

SUTHERLAND

BILLIGENCE PATHWAY SERIES ATHLETE GUIDE
SUNDAY 31 AUGUST | SUTHERLAND CYCLING TRACK,
42 RAWSON AVENUE, SUTHERLAND

Acknowledgement of Country

In the spirit of reconciliation, NSW Triathlon acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

Thank You Cronulla Tri Club and Billigence

A heartfelt thank you to the Cronulla Triathlon Club, the dedicated volunteers, and everyone who tirelessly creates opportunities for the NSW Pathways programs. Your unwavering commitment to hosting events year after year and nurturing athletes across the State is truly remarkable and something special we have in NSW. Your efforts not only foster athletic development but also build a strong, supportive community. The impact you have on the lives of these athletes and the broader community is invaluable, and we are deeply grateful for your continued dedication and passion.

Billigence is the naming rights sponsor for the Billigence Pathway Series again for 2025/26 season. We extend our deepest gratitude for the ongoing generous support that makes these events possible and helps to inspire and develop the next generation of athletes. Thank you for contributing to the growth and success of the NSW Pathways Programs

Schedule of Events

Transition & Briefing

10:00am – Transition opens

11:00am – Transition closes / Race briefing

11:05am – Walk athletes to pool



Round 1 – Draft Legal

11:15am – Heat 1 Start

11:40am – Heat 2 Start (when last cyclist from Heat 1 enters T2)

12:05pm – Heat 3 Start

Non-Draft Triathlon Heat

12:30pm – Heat

Round 2 – Draft Legal

1:00pm – Heat 1

1:20pm – Heat 2 (when last cyclist from Heat 1 enters T2)

1:40pm – Heat 3

Non-Draft Triathlon Final

2:10pm- Final

Finals

3:00pm – C Final

3:25pm – B Final

3:50pm – A Final

Medals and Presentation

4:30pm

Please note whilst every effort will be made to have the day run according to this schedule, it is subject to change at any given time.

Non Drafting Triathlon Heats and Finals

Swim: 150m – 6 laps of 25metre pool

Run 1: 650m (Must be in Shoes)

Bike: 4.5km (5 laps – Track 2)

Run 2: 1km (1 lap – Horseshoe)

Non Drafting Swim and Run 1

The swim is six (6) laps of the 25 metre pool. There will be two (2) swimmers per lane, swimmers must stay on their own side of the lane during the swim. After completion of swim leg run around equalisation marker as directed by race marshals. Proceed to put shoes on at the shoe transition in the pool area. Wearing shoes for the run to the bike is compulsory. Take your goggles and cap with you. Exit the pool area through the gates, follow the foot path around the pool complex and down the road to transition area – marshals will guide the way



Non Drafting Bike Course

Proceed through transition to the mount line, complete five (5) anticlockwise laps of track two (2) as marked in the map. Dismount at dismount line and proceed to transition



Non Drafting Run Course

Proceed out of the bottom of transition and turn right, run back up the outside and past transition on the road heading towards the pool. As you approach the athletics track at the top of transition, come across and into the athletics track where the flags are. Run in an anticlockwise direction around the track until you reach the top of the horseshoe where you will run into the middle of the track and back out, continuing then around the outside of the track until you reach the point where you entered at the flags. Exit here, turn left on the road and run to the finish line.



Draft Legal Round 1 and Finals

Round 1

Swim: 200m (8 laps – 25m pool)

Run 1: 650m

Bike: 6km (4 laps – Track 3)

Run 2: 1.6km (2 laps – Horseshoe)

Draft Legal Swim and Run 1

The swim is eight (8) laps of the 25 metre pool. There will be two (2) swimmers per lane, swimmers must stay on their own side of the lane during the swim. After completion of swim leg, run around equalisation marker as directed by race marshals. Proceed to put shoes on at the shoe transition in the pool area. Take your goggles and cap with you.. Wearing shoes for the run to the bike is compulsory. Exit the pool area through the gates, follow the foot path around the pool complex and down the road to transition area – marshals will guide the way



Draft Legal Bike Course

Proceed through transition to the mount line, complete four (4) anticlockwise laps of track three (3) as marked in the map. Dismount at dismount line and proceed to transition



Draft Legal Run Course

Proceed out of the bottom of transition and turn right, run back up the outside and past transition on the road heading towards the pool. As you approach the athletics track at the top of transition, come across and into the athletics track where the flags are. Run in an anticlockwise direction around the track until you reach the top of the horseshoe where you will run into the middle of the track and back out, continuing then around the outside of the track until you reach the point where you entered, continue here to complete a second lap of the horseshoe, exiting at the flags, turn left on the road and run to the finish line.



Draft Legal Round 2

- Run 200m (Lemans crit start)
- Bike: 6 km (4 laps track 3)
- Run: 1.3km (1 lap track 2, and run up to pool)
- Swim: 200m
- Run: 100m finish

Draft Legal Run 1 Round 2

Run one (1) is a Lemans style start, starting with your running shoes on. Run 200m to transition to commence bike leg



Draft Legal Bike Course Round 2

Proceed through transition to the mount line, complete four (4) anticlockwise laps of track three (3) as marked in the map. Dismount at dismount line and proceed to transition. **You must grab your goggles and cap at this transition after you rack your bike.**



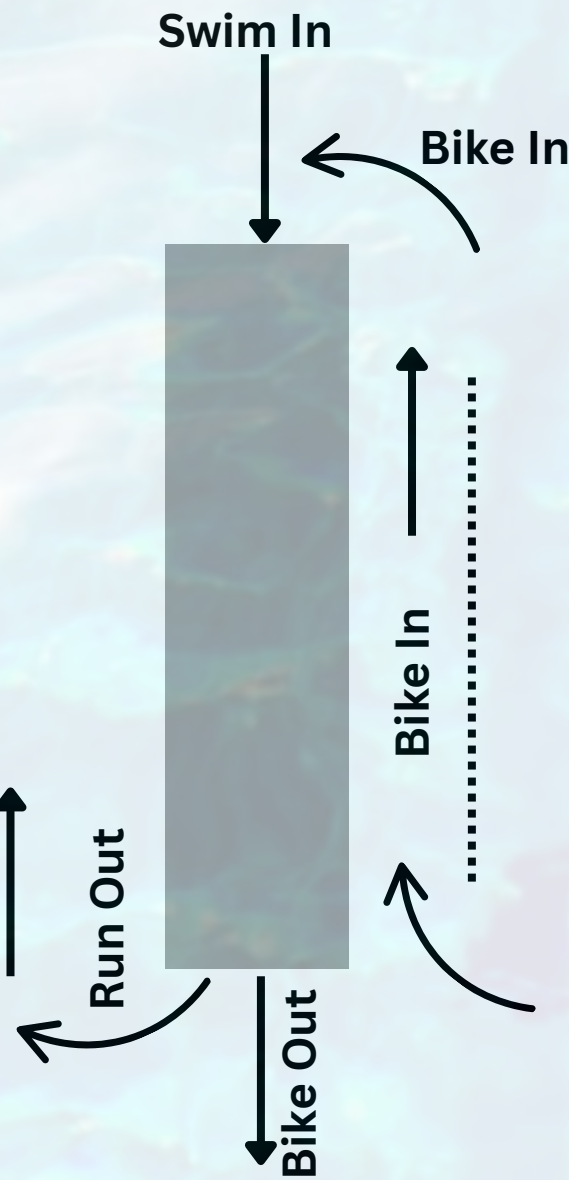
Draft Legal Run 2 and finish Round 2

AFTER YOU HAVE GRABBED YOUR GOGGLES AND CAP

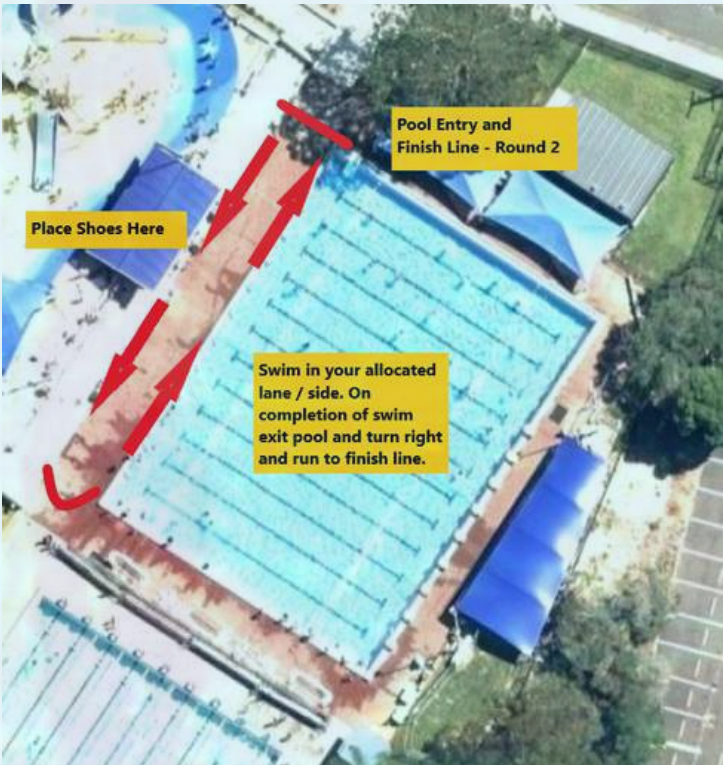
proceed out of the bottom of transition and turn right, run back up the outside and past transition on the road heading towards the pool. As you approach the athletics track at the top of transition, come across and into the athletics track where the flags are. Run in an anticlockwise direction around the track until you reach the top of the horseshoe where you will run into the middle of the track and back out, continuing then around the outside of the track until you reach the point where you entered at the flags. Exit here, turn right on the road and run to the pool. Place your shoes in the shoe transition and enter the pool to complete your swim. Once the swim is complete, run to the finish line at the far end of the pool.



Transition Flow



Pool Flow Round 2



Pool Equilisation Round 1, Final and Non Drafting



Adverse weather policy

Ensuring the safety of our athletes, volunteers and spectators are our first priority. In the event of adverse weather such as thunderstorms, extreme heat or cold, strong winds and heavy rain the race may need to be altered in format, structure or cancelled entirely. The final call will be made by the Race Director on-the-day of the race ONLY if it is deemed necessary.

Parking

Please see parking map below showing where parking is available.

Toilets

There is a toilet block located on the race site. There are toilets located in the Sutherland Aquatic Centre

Drinking Water

There are filtered water taps located in the cycling track and the club will have water at the finish line.

Weather Forecast

Check the weather forecast leading into the event and pack accordingly. Bring a wetsuit in case the water temperature deems that a wetsuit swim is necessary.

Food / Drinks

There is a cafe in the Sutherland Aquatic Centre or plenty of shops at Sutherland.

Race Rules

Draft legal races will be governed by the World Triathlon 2024 Competition Rules.

https://cms.triathlon.org/assets/ed515db2-5f75-40d5-89da-d0cd634c50f3/World-Triathlon_Competition-Rules_20250401.pdf

The Non-Drafting race will be governed by Triathlon Australia Race Competition Rules July 2024.

<https://www.triathlon.org.au/wp-content/uploads/2024/07/AusTriathlon-Race-Competition-Rules-August-2024.pdf>

Please familiarise yourself with the rules.

First Aid

First aid will be available and present to offer assistance if needed

Race Results

Race results can be found at the following web address:

<https://www.triathlon.org.au/nsw/statepathwayprogram/>

Parents / Spectators

Parents are encouraged to spectate along the course. Be mindful of riders and runners if crossing roads or paths.

Swimming Caps

Swimming caps will not be provided for this event. Please bring your own swimming cap/s to the event.

Water Temperature

The water temperature of the pool is 26 degrees and will be a non wetsuit swim. In the event of pool heating failing, wetsuits may be allowed. I would pack the wetsuit in any case.

Transition Boxes

Transition boxes will need to be supplied by you and be brought to each race. The boxes are available from Bunnings. The dimensions can only be those of the link 386mm x 205mm x 570mm. The boxes are \$6.12

https://www.bunnings.com.au/all-set-30l-clear-modular-storage-container-without-wheels_p0613943

Penalty Box

There will be a penalty box in effect. Please listen to the briefing on the day for placement of the penalty box.

Parking and Registration

Please see parking and registration map

Spirit Of The Sport

Athletes are expected to compete in the spirit of good sportsmanship, and exercise high standards of race etiquette. Behave at all times with respect and familiarise yourself with the course. Please be aware of your safety, the safety of other athletes, and the safety of the general public. Headphones or other listening devices are not permitted to be used at any time whilst racing.

Heat Allocation and Awards

Heats will be allocated on the Friday prior to the race. The fastest accumulated heat times will make the A final. The number of athletes in each final will be dependent on how many athletes are racing and will be determined on race day. There must be a minimum of 3 females in the highest final. If less than 3 females makes the highest final, the finals will be adjusted accordingly.

The fastest 3 athletes per gender from the accumulated heats and finals times will be the award winners.

The categories are:

Youth (Male & Female)

Junior B (Male & Female)

Junior (Male & Female & may include Junior B athletes

U23/Elite (Male & Female)

Para Triathlon PTS4

Para Triathlon PTS5

Refer to the Billigence Pathway Series Guide for points allocation.

Child Safe Commitment:

NSW Triathlon has a zero-tolerance policy to child abuse and neglect in any form. AusTriathlon and NSW Triathlon are committed to safeguarding and promoting the welfare of children in triathlon by providing a safe and inclusive environment and by ensuring that everyone involved in triathlon is educated and informed of their responsibilities to protect and look after children. All children have the right to feel safe and protected from all forms of abuse, harm, and neglect. Children have the right to take part in sport in a safe, positive, and enjoyable environment. NSW Triathlon aims to create and maintain an inclusive, child-safe environment that is understood, endorsed, implemented, and adhered to by everyone involved in Triathlon.

Transition
and
registration

Parking



Thank you again, to the Cronulla Triathlon Club, volunteers and Billigence for the ongoing support, which offers the NSW Triathlon Pathway Athletes development opportunities.