SUPER SPRINT RACE WEEKEND

AUS TRIATHLON



Athlete Guide

17-20 December 2026

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AUSTRALIAN CHAMPIONSHIP
SUPER SPRINT

NXsports

WELCOME FROM AUSTRIATHLON

Welcome to the 2026 Australian Super Sprint Championships

Over the next three days, Australia's best Youth and Junior triathletes will come together to compete for national championship titles in one of the most exciting and demanding formats in our sport.

On behalf of AusTriathlon, I am delighted to welcome everyone to the 2026 Super Sprint Race Weekend on the Gold Coast.

The Super Sprint Race Weekend (SSRW) is a highlight of the national calendar, providing a unique championship environment where athletes can test themselves against the country's top emerging talent. It is an opportunity to race at the highest domestic level, challenge personal limits and experience the intensity of championship competition.

Across three action-packed days, athletes will take on a range of exciting race formats, including the LeMans, Aquathlon, Super Sprint and Finals. Each format presents its own challenges, rewarding not only speed and endurance, but also tactical awareness, adaptability and the ability to perform under pressure.

More than just a race weekend, SSRW brings together the next generation of Australian triathlon talent. Athletes have the opportunity to compete alongside some of the country's most promising young triathletes while building friendships, creating lasting memories and gaining experiences that will support their future in the sport.

Many of Australia's leading elite athletes have competed at SSRW throughout their development, using the experience gained through events like this as a stepping stone towards national representation and success on the international stage. For some athletes, this weekend will be another milestone in an already impressive journey. For others, it may be the beginning of something much bigger.

To help you make the most of the weekend, please take the time to review this guide carefully. It contains important information on schedules, race formats, course details and check-in requirements to ensure a safe and enjoyable event experience.

Whether you're competing for a national title, striving for a personal best or experiencing your first Australian Championships, embrace every opportunity this weekend presents. Challenge yourself, learn from every race, support your fellow competitors and take pride in being part of one of Australia's premier Youth and Junior triathlon events.

On behalf of AusTriathlon, I wish all athletes, coaches, officials, volunteers and supporters a safe, enjoyable and memorable weekend of racing.

Learn, compete and enjoy the journey. Your next step in the sport starts here.

Nicholas Hull
National Events Manager
AusTriathlon

Acknowledgment of Country





We acknowledge the original inhabitants of this area, including the Yugamba people and family groups within, and recognise their connection to the land, waters and resources in the area now known as the Gold Coast.
We pay our respects to their Elders past, present and emerging.

EVENT PROGRAM

THURSDAY 17 DECEMBER	
14:00-16:30	Registration Open

FRIDAY 18 DECEMBER	
6:00-6:30	Transition Open
7:05	JUNIOR/U23 AQUATHLON MALE
08:10	JUNIOR/U23 AQUATHLON FEMALE
9:00-9:30	Transition Opens – Youth Aquathlon
9:40	YOUTH AQUATHLON MALE
10:00	YOUTH AQUATHLON FEMALE
11:00 –11:30	Transition Open – Junior/U23 LeMans
11:30	JUNIOR/U23 LEMANS MALE
11:40	JUNIOR/U23 LEMANS FEMALE
13:45-14:15	Transition Opens - Youth LeMans
14:25	YOUTH LEMANS MALE
14:55	YOUTH LEMANS FEMALE
15:30 -16:00	Transition Opens - Youth LeMans

* Schedule subject to change and where possible events will start earlier than scheduled.

EVENT PROGRAM

SATURDAY 19 DECEMBER	
6:00-6:30	Transition Open – Junior/U23 Super Sprint
7:05	**JUNIOR/U23 SUPER SPRINT MALE RACE 1**
8:35	**JUNIOR/U23 SUPER SPRINT FEMALE RACE 1**
9:35-9:50	Transition Open – Junior/U23 Super Sprint
10:00	**JUNIOR/U23 SUPER SPRINT MALE RACE 2**
11:30	**JUNIOR/U23 SUPER SPRINT FEMALE RACE 2**
13:00-13:30	Transition Open – Youth & Rookie Super Sprint
13:40	**YOUTH SUPER SPRINT MALE**
14:10	**YOUTH SUPER SPRINT FEMALE**
14:40	**ROOKIE SUPER SPINT MALE**
14:55	**ROOKIE SUPER SPRINT FEMALE**
15:15-15:30	Transition Open – Youth & Rookie Super Sprint

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EVENT PROGRAM

SUNDAY 20 DECEMBER	
6:00-6:30	TRANSITION OPENS – ROOKIE JUNIOR/U23 & YOUTH B,C,D,E,F FINALS
07:05-07:35	JUNIOR/U23 SUPER SPRINT MALE F, E,D FINAL
07:50	JUNIOR/U23 SUPER SPRINT FEMALE D FINAL
08:05	YOUTH SUPER SPRINT MALE – C FINAL
08:20	JUNIOR/U23 SUPER SPRINT MALE - C FINAL
08:35	JUNIOR/U23 SUPER SPRINT FEMALE - C FINAL
08:50	YOUTH SUPER SPRINT MALE - B FINAL
09:05	YOUTH SUPER SPRINT FEMALE - B FINAL
09:20	JUNIOR/U23 SUPER SPRINT MALE - B FINAL
09:35	JUNIOR/U23 SUPER SPRINT FEMALE - B FINAL
09:50	ROOKIE SUPER SPRINT MALE
10:05	ROOKIE SUPER SPRINT FEMALE
10:20-10:30	TRANSITION OPENS - ROOKIE, JUNIOR/U23 & YOUTH B, C, D, E, F FINALS
10:45-11:15	TRANSITION OPENS - JUNIOR/U23 & YOUTH A FINALS
11:25	YOUTH SUPER SPRINT MALE - A FINAL
11:45	YOUTH SUPER SPRINT FEMALE - A FINAL
12:05	JUNIOR/U23 SUPER SPRINT MALE - A FINAL
12:25	JUNIOR/U23 SUPER SPRINT FEMALE - A FINAL
12:45-13:00	TRANSITION OPENS - JUNIOR/U23 & YOUTH A FINALS
13:15	PRESENTATIONS

* Schedule subject to change and where possible events will start earlier than scheduled.

GENERAL EVENT INFORMATION

VENUE & PARKING:
The 2026 Australian Super Sprint Championships is being held at the Gold Coast Performance Centre at Runaway Bay. You can access via the corner of Sports Drive & Morala Avenue, Runaway Bay QLD 4216.

There is STRICTLY no parking at the front of the Centre (beside pool/reception).Turn left at the entry roundabout to enter the bottom carpark beside the athletics track.

THE BIKE FITTER:
As part of the event program we will have The Bike Fitter present throughout the weekend. Based on the Gold Coast, they provide a range of services and products to help optimise your position, comfort and performance on your bike. They will ask you about chronic health issues and acute injuries that can affect your cycling, and may perform some simple physical assessments. Armed with that information they will observe you on your bike and seek to identify and remediate biomechanical issues. They'll make adjustments to your bike if necessary and recommend changes to components if they believe they will improve your comfort and performance.

Time available during the event may be limited, but they are happy to consult with event participants and provide a comprehensive follow up service or refer you to an appropriate bike fit professional near you. As well as general repairs, participants can book a time using the following link [The Bike Fitter | Gold Coast | Contact Us]

RACE BRIEFINGS:
Race Briefing will be held on Friday from 2:00pm to 4:30pm in the Champions Room located within Gold Coast Performance Centre. Attendance at Race Briefing is compulsory for all athletes.

From 2:00pm to 2:45pm, athletes will complete Athlete Sign-On and attend the official Race Briefing. During this time, athletes will receive important event information from technical officials.

A short reminder briefing will also be provided at the start line prior to each race. Athletes should report to the start area at least 10 minutes before their scheduled race start time.

REGISTRATION:
Following the Race Briefing, all athletes will participate in a compulsory Athlete Education Session from 2:45pm to 3:45pm.

The session will provide athletes with the opportunity to hear from a range of AusTriathlon partners, gaining valuable insights into athlete development, performance and wellbeing.

From 3:45pm to 4:30pm, athletes will complete Race Pack Collection and Uniform Checks. All athletes must present their race uniform during this time.

As part of race pack collection, athletes will receive: Timing chip (to be retained for the duration of the event), one swim cap, one race tattoo (to be placed on the right arm)

No bike checks will be conducted as part of registration and this will occur at transition during your first bike check-in..

GENERAL EVENT INFORMATION (CONT'D)

TRANSITION:
During your first bike check-in, the Technical Official will check your bike and helmet to ensure they are compliant.

Please read the Race Rules section clearly to ensure you know the rules before the event regarding your equipment.

Each athlete is allocated a transition box and rack. Please rack your bike by the seat over the ID tag. All your equipment must be placed in front of your transition box before the race and any equipment discarded in the race must be placed in your transition box.

RACE COMPETITION RULES:
World Triathlon and AusTriathlon rules for Draft Legal events apply at Super Sprint Race Weekend. This includes bicycle, wheels (UCI approved), handlebar restrictions.
*It is the athlete's responsibility to know, understand and adhere to the World Triathlon and TA Draft Legal rules.***
AusTri Race Competition Rules
World Triathlon Race Competition

PENALTIES:
All penalties will be served at the allocated penalty box where possible.

EQUIPMENT:
Below is the current UCI approved wheel list which apply to Super Sprint Race Weekend. UCI Approved Wheel List >

UNIFORMS:
All Youth and Junior/U23 and Rookies points athletes competing must wear a race suit that meets the World Triathlon uniform guidelines in regards to Surname, Country Code "AUS", rear zip and logo size (s). The World Triathlon Uniform Guidelines can be found below.

If an athlete does not have a World Triathlon compliant race suit, they may compete in a "cleanskin" race suit with no sponsors or markings at all. Regional School/Academy Suites are acceptable Read here

SCHEDULE:
The event schedule is likely to change in the event of postponements or cancellations from weather, withdrawals, etc. All athletes must be on-site at least **one hour** before their scheduled start time. Race starts will not be held for athletes who have left the event precinct.

RESULTS & PRESENTATIONS:
Results will be live online. Competitors must make themselves aware of results and rankings to ensure they start in the correct final. Presentations will be conducted for at the conclusion of the last race on Sunday

GENERAL EVENT INFORMATION (CONT'D)

POINT SCORING:
Youth, Junior/U23 and Rookies points will be allocated via the following means: **1st = 1 point, 2nd = 2 points .....32nd = 32 points** and so on.
Points will be allocated on overall time for your age group (Youth & Junior/U23, Rookie). DNS and DNF will automatically be awarded the maximum points available for their category. In addition will be ineligible for the A final.

The point scoring opportunities are:
- Aquathlon (time)
- LeMans (time)
- Super Sprint (time)
- Transition total time across Saturday and Sunday (Youth, Junior/U23 only)

Transition times are calculated using the full transition time down to hundredth of a second decimal. There is no time rounding when calculating overall transition times. Note: Transition times displayed online do not represent the full time being used for calculations.

RACE SEEDING:

Friday (Aquathlon & LeMans) - athletes will be seeded (seeding process will be done at the full discretion of AusTriathlon) in waves for these events.
Saturday (Super Sprint) - athletes will be seeded (seeding process will be done at the full discretion of AusTriathlon) in waves for these events.
Sunday (Finals) - Athletes will be placed in their respective final through the combination of points allocated across racing on Friday and Saturday.

OVERALL CHAMPIONS:
The first athletes across the finish line in Final A in their age category will be determined the Champions.
- Junior Male and Female (16-19 years as of 31/12/27) **
- Junior B. Male and Female (16-17 years as of 31/12/27)*
- Youth Male and Female (14-15 years as of 31/12/27)

**Junior B Champions will be determined by the highest placed eligible athletes in Final A. If the podium cannot be determined in Final A – all/or the remaining podium will be determined in Final B, Final C etc. by the first eligible athletes to finish.*

*** Junior B athletes are eligible for both Junior and Junior B Categories.*

Rookies: The two point scoring opportunities will be Saturday- Super Sprint and Sunday Super Sprint Final to determine overall placings.

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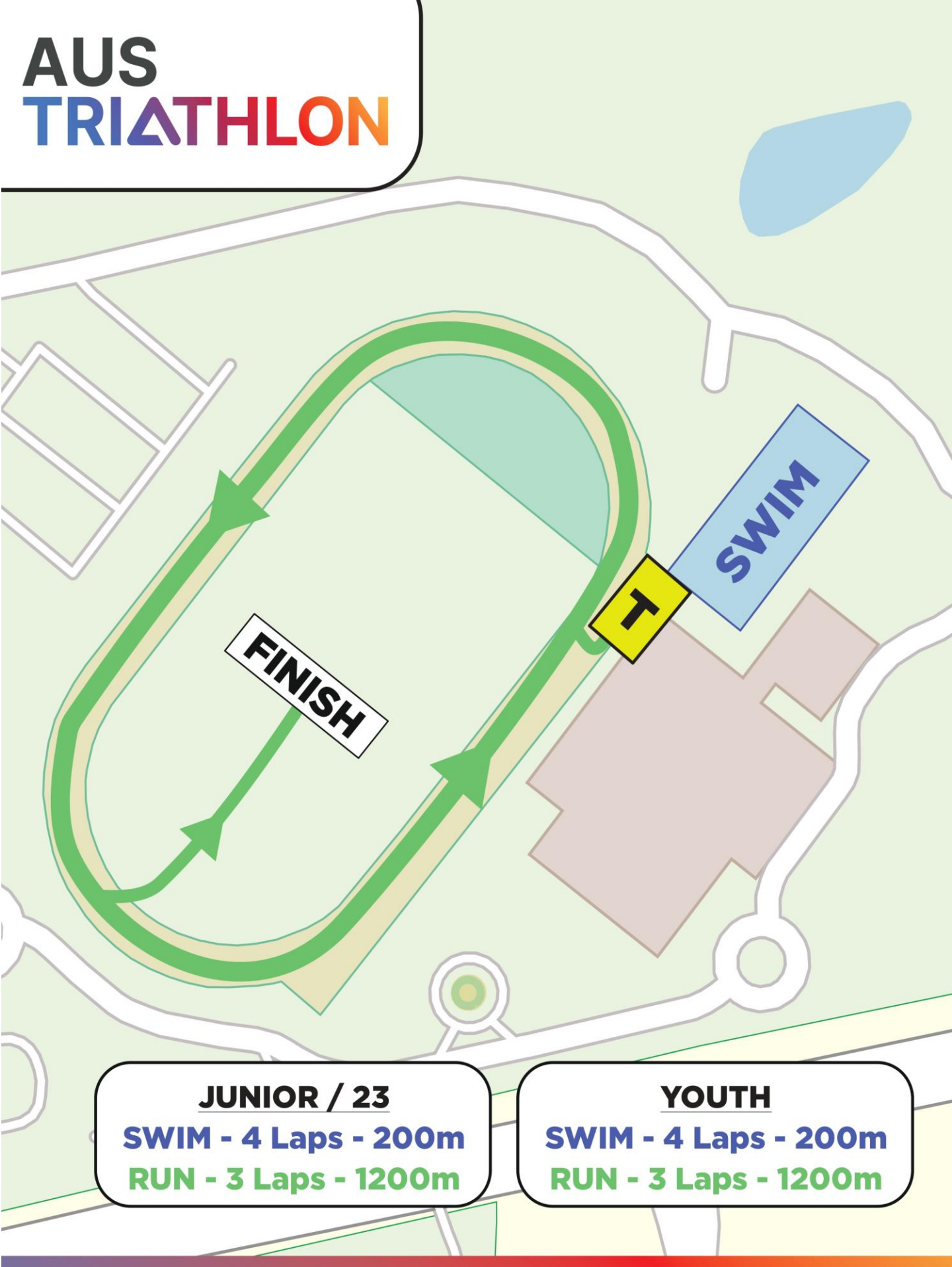

JUNIOR / 23

SWIM - 4 Laps - 200m

RUN - 3 Laps - 1200m

YOUTH

SWIM - 4 Laps - 200m

RUN - 3 Laps - 1200m

AQUATHLON

V2.3

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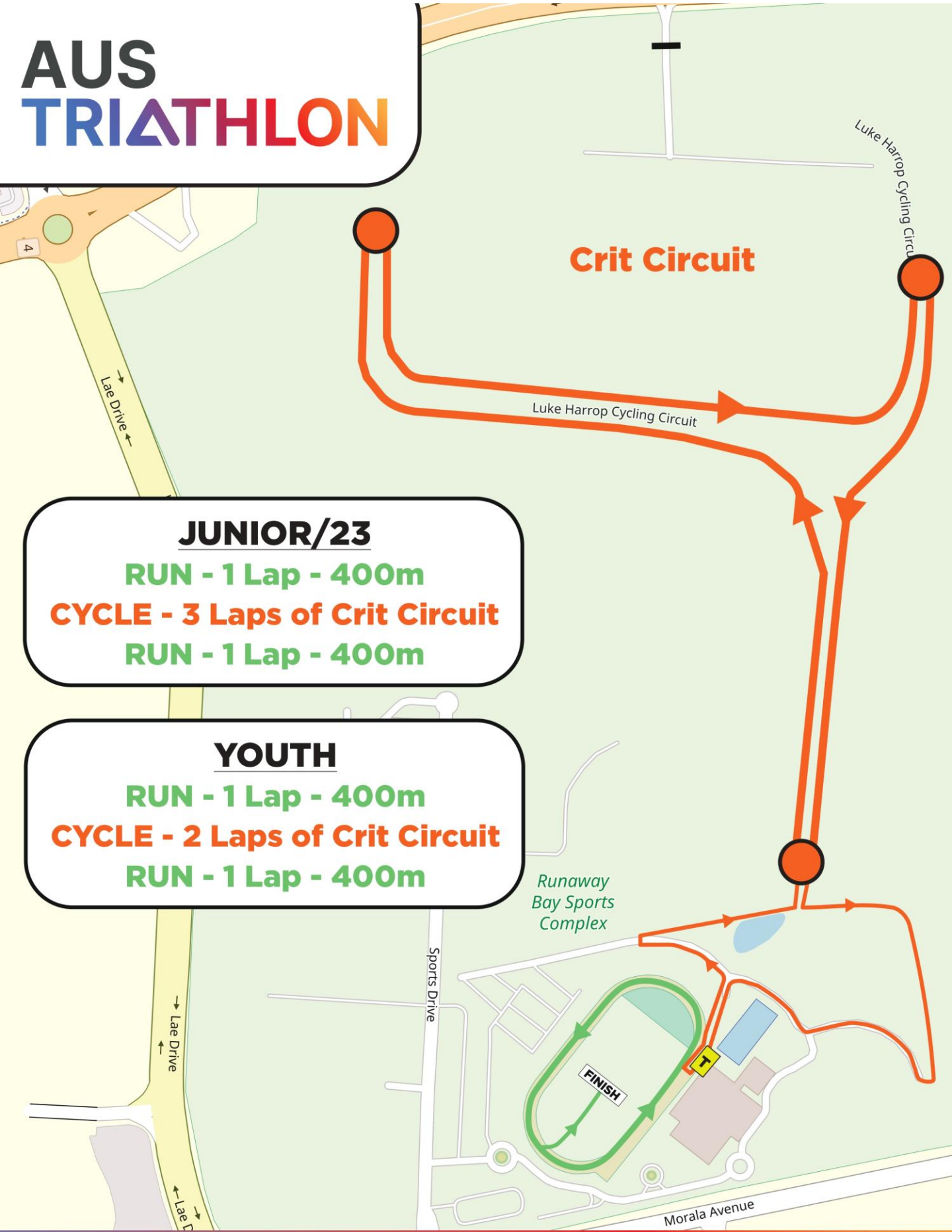

JUNIOR/23

RUN - 1 Lap - 400m

CYCLE - 3 Laps of Crit Circuit

RUN - 1 Lap - 400m

YOUTH

RUN - 1 Lap - 400m

CYCLE - 2 Laps of Crit Circuit

RUN - 1 Lap - 400m

LE MANS

V2.3

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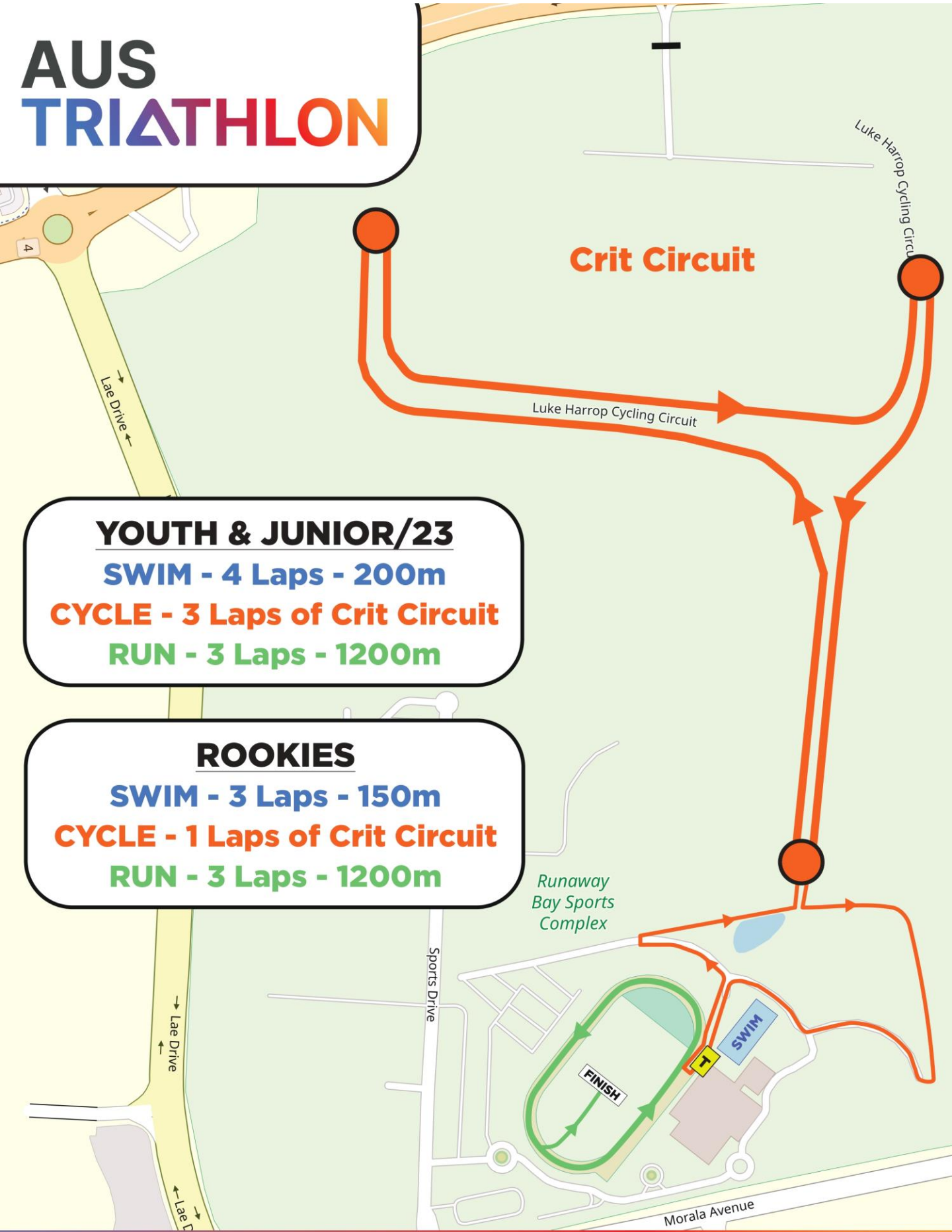

YOUTH & JUNIOR/23

SWIM - 4 Laps - 200m

CYCLE - 3 Laps of Crit Circuit

RUN - 3 Laps - 1200m

ROOKIES

SWIM - 3 Laps - 150m

CYCLE - 1 Laps of Crit Circuit

RUN - 3 Laps - 1200m

SUPER SPRINT HEATS

V2.3

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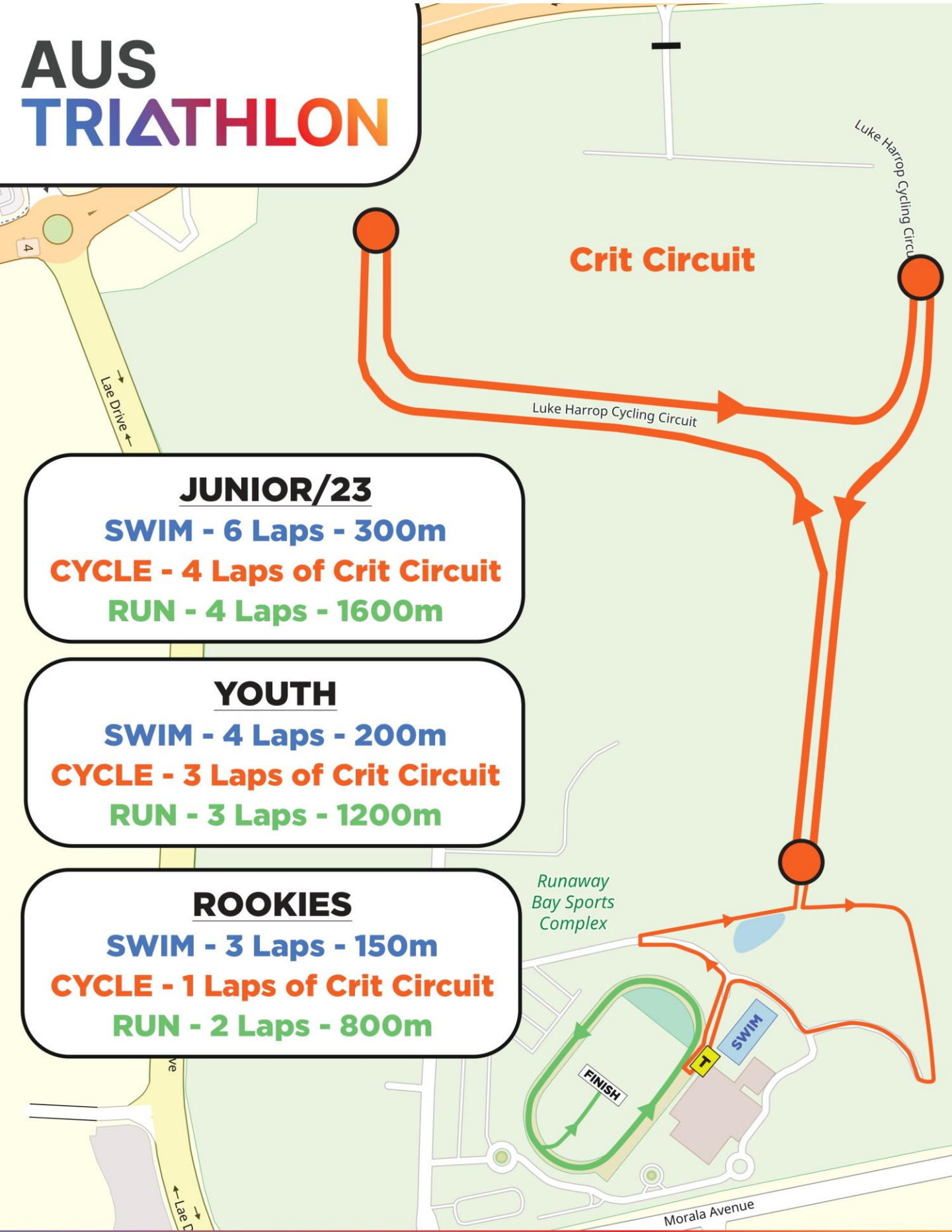

JUNIOR/23

SWIM - 6 Laps - 300m

CYCLE - 4 Laps of Crit Circuit

RUN - 4 Laps - 1600m

YOUTH

SWIM - 4 Laps - 200m

CYCLE - 3 Laps of Crit Circuit

RUN - 3 Laps - 1200m

ROOKIES

SWIM - 3 Laps - 150m

CYCLE - 1 Laps of Crit Circuit

RUN - 2 Laps - 800m

SUPER SPRINT FINALS

V2.3


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Baczkowski
AUS
PICKFORD
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NEWMAN
AUS
POLLOCK
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ARROLL
AUS