RACE DAY

SATURDAY 24.10 - THE SEPARATOR



BILLIGENCE SERIES ROUND 3

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NSW TRIATHLON
PATHWAY SERIES

HOSTED BY CRONULLA TRI CLUB

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 202627 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

6:00 am Rego Open ALL
6:45 am Briefing and rego close **NON DRAFT**
7:00 am Race 1 Heat 1 **Non Drafting** - 200 (swim) - 250m (run) - 5 km (bike) - 1600 (run)
7:55 am Rego Closes Draft Legal
8:00 am Briefing **DRAFT LEGAL**
8:15 am Bikes in Transition
Draft Legal Race 2 **All Draft Legal Athletes** 200m – 250m – 5km – 800m
8:30 am Race 2 Heat 1
8:50 am Race 2 Heat 2
9:10 am Race 2 Heat 3
9:30 - 9:45 am Transition Reset
Draft Legal Race 3 **All Draft Legal Athletes** 200m – 250m – 5km – 800m
9:50 am Race 3 Heat 1
10:10 am Race 3 Heat 2
10:30 am Race 3 Heat 3
11:00 - 11:15 am Transition Reset
Draft Legal Race 4 **Junior and U23 Draft Legal Athletes** 350m – 250 -10 – 2.4
11:20 am Race 4 B Final - (U23 and Junior Only)
11:50 am Race 4 A Final - (U23 and Junior Only)

12:45 pm Presentation

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 and Bike Course



S**WIM** : The swim is a deep water start. Swimming to the first swim buoy , turning right. Swim to the next swim buoy and turn right. Head toward the swim exit channel marked with a series of buoys. You can not get out of the water unless you are in this channel.

RUN TO T1: It is a 250 m run to T1 following the light blue arrow. Athletes may have shoes at the swim exit as the run is across the grass. You will run into the Eastern end of transition

BIKE: Coming out of the Western end of transition, turn left onto the Visitor Centre Loop road to the mount line. You will then take a left hand turn onto Cape Solander Dr. It is a gradual hill climb to the helipad turn around point and approx 2.5 kms. Then you will go back on the same road, descending to the Visitor Centre Loop, however it is the Visitor Centre Loop entrance that is past where you came out of. It is a right hand turn into this turn. There will be your dismount line and a left hand turn into the transition area. You need to veer across to the right hand side and outside of transition, until you get to the end of transition and then make a left hand turn into transition. Non Drafting, Draft Legal Race 2 and Draft Legal Race 3 are 1 bike lap. Draft Legal Race 4 is 2 bike laps. For this race, you come back into the Visitor Centre Loop and the completion of lap 1 , and continue along the Visitor Centre Loop to start the next lap.

Run Course



You will exit out of the Western end of transition and take a hard right hand turn onto the run path. The run goes in an anti clock wise direction along the path. Race 1 for non drafting is 2 run laps. Draft Legal Races 2 and 3 are 1 run lap only and draft legal race 4 for Junior and U23 only is 3 run laps. The run finish is off the path on the grass.

Transition Flow

Swim in will be from the Eastern side of transiton, running across the grass from the swim exit, left hand turn along transition and then a right hand turn into transtion. Bike exit is continuing along transition and exiting out of the Westren end of transition. Bike in will be a channel along the right hand side of transition to the Eastern end of transition and then a left hand turn into transition. The run exit is at the Western end of transition , exiting and taking a right hand turn to commence the run.

All “Ins” are into the Eastern end. All “Outs” are out of the Western end.



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 is plenty of parking available on Captain Cook Drive and Polo St. It is about a 10 minute walk from the closest point on Captain Cook Dr so allow enough time.

Toilets

There is a toilet block located at the race site.

Drinking Water

There are water taps located at the toilet block.

Weather Forecast

Check the weather forecast leading into the event and pack accordingly. Always bring your westsuit as the official wetsuit ruling will happen on race morning.

Food / Drinks

There is a cafe nearby, approximately 10 minute walk from the venue.

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 June 2026.
https://www.triathlon.org.au/wp-content/uploads/2026/06/AusTriathlon_Race-Competition-Rules_2026_Jun2026_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 or use the
QR Code:
https://events.barefootsport.co.nz/event/2877

Parents / Spectators

Parents are encouraged to spectate along the course. Be mindful of riders and runners if crossing roads or paths. During registration on the morning of the event, the Cronulla Triathlon Club will be hosting a club event. Please staty on the grass, off the running path.

Swimming Caps

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

Penalty Box

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

Transition Box

Transition boxes will need to be supplied by you and be brought to each race for draft legal athletes. The boxes are available from Bunnings and are linked below.

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

Please note there are to be no markings on the outside of the box other than the Billigence sticker and your race number. If you want to put your name on the box, this has to go underneath.

Heat Allocation and Awards

Heat allocations will be confirmed on the Friday prior to race day.

A minimum of three female athletes must be included in the highest-ranked Junior and U23 final. If fewer than three females qualify, the final allocations will be adjusted accordingly to ensure that all female podium positions can be contested within the same final. The number of athletes competing in each final will depend on overall participation numbers and will be confirmed on race day.

Youth Athletes

Youth athletes will not compete in a final. Overall results and placings will be determined by their combined times from the two heats.

Junior and U23 Athletes

Combined times from the two heats will determine qualification and allocation into either the A or B Final.

Final results and podium positions for Junior and U23 athletes will be determined by their cumulative times across all three races (Heat 1, Heat 2 and the Final).

The categories are:
Youth (Male & Female)
Junior B (Male & Female)
Junior (Male & Female & may include Junior B athletes
U23/Elite (Male & Female)
Para Triathlon

Refer to the Billigence Pathway Series Guide for points allocation.

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 and Meta Glasses or similar are not permitted to be used at any time whilst racing. Do not accept outside assistance from anyone other than a Race Official.

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.

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

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