



PHOENIX



QUEENSLAND TRI SERIES



ROUND SEVEN

Moreton Bay



10 & 11 May 2025

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



The Event Crew acknowledges the Jinibara, Kabi Kabi, and Turrbal peoples and pays respect to their Elders, past, present and emerging.

We acknowledge the ongoing connection that Aboriginal people have to this land and recognise Aboriginal people as the original custodians of this land on which we host our event.

Welcome to City of Moreton Bay for Round 7 of the Queensland Tri Series!

It's a pleasure to once again welcome athletes, supporters, and visitors from near and far to one of Australia's most dynamic triathlon events right here on the shores of beautiful Moreton Bay.

Set amidst a backdrop of pristine hinterland, bay-side breezes, and warm local hospitality, our city is proud to host you and this incredible event, which showcases not only peak athletic performance but also the vibrant lifestyle and natural beauty that defines our city.

The Queensland Tri Series is a celebration of endurance, spirit, and community, and we are thrilled to support an event which caters to athletes of all ages and abilities, from elite competitors to enthusiastic first-timers. Whether you're a competitor putting yourself to the test or a spectator enjoying the athletic competition, you'll see that this event reflects City of Moreton Bay's passion for fitness and fun.

As one of the fastest-growing cities in the country, City of Moreton Bay is committed to supporting events that bring people together and highlight our commitment to an active, healthy lifestyle. We encourage all visitors to stay a little longer, explore our local cafes and markets, and enjoy everything our city has on offer.

Best of luck to all participants, I hope you achieve your personal best and make some lasting memories of Moreton Bay along the way.

We're proud to have you racing with us!

Mayor Peter Flannery
City of Moreton Bay

EVENT TIMELINE

SATURDAY 10 MAY		* Wave times to be published in race week
Time	Activity	
2:00-4:00pm	Event Check In for Running Festival and Triathlon (no bike racking)	
3:15pm	Half Marathon Individual and Relay start (7pm cut off)	
4:00pm	5km and 10km start	
5:00pm	1.5km start	
SUNDAY 11 MAY		
5:00am	Event Check In & Bike Racking Opens - all distances	
6:00am	Classic & Club Distance Check In closes	
6:10am	Classic & Club Distance Bike Racking closes	
6:20am*	Classic Distance Race Start	
7:05am	Enticer and Kids Check In closes	
6:45am*	Club Distance Race Start	
7:15am	Enticer and Kids Bike Racking closes	
8:15am*	Enticer Race Start	
9:10am*	Pho3nix Kids Race Start	
10:25am	Event Presentation	

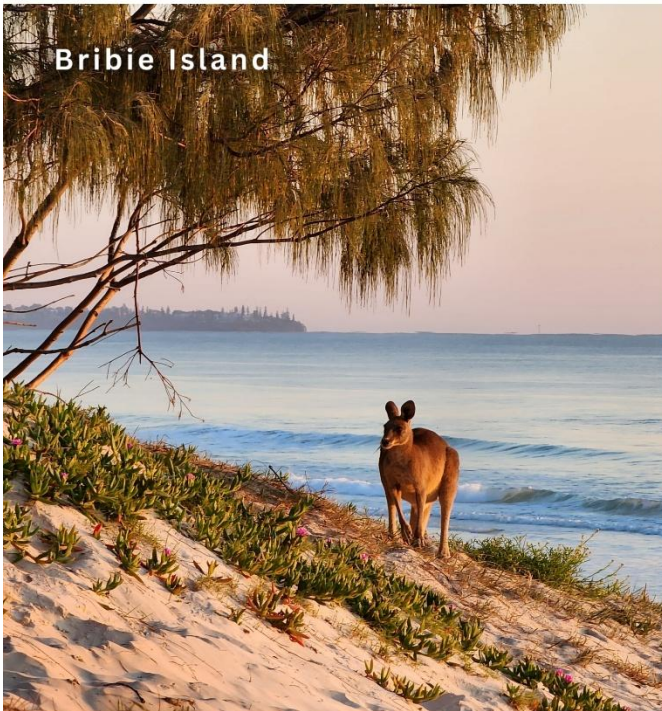
DISTANCE AND LAPS

	SWIM	BIKE	RUN
CLASSIC 15yrs+	2000M 2 laps	60KM 6 laps	15KM 2 laps
CLUB 15yrs+	900M 1 lap	30KM 3 laps	7.5KM 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
RUNNING FESTIVAL Cut off time 7pm all distances	1.5 & 5KM 1 lap	10KM 2 laps	21.1KM 2 laps

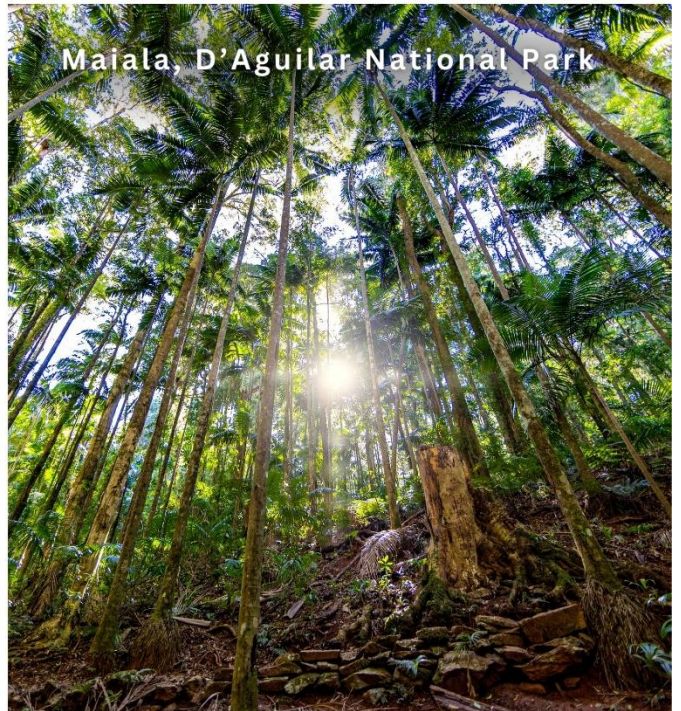
VISIT
Moreton Bay
JUST DOWN THE ROAD...



From Redcliffe and Bribie Island's sun-kissed beaches to the lush hinterland escapes of Samford, Dayboro, and Woodford, Moreton Bay caters to every traveller. Whether you're after a beachside escape, water adventures, or nature immersion, this diverse region has it all. With vibrant communities, fresh seafood, and endless outdoor activities, Moreton Bay invites you to explore, unwind, and reconnect with nature.



Bribie Island



Maiala, D'Aguiar National Park

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 7.

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 <ul style="list-style-type: none">• Goggles• Swim suit / tri-suit• Sunscreen	<ul style="list-style-type: none">• Swim cap (provided)• Timing chip (provided)
BIKE <ul style="list-style-type: none">• Bike• Bike shoes or running shoes• Helmet	<ul style="list-style-type: none">• Bike pump• Spare tube / tyre lever (optional)• Drink bottle
RUN <ul style="list-style-type: none">• Running shoes• Socks• Hat/ sunglasses	<ul style="list-style-type: none">• 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.



EVENT MERCHANDISE

On race day, every competitor will receive a timing chip, event gift and race bib at event check in.

EVENT PHOTOGRAPHY

post race are our official event photography partner for the event weekend. All photos will be made after the event and can be accessed via <http://postrace.com.au>.

HALF MARATHON RELAY

The 2x10.55km relay starts at the same time as the individual Half Marathon. Each runner will complete their full 10.55km loop and then tag the next runner at the change over point located just past the start line. If you wish to run the 10.55km loop at the same time, please see our Help Desk for instructions on how to do this for timing.

BAG STORAGE

Participants will receive a numbered bag tag coinciding with your race number in your Participant Pack which must be fixed to your bag before dropping it off. We also advise that though we provide this service for your convenience, you leave your belongings at your own risk. The Event Crew takes no responsibility for any lost or stolen items.

TRIATHLON TRANSITION FLOW



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

RUNNING FESTIVAL COURSE – ALL DISTANCES

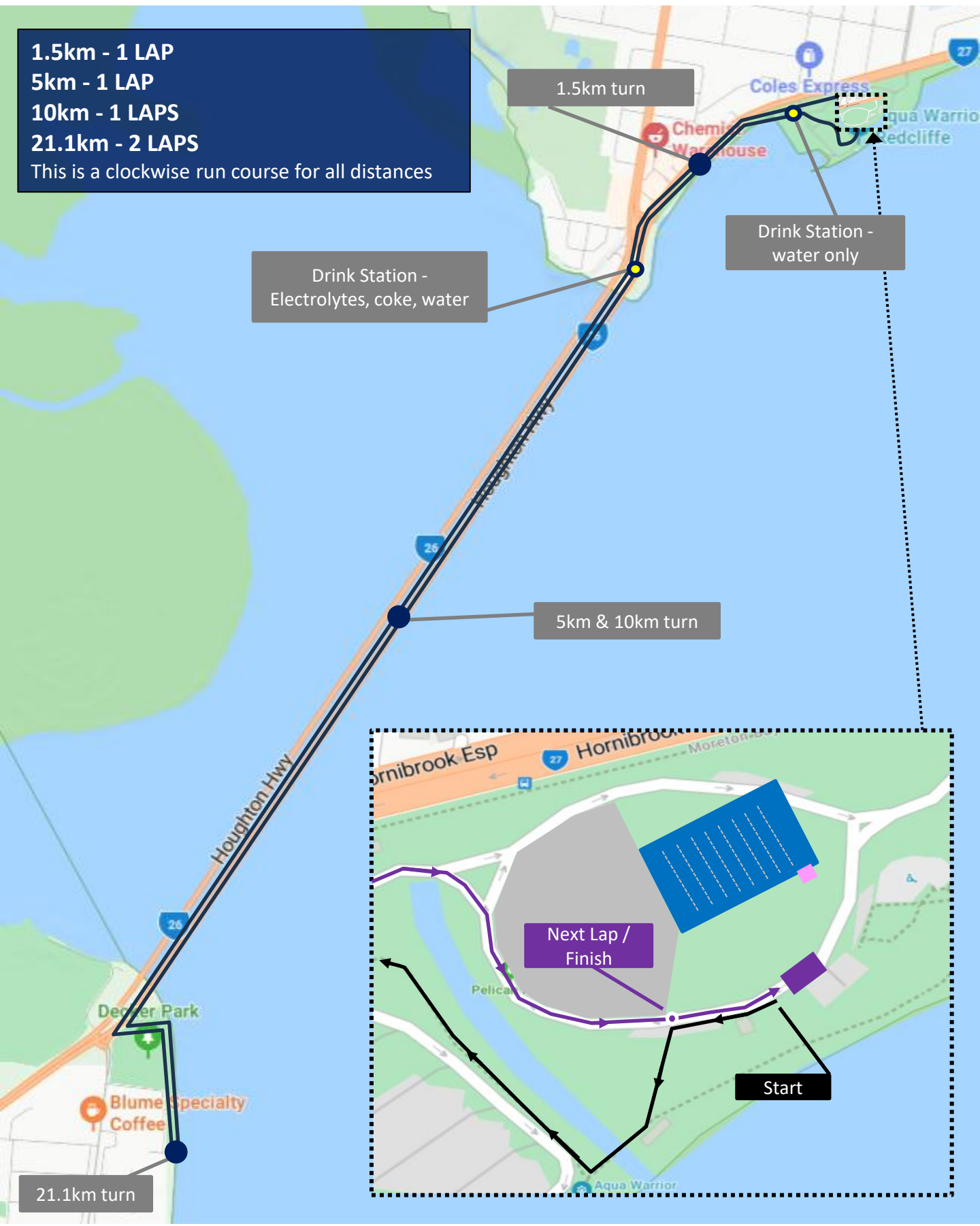
1.5km - 1 LAP

5km - 1 LAP

10km - 1 LAPS

21.1km - 2 LAPS

This is a clockwise run course for all distances



Drink Station -
Electrolytes, coke, water

1.5km turn

Drink Station -
water only

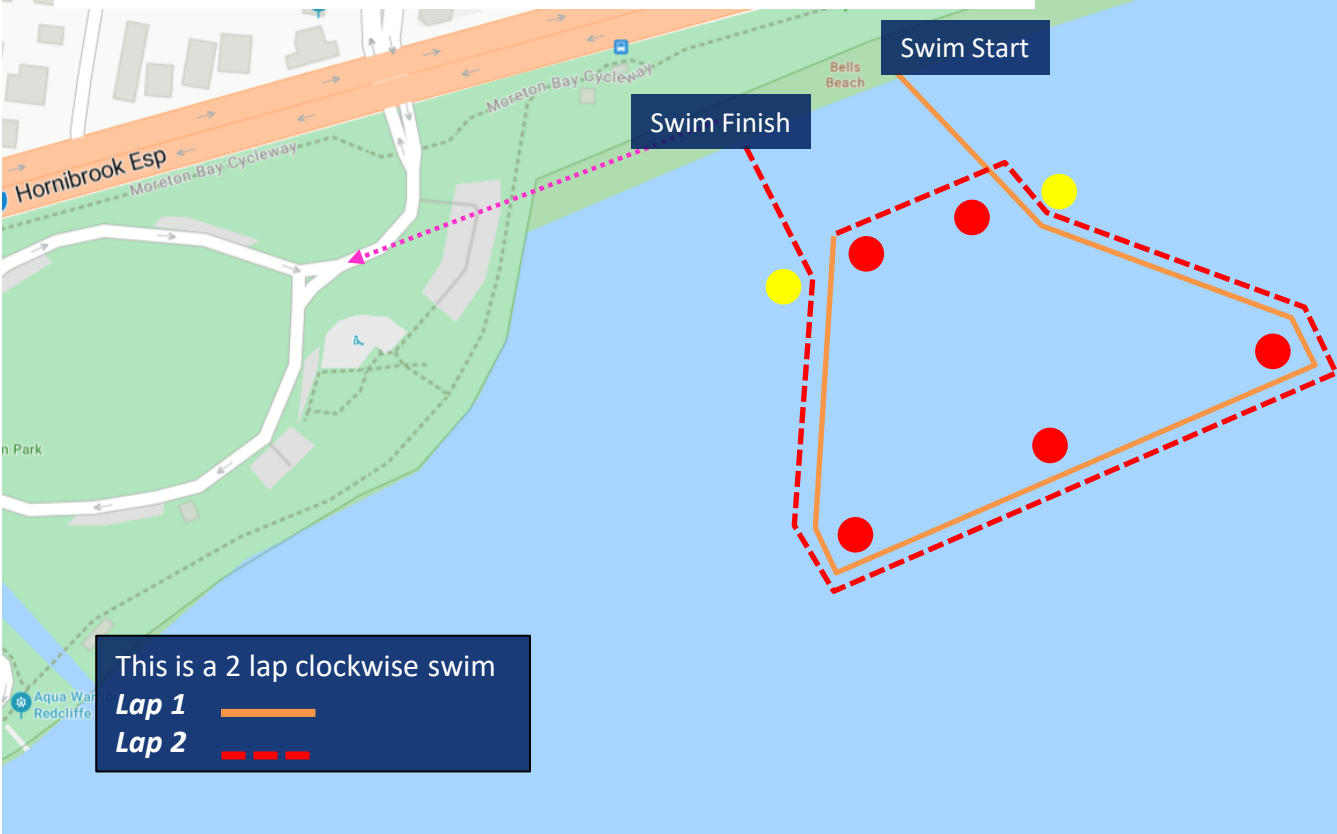
5km & 10km turn

Next Lap /
Finish

Start

21.1km turn

SWIM COURSE – CLASSIC DISTANCE



SWIM COURSE – CLUB, ENTICER & PHO3NIX KIDS DISTANCE



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, CLUB & ENTICER DISTANCE

CLASSIC - 6 LAPS

CLUB - 3 LAPS

ENTICER - 1 LAP

This is a clockwise bike course for all distances



RUN COURSE – CLASSIC, CLUB & ENTICER DISTANCE

CLASSIC - 2 LAPS

CLUB - 1 LAP

ENTICER - 1 LAP

This is a clockwise bike course for all distances

Drink Station -
Electrolytes, coke, water

Drink Station -
water only

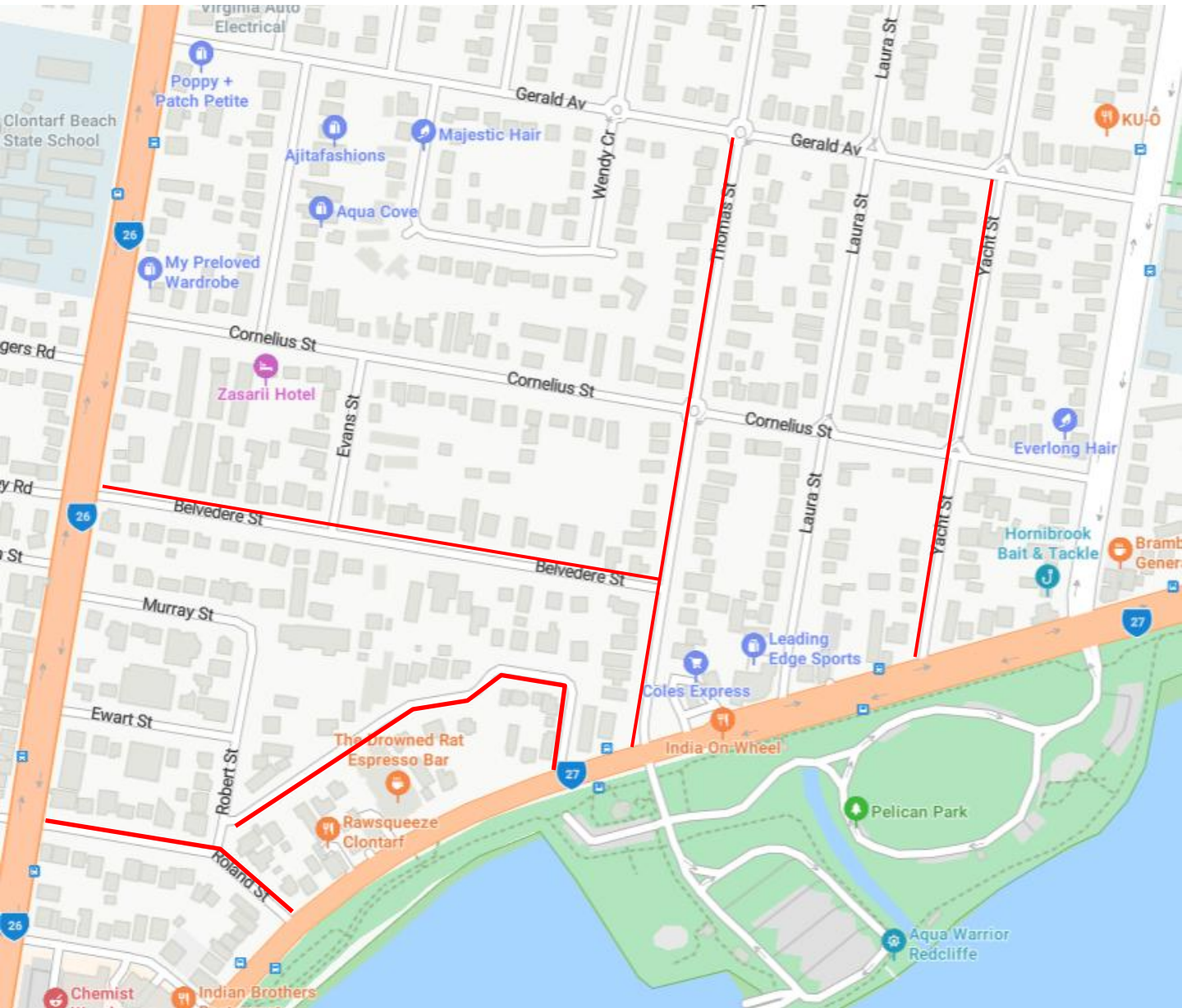
Enticer Turn

Classic &
Club 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