

PENRITH

1 FEBRUARY 26

Acknowledge To 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.

Welcome from Panthers Triathlon Club

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Welcome to the final race of this seasons Billigence Pathways Series. Panthers Triathlon Club are excited and honored to partner with NSW Triathlon to bring you the only Draft Legal Sprint distance Triathlon in NSW. We trust these races will be valuable development and preparation for upcoming National and International racing. Many thanks to Robyn Low-Hart and Billigence, without your support these events wouldn't happen. Likewise thanks to all our volunteers who offer their time and effort to bring you this race. PTC wishes you all the best in this race and for your future in Triathlon.

Regards

Andy Mackie

President - Panthers Tri Club

Schedule of Events

Sunday 1st February 2026

7:00 am Rego and transition open

7:30 am Race briefing

7:45 am Sprint Junior & U23 Female's start.

8:30 am Sprint Junior & U23 Male's start

9:15 am Super Sprint - Youth Females

9:45 am Super Sprint - Youth Males

10:15 am Super Sprint Non-Drafting

11:30 am Presentation

Race Formats

Super Sprint Non-Drafting (male and female) for athletes 10 years and above
all non-draft athletes male and female. Swim 200m, Bike 5kms (1 lap), Run 2kms.

Super Sprint Draft Legal (youth males & female) -

Swim 250m, Bike 10kms (2 laps), Run 2kms.

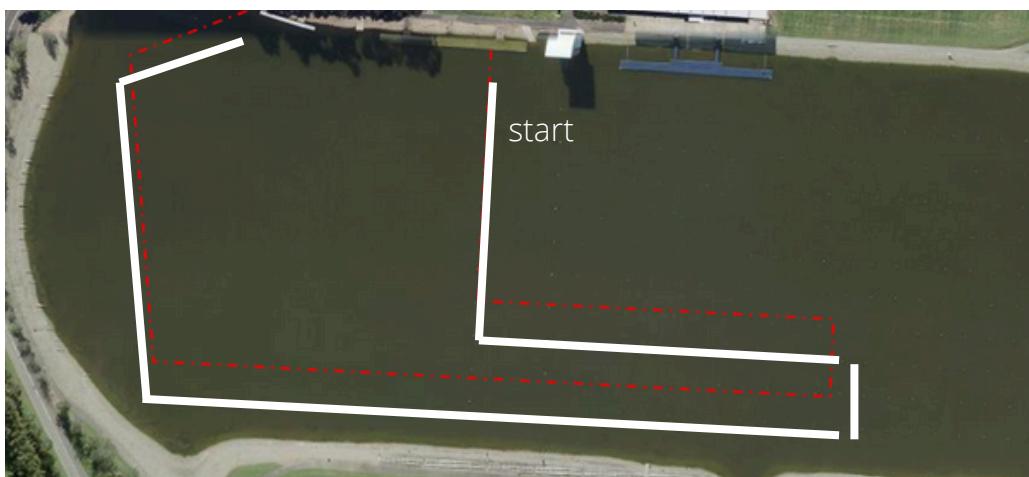
Sprint Draft Legal (Junior & U23 female) -

Swim 750m, Bike 20kms (4 laps), Run 5kms (2 laps).

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.

Swim

Swim course for the Sprint is a Pontoon Start, Athletes are lined up ready for a dive start, Go straight for 100m then go left around the buoy, continue straight for 150m then go right around a buoy, continue straight for 40m then right around buoy, Go straight 300m then turn right around buoy, continue straight 130m then turn right around a buoy and then 30m towards the ramp to exit the water. Note - Keep the first buoy on the left and the rest on your right. Super Sprint swim is a deepwater start. Swim for 220m in a straight line following the bank of the lake. Then turn right around a buoy, continue straight for 30m then exit from the ramp.



Transition

Enter transition from swim leg from the western end near the tree line. Turn right at transition and follow around to the transition "IN". Grab your bike and exit at the top left corner "OUT" of transition. Make a right, then a left hand turn to head to the road. Keep to the left as you exit, don't get on your bike until you reach the mount line. When coming in to T2, dismount on the road and run your bike to the transition "IN" which is the same as the swim in, exiting the same exit as the bike however turning left out of transition to commence the run.



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Bike

The bike course is a full lap of the Sydney International Regatta Centre. On the northern side of the bike course you will make a right hand turn on the right hand side of the road way, and head up a slight rise before doing a left hand 'U' turn at the top and head back on the right hand side and back on to the regatta path. Go through the 'S' bends and then turn left up the hill. If you are doing more than one lap move to your right (Super Sprint Draft Legal & Sprint) to continue. When you have completed your required laps move to the left-hand side to head into transition. Dismount from your bike before the dismount line to enter transition. Super Sprint Non Drafting will keep left and dismount before the Dismount line.



Run

After you have racked your bike head towards the "OUT" of transition (where you exited to start the bike), make a left hand turn and head to the path to commence your run along the bank of the lake. There will be a bollard in place for your turnaround points. At the turnaround head back towards the grandstand where the finish line is for youth competitors. Sprint competitors will run past the finish line and back towards the swim exit where they will turn around and commence the second lap. After turning for the second time at the bollard, sprint competitors will head straight to the finish line at the grandstand.



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

There will be ample parking available on the Island at the Regatta Centre. As you arrive in Gate A, continue on the road a short drive until you reach the bridge. Drive over the bridge and park in the carpark on the left. Once racing has commenced and there are cyclists on the course, there will be limited opportunity to drive over the bridge to exit the Regatta Centre until all bike legs have concluded. If you think you would like to leave before this time, consider parking in the car park on the right as you enter Gate A.

Drinking Water

There are bubblers at The Regatta Centre and the cafe will be open.

Weather Forecast

Check the weather forecast leading into the event and pack accordingly.

Aid Stations

Water aid stations will be located on the run course near the First Aid hut.

Food / Drinks

The Cafe will be open and offering a variety of foods and drinks.

Race Rules

Draft legal races will be governed by the World Triathlon 2026 Competition Rules.

<https://cms.triathlon.org/download-file/world-triathlon-competition-rules-2026>

The Non-Drafting race will be governed by Triathlon Australia Race Competition Rules August 2025.

https://www.triathlon.org.au/wp-content/uploads/2025/09/AusTriathlon_Race-Competition-Rules_Aug2025_web.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 and spectators are encouraged to spectate along the course. Be mindful of riders and runners if crossing roads or paths and only cross when clear and safe to do so.

Swimming Caps

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

Penalty Box

Please listen to the technical briefing on the day of the race for where the penalty box will be located and when infringements need to be served.

Transition Boxes

Transition boxes will need to be supplied by you and be brought to each race. The boxes are available from Bunnings. The transition boxes from previous years can be used or the new ones are available using the link below. The boxes are \$6.12

[Bunnings Transition Boxes Click Here](#)

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. Do not accept outside assistance from anyone other than a Race Official.

Heat Allocation and Awards

All events of this round are a single race straight final. Billigence Series Points will be awarded according to the finishing position across the line for NSW athletes. If athletes from other states come 1st, 2nd or 3rd in a category they are eligible for medals, however only NSW Tri athletes are eligible for Billigence Series Points and will be calculated based on NSW Tri athletes finishing positions. As there are separate races for Youth and Junior/U23, only category points (not overall) will be awarded for this race.

The Categories are:

Youth (Male & Female)

Junior B (Male & Female)

Junior (Male & Female & may include Junior B athletes)

U23/Elite (Male & Female)

Para Triathlon PTS3

Para Triathlon PTS5

Child Safe Commitment:

NSW Triathlon has a zero-tolerance policy to child abuse and neglect in any form. Aus Triathlon 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.

A huge thank you to the Panthers Triathlon Club and volunteers and Billigence for the ongoing support, which offers the NSW Pathway Athletes development opportunities.

