

COMMUNITY AQUATHLON



Athlete Guide

Lake Kawana, Sunshine Coast
6 September 2026

AUS
TRIATHLON





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Version Control

Date	Action
08/06/2026	Version One Published

Event Program

EVENT	TIME	Location
Sunday 6 September 2026		
Check In and Transition Open	3:00pm - 4:30pm	Sportsmans Pde Parkland, Sunshine Coast Stadium,
Sprint Aquathlon	3:30pm	Lake Kawana
Enticer Aquathlon	4:15pm	Lake Kawana
Kids Aquathlon (Ages 10+)	4:45pm	Lake Kawana
Mini Aquathlon (Ages 7-9)	5:00pm	Lake Kawana

Race Distances

Category	Ages	Swim	Run
Sunday 6 September 2026			
Sprint Aquathlon	14+	750m	5km
Enticer Aquathlon	12+	500m	3km
Kids Aquathlon (Ages 10+)	10+	250m	1km
Mini Aquathlon (Ages 7-9)	7-9	100m	1km



Marshalling and Race Starts

Marshalling for race start takes place adjacent to transition under the arch.

All swimmers are asked to begin marshalling 15 minutes prior to their start.

Wave starts will be posted when entries close.



Event Information

Safety

Trained staff and volunteers will be on course – their highest priority is to ensure your safety. Failure to follow directions may result in a disqualification from the race.

If an athlete is considered incapable of continuing the race without risk of serious injury, the Race Director, Race Referee, and medical staff have ultimate and final authority to remove an athlete from the race.

If you decide to withdraw from the race, it is your responsibility to report it to the finish line.

Medical

There are medical staff stationed at the event venue adjacent to the finish as well as mobile on the Swim course.

If you see or experience an incident requiring medical attention, alert the nearest member of the event crew.

Volunteers

We require the assistance of many local community-based volunteer organisations.

We ask that you treat all volunteers with the highest level of respect. Abuse of volunteers in any capacity will not be tolerated and offenders will be faced with disqualification at the discretion of the Race Director.

Should an issue arise, you are welcome to approach the Race Director or the Event Manager at the finish line.

Social Media

Keeping current on your socials is an important part of life for many athletes, and we promote regular sharing of results and achievements.

Feel free to share your photos and comments using the hashtag #qldtriathlon



Venue and Parking

Check In

Check in is at Sportsman Pde Parkland, Sunrise Coast Stadium Kawana

Toilets

There are no public toilets or changerooms onsite. The closest bathroom are on Sportsman parade opposite Kawana waters state college (500m away)

Parking

Address for the venue is 31 Sportsman Parade, Bokarina QLD 4575 (diagonally opposite the Sunshine Coast Stadium). There will be no road closures for this event, so local parking restrictions do apply.



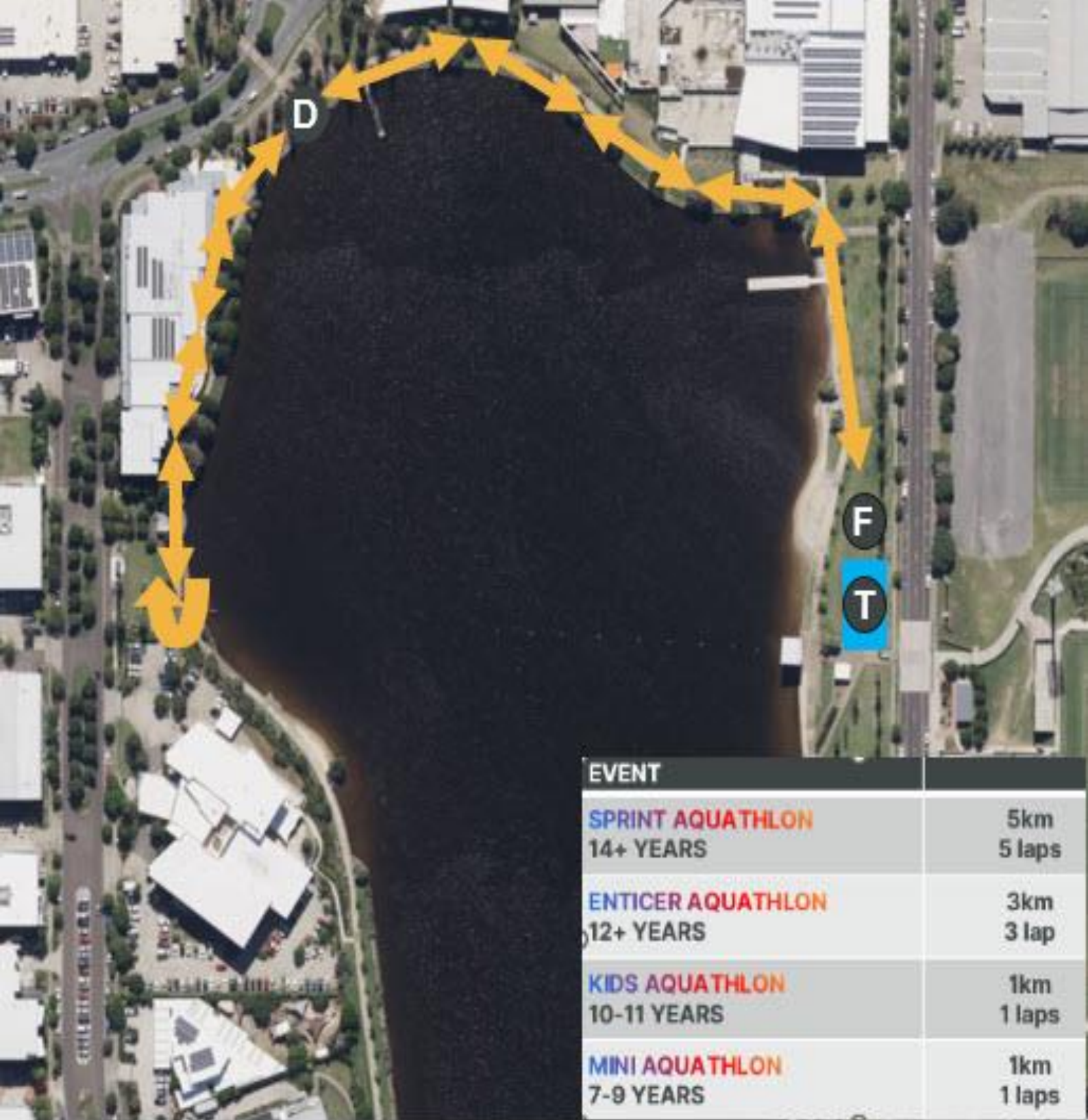
Check In

Check In is available on Sunday– refer to the event program page.

When you arrive at Check In, you will need to sign on. Prior to race day, we send out your race number via SMS - please have your race number ready when you line up – it makes things quicker!

When arriving - please allow enough time to:

- Sign on at Check In
- Then walk to the start and marshal area
- We would suggest arriving at least 90 minutes before the start of your race



T Transition
 D Drink Station
 F Finish
 — 1km Run Lap



Run

The run course is identified by green cones from the exit of transition to the finish chute. Keep along the run course at all times and follow race signage and the directions of course marshals.

Make sure you turn **ONLY** at the turn point signs and turn marshal. You will be disqualified if you cut the course and turn early.

MP3 players and headphones are strictly forbidden throughout the race. Keep your head up and enjoy the spectators who cheer you on along the course!

Race Number

You must wear a shirt and your race number at all times on the run course. Place your number either on your shirt or a race belt, above your waist and in the centre of your body.

Runners without race numbers may incur a stop/start penalty.