ACT SWIM RUN SERIES

AUS TRIATHLON



Event Guide

6 December 2026

ACT TRIATHLON

WELCOME

Welcome to Race 1 of the 2026 Swim Run Series

Welcome to the opening race of the 2026/27 Swim Run Series at Black Mountain Peninsula.

We're excited to kick off a summer of fun, fitness and friendly competition on the shores of Lake Burley Griffin. The Swim Run Series features two races leading into Race 3, the ACT Aquathlon Championships, providing the perfect opportunity to stay active and connected throughout the summer season.

Race 1 introduces a unique Swim-Run-Swim format that will test your pacing, transitions and race strategy. Whether you're new to multisport or an experienced athlete looking to sharpen your skills, this event offers a welcoming and enjoyable racing experience in one of Canberra's most scenic locations.

Set against the backdrop of Black Mountain Peninsula, you'll find a supportive atmosphere, a great community spirit and plenty of encouragement from fellow competitors, volunteers and supporters.

Events like this are only possible because of the dedication of our volunteers and the clubs they represent across the ACT region. Their contribution plays a vital role in creating a safe and enjoyable experience for everyone, and we thank them for their ongoing support.

On behalf of AusTriathlon, I wish you all the best for Race 1. Enjoy the evening, race hard and most importantly, have fun.

Nicholas Hull
National Events Manager
AusTriathlon



AusTriathlon acknowledges the Traditional Custodians of the lands on which we all meet today. We pay our respects to their Elders past, present and emerging and recognise their continuing connections to the land and sea-where triathlon is at home. AusTriathlon recognises the outstanding contribution that Aboriginal and Torres Strait Islander peoples make to society and sport in Australia and celebrates the power of sport to promote reconciliation and reduce inequality.

EVENT PROGRAM

Date: Sunday 6 December

Venue: Black Mountain Peninsula, Acton 2601

WEDNESDAY 14 JANUARY		
TIME	**ACTIVITY**	**LOCATION**
6:00 AM	**REGISTRATION AND BODY MARKING OPEN**	CHECK IN AREA
6:15 AM	**TRANSITION OPEN**	CHECK IN AREA
7:30 AM	**TRANSITION AND REGISTRATION CLOSE**	TRANSITION AREA
7:35 AM	RACE BRIEFING - LONG COURSE & SWIM ONLY	SWIM AREA
7:40 AM	**RACE START - LONG COURSE (MALE)**	TRANSITION AREA
7:45 AM	**RACE START - LONG COURSE (FEMALE)**	SWIM AREA
7:50 AM	**RACE START - SWIM ONLY**	SWIM AREA
7:55 AM	RACE BRIEFING - SHORT COURSE	SWIM AREA
8:00 AM	**RACE START - SHORT COURSE (MALE)**	SWIM AREA
8:05 AM	**RACE START - SHORT COURSE (FEMALE)**	SWIM AREA
8:10 AM	RACE BRIEFING - KIDS (LONG & SHORT)	SWIM AREA
8:15 AM	**RACE START - KIDS (LONG & SHORT)**	SWIM AREA
8:45 AM	**PRESENTATIONS**	FINISH AREA

*Transition will open for bike collection at the discretion of the Head Referee and will consider the safety of athletes in the transition area.

** Schedule subject to change

KEY CONTACTS & EMERGENCY INFORMATION

RACE PERSONNEL

- Event Manager: Nicholas Hull events@triathlon.org.au
- Race Director: Nicholas Hull events@triathlon.org.au
- Technical Delegate & Head Referee: Gai Webster
- Medical Contact: Get First Aid
- Timing: Sports Event Services

EMERGENCY CONTACTS

- Dial 000 – for Police, Fire or Ambulance for any life-threatening emergency, at any time, day or night.
- The ACT Emergency Services Agency (ESA) is responsible for emergency management and related support arrangements in the Territory. It comprises Ambulance, Fire & Rescue, Rural Fire and State Emergency Services.
- Hospitals
  - Northside – 7.6km from race site
    North Canberra Hospital
    5 Mary Potter Cct, Bruce ACT 2617
    Phone: (02) 6201 6111
  - Southside – 11.8km from race site
    - Canberra Hospital
    - Yamba Dr, Garran ACT 2605
    - Phone: (02) 5124 0000

VENUE INFORMATION

Black Mountain Peninsula offers a captivating blend of natural beauty and athletic challenge, making it an ideal setting for the Swim Run Race 1. Participants and spectators alike can enjoy the serene lakeside ambiance and scenic vistas, creating a perfect backdrop for a day of triathlon action and community spirit.

PARKING

Parking will be available on Black Mountain Peninsula. Please be mindful of members of the public also enjoying the facilities of the peninsula and arrive with plenty of time to find parking. There are no road closures for this event.

FACILITIES

There are public toilets near the race venue. Please ensure they are kept neat and tidy. There are public bins in the park, but we encourage athletes and supporters to take their rubbish home with them from the venue.



EVENT SAFETY FOR ATHLETES AND SPECTATORS

It is important for athletes and spectators to be aware of the race course and transition zones to ensure races are not disrupted and athlete performance is not hindered.

Start areas, Transition and the Finish chute are STRICTLY for athletes ONLY.

Notes for the event:

- Do not run or ride beside an athlete on course as this will result in disqualification.
- Do not use permanent paint or crayons on the road or footpaths.
- Do cheer for athletes, but do not provide them any outside assistance.
- Do not accept any equipment or clothing from an athlete as this will result in disqualification.
- Please only cross the course in designated spectator crossing zones OR only when it safe to do so.
- Please obey all instructions from Staff, Technical Officials and event volunteers.
- Please be considerate of members of the public who will also be utilising the facilities and paths of Black Mountain Peninsula
- Clothing must be worn at all times – tops and bottoms.
- Athletes are responsible for familiarising themselves with the course.
- Full maps are available online, in this guide and on competitor information boards.
- Headphones, headsets, Walkman's, iPods, mp3 players, and other types of personal audio devices are not to be carried or used at any time during the race.
- Competitors may not accept assistance from anyone other than an authorised race official.
- As this is a smaller event, timing chips and race bibs won't be needed, however all competitors must have their race number written and visible on both arms.
- The triathlon is sanctioned and run under AusTriathlon race competition rules and will be officiated by AusTriathlon technical officials. For full details of rules and regulations please click **here.**

THE EVENT

REGISTRATION

Event tickets are available here. There may be some on the day entries available-please keep an eye on ACT Triathlon social media to ensure it has not sold out.

RACE PACK PICK UP

Athletes can pick up their race pack from Black Mountain Peninsula near transition:

- Sunday 6 December 6:00am - 7:30am

Please bring your photo ID with you.

You will have your race number written on both arms at race registration

BAG STORAGE

Bag storage will be available near the check in area. Bags cannot be left in transition and bags left in transition will be removed before the start of the race. AusTriathlon does not accept responsibility for lost or damaged property. We advise you not to leave valuables in your bags.

RACE BRIEFINGS

Race briefings are compulsory for all athletes. Race briefings will occur at the start line five (5) minutes before each race start.

RACE DESCRIPTION

All races are listed as follows.

- Long course – 600m swim; 4km run; 600m swim
- Short course – 400m swim; 3km run; 400m swim
- Kids Long course – 100m swim; 2km run
- Kids Short course – 100m swim; 1km run

RACE DESCRIPTION

SWIM COURSE

The swim course will take place in Lake Burley Griffin to the West side of Black Mountain Peninsula. A shallow water start will be conducted just off the beach.

LONG COURSE

Long Course competitors will follow a triangular swim course of 300m in a clockwise.

SWIM ONLY

Swim only competitors will complete four laps of a triangular course of 250m in a clockwise direction.

SHORT COURSE

Short Course competitors will follow a triangular swim course of 200m in a clockwise direction.

KIDS (LONG & SHORT)

Athletes in the kids course will follow an out-and-back course of 100m. There will be one turning buoy at the furthest point of the course.

- **Swim Safety**. The swim course will be attended by swim marshals on paddle boards and kayaks. Any athlete having difficulty during the swim may draw attention by waving a hand above their head to the kayaks and they will come to your rescue. Hand waving to spectators while swimming is strictly prohibited.

- **Wetsuits**. Wetsuit use is governed by the following values:
  - Mandatory: 15.9 °C and below
  - Forbidden for Elite, Under 23, Open and Junior/Youth Competitors: 20.0 °C and above
  - Forbidden for Age Group Athletes up to 59 years: 22.0 °C and above
  - Forbidden for Age Group Athletes 60 and above: 24.6 °C and above
  -

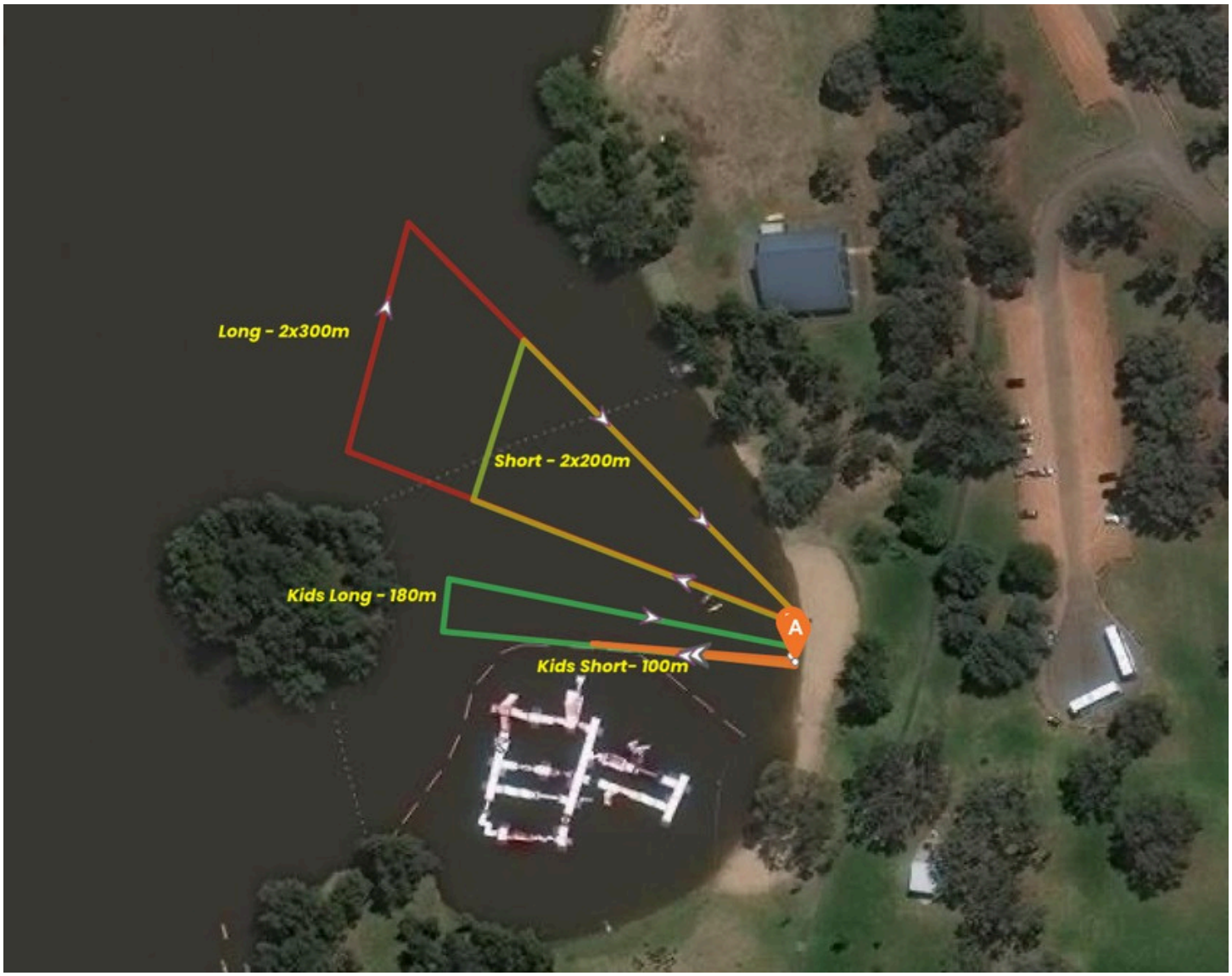
A final decision on wetsuit use will be made by the Head Referee/Technical Delegate based on water temperature on race morning and will be published on the information board at registration.

RACE DESCRIPTION

SWIM COURSE - CONTINGENCY PLAN

In the event of variable weather or water conditions, the swim course may operate under a contingency format. Under this format, Long Course and Short Course athletes will complete a 2-lap swim, while Swim-Only athletes will complete a 4-lap swim. The same will apply for the second swim leg.

This configuration allows for improved athlete monitoring, more efficient volunteer coverage, and enhanced safety response capability, ensuring rapid assistance can be provided if required.



RACE DESCRIPTION

RUN COURSE

The run course will follow the scenic bike paths around Black Mountain Peninsula. All runners must keep left on the path at all times and please be mindful that you may be sharing the path with the public at some times.

All distances run the same course running in a northern direction and completing a U-Turn at the marker appropriate to their distance:

- Long Course: U-Turn at 2km
- Short Course: U-Turn at 1.5km
- Kids Long Course: U-Turn at 1km
- Kids Short Course: U-Turn at 500m

It is the responsibility of the athlete to ensure they complete the correct U-Turn.

TRANSITION AND FINISH LINE

After the swim, athletes will enter transition at the left hand bottom corner. Athletes must then turn right to find their equipment and continue to move in that direction to the exit for the run.

The flow remains the same as athletes transition from run to final swim. Transition flow is one-way. Always follow the directions of Technical Officials and volunteers.

After athletes have completed their second swim leg, they will exit the swim and turn left into the finish chute. Kids Races do not complete a second swim, so will continue past transition and straight into the finish chute at the end of their run.

RACE DESCRIPTION

TRANSITION LAYOUT



COURSE OVERVIEW

COURSE OVERVIEW



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