



# ROUND FOUR



Sprint Distance

**Robina**  
**11 January 2026**

# 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://pho3nixfoundation.org) 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 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 10 JANUARY	
2:00pm - 4:00pm	Event Check In Open
3:00pm	Tips and Tricks session
2:30pm - 4:00pm	Optional Bike Racking (note start time)
SUNDAY 11 JANUARY	
5:00am	Roads Closed
5:00am - 6:15am	Event Check In Available
5:00am - 6:45am	Transition Open (please note race start times below and allow sufficient time to check in, set up in transition and walk to start)
6:15am *	<b>Pho3nix Kids Triathlon Race Start</b>
6:30am *	<b>Olympic (Standard) Distance Race Start</b>
6:55am	Pho3nix Kids transition open for bike collection (approx.)
7:00am *	<b>Sprint Distance Race Start</b>
7:30am	Pho3nix Kids & U14 / U16 Enticer presentations
7:45am *	<b>Rackley Swimming Enticer Start</b>
9:15am	Transition open for bike collection (all distances)
9:45am	All other distances presentation

\* Wave starts published in race week



## DISTANCE AND LAPS



	SWIM	BIKE	RUN
<b>OLYMPIC</b> 15yrs+	1500M 2 laps	40KM 5 laps	10KM 3 laps
<b>SPRINT</b> 14yrs+	750M 1 lap	24KM 3 laps	5KM 2 laps
<b>RACKLEY SWIMMING ENTICER</b> 12yrs+	300M 1 lap	8KM 1 lap	2.5KM 1 lap
<b>PHO3NIX KIDS TRIATHLON</b> 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

The venue is at the Boowaggan Rd and Robina Parkway roundabout. Access is 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

- 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

## 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.

## 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

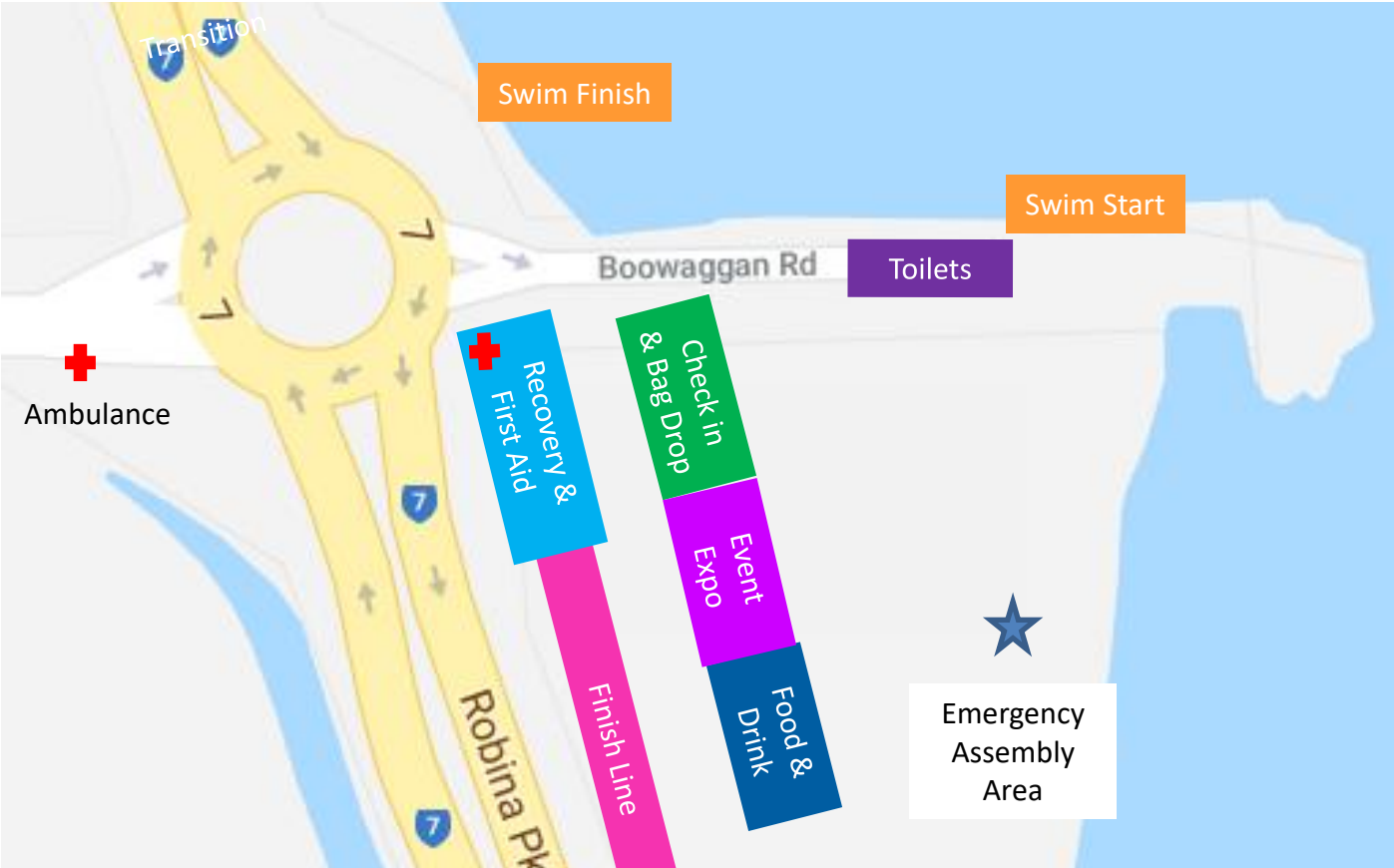
### RUN

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

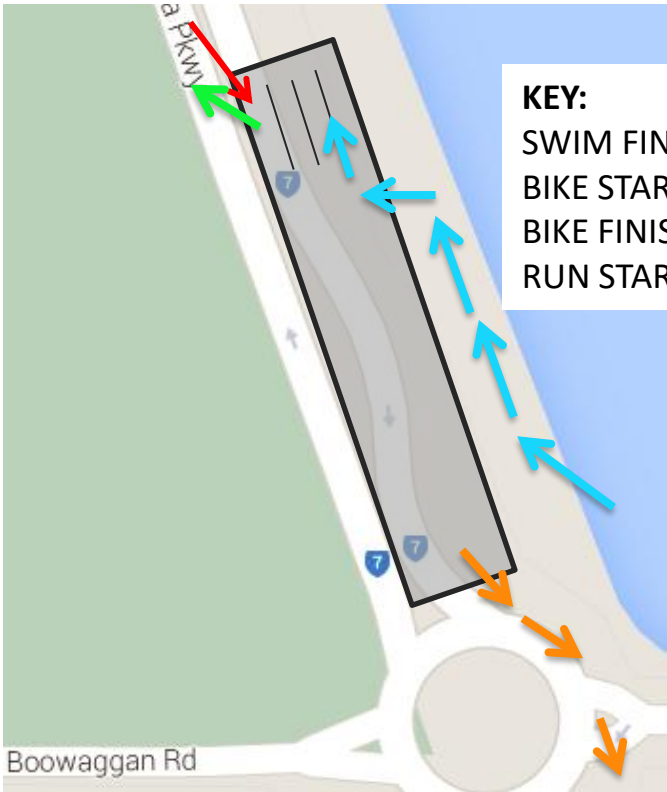
## WHAT NOT TO BRING

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.

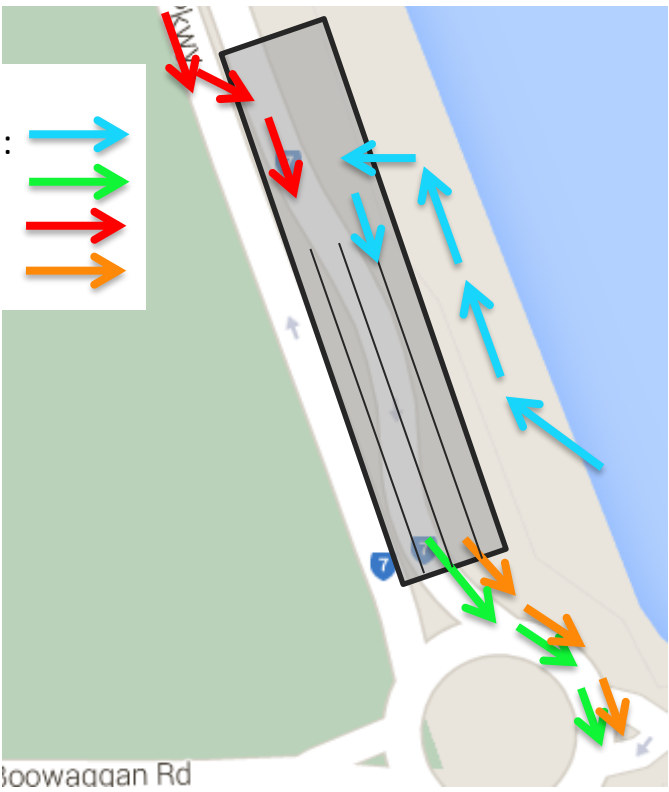
# VENUE LAYOUT



## KIDS TRANSITION



## ALL OTHER TRANSITION








**KEY:**

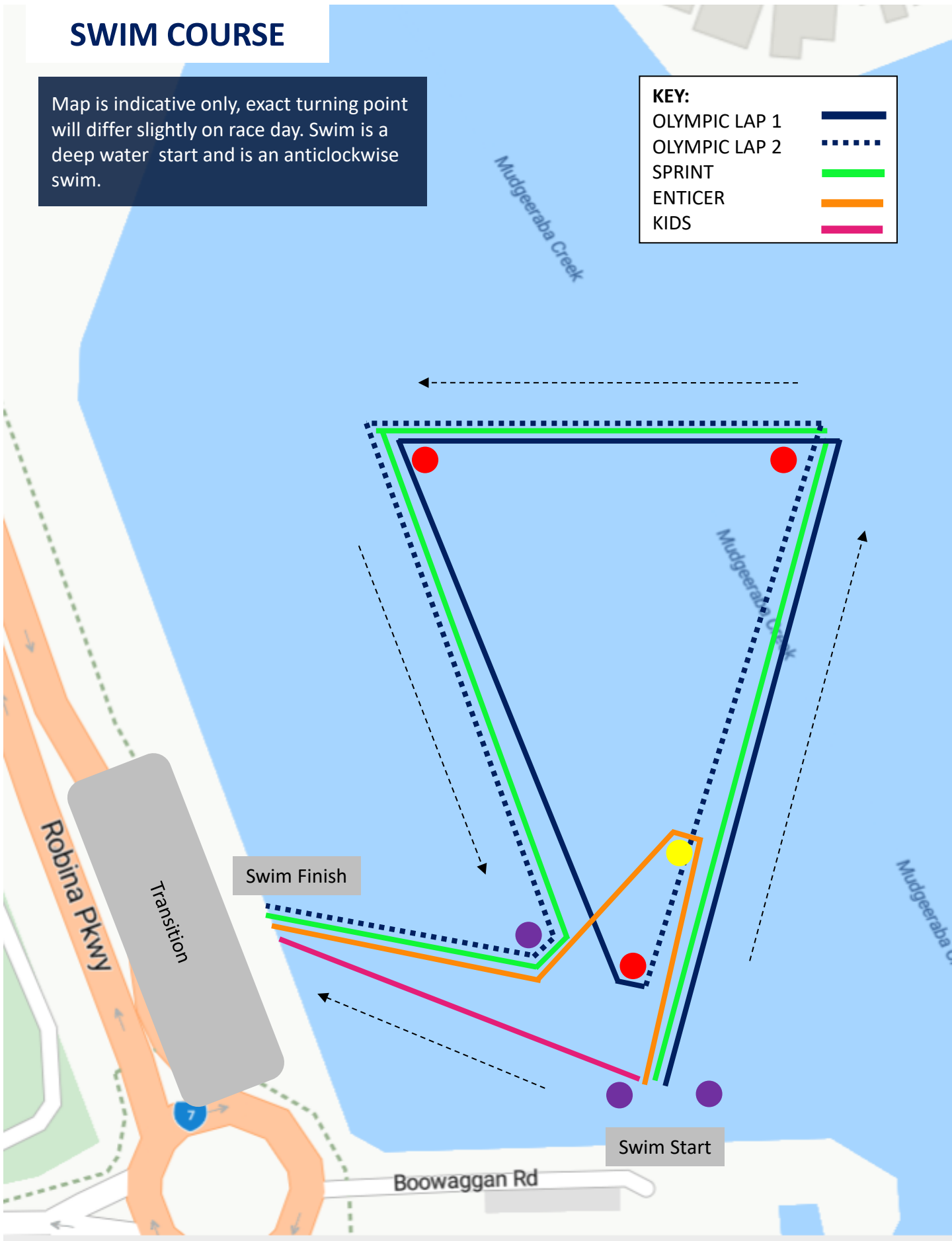
- SWIM FINISH:
- BIKE START:
- BIKE FINISH:
- RUN START:

# SWIM COURSE

Map is indicative only, exact turning point will differ slightly on race day. Swim is a deep water start and is an anticlockwise swim.

KEY:

OLYMPIC LAP 1	
OLYMPIC LAP 2	
SPRINT	
ENTICER	
KIDS	





# PHO3NIX KIDS TRIATHLON BIKE COURSE



## 1 LAP

*This course is clockwise in the NORTH bound lanes only*

Lakelands  
Golf Course

Pankaj Kothari

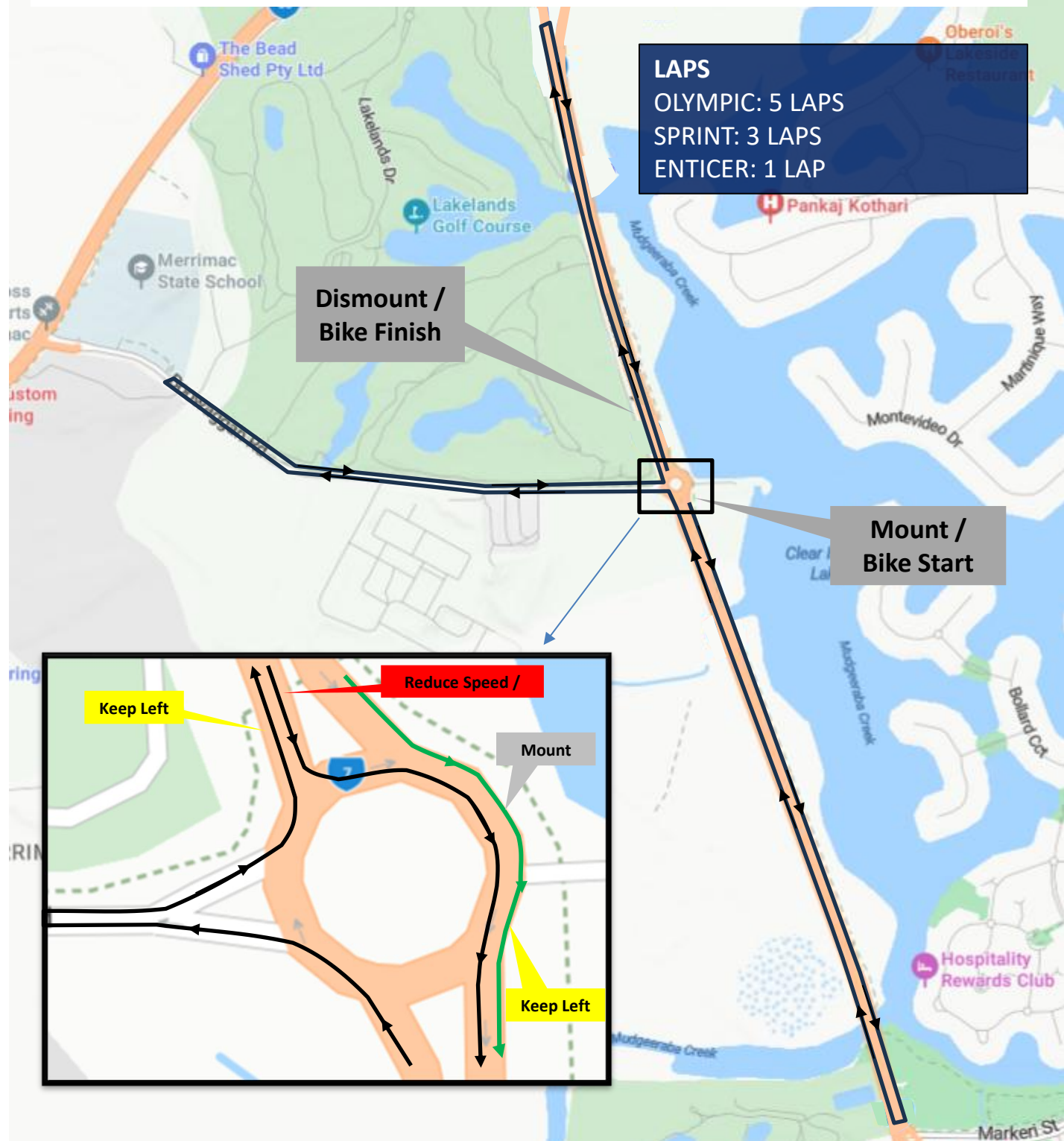
Mudgaveraba Creek

Robinson Plkwy

Dismount /  
Bike Finish

Mount /  
Bike Start

# 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 – ALL DISTANCES

## KEY

OLYMPIC: 3 LAPS

SPRINT: 2 LAPS

ENTICER: 1 LAP

PHO3NIX KIDS: 1 LAP

PHO3NIX KIDS  
turn around

SUBARU  
Next Lap Turn

ENTICER & SPRINT  
turn around

OLYMPIC  
turn around



See you at the von Bibra Subaru

# RUN TURN

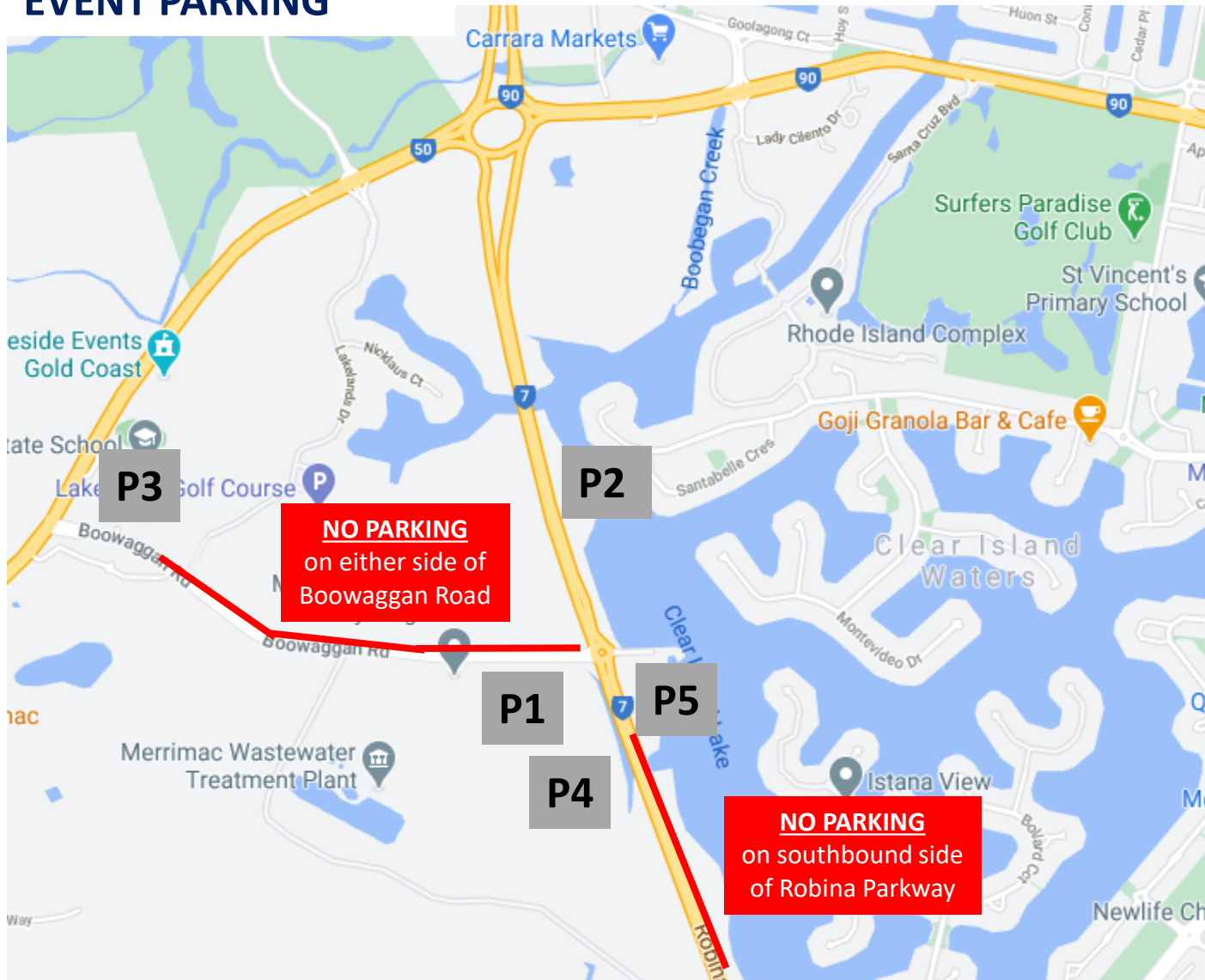


**von Bibra** *Auto Group* | EST. 1935

von Bibra Subaru Ferry Rd  
83 Ferry Road, Southport | 07 5561 6161 | [vonbibra.com.au](http://vonbibra.com.au)



# EVENT PARKING



**P1:** Regular Parking. Cars must be in before 5:00am and can't leave before 10:30am. 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:** Early Exit Parking. Parking is off course and therefore may be accessed at all times - this carpark is locked from 12pm Sunday. Access to this carpark is ONLY via the Gooding Drive roundabout. **THIS CARPARK IS CLOSED IF IT IS WET.**

**P3:** Early Exit Parking at Merrimac State School. Cars must be in before 5:00am if coming via Boowaggan however can access at any time via Gooding Drive.

**P4:** Regular Parking. Cars must be in before 5:15am and can't leave before 10:30am. 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:** Regular Parking. Cars must be in before 5:00am and can't leave before 10:30am. This carpark is locked from 12pm Sunday. **THIS CARPARK IS CLOSED IF IT IS WET.**