PHOENIX | QEMETICA

QTS
QUEENSLAND TRI SERIES

PHOENIX KIDS TRIATHLON by Chris McCormack



ROUND 5

10 JANUARY 2027

ROBINA PARKWAY, ROBINA

AUS TRIATHLON 2027 TRIATHLON Age Group Team QUALIFYING RACE

AUS TRIATHLON QLD CHAMPIONSHIP SERIES

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.

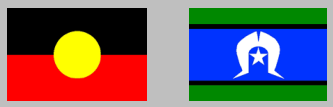
Chris McCormack
4x triathlon world champion, Pho3nix Foundation board member

PHO3NIX KIDS TRIATHLON by Chris McCormack

EVENT SCHEDULE

SATURDAY 10 JANUARY	
2:30pm - 4:00pm	Event Check In Open (no bike racking)
3:00pm	Tips and Tricks session
SUNDAY 11 JANUARY	**Times subject to change. Wave starts published in race week*
5:00am	Road closures in place
5:00am - 6:15am	Event Check In available. No access after 6:15am
5:15am - 6:45am	Bike Racking available. please note race start times below and allow sufficient time to check in, set up in transition and walk to start
6:15am	Bag Storage Opens (inside Check In tent)
6:15am*	**Pho3nix Kids Distance Race Start**
6:30am*	**Standard Distance Race Start**
6:55am*	Pho3nix Kids bike collection
7:00am	**Sprint Distance Start**
7:00am *	**5km Fun Run start. Meet at Finish Line.**
7:10am *	**10km Fun Run start. Meet at Finish Line.**
7:30am *	Pho3nix Kids presentations
7:45am *	**Rackley Swimming Enticer Start**
9:45am *	All other distances presentation

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.

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 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.

The parking options have changed for this venue so please view the parking options for this season at the back of the event manual.

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
Standard Distance	1500M 2 laps	40KM 5 laps	10KM 3 laps
Sprint Distance	750M 1 lap	24KM 3 laps	5KM 2 laps
Rackley Swimming Enticer	300M 1 lap	8KM 1 lap	2.5KM 1 lap
Pho3nix Kids Triathlon	100M 1 lap	2KM 1 lap	500M 1 lap
Fun Run		5KM 2 laps	10KM 3 laps

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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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.

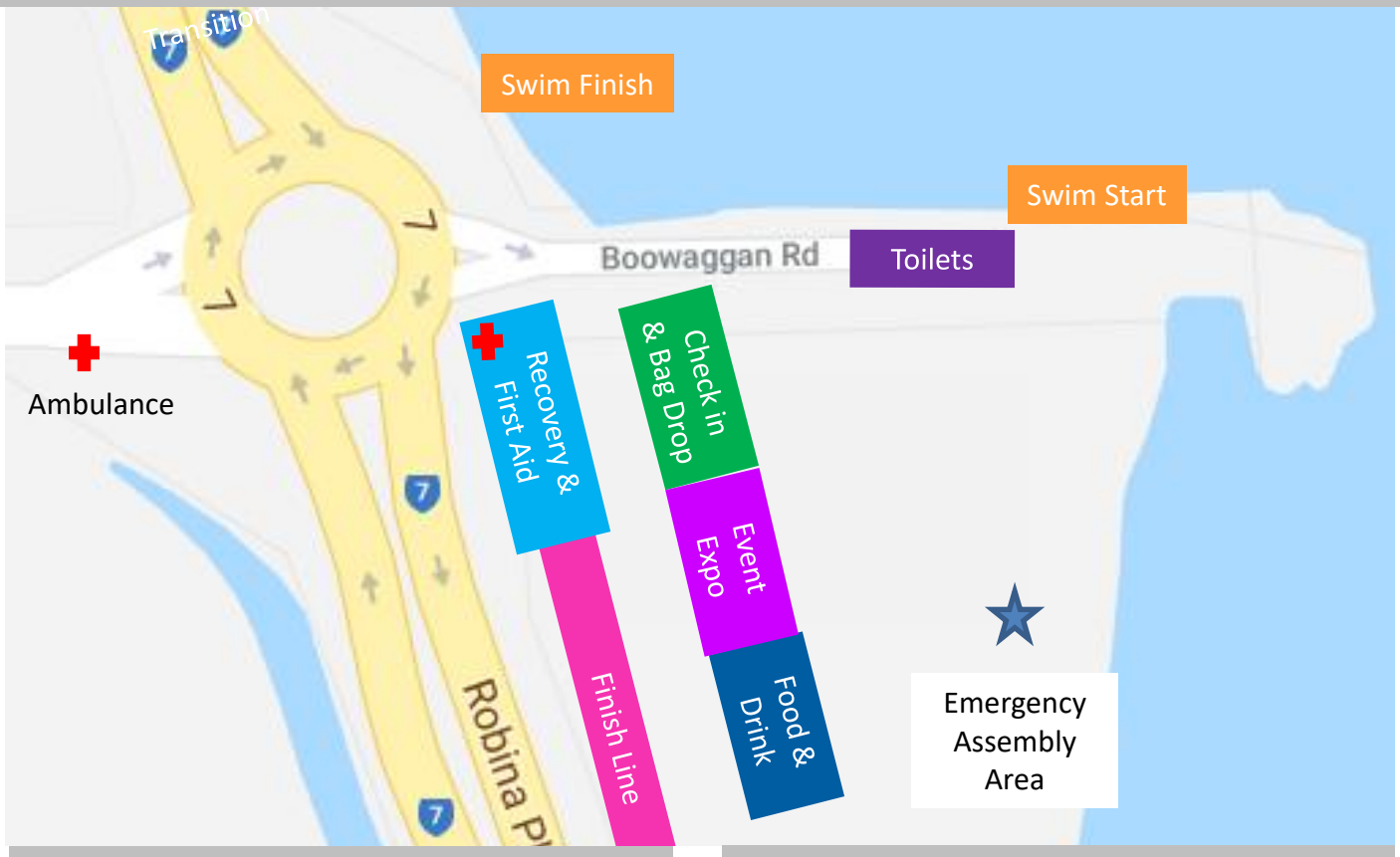
- Cyclists must stay at their racked bike in transition and wait for the swimmer to tag them. Once tagged, secure the timing chip around your left ankle before heading out. When you return to transition, rack your bike first, then hand off the timing band to your runner.

- 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

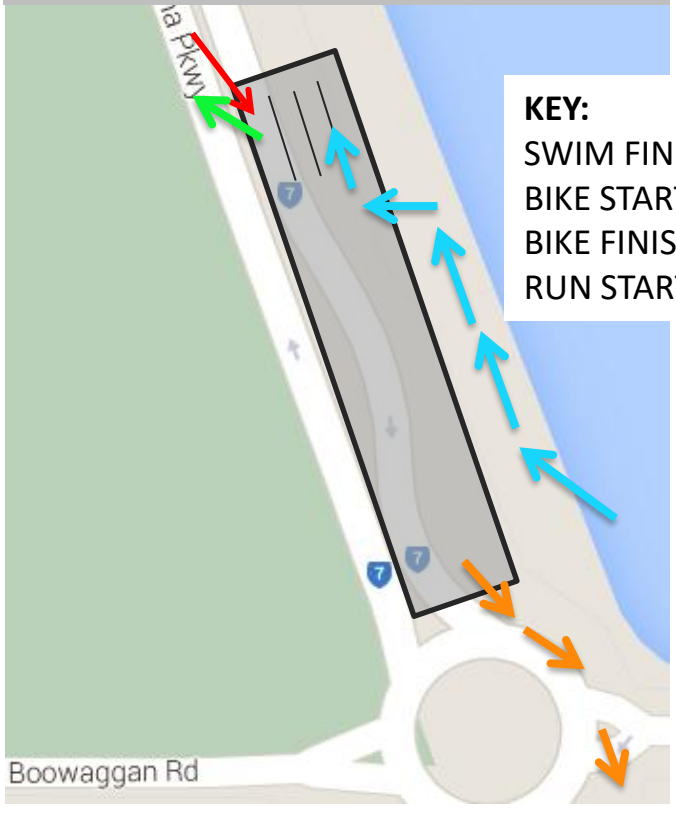
FINISH LINE & RECOVERY
Team members are welcome to all cross the finish line together. Recovery behind the finish line is also available to all team members.



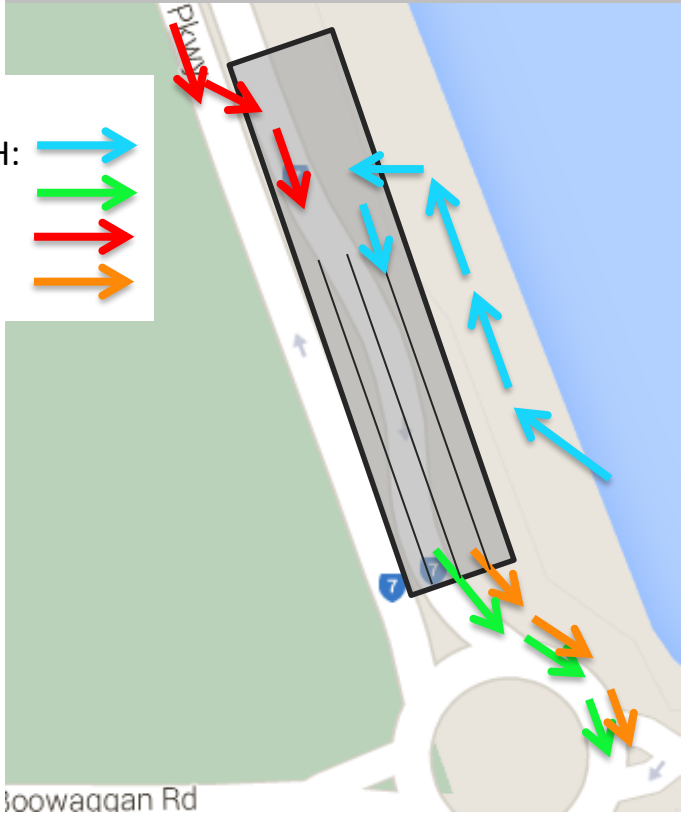
VENUE LAYOUT



KIDS TRANSITION

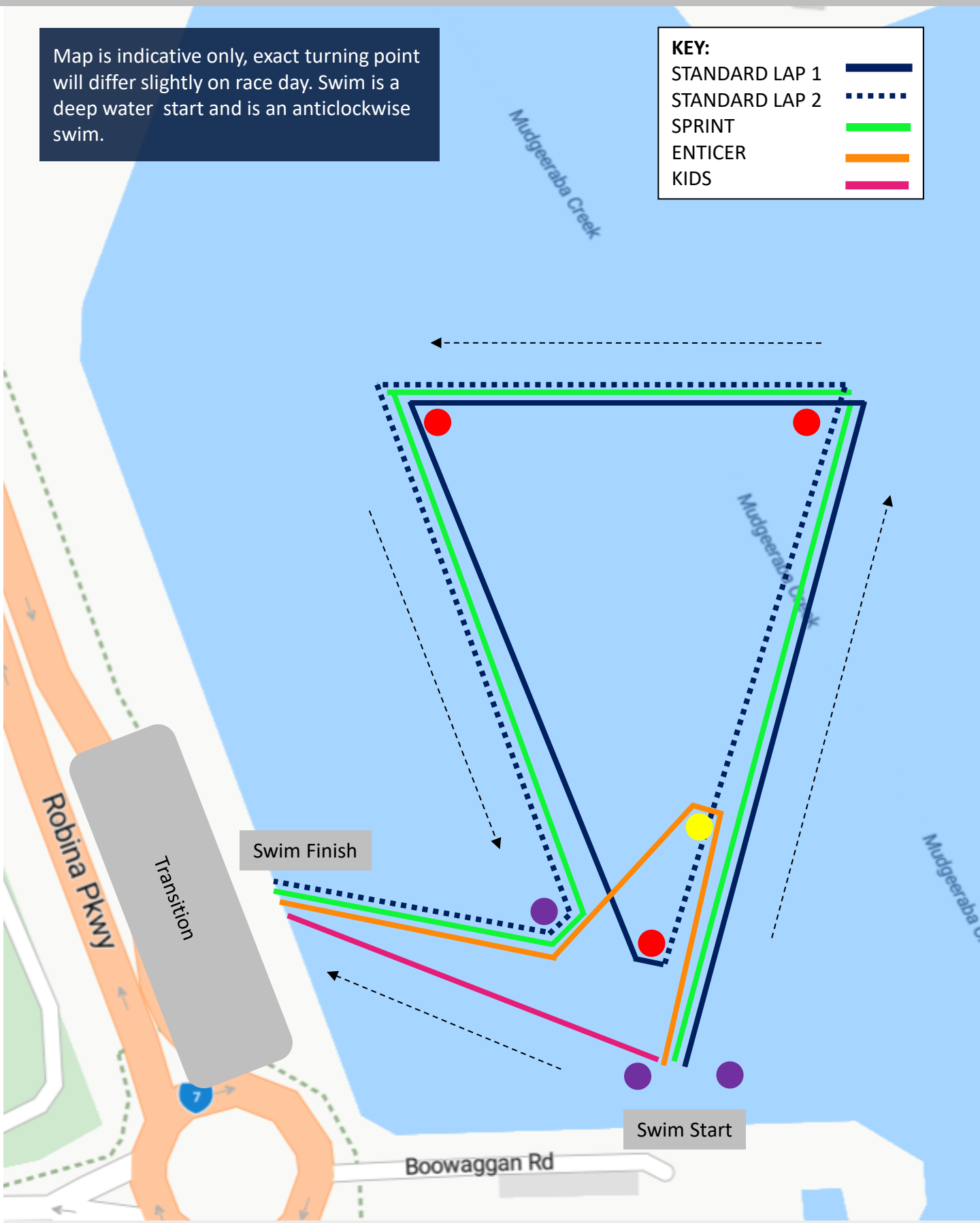


ALL OTHER TRANSITION

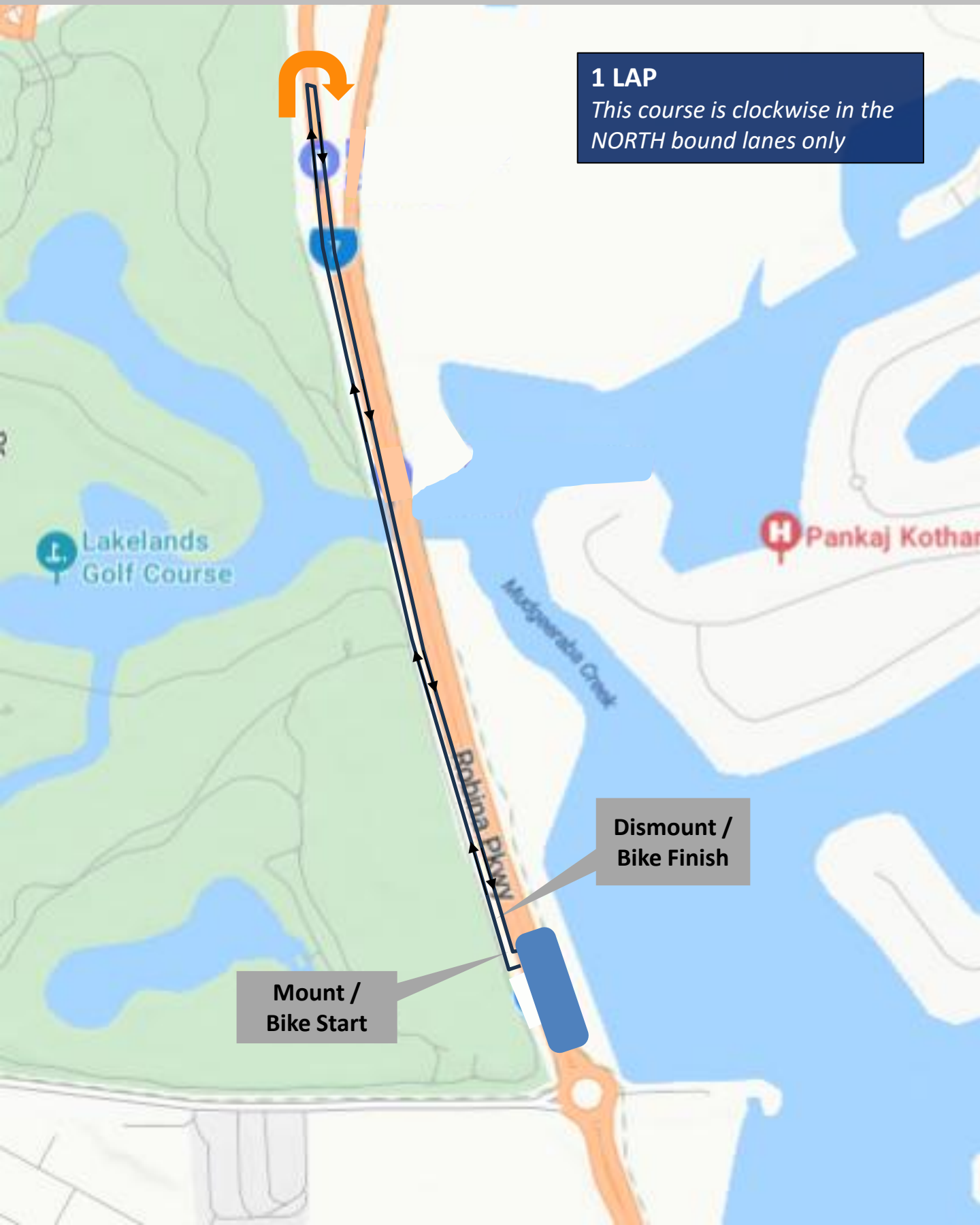


SWIM COURSE - ALL DISTANCES

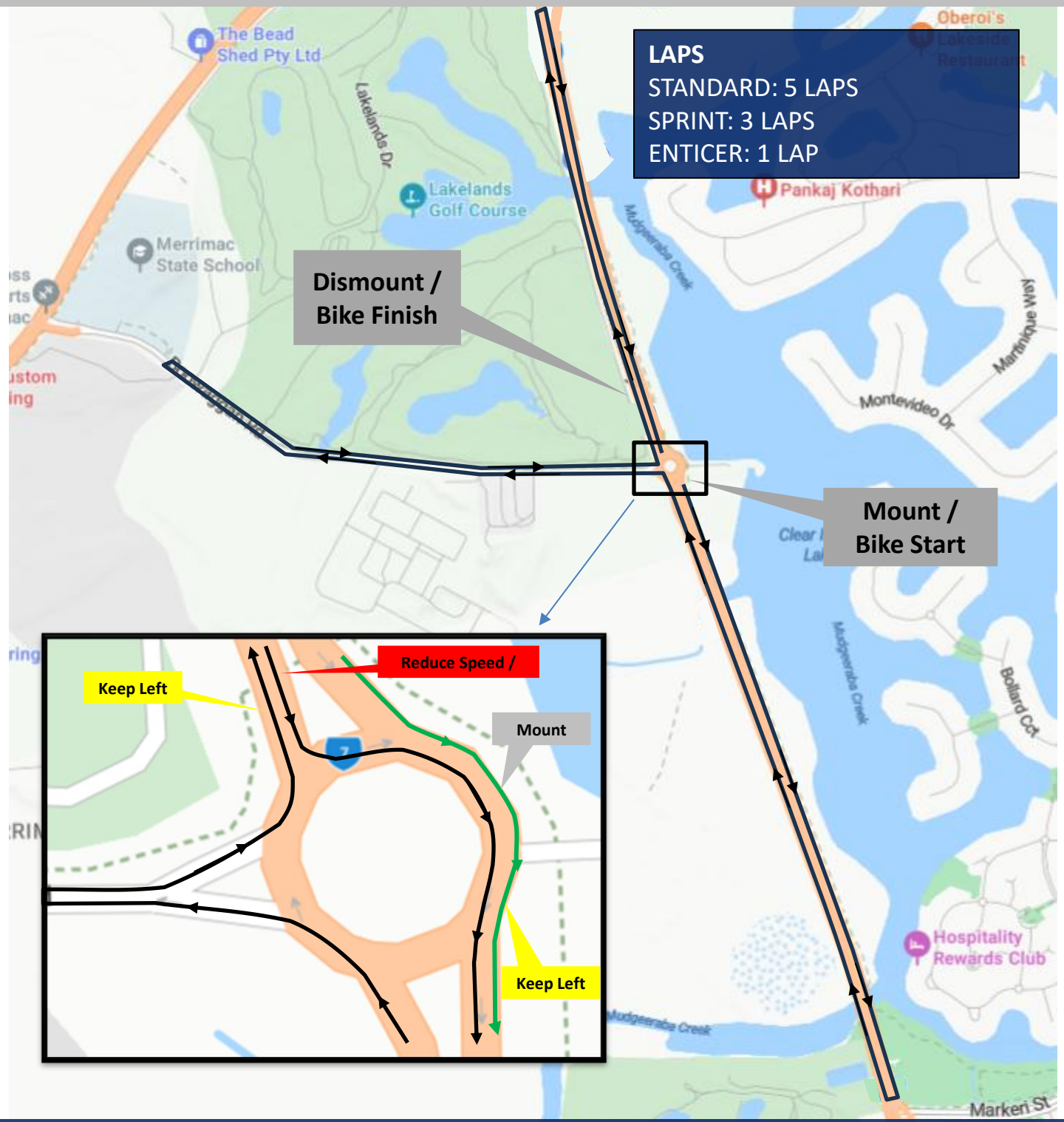
Map is indicative only, exact turning point will differ slightly on race day. Swim is a deep water start and is an anticlockwise swim.



BIKE COURSE - PHO3NIX KIDS

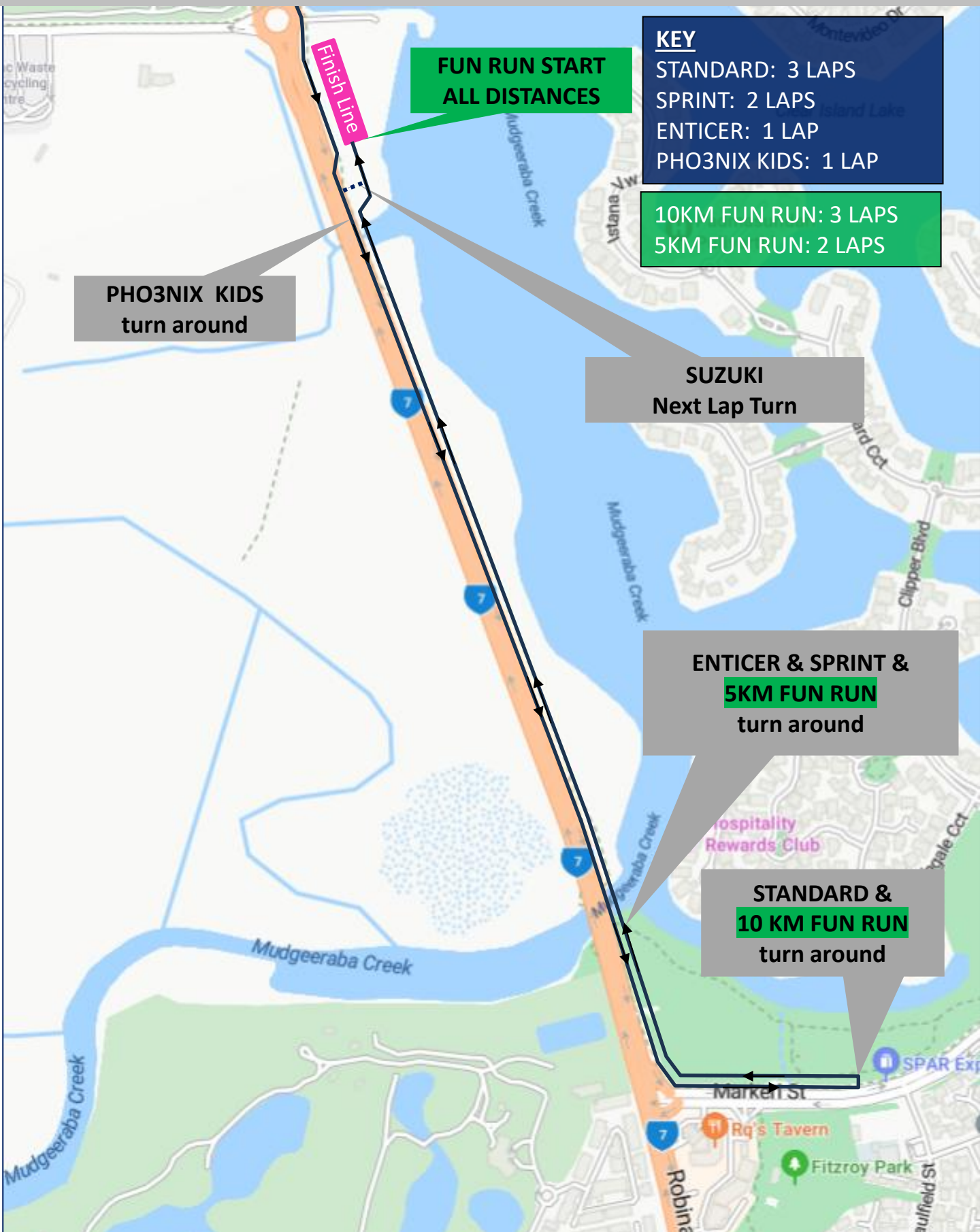


BIKE COURSE - ENTICER, SPRINT & STANDARD

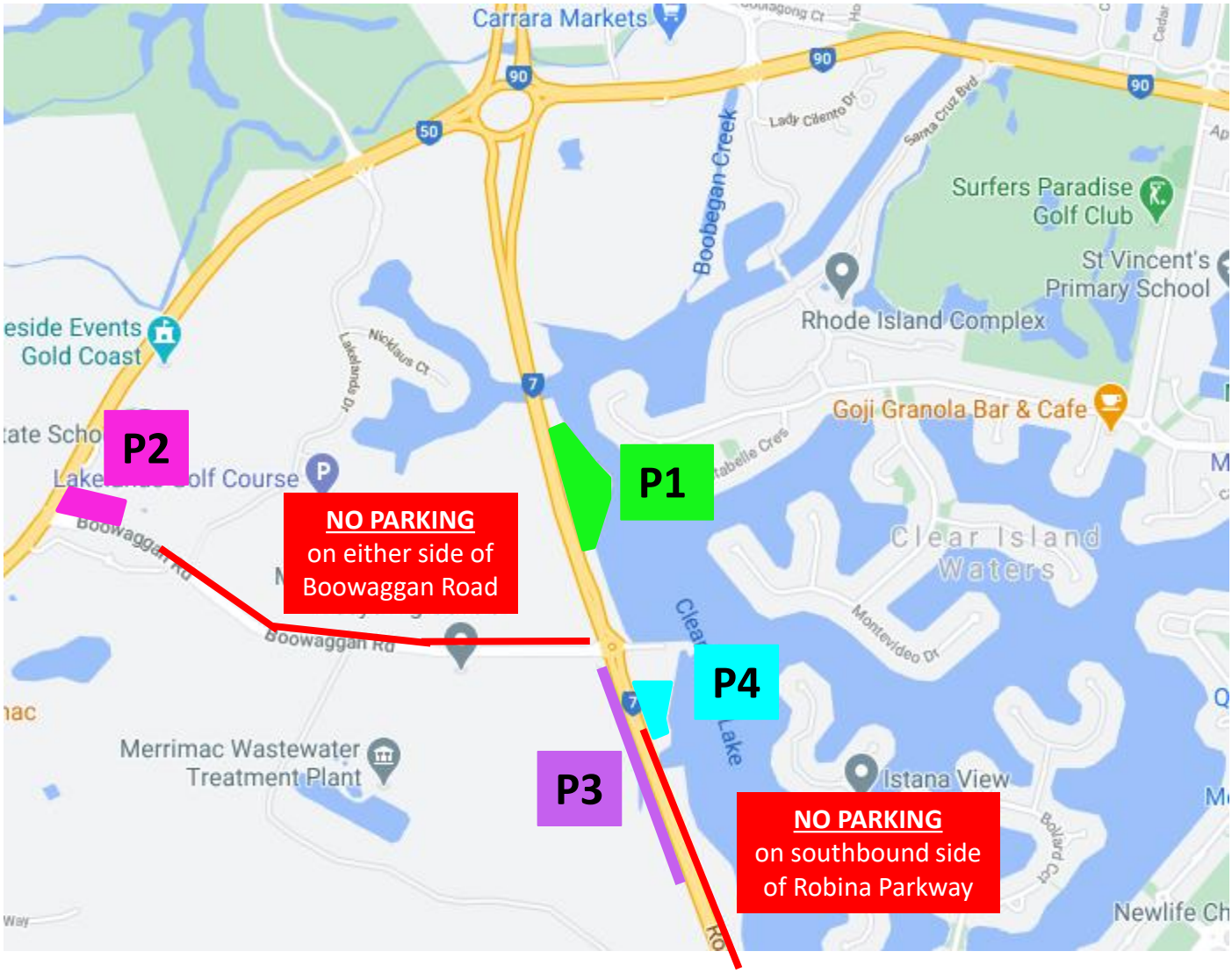


- Bike Course goes in a clockwise direction.
- Section North of Boowaggan Road is out and back in the Northbound Lanes.
- When mounting your bike please keep left and watch for merging cyclists on your right.
- There will be a 'NO PASSING' section for 20M through the dismount line. This will be for Southbound 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



EVENT PARKING



P1 Early Exit Parking, Robina Parkway. Parking is off course and therefore may be accessed at all times 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.**

P2 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.

P3 Roadside Parking. Cars must be parked 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.

P4 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.**