



AQUATHON SERIES 2025

Sanctioned by:

**AUS
TRIATHLON**



Table of Contents

WELCOME	3
REGISTRATION AND CHECK-IN	4
BAG DROP	5
TIMINGS.....	5
AUSTRIATHLON MEMBERSHIP	5
MAPS	6
RACE RULES AND REGULATIONS	10
SAFETY	10
PHOTOGRAPHY	11
PRESENTATIONS.....	11
MERCHANDISE	11
VOLUNTEERS.....	11



Welcome

Townsville Triathlon Club (TTC) welcomes you to the Aquathon Series for 2025 at the Rockpool, The Strand.

TTC acknowledges the traditional custodians of the land that we are racing on today – the Wulgurukaba people and pay our respects to their elders past and present. TTC also extends our acknowledgment and respect to the Bindal people on whose land many of us live or work on.

The TTC aquathon series is a long-running local event series where you can race your mates at any of the three events and win points towards the series championship. At each race in the series, the top 20 placed male and females in the sprint and the top 10 placed male and females in the enticer will earn points towards the series. For example, in the sprint race, 1st place in each sex = 20 points, 2nd place = 19 points, 3rd place = 18 points and so on until no points are left. In the enticer race, 1st place in each sex = 10 points, 2nd place = 9 points and so on until no points are left. This means you can race either sprint or enticer distance across the series and count your points to a single result.



Registration and Check-in

The individual races on offer for the 2025 TTC aquathon series is as follows:

Sprint (ages 14-75*) – 2 km run | 400 m swim | 2 km run | 400 m swim | 1 km run (\$25.00*)

Enticer (ages 14-75*) – 1 km run | 200 m swim | 1 km run | 200 m swim | 1 km run (\$20.00*)

The following novelty races for children aged 7-13 do not count towards a series championship, but provide the young ones with a taste of what the sport of triathlon has to offer:

Senior kids (ages 11-13*) – 500 m run | 100 m swim | 500 m run (\$10.00*)

Junior kids (ages 7-10*) – 200 m run | 50 m swim | 200 m run (\$ free!)

To enter in any one of the categories above, click on the registration link below and follow the prompts:

[Aquathon series - race 1](#) – 19th January

[Aquathon series - race 2](#) – 9th February

[Aquathon series - race 3](#) – 2nd of March

Registrations close 5 minutes before each race so there is plenty of time to consider your involvement.

Registration Tent. On the day, the friendly staff at the registration tent will check you in by confirming your race entry with the timing system, recording a race number on your upper left arm and issue a timing chip and swim cap should you require it. (We encourage BYO swim caps to reduce the impact on the environment). The timing chip should be secured on your left ankle facing outward. Please adhere to check-in timings below as staff will be required elsewhere prior to the race start.

*Ages as at 31 Dec 2025.

*A one-day license (ODL) fee for insurance coverage may apply if you are not a current AusTriathlon member. ODL fees are set by AusTriathlon and its insurance provider. ODL fees are \$12.50 for the Sprint, \$4.50 for the enticer, and \$4.50 for senior kids. There is no ODL for the junior kids event.

*A \$50 fee will be charged to competitors for a lost timing chips. Please secure it properly before competing and return it to the designated timing box near the finish line at the completion of your race.



Bag Drop

To reduce clutter, bags will not be allowed inside transition. Items permitted inside transition include a towel, t-shirt, socks, runners, hat or sun visor, goggles, swim cap, plus sustenance or personal medication as prescribed by your doctor.

If you require it, the friendly staff at the registration tent can secure your belongings for you during the race, but they cannot guarantee against theft or damage. We strongly suggest not bringing anything of value to the event.

Timings

Each aquathlon event in the series shall observe the following timings:

Volunteers arrive to help with set up	04:30 am
Transition opens	any time before race start
Odyssey on the Strand opens	05:30
Check-in	between 05:30 and 06:30
Safety brief and race brief	06:25 am
Junior kids race start	06:35 am
Senior kids race start	06:45 am
Sprint distance race start	07:00 am
Enticer distance race start	07:07 am

Once registered, please use the spare time to familiarise yourself with the course, transition, and facilities. Feel free to ask any questions from our friendly staff and conduct a warmup prior to the race brief. Merchandise will be available, and if you need any sustenance, head over to our major sponsor, Odyssey on the Strand, open from 05:30.

AusTriathlon Membership

If you like training, racing or just want to be social, please consider joining the Townsville Triathlon Club (TTC). We offer peace-of-mind that you will be covered for insurance purposes. We offer free training! And you avoid the One Day License fee when competing – and this covers all triathlon events all over Australia. There's also the health and well-being benefit from meeting new people and the satisfaction from achieving personal goals.

[AusTriathlon](#) offers five different membership options for you to choose from. Select a membership that suits your level of involvement in the sport and enjoy the many benefits that comes from being a Triathlon Australia member.



To join TTC, visit [AusTriathlon](#) and follow the bouncing ball to complete the membership process.

Maps

The course maps are detailed below. The course will be marked with chalk, and marshals will be posted at critical junctions when available. It is expected that competitors are familiar with the course prior to the race, so please study these maps and arrive early to familiarise yourself with the transition area and direction of travel.

Junior kids aged 7-10 (100m run, 50m swim, 100m run)

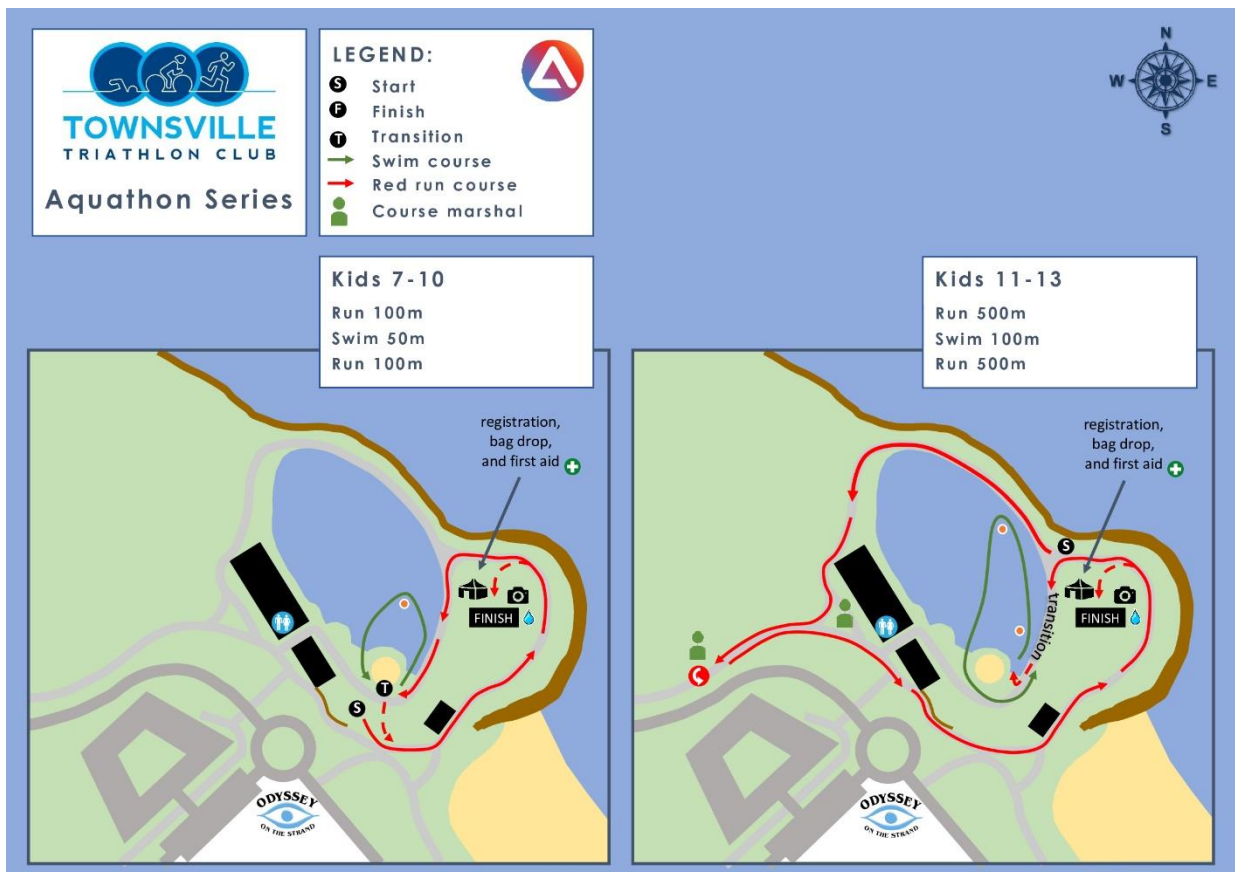
Kids 7-10 will start (S) with a 100m run up the grassy hill behind the swings, around the flying fox and then back down the hill towards transition (T). They will then take off their shoes, place their goggles on, and swim from the ramp entrance around the first buoy and back across to the adjacent exit ramp into transition (T). They will then place their shoes back on and run the same run course through to the finish chute.

Please reinforce to your kids that they must have their feet and upper torso covered during the run, or technical officials may have to stop and educate your kids about AusTriathlon rules.

Senior kids aged 11-13 (500m run, 100m swim, 500m run)

Kids 11-13 will start (S) with a 500m run around the Rockpool turning right along the footpath towards Jezzine Barracks, a U turn around the marshal, then down the hill around the playground and flying fox into transition. They will then take off their shoes, place their goggles on, and swim from the ramp entrance around the first buoy, second buoy, and back across to the adjacent exit ramp into transition (T). They will then place their shoes back on and run the same run course through to the finish chute.





Enticer (1km run, 200m swim, 1km run, 200m swim, 1km run)

Enticer distance athletes will start (S) with a 1 km run around the Rockpool turning right along the footpath towards Jezzine Barracks. Half-way up the hill at the junction, turn left and cross the road. A marshal will assist and warn of approaching traffic. Once across the road, follow the footpath and complete a lap of the park, down Mitchell St side and along Howitt St crossing again at the Strand Rd. Turn right and run past the surf club, around the playground and flying fox into transition.

Athletes will then take their shoes off, place their goggles on and keeping left, swim from the ramp entrance around all three buoys in a clockwise direction. Athletes will then exit the same ramp, keeping left, heading back into transition (T).

Athletes will then complete another run, a second swim and a third run to finish at the finish chute.





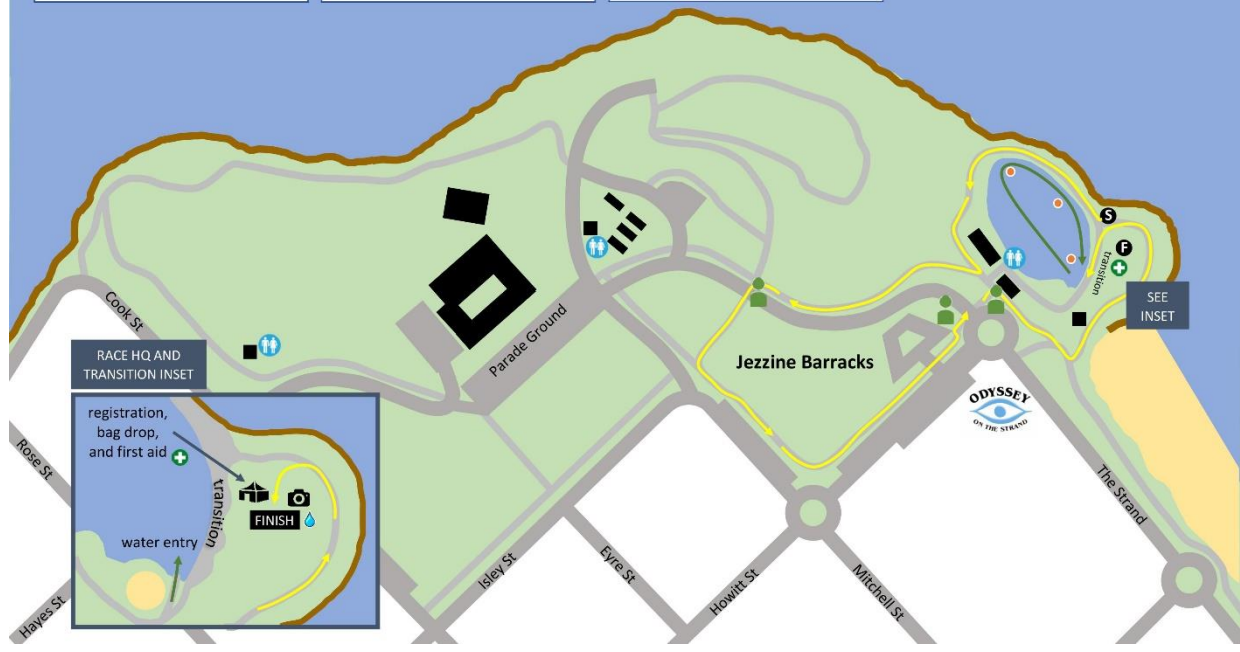
LEGEND:

- Start
- Finish
- Swim course
- Red run course
- Yellow run course
- Course marshal



ENTICER DISTANCE:

- Run 1km (1 x yellow lap)
- Swim 200m (1 x lap)
- Run 1km (1 x yellow lap)
- Swim 200m (1 x lap)
- Run 1km (1 x yellow lap)



Sprint (2km run, 400m swim, 2km run, 400m swim, 1km run)

Sprint distance athletes will start (S) with a 2 km run around the Rockpool turning right along the footpath towards Jezzine Barracks, then right again at the Mitchell St intersection (toilet block on right) and continue up the footpath towards the Jezzine boardwalk. After completing the boardwalk, turn left and run up the hill past the sculptures, left at the next toilet block then through the Jezzine Barracks parade ground. Cross the road and turn right. A marshal will assist and warn of approaching traffic. Head down Mitchell St side and along Howitt St crossing again at the Strand Rd. Turn right and run past the surf club, around the playground and flying fox into transition.

Athletes will then take their shoes off, place their goggles on and keeping left, swim from the ramp entrance around all three buoys in a clockwise direction. Athletes will then complete a second lap and exit the same ramp, keeping left, heading back into transition (T).

Athletes will then complete another run, a second swim and finish with a 1 km (refer Enticer) run to finish at the finish chute.



Race Rules and Regulations

All competitors shall comply with [AusTriathlon Race Competition Rules](#) during the race. The main points to remember are as follows:

1. No fins, paddles or flotation devices such as life jackets may be worn.
2. No form of locomotion other than running or walking is allowed.
3. No individual support vehicles or escort runners allowed.
4. Runners must follow the directions of ALL course marshals and officials.
5. Swim caps should be worn in the water
6. Shoes must be worn, and upper torso must be covered on the run course.
7. Keep the transition area clear. Consider other athletes.
8. Race referees have the authority to disqualify any competitor.
9. Medical staff may remove a competitor from the race if judged to be physically incapable of continuing without risk of serious injury.
10. Good sportsman like conduct is demanded of all competitors.
11. If you withdraw from the race, please notify a race marshal or official.

Safety

1. Drink plenty of fluid before the race. Refreshments will be available to all competitors from the transition area.
2. Be sun smart.
3. Acknowledge that participation in the race comes with potential hazards such as traffic accidents, drowning and slips, trips and falls.
4. Obey road laws, marshals and officials. Stay on footpaths. Be mindful of the public sharing the same space. Give way to traffic when crossing roads.
5. All swims are in the Rockpool. It is shallow enough in most places to stand. If you have any trouble in the water, please stand. If you can't stand, wave your arm in the air to gain the attention of one of our water safety staff.
6. Watch for slippery surfaces: entering and exiting the rock pool, within transition and along the board walk.
7. As this is not an event for the casual jogger or swimmer it is recommended that all competitors have trained sufficiently for the event and have obtained a thorough



medical examination prior to competition.

Photography

We are very fortunate to have Robert Ellershaw on the course who will be snapping up some fantastic photos. The photos will be available for download from his [Facebook](#) site shortly after the event – free of charge!

If you do not want your photo or your child's photo published, please inform Robert at the end of the race.

Presentations

Presentations and awards are brought to you by our sponsors and will be presented to first, second and third place getters in each category once all races have concluded and results confirmed by our timing coordinator.

Random draw prizes may also be awarded pending additional sponsorship support, so hang around after each race, and remember your race number.

Final presentations and awards will be presented after race three to the overall series winner, male and female, first, second and third based on the cumulative points earned throughout the series (refer to page three for details).

Merchandise

Please check out the [online shop](#) for great prices on club merchandise and clothing.

Volunteers

If you would like to volunteer, please register your interest with the committee.

