PHOENIX | QEMETICA

QTS
QUEENSLAND TRI SERIES

PHOENIX KIDS TRIATHLON
by Chris McCormack



ROUND 7

16 MAY 2027

PELICAN PARK, CLONTARF

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 15 MAY	
2:30pm - 4:00pm	Event Check In Open (no bike racking)
3:00pm	Tips and Tricks session
SUNDAY 16 MAY	
5:00am	Event Check In & Bike Racking Opens - all distances
5:15am	Road closures in place
6:00am	Classic & Sprint Distance Check In closes
6:05am	Bag Storage Opens (inside Check In tent)
6:15am	Classic & Sprint Distance Transition closes - **no access after this time**
6:00am	Standard & Sprint Distance Transition closes - **no access after this time**
6:15am*	**Classic Distance Race Start**
7:00am*	**Sprint Distance Race Start**
7:15am	5km & 10km Fun Run Start. Meet at start line.
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*	Round 7 & Series presentations (time subject to change)

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 1 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

CITY OF MORETON BAY

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.

WETSUITS

Wetsuits are confirmed as optional for all categories at Moreton Bay, Round 7.

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 St, Thomas St, Laura St, Yacht St, Maine Rd, Thompson Cres, but you must walk to the venue.

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).

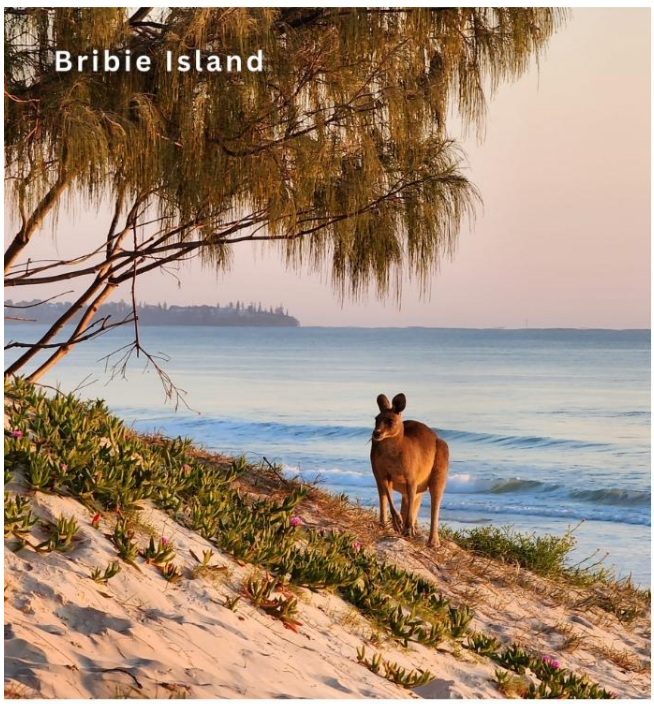
See the website for more information and details on how points are allocated.

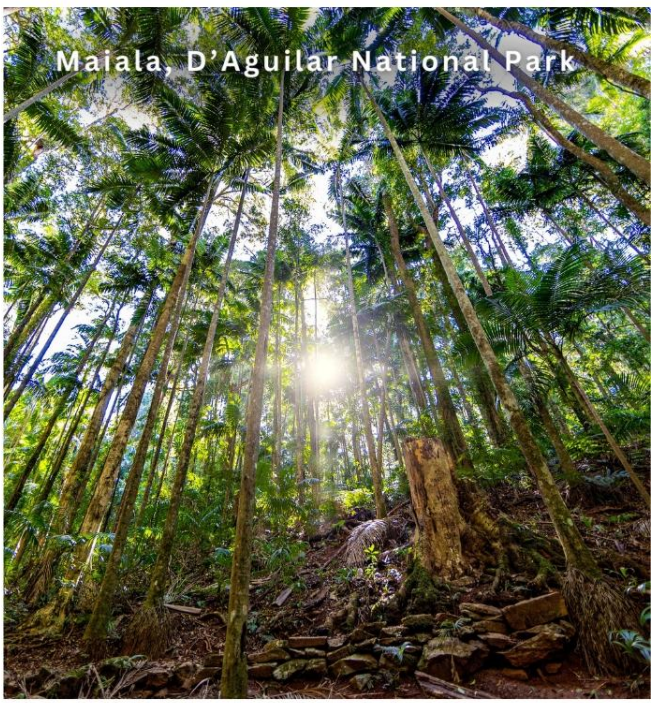
DISTANCES & LAPS

	SWIM	BIKE	RUN
Classic Distance	20000M 2 laps	60KM 6 laps	15KM 3 laps
Sprint Distance	750M 1 lap	20KM 2 laps	5KM 1 lap
Rackley Swimming Enticer	300M 1 lap	10KM 1 lap	2.5KM 1 lap
Pho3nix Kids Triathlon	100M 1 lap	2KM 1 lap	500M 1 lap
5km Fun Run			5KM 1 lap
10km Fun Run			10KM 2 laps



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.





visitmoretonbay.com.au

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

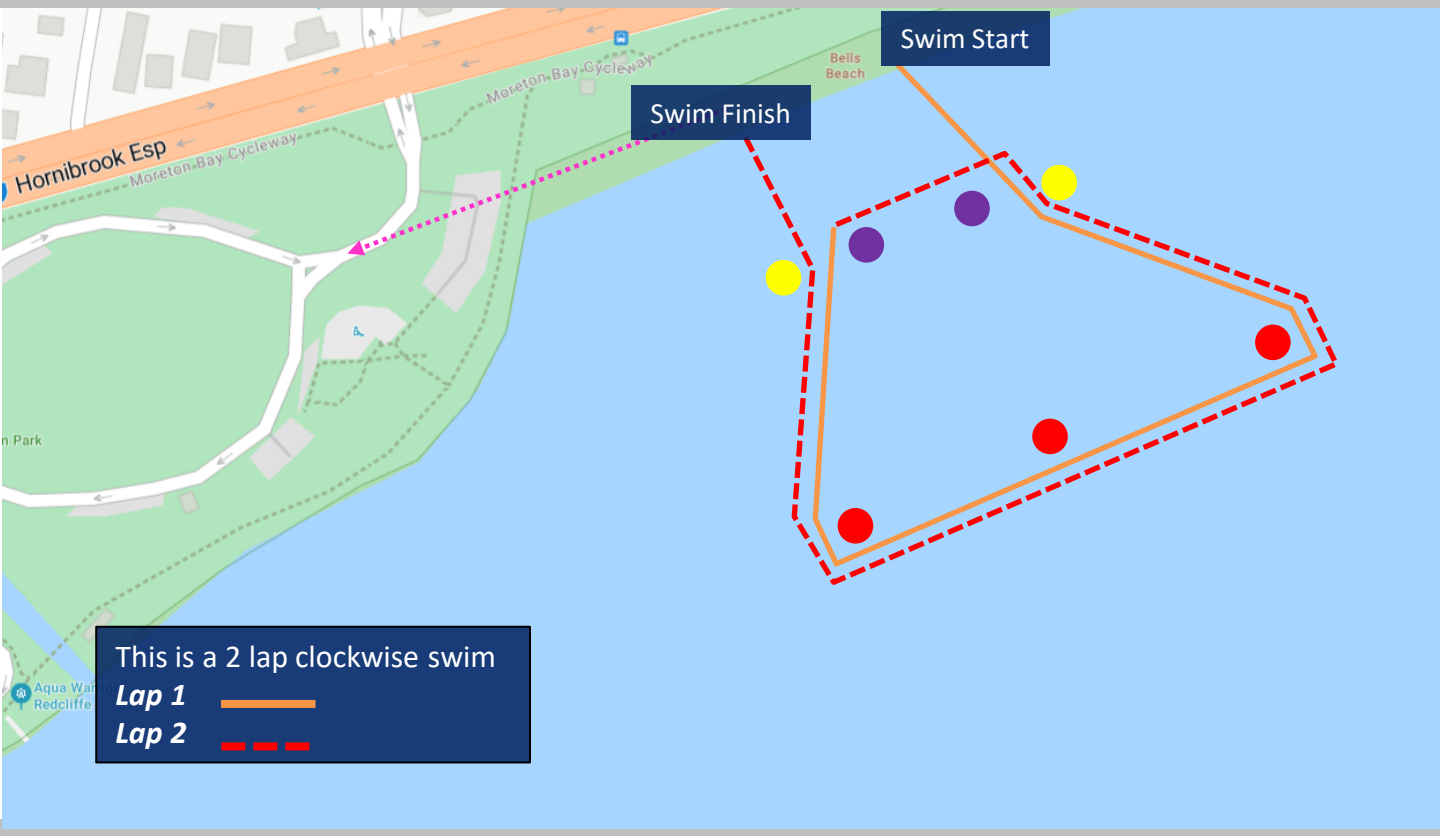
FINISH LINE & RECOVERY
Team members are welcome to all cross the finish line together. Recovery behind the finish line is also available to all team members.



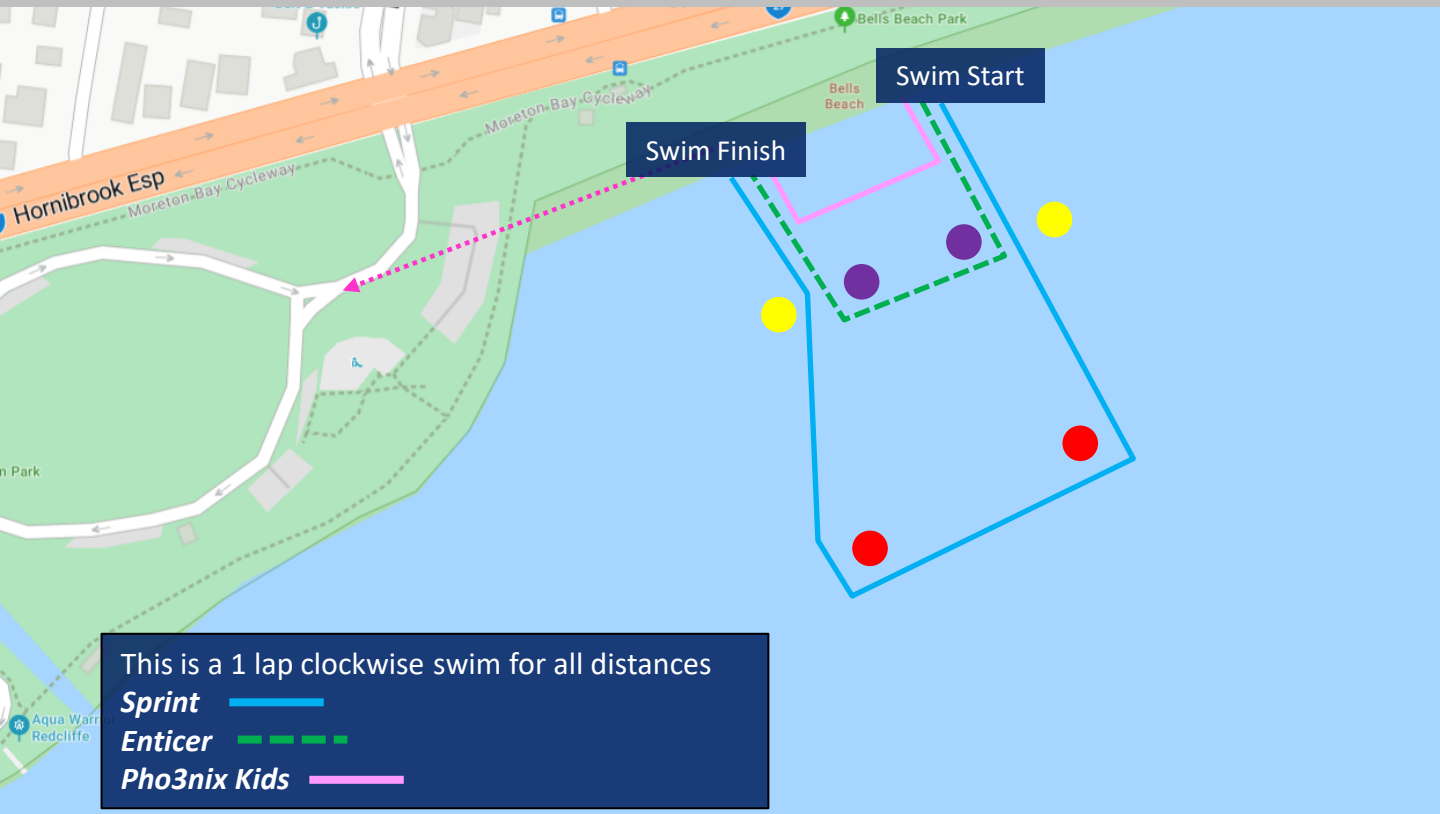
VENUE LAYOUT & TRANSITION FLOW



SWIM COURSE - CLASSIC DISTANCE



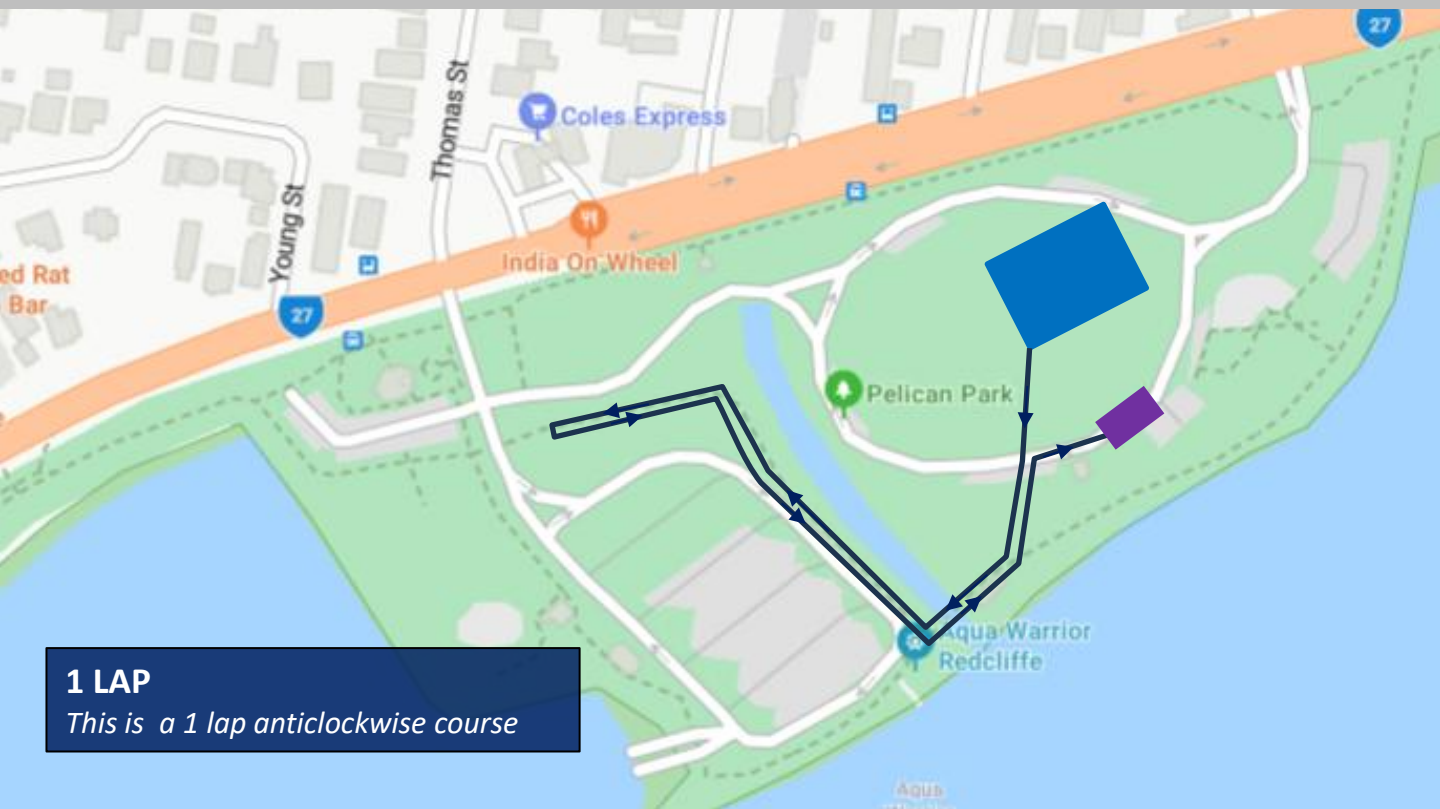
SWIM COURSE - SPRINT, ENTICER & KIDS



BIKE COURSE - PHO3NIX KIDS



RUN COURSE - PHO3NIX KIDS



BIKE COURSE - CLASSIC, SPRINT & ENTICER

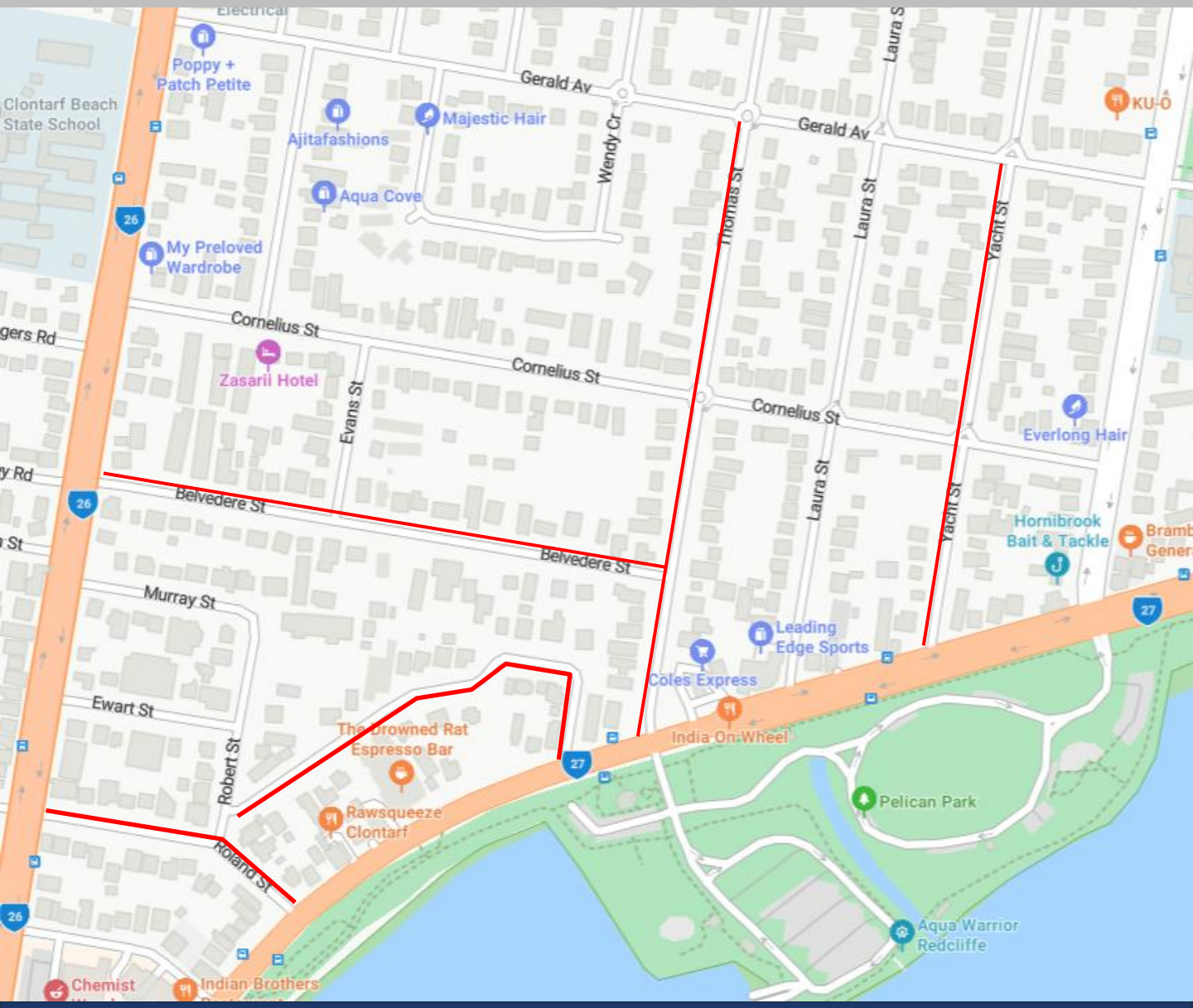
CLASSIC - 6 LAPS
SPRINT - 2 LAPS
ENTICER - 1 LAP
This is a clockwise bike course for all distances



RUN COURSE- FUN RUN, CLASSIC, SPRINT & ENTICER



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