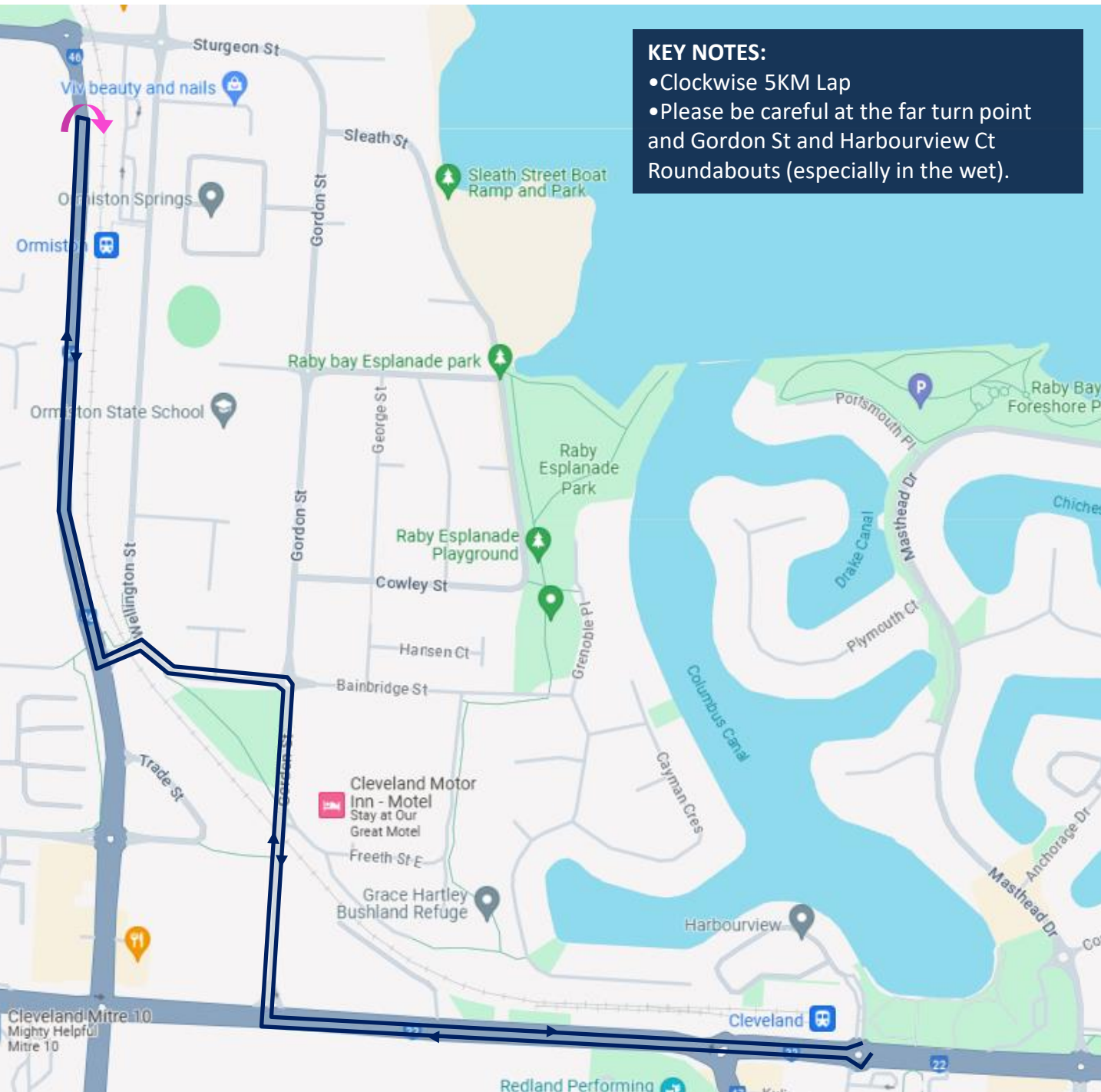
Map is indicative only, exact turning point will differ slightly on race day. Swim is a deepwater start off the pontoon in Harbour Park and is an anticlockwise, one lap swim.



Swim Finish

Swim Start

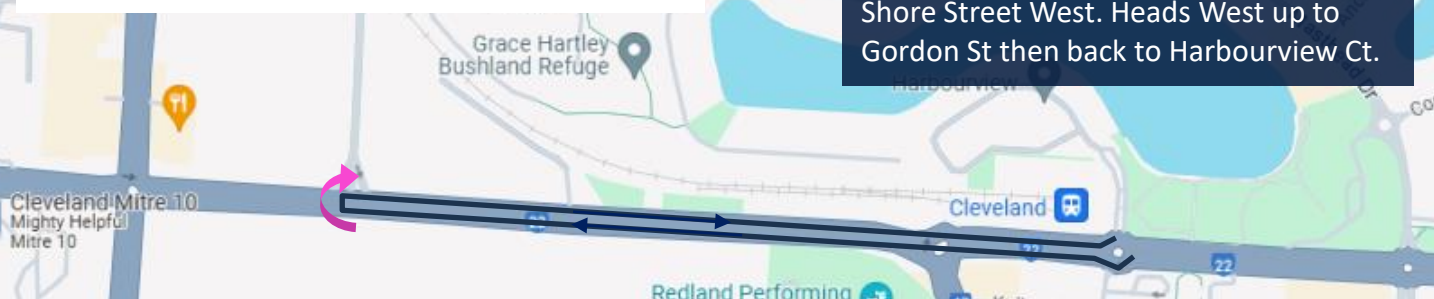
QTS & ENTICER BIKE COURSE



KEY NOTES:

- Clockwise 5KM Lap
- Please be careful at the far turn point and Gordon St and Harbourview Ct Roundabouts (especially in the wet).

PHO3NIX KIDS TRIATHLON BIKE



Bike Course is an out & back course on Shore Street West. Heads West up to Gordon St then back to Harbourview Ct.

RUN COURSE

All Other Distance Turn

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 and run the course anticlockwise.

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.



Run Start

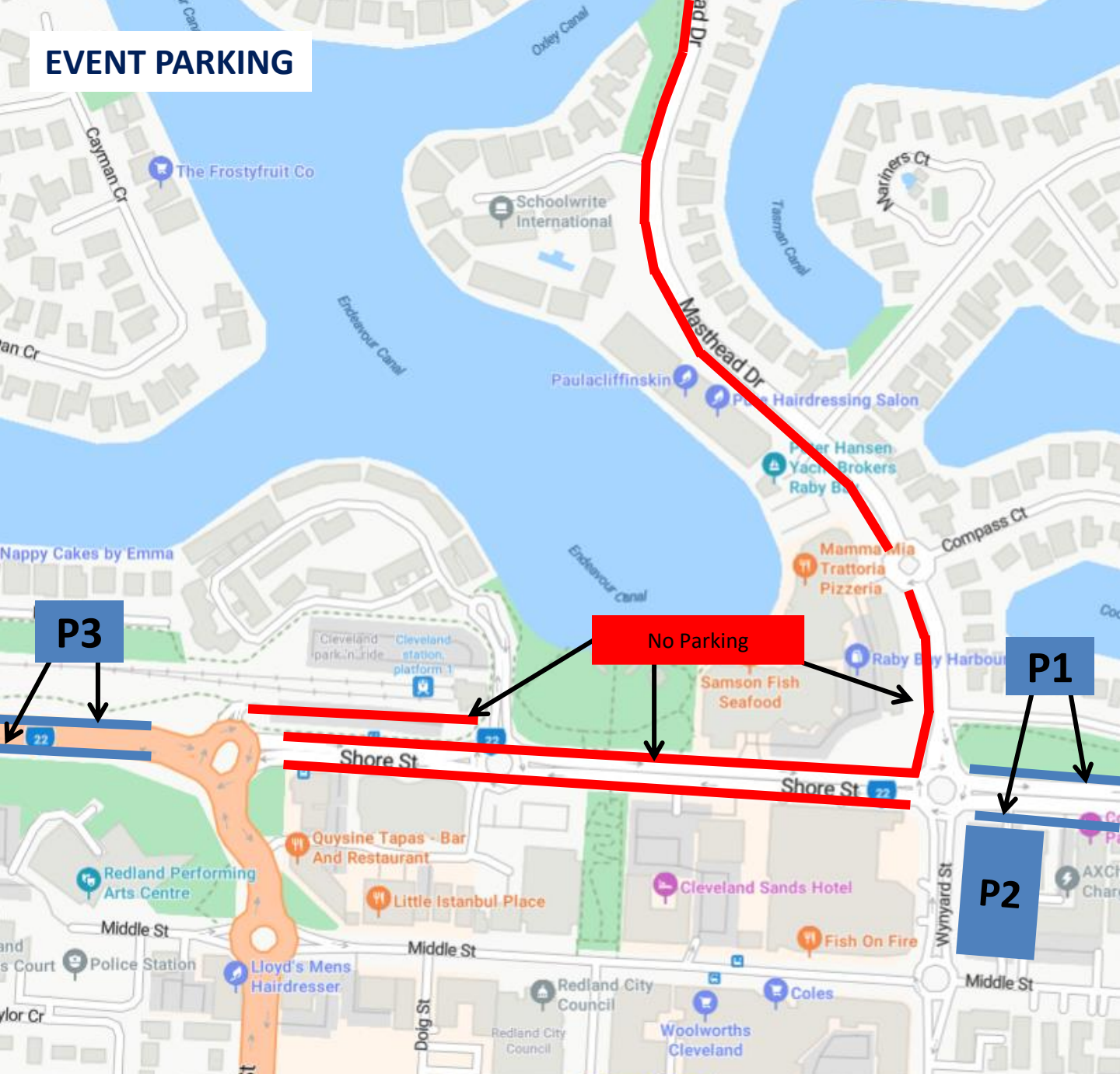
Finish

Next Lap / Finish

Drink Station

Pho3nix Kids Turn

EVENT PARKING



- **P1:** Shore Street East (East of Masthead Drive). Side of street parking 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 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 Qld Rail front car park, this is for Qld Rail staff and commuters only.