PHO3NIX | QTS
QUEENSLAND TRI SERIES

ROUND ONE

Moreton Bay

28 September 2025

PHO3NIX KIDS TRIATHLON
by Chris McCormack

AUS TRIATHLON | QLD CLUB CHAMPIONSHIP

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 website for more information and to donate.

Welcome to the Pho3nix movement.

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

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EVENT TIMELINE

SATURDAY 27 SEPTEMBER	
2:00pm - 4:00pm	Event Check In Open (no bike racking)
3:00pm	Tips and Tricks session
SUNDAY 28 SEPTEMBER	
5:00am	Event Check In & Bike Racking Opens - all distances
6:00am	Classic & Sprint Distance Check In closes
6:15am	Classic & Sprint Distance Transition closes - **no access after this time**
6:15am*	**Classic Distance Race Start**
7:00am*	**Sprint Distance Race Start**
7:15am	Rackley Swimming Enticer and Pho3nix Kids Check In closes
7:30am	Enticer and Pho3nix Kids Bike Racking closes - **no access after this time**
8:15am*	**Rackley Swimming Enticer Race Start**
9:10am*	**Pho3nix Kids Triathlon Race Start**
10:45am	Event presentations (time subject to change)

* Wave starts published in race week

DISTANCE AND LAPS

	SWIM	BIKE	RUN
CLASSIC **15yrs+**	2000M 2 laps	60KM 6 laps	15KM 3 laps
SPRINT **14yrs+**	750M 1 lap	20KM 2 laps	5KM 1 lap
RACKLEY SWIMMING ENTICER **12yrs+**	300M 1 lap	10KM 1 lap	2.5KM 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.

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
Parking is available in Young Street, Thomas Street, Laura Street, Yacht Street, Maine Road, Thompson Crescent, but you must walk to Pelican Park.

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

CUT OFF TIMES - CLASSIC TRI
Cut off for the Classic distance swim is 60mins. You then need to have completed both the swim and 50km of the bike in 2hr 45mins (which translates to being on last lap of the bike by 9:05am).

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 Upper torso must be covered at all times during the run.

WETSUITS
Wetsuits are confirmed as optional for all categories at Moreton Bay, Round 2.

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 / tri-suit	• Timing chip (provided)
• Sunscreen	
• Wetsuit (optional)	

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.
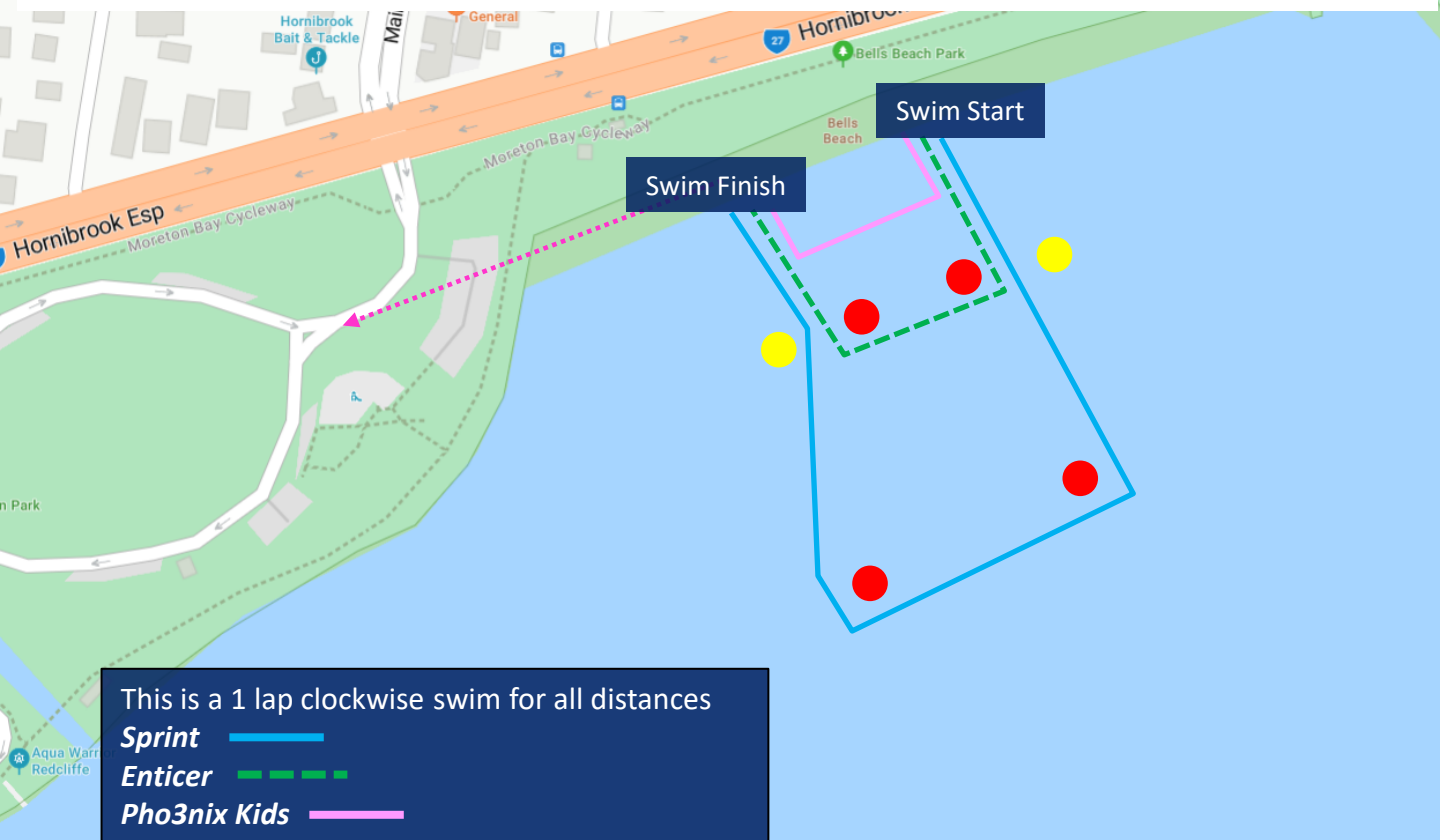
VENUE LAYOUT AND TRANSITION FLOW

MERGE CAUTION
Cyclists Merge Area

Mount / Dismount

Next Lap / Finish

Swim In	
Bike Start	
Bike Next Lap	
Bike Finish	
Run Start	
Run Finish	
Club Tents	
Penalty Box	
Event Expo	
Check In	

SWIM COURSE – CLASSIC DISTANCE

Swim Start

Swim Finish

This is a 2 lap clockwise swim
Lap 1 ——————
Lap 2 – – – – –

SWIM COURSE – SPRINT, ENTICER & PHO3NIX KIDS DISTANCE

Swim Start

Swim Finish

This is a 1 lap clockwise swim for all distances
Sprint ——————
Enticer – – – – –
Pho3nix Kids ——————

BIKE COURSE – PHO3NIX KIDS

1 LAP
This is a 1 lap clockwise course

RUN COURSE – PHO3NIX KIDS

1 LAP
This is a 1 lap anticlockwise course
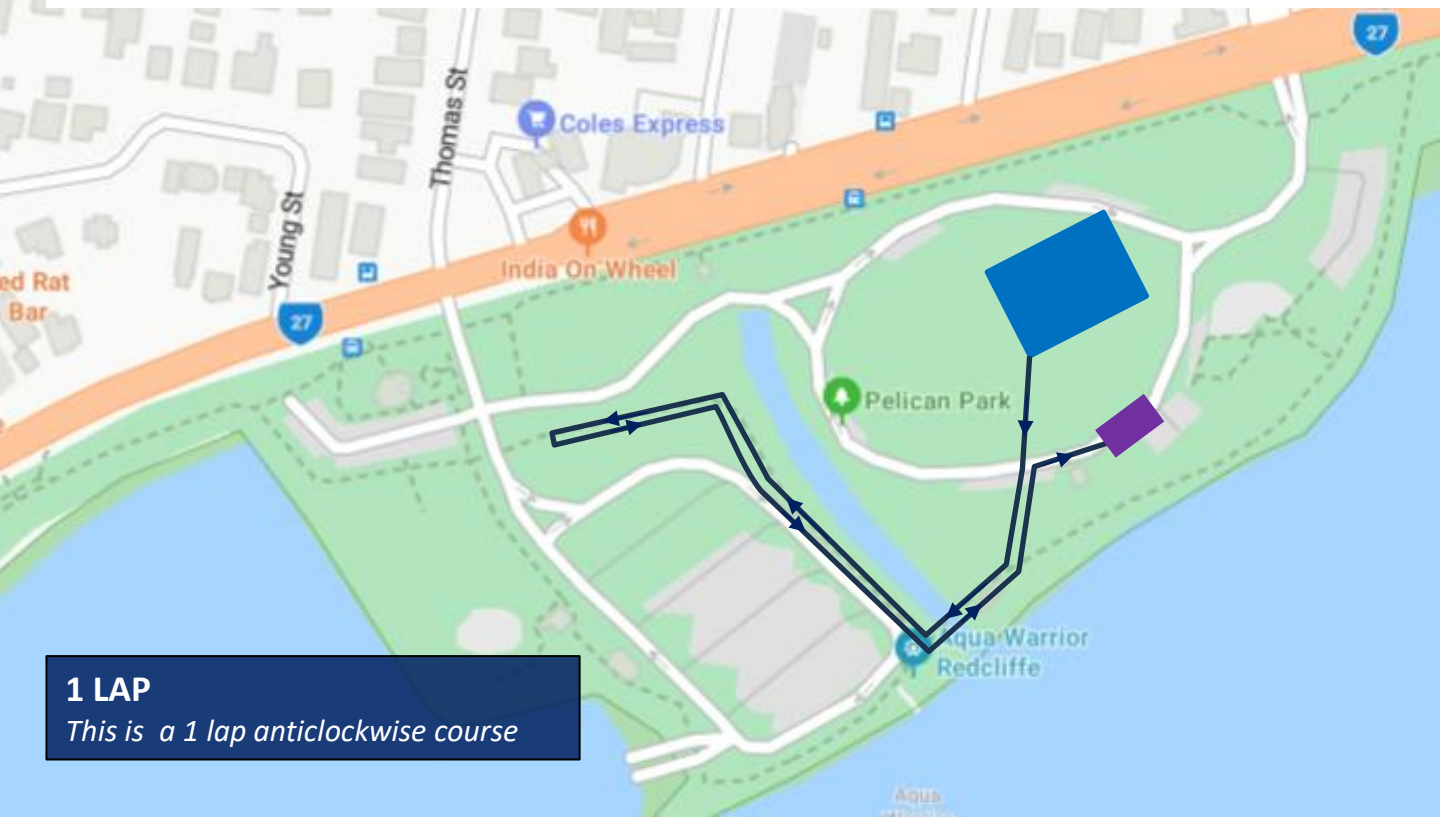
BIKE COURSE – CLASSIC, SPRINT & ENTICER DISTANCE

CLASSIC - 6 LAPS
SPRINT - 2 LAPS
ENTICER - 1 LAP
This is a clockwise bike course for all distances

MERGE CAUTION
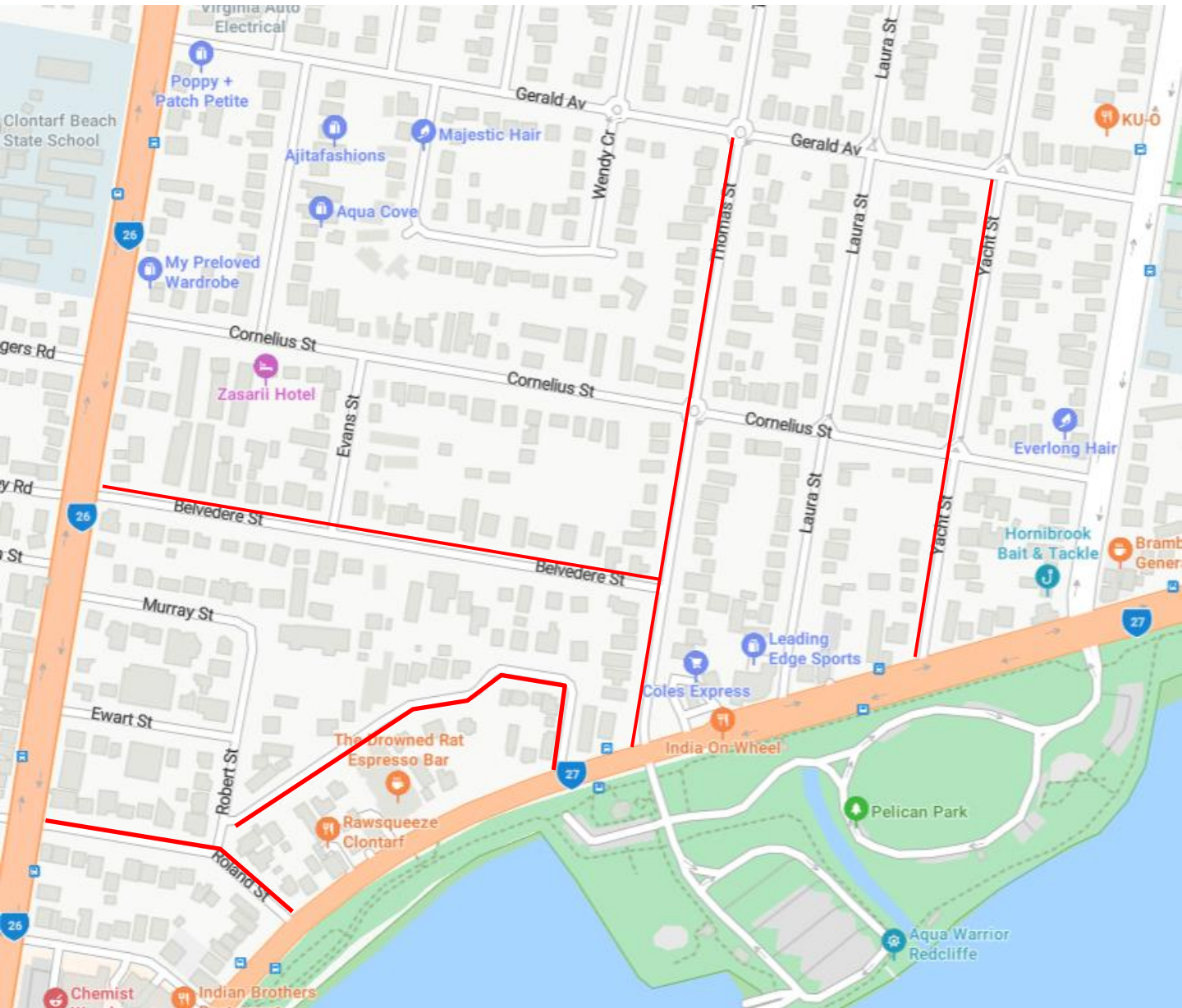Cyclists Merge Area

Mount / Dismount

RUN COURSE – CLASSIC, SPRINT & ENTICER DISTANCE

CLASSIC - 3 LAPS
SPRINT - 1 LAP
ENTICER - 1 LAP
This is a clockwise run course for all distances

Drink Station - water only

Drink Station - Electrolytes, coke, water

Enticer Turn

Classic & Sprint turn

Next Lap / Finish

EVENT PARKING

Parking is available in surrounding streets however please park according to all road rules and please be mindful that this is a residential area and resident access to their properties should be maintained at all times. Please note special parking restrictions below.

PARKING RESTRICTIONS

Parking restrictions are imposed on one side of the street only. Please refer to details below.

- Thomas Street: no parking western side from Hornibrook Esplanade to Gerald Avenue
- Belvedere Street: no parking northern side from Thomas Street to Elizabeth Street
- Yacht Street: no parking western side from Hornibrook Esplanade to Gerald Avenue
- Young Street: no parking western side from Hornibrook Esplanade to Robert Street
- Lane Street: no parking western side from Hornibrook Esplanade to Robert Street
- Roland Street: no parking northern side from Hornibrook Esplanade to Elizabeth Street