RACE DAY

SUNDAY 11.10 - THE TRANSITIONER

BILLIGENCE SERIES ROUND 2

BILLIGENCE Data In.Sight
NSW TRIATHLON
PATHWAY SERIES

HOSTED BY ILLAWARRA 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 Illawarra Tri Club and Billigence

A heartfelt thank you to the Illawarra 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
6:45 am Briefing

7:05 am Non Draft Race 1- 10 years Plus

7:40 am Heat 1 Draft Legal
8:15 am Heat 2 Draft Legal

9:00 am Non Draft Race 2 - 12 Years Plus

9:35 am B Final Draft Legal
10:10 am A Final Draft Legal

11:15 am Presentation

Heats Draft Legal 250 swim, 250 run to T1, 4km ride (2 laps), 750 run, 4km ride (2 lap), 750 run
Non Draft 250 swim, 250 run to T1, 6km ride (3 laps), 1500 run.
Finals Draft Legal 250 swim, 250 run to T1, 8km ride (4 laps), 1500 run

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.

DRAFT LEGAL Triathlon Heat

Swim Course

The swim is a 250 metre swim with a beach start on Fishermans Beach. The swim is anticlock wise, swimming out 100 metres before turning left at the buoy. Swim for another 50m , then turn left again and head back to shore. A short run up the ramp over the timing mat to complete the swim.

Bike Course

Coming out of transition, mount at the line on Gloucester Blvd. An uphill start, follow the road around as it sweeps to the left, then down the other side. The road then flattens out to the turn around point approximately 2 km from the mount line. Continue back to the bike turn around on the scenic out and back course. The bike turn around is just before the mount line heading back. Complete the 2 laps , continue to the dismount line (in line with the mount line) dismount bike and run into transition.

Run Course

The 750m run will start on the road at the end of transition out the front of the Five Islands Secondary College on Gloucester Blvd. An up hill start, follow the road around as it sweeps to the left then down the other side. At 375 m you will find the turn around point. Continue back to transition, where you will transition for another bike leg.

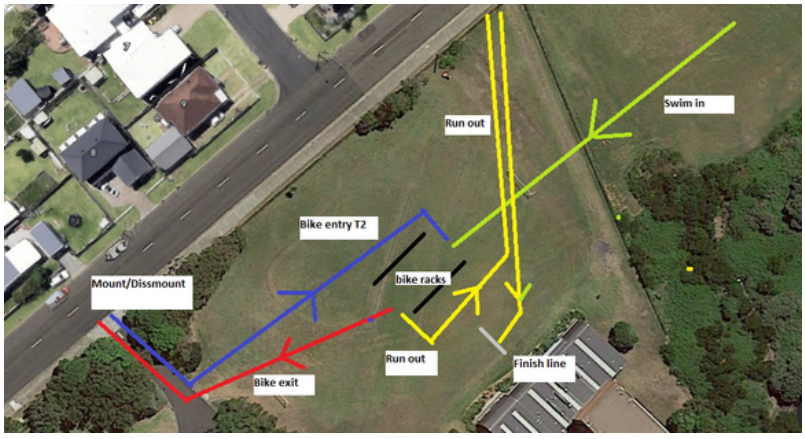
Bike Course

Coming out of transition, mount at the line on Gloucester Blvd. An uphill start, follow the road around as it sweeps to the left, then down the other side. The road then flattens out to the turn around point approximately 2 km from the mount line. Continue back to the bike turn around on the scenic out and back course. The bike turn around is just before the mount line heading back. Complete the 2 laps , continue to the dismount line (in line with the mount line) dismount bike and run into transition.

Run Course

The 750m run will start on the road at the end of transition out the front of the Five Islands Secondary College on Gloucester Blvd. An up hill start, follow the road around as it sweeps to the left then down the other side. At 375 m you will find the turn around point. Continue back to the finish line to complete your race.

Transition



NON DRAFTING Races

Non Draft Race 1 is for athletes 10 years plus (so all non draft race in this event). Awards for 10 - 11 years will come from this race.
Non Draft Race 2 is only for athletes that are 12 years plus and the awards will come from the combined race 1 and race 2 times. Both races are the same distances as outlined below.

Swim Course

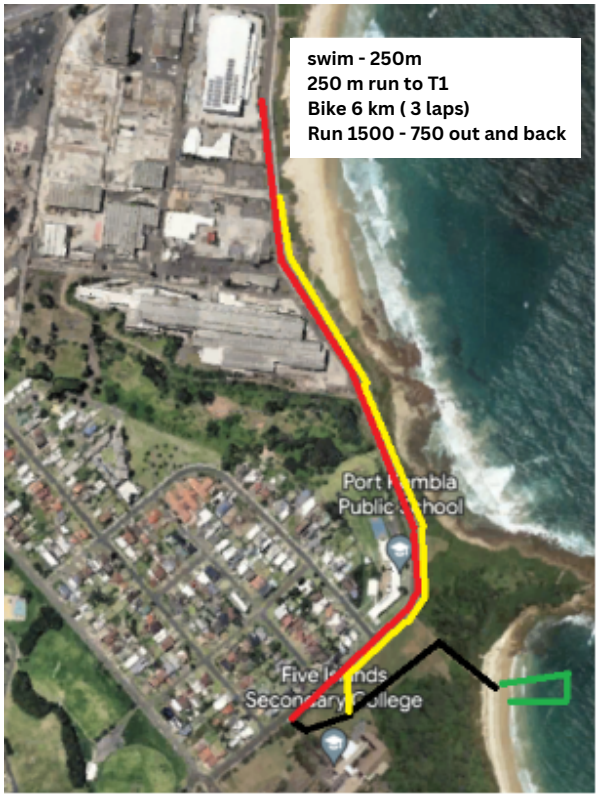
The swim is a 250 metre swim with a beach start on Fishermans Beach. The swim is anticlock wise, swimming out 100 metres before turning left at the buoy. Swim for another 50m , then turn left again and head back to shore. A short run up the ramp over the timing mat to complete the swim.

Bike Course

Coming out of transition, mount at the line on Gloucester Blvd. An uphill start, follow the road around as it sweeps to the left, then down the other side. The road then flattens out to the turn around point approximately 2 km from the mount line. Continue back to the bike turn around on the scenic out and back course. The bike turn around is just before the mount line heading back. Complete the 3 laps, continue to the dismount line (in line with the mount line) dismount bike and run into transition.

Run Course

The 1500m run will start on the road at the other end of transition out the front of the Five Islands Secondary College on Gloucester Blvd. An up hill start, follow the road around as it sweeps to the left then down the other side. The road then flattens out to the turn around point. Continue back to the finish line on the scenic out and back course.



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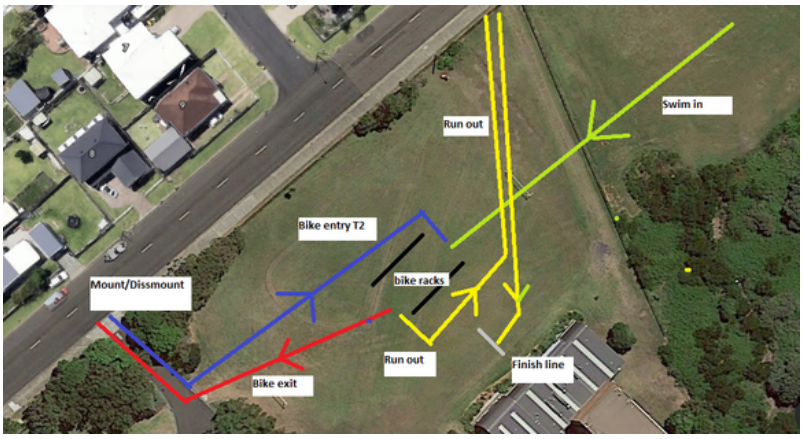


DRAFT LEGAL Triathlon Finals

Swim Course

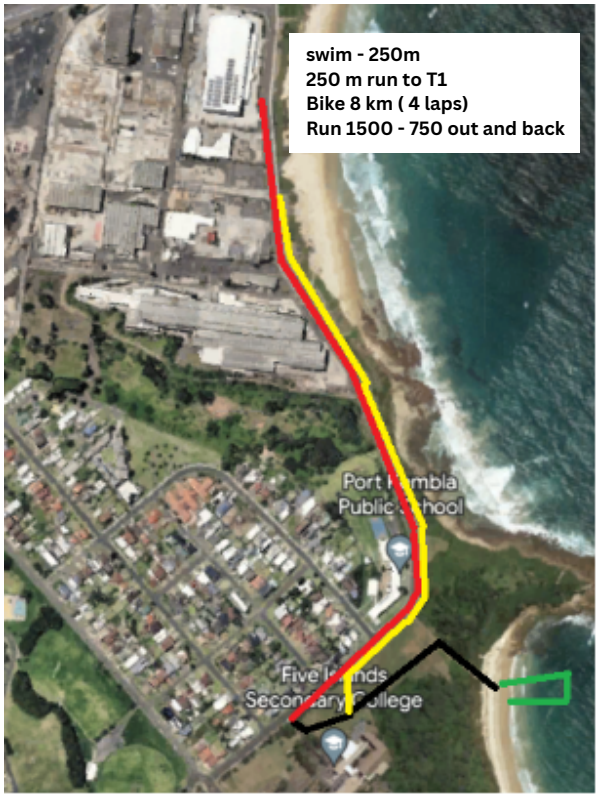
The swim is a 250 metre swim with a beach start on Fishermans Beach. The swim is anticlock wise, swimming out 100 metres before turning left at the buoy. Swim for another 50m , then turn left again and head back to shore. A short run up the ramp over the timing mat to complete the swim.

Bike Course

Coming out of transition, mount at the line on Gloucester Blvd. An uphill start, follow the road around as it sweeps to the left, then down the other side. The road then flattens out to the turn around point approximately 2 km from the mount line. Continue back to the bike turn around on the scenic out and back course. The bike turn around is just before the mount line heading back. Complete the 4 laps , continue to the dismount line (in line with the mount line) dismount bike and run into transition.

Run Course

The 1500m run will start on the road at the other end of transition out the front of the Five Islands Secondary College on Gloucester Blvd. An up hill start, follow the road around as it sweeps to the left then down the other side. The road then flattens out to the turn around point. Continue back to the finish line on the scenic out and back course.



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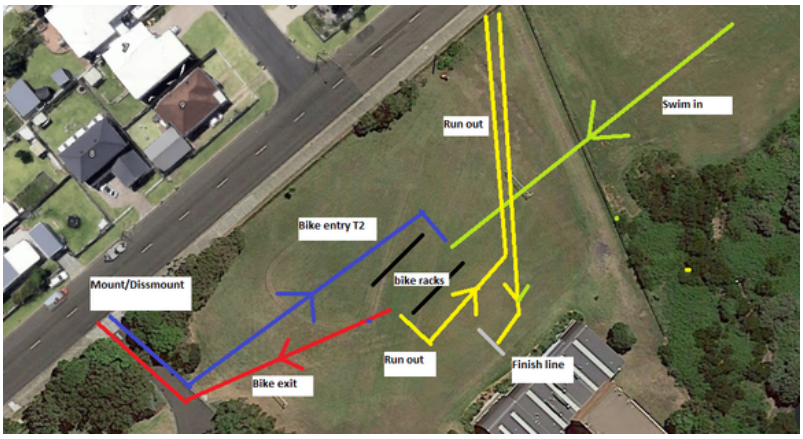

Adverse weather policy

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 side streets. Please do not park on the race course on Gloucester Blvd.

Toilets

There is a toilet block located on the race site.

Drinking Water

There are water taps located in the toilet block.

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 are cafe's nearby, approximately 400 metre 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:
https://events.barefootsport.co.nz/

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.

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.

Penalty Box

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

Heat Allocation and Awards

Heats will be allocated on the Friday prior to the race. The fastest heat times will make the A final. 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. This enables the female podium positions to be held in the same final. The number of athletes in each final will be dependent on how many athletes are racing and will be determined on race day.
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

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 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 Illawarra Triathlon Club volunteers and Billigence for the ongoing support, which offers the NSW Pathway Athletes development opportunities.

ILLAWARRA TRIATHLON CLUB

BILLIGENCE