PHOENIX | QEMETICA

QTS
QUEENSLAND TRI SERIES

PHOENIX KIDS TRIATHLON by Chris McCormack



ROUND 4

6 DECEMBER 2026

HARBOUR PARK, RABY BAY

WELCOME MESSAGE










Thank you for signing up to take part in the Pho3nix Queensland Triathlon and the 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 SCHEDULE

Times subject to change. Wave starts published in race week

SATURDAY 5 DECEMBER	
2:30pm - 4:00pm	Event Check In Open (no bike racking)
3:00pm	Tips and Tricks session
SUNDAY 6 DECEMBER	
5:15am - 6:15am	Event Check In available. No access after 6:15am
6:15am	Road closures in place
5:15am - 6:30am	Bike Racking available. No access after 6:30am
6:30am	Bag Storage Opens (inside Check In tent)
6:45am*	**Pho3nix Kids Distance Race Start**
7:05am*	**Rackley Swimming Enticer Distance Race 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

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.

GENERAL EVENT INFORMATION

I'VE ENTERED, WHAT HAPPENS NOW?

Race numbers are no longer emailed out. From Thursday of race week, you can look up your race number using our **Entry Lookup tool** on the website.

Event Information emails will still be sent out on Thursday of race week. Prior to this please read this event manual.

COLLECTION OF YOUR RACE PACK

Once you've looked up your race number, simply save a screenshot (or write it down) and bring it 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 been able to look it up, 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 into 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.

BAG STORAGE

Bags is available at Check In tent. Please attach the supplied label prior to dropping off.

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 located at Raby Bay Harbour Park on Shore Street West. For Parking details please see the map at the back of this event guide.

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.

GENERAL EVENT INFORMATION

EVENT IMAGES
Official event images will be available within 24-28 hours after each event. Links to images are on the website and will be published to social media following the event.

TIMING QUERIES
Provisional timing and results are loaded on event day. Please note it can take up to 24hrs for event day changes and general abnormalities to be reflected in these initial results.

If you notice an error with your time and it's still showing like this 24hrs post-race, please follow the process on the website so our timing provider Timing Wizards, can investigate on your behalf.

EVENT PRESENTATIONS
Event presentations are held at the conclusion of racing for competitive categories only. This includes the Pho3nix Kids U10 and U12 age groups (must wear supplied t-shirt to qualify), the Rackley Swimming Enticer U14 and U16 categories, and all QTS distance categories with the exception of the Mates Wave.

SERIES POINTS
Accumulated across 7 QTS events + Gold Coast Tri; best 5 scores count. Must race min. 3 rounds to qualify (teams: same members each event).

- **Pho3nix Kids**: U10 & U12 events only, no U14 / Beginners points. Must wear supplied t-tshirt to gain points.
- **Enticer**: U14 & U16 only.
- **QTS Distances**: Age-Group M/F, Athenas (80+kg), Clydesdales (90+/100+kg), Teams.

13-15yrs: points only in Sprint/Super Sprint, always (e.g. Robina 15yr-olds race Sprint, not Standard, for points).

See the website for more information and details on how points are allocated.

DISTANCES & LAPS

	SWIM	BIKE	RUN
Club Distance	800M 1 lap	25KM 5 laps	6KM 3 laps
Super Sprint Distance	400M 1 lap	15KM 3 laps	4KM 2 laps
Rackley Swimming Enticer	300M 1 lap	10KM 2 laps	2KM 1 lap
Pho3nix Kids Triathlon	100M 1 lap	2KM 1 lap	500M 1 lap



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.

visitredlandscoast.com.au

Learn more - drop into the Redlands Coast Visitor Information Centre at 50 Middle Street Cleveland or phone 1300 667 386

Redlands
coast

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EVENT BRIEFING

We don't do a full briefing on event morning and recommend you're familiar with the information below. Any updated instructions will be given at the swim start.

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.

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 / tri-suit • Sunscreen • Wetsuit (optional)	• 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.

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NEW TO TRIATHLON?

Everyone in the sport remembers their first race, and the nerves that came with it. Where do I rack my bike? What happens in transition? When do I need to be at the swim start? Did I forget something?

Whether you're signing up for your first event or just thinking about it, QTS has three things to help you feel calm, confident and ready on race day: **beginner training plans**, a **Tips and Tricks session** the day before each event, and **TriBuddies**, our new race-morning welcome program for first-timers.

TRIBUDDIES

TriBuddies is the QTS Beginners Program. At every round of the series, one club steps up as the host club and "adopts" all of the new athletes for the day, looking after them from the moment they arrive on race morning.

Head to the bright blue TriBuddies tent near the finish line and you'll meet the host club team, who will welcome you, help you know what to do and when, and make sure you head to the start line feeling ready to go. They've been in your shoes and know what it's like to be nervously doing your first tri!

Your TriBuddies crew will:

- Greet you and introduce you to other first-timers
- Walk you through what to do and when, from check-in and transition set-up to the swim start and finish
- Answer any questions you have, big or small Help with last-minute gear checks so nothing gets forgotten

It's a great way to meet friendly, like-minded people, many of them just as nervous as you , and to start your triathlon journey surrounded by people who want you to enjoy it.

TIPS AND TRICKS SESSION

The best way to get ready is to come along to the Tips and Tricks session - it's a 30 to 45 minute onsite session held the day before each event, at 3pm on Saturday. Meet at the bright blue TriBuddies tent near the finish line. Your local club will be there too.

You'll get:

- **A walk-through of the course**, so you know exactly where you're going on the swim, bike and run
- **A full run-down of the event**, covering what happens, when it happens and where to be
- **A look at transition**, including how it's laid out and how to set up your gear
- **Time for your questions**, with the chance to meet other first-timers and some friendly faces before race morning

Turn up the day before and you'll head into race day already knowing the plan. Then your TriBuddies crew picks up where this session leaves off.

BEGINNER TRAINING PLANS

We have some beginner training plans* that are built for people just starting out, so you can build at a sensible pace and arrive at the start line confident.

- Enticer & Super Sprint Training Plan
- Sprint & Club Distance Training Plan

HOW TO JOIN IN

There's nothing to sign up for. Come along to the Tips and Tricks session at the TriBuddies tent the day before your event, then on race morning come and find us at the bright blue TriBuddies tent near the finish line. The host club crew will take it from there.

** All training programs are free and provided as a guide only. Use at your own discretion and seek medical clearance before starting any plan. The Event Crew accepts no liability for injury or loss arising from their use.*

RELAY TEAM INFORMATION

EVENT CHECK IN
Only one team member needs to attend Check-In, but we recommend the whole team come along if you can.

Whichever team member checks in first will receive the race kit and athlete gifts for the entire team. That person is then responsible for passing on race kits to their teammates.

TRANSITION
Changeovers between team members happen at your bike racking space, where you'll hand over the timing chip. Think of your timing chip as your relay baton - it's what keeps your team moving through the race.

During the event, team members enter through the Teams Entry and wait at their bike racking space if it is safe to do so.

Changeovers are self-managed, so it's up to each relay team to keep track of timing and be at the meeting point when needed.

A few important rules to keep in mind:

- Swimmers must keep their timing band on until they've reached the transition area - don't remove it early.

- Cyclists must stay at their racked bike in transition and wait for the swimmer to tag them. Once tagged, secure the timing chip around your left ankle before heading out. When you return to transition, rack your bike first, then hand off the timing band to your runner.

- Runners should wait at the cyclist's bike racking position, and once you receive the timing band, secure it to your own ankle before heading out on the run leg

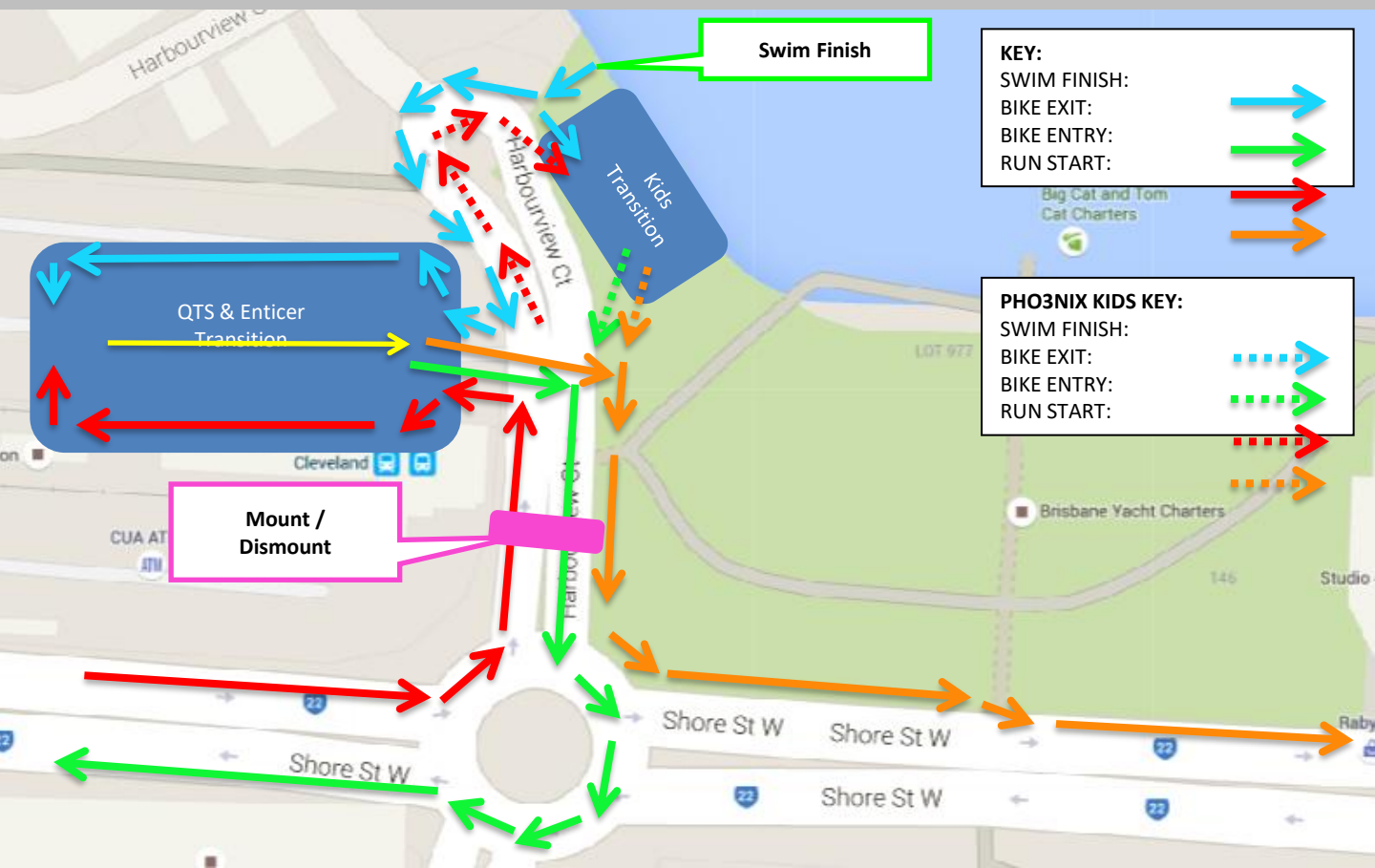
FINISH LINE & RECOVERY
Team members are welcome to all cross the finish line together. Recovery behind the finish line is also available to all team members.



VENUE LAYOUT



TRANSITION FLOW

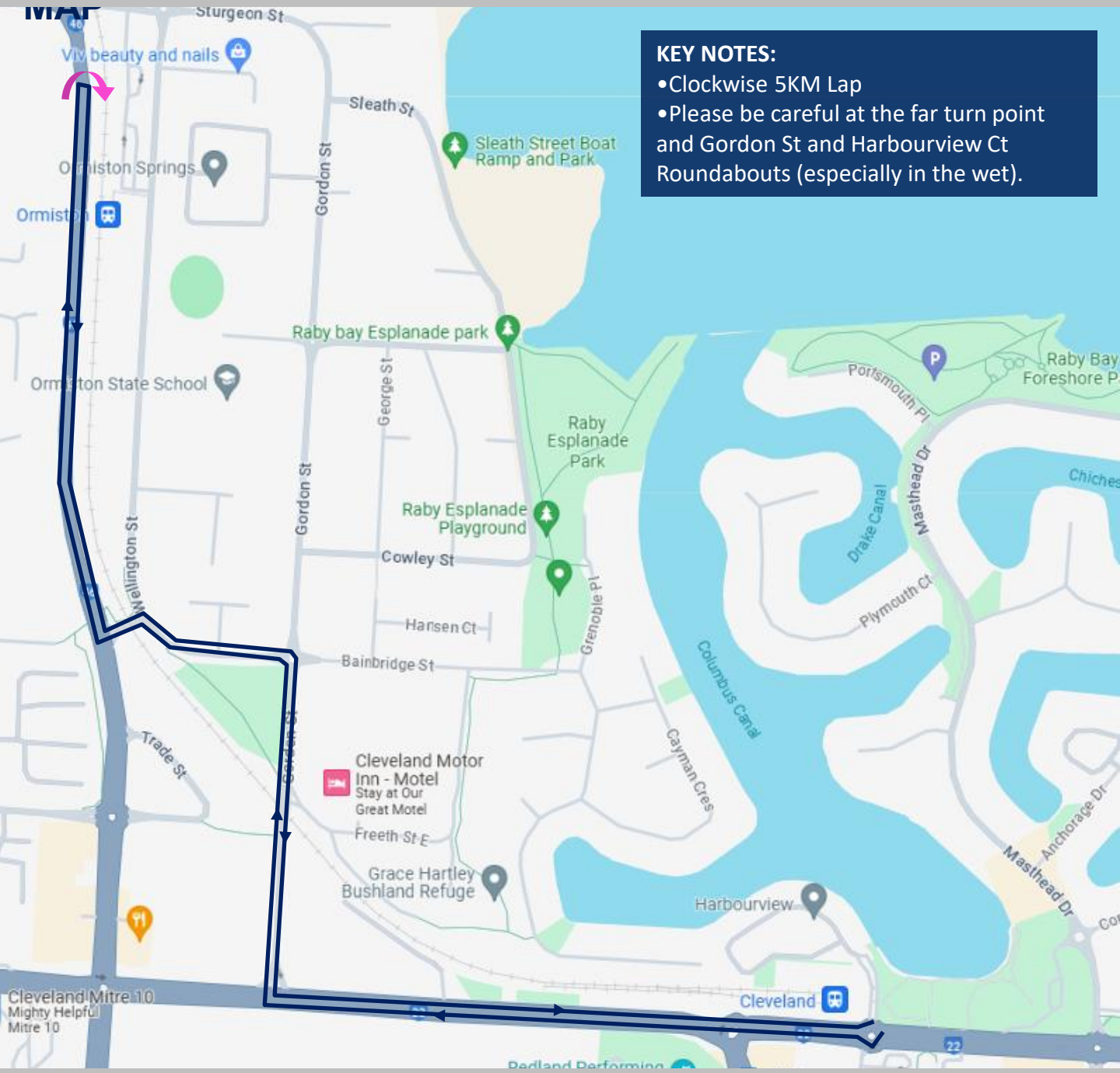


SWIM COURSE - ALL DISTANCES



BIKE COURSE - QTS & ENTICER

MAP

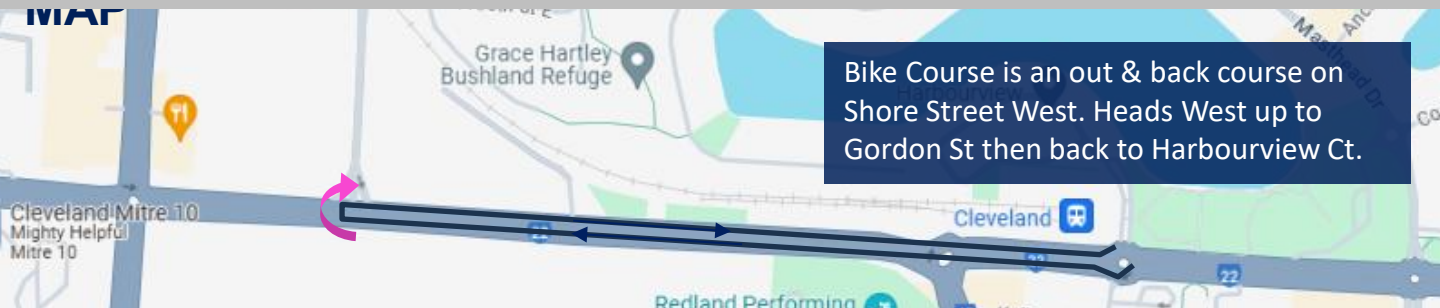


KEY NOTES:

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

BIKE COURSE - PHO3NIX KIDS

MAP



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 DISTANCES

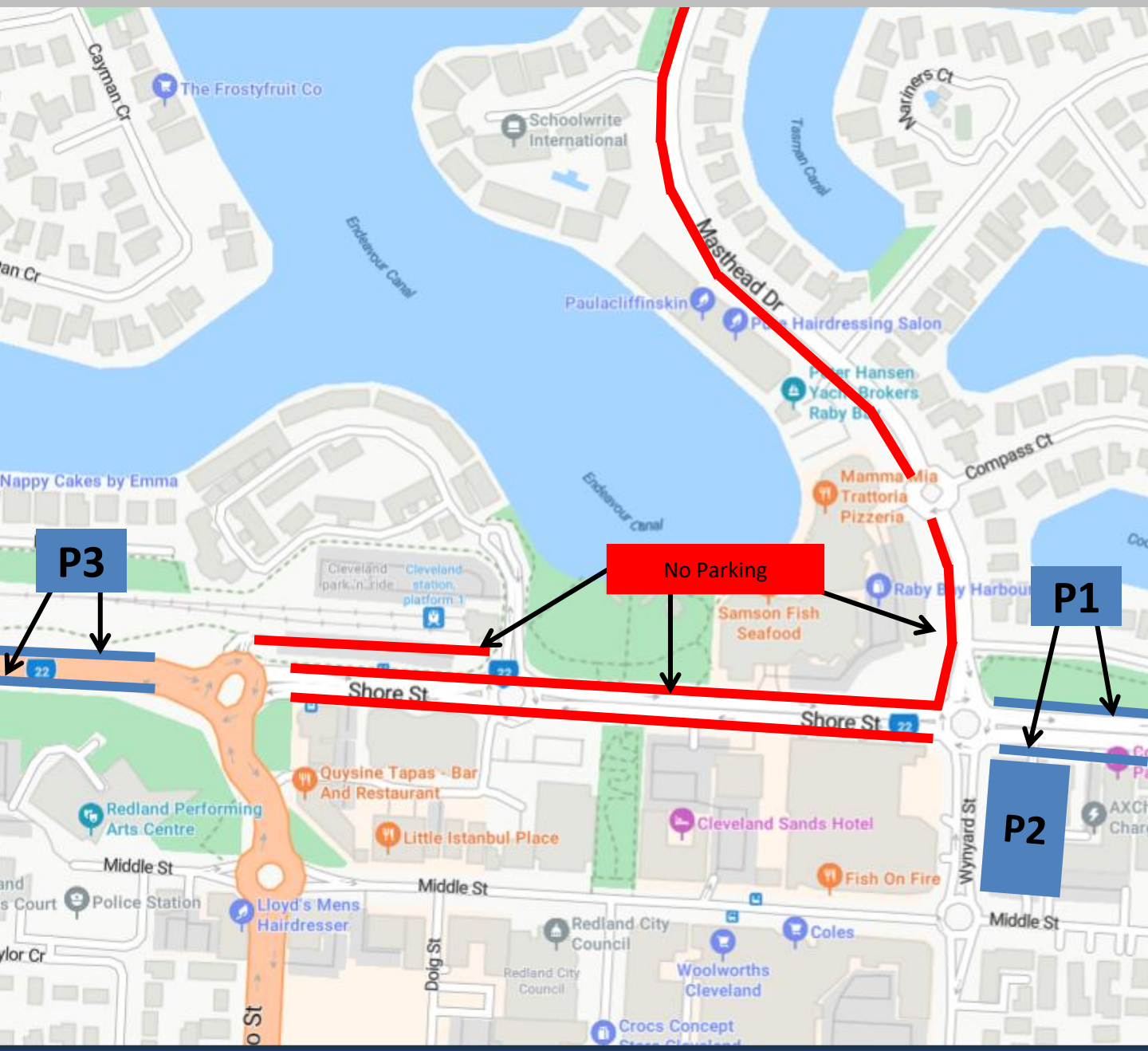


The Run starts on the footpath on Harbourview Ct before heading into a grass chute to the top of the finish line. Once the competitors go past the finish line they will head onto the road and run the course anticlockwise.

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.

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.