

SPRINT TRIATHLON BARGARA

3 May 2026
Athletes Guide





EVENT TIMETABLE:

(Event registration closes: Thursday 30 April 2026)

Date	Time	Location
Pub to Club Ocean Swim Race Bargara		
02 May	6am – 8:30am	Pub to Club; Bundaberg SLSC 2 Fred Courtice Ave, Bargara QLD 4670
	6am – 6:45am	Pack pickup
	6:45am to 6:55am	Race briefing
	7:00am	3km Start Best Practice Software Pub to Club, from SLSC
	7:30am	1.6 km Start Best Practice Software Pub to Club, from Bargara Boat Ramp (10 min easy walk after race briefing)
Pack Pick Up for Bargara Sprint Triathlon Bargara (NO pack pickup on race day)		
02 May	2pm to 5:00pm	Club Bargara, 120 Miller St Bargara 4670 Qld
Bargara Sprint Triathlon Bargara		
03 May	6:00am	Adult (including Teams) transition open
	6:30am	Adult (including Teams) transition Closed
	6:35am to 6:40am	Race Briefing at Finish line
	6:45am to 7:30am	Race start (order may vary based on numbers)
	8:30am to 8:50am	Junior Transition open
	8:55am to 9:20am	Kids start (in order of Hatchlings, Milbis and All Abilities, Hatchlings)
	9:30am	Awards (Crawford Park)

Wave Starts:

6:45am 5km Run (Male & Female 14+)

6:45am Males (Sprint & AquaBike) 14 – 39 years and Sprint Teams

6:50am Females (Sprint & AquaBike) 14 – 39 years

6:55am Males (Sprint & AquaBike) 40years and over

7:00am Females (Sprint & AquaBike) 40years and over

7:30am GIAT all in category

Assuming all adults have finished on the bike

9:00am Hatchlings

9:10am Milbis and All Abilities

9:15am Turtles

Distances and Laps

	Swim	Cycle	Run
Sprint (Individual & Sprint Teams)	750 m 1 lap	20km 4 laps	5km 1 lap
Give It A Tri (GIAT & Relay Teams)	400m 2 laps	10km 2 laps	2.5km 1 lap
Aqua Bike	750 m 1 lap	20km 4 laps	N/A
Turtles	200m 1 lap	3km 3 laps	500m 1 lap
Milbi	100m 1 lap	2km 2 laps	300m 1 lap
Hatchlings	30m wade 1 lap	1km 2 laps	150m 1 lap
All Abilities	50m wade 1 lap	2km 4 laps	300m 1 lap
5 km Run	N/A	N/A	1lap



TRANSITION TIMES - No pack collection on race day

AquaBike, Super Sprint, Sprint Individuals & Teams:
Transition will open at 5:45am and close at 6:30am

Juniors

Hatchlings, Milbis, Turtles & All Abilities:

Juniors Transition at 8:30am (after last Adult rider has finished) close at 8:50am



EVENT INFORMATION

Juniors Events (Hatchlings, Milbis, Turtles, All Abilities)

Juniors Events are non-competitive - all finishing participants will receive a finisher's medal. No prizes or placement awards

Permissible bike formats include training wheels and three wheel bikes.

No adults/parents/guardians in Transition or on course during competition for Milbis and Turtles.

All Abilities & Hatchlings parents/guardians permitted to standby/assist in Wade and Transition. Parents/guardians not permitted on course for Ride and Run.

Drink Stations (Adults)

There is one drink station on course, at the T intersection on the course. Refer course maps.

Drinks available will be water (ice if it is excessively hot weather)

Cut Off Time (14+ Sprint, Teams, Super Sprint)

Adults must have passed the bike dismount line before 8:45am to commence the next lap. After this time riders will be directed to rack their bike and commence the run leg.

Registration/Pack pickup- No pack collection on race day.

Saturday 02/05/2026 - 2pm to 5:00pm, Club Bargara, 120 Miller St, Bargara.

Road Closures and Parking

Do NOT Park on the cycle course, refer map for permitted parking zone.

The cycle course roads are closed with controlled traffic crossing at Trevor Rd, Andy Kemp Place and Watsons Road Roundabout. If traffic is on course, for your own safety please give way and notify officials at the next available opportunity. Parking is in the surrounding streets as shown below.



Event Photography

Photographers will be on course and photos will be available via social media

Bag Storage

Will be available near transition entry. Please ensure your bag is clearly marked with your race number. We also advise that though we provide this service for your convenience and take all care, you leave your belongings at your own risk. The event volunteers take no responsibility for any lost or stolen items.

What To Bring

Swim	Goggles, Swim suit/Tri-Suit, Swim Cap and Timing Chip (provided in the race pack), Sunscreen It is anticipated the swim will not be a wetsuit permitted however, you may bring a wetsuit to wear if the water drops below 24.5C
Ride/Bike/Cycle	Bike, appropriately fitting Bike helmet, cycle shoes or running shoes, drink bottle with suitable fluids, Tri-Suit or cycle shirt to cover chest, hand held bike pump, spare tube & tyre levers.
Run	Running shoes, Race bib (provided in race pack), race belt or pins to attach race bib, Tri-Suit or shirt to cover chest. Optional: socks, Cap /visor/sunglasses



Race Rules

This race is run under the rules of Triathlon Australia,
<https://www.triathlon.org.au/rules/>

Some of the rules to be aware of are:

- AquaBike race finishes (Full time is recorded) on exit of transition after the bike leg, athletes can then finish under the finish arch
- Chest to be covered on Bike and Run legs, no nudity or bare chests
- Race numbers (provided in the race pack) must be worn on the Cycle and Run
- Helmet to be on and buckled before the bike is removed from the rack to commence bike leg. After the bike leg
- Bike to be racked before helmet can be unbuckled
- Keep to the left, pass on the right
- No passing on the left
- No Drafting (refer above link to Triathlon Australia Race Rules)
- No blocking of other race competitors
- No outside/spectator assistance
- No headphones /ipods
- No communication devices while competing
- Dispose of rubbish only in waste bins
- Obey directions from Triathlon Australia Officials
- Be familiar with race distances, maps and laps, athletes are responsible to count their own laps

Other points to Note

Swim	<p>If you are a slow or not a confident swimmer, please start at the back of your wave start. The course will be marked by buoys and described at the swim start. If you require assistance during the swim leg, raise your hand to attract the attention of Lifeguards. If you choose to warm up before the race please do this outside the swim area.</p> <p>It is the athletes' responsibility to be at their appropriate swim start per the Race Start Times shown above. It is also the athletes responsibility to be familiar with the course for their competition and to complete that course in full</p>
Bike	<p>The race Bib (race number) must be worn on the Bike & Run.</p> <p>The Roads will be closed for the cycle leg; however please stay alert for stray vehicles, officials or emergency service vehicles.</p> <p>It is the athletes responsibility to be familiar with the course for their competition and to complete that course in full</p> <p>Be cautious around other cyclists and keep left unless passing. This is a non-drafting event, refer Triathlon Australia link for the rules related to drafting.</p> <p>Upper torso must be covered at all times during the cycle leg</p>
Run	<p>The race Bib (race number) must be worn on the Bike & Run.</p> <p>There are drink stations along the run course, please ensure you use these to remain appropriately hydrated</p> <p>It is the athletes responsibility to be familiar with the course for their competition and to complete that course in full</p>

	Keep left on the run course at all times unless overtaking Upper torso must be covered at all times during the run leg.
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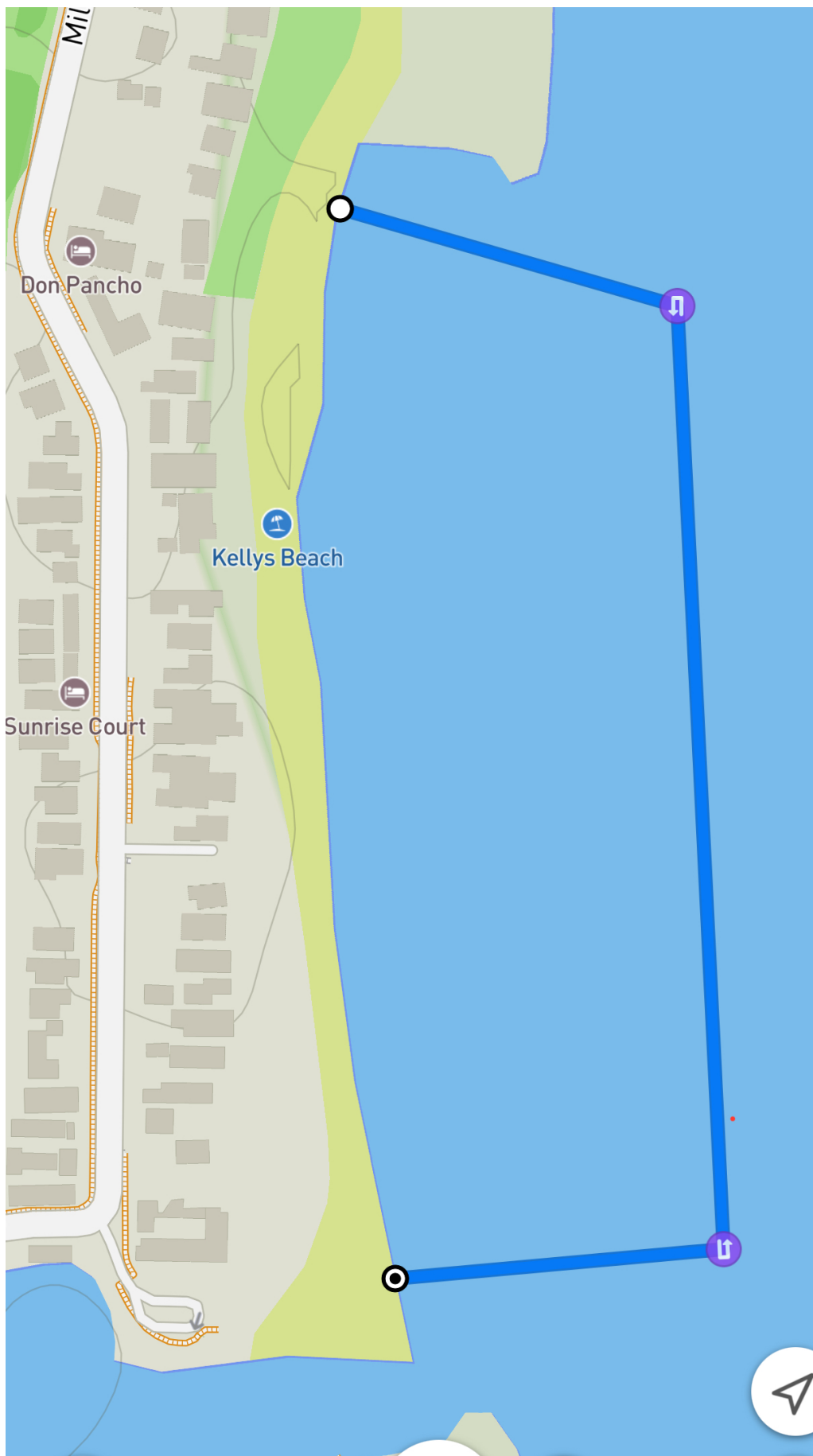
GENERAL CONDUCT FOR COMPETITORS

These rules of General Conduct apply across the entire course.

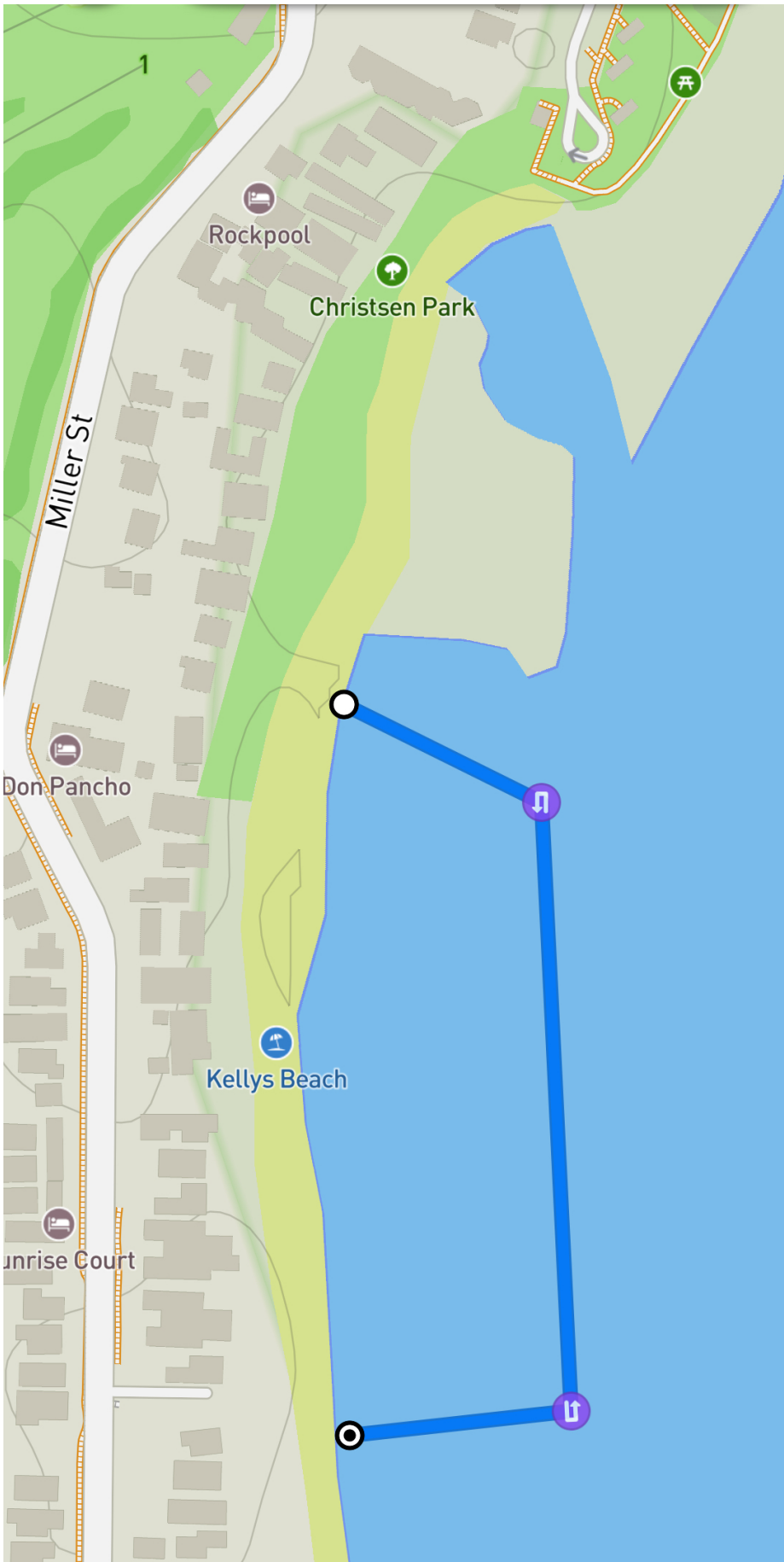
1.1. Competitors must:

- a. practise good sports conduct at all times;
- b. be responsible for their own safety, the safety of their own equipment and be considerate of the safety of others;
- c. Ensure that the equipment to be used in the race complies with the relevant safety standards and it is in proper condition
- d. be responsible for understanding and following the TA Race Competition Rules, and any Special Rules and conditions applicable to the event;
- e. obey instructions from event officials;
- f. obey traffic regulations unless otherwise instructed by an event official;
- g. treat other competitors, officials, volunteers and spectators with respect and courtesy;
- h. avoid the use of abusive language;
- i. be responsible for keeping on the designated course;
- j. not wear, use, or carry items deemed to be a hazard to self or others, e.g. a hard cast, jewellery, glass/metal containers or mirrors (reference to mirrors does not apply for athletes with a disability using a hand-cycle);
- k. not use any equipment that will distract the athlete from paying full attention to their surroundings: Athletes may not use communication devices of any type, including but not limited to mobile phones, smart watches, headphones and two-way radios, in any distracting manner during the competition. A “distracting manner” includes but is not limited to making and receiving phone calls, sending and receiving text messages, playing music, using social media, and taking photographs. Using a communication device in a distracting manner during the competition may result in disqualification;
- l. not obstruct or interfere with the forward progress of another competitor, or jeopardise the safety and welfare of another competitor, race official, spectator, or member of the public;
- m. not accept assistance from anyone, except as defined in Section 1.4;
- n. not discard any equipment on the course, except at the approved dedicated locations;
- o. not cause offence to others through deliberate acts of nudity, or personal toilet which might be seen in public;

Bargara Sprint Triathlon 2026 - Course Maps

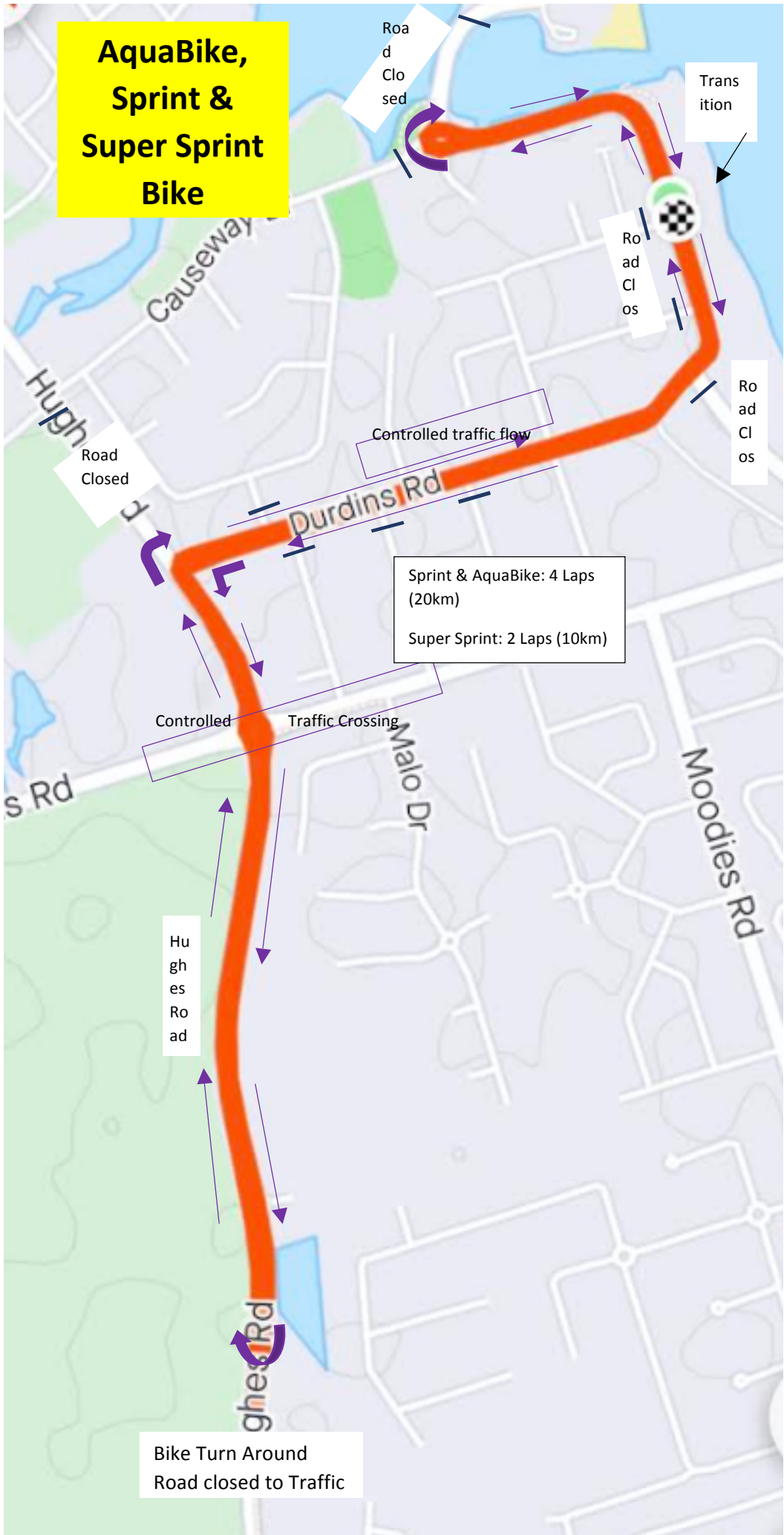


**Swim
Sprint**



Swim
GIAT

**AquaBike,
Sprint &
Super Sprint
Bike**



Sprint Run

Road is open to traffic.
Run on footpath only

Keep Left on the Path at all times

Bargara Golf Club

GIAT Turn Around

Sprint: 1 Lap
GIAT: 1 Lap (refer GIAT turnaround)

Note: The Run Course follows the footpath.
Keep left on the path.

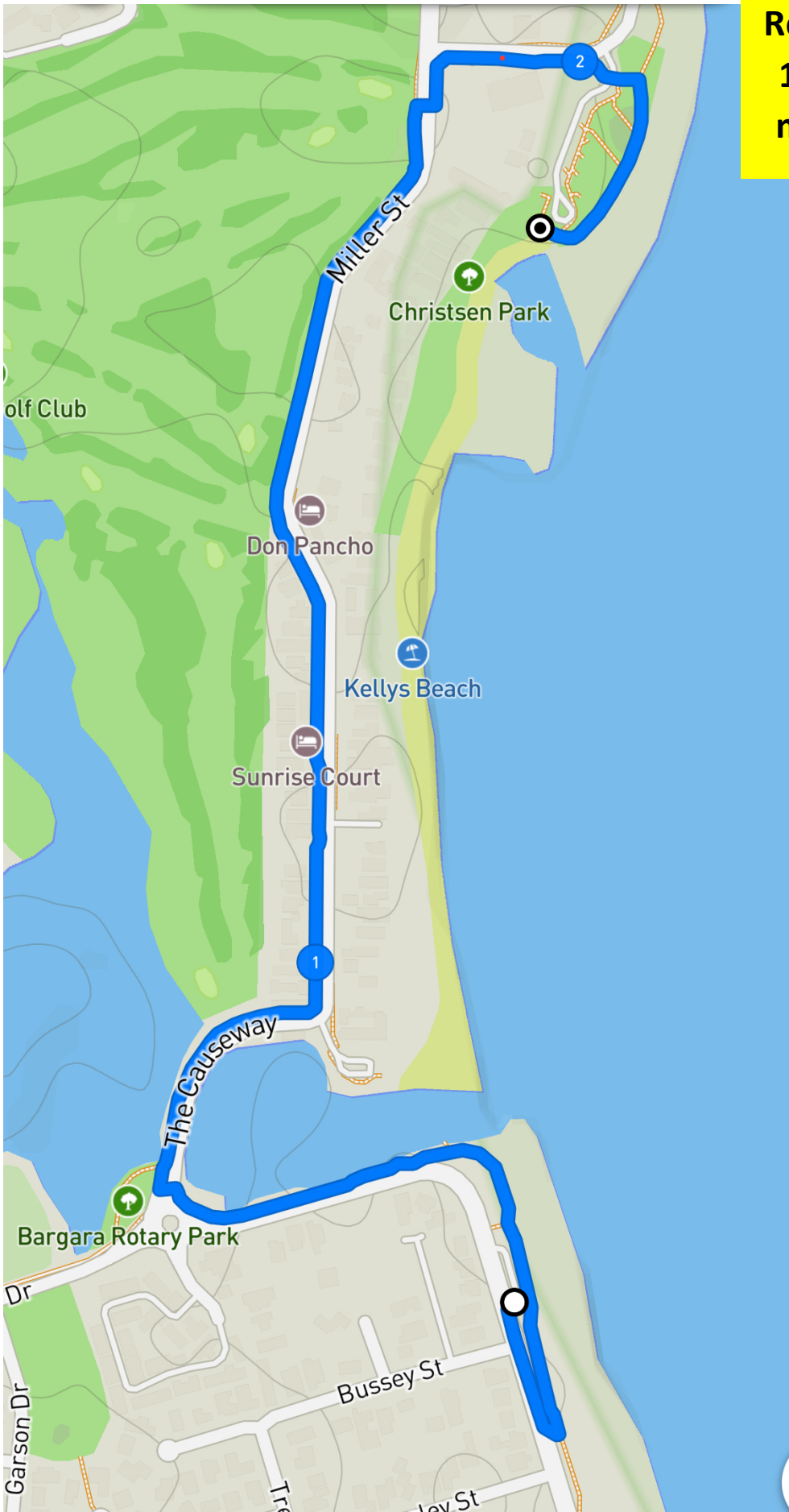
Note: The water will be ankle depth at the point of crossing from swim

Finish Chute

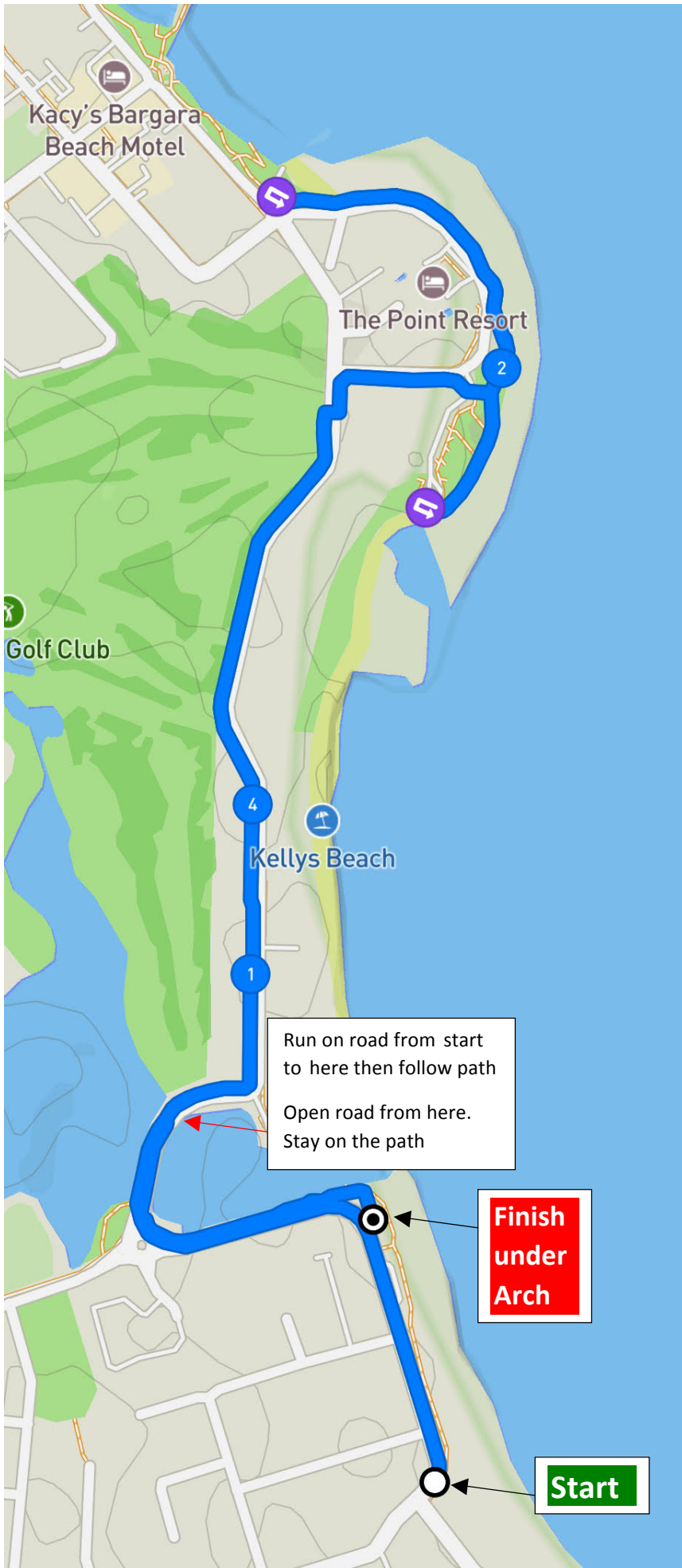
Transition

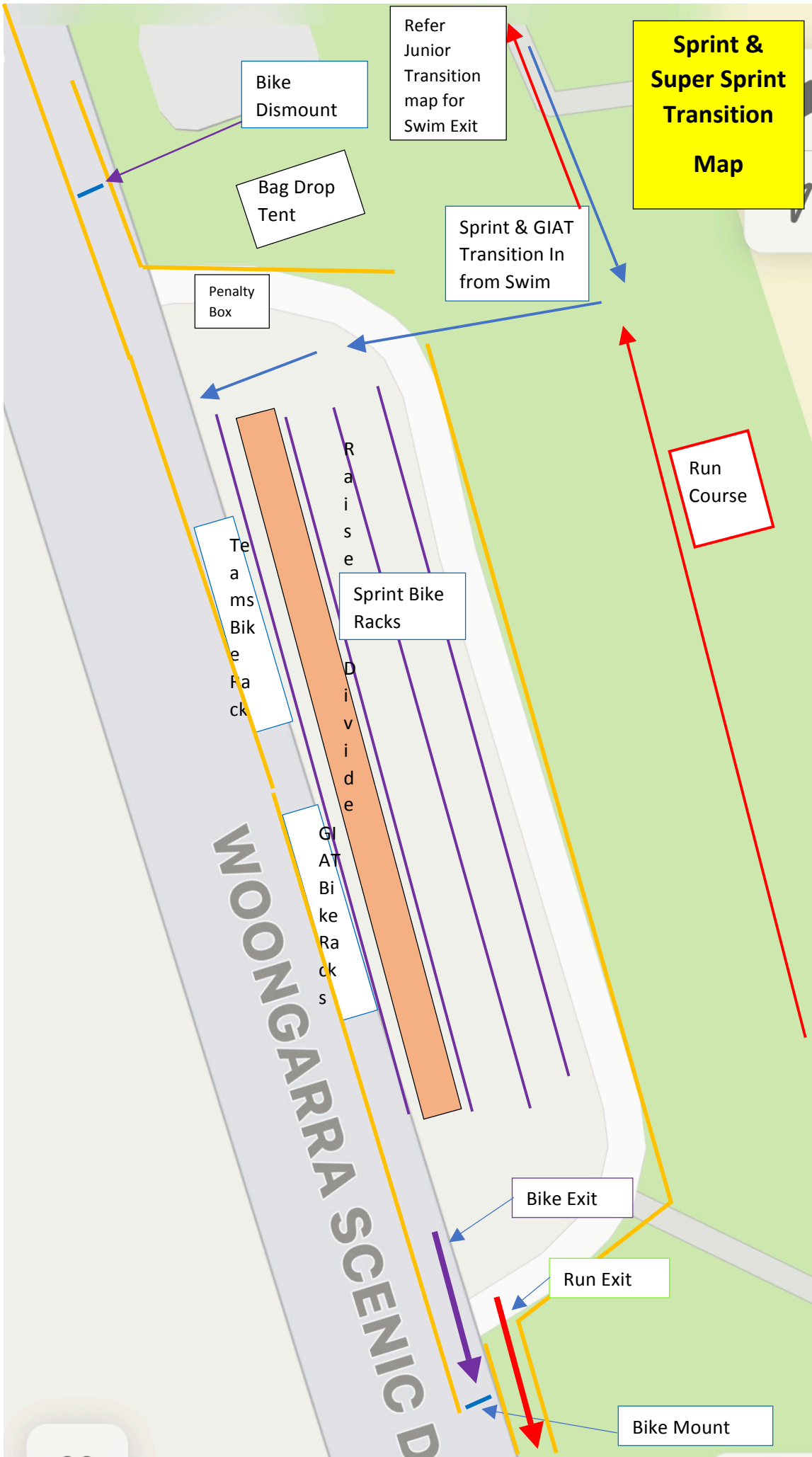


**Relay Run
1st team
member**



5km Run

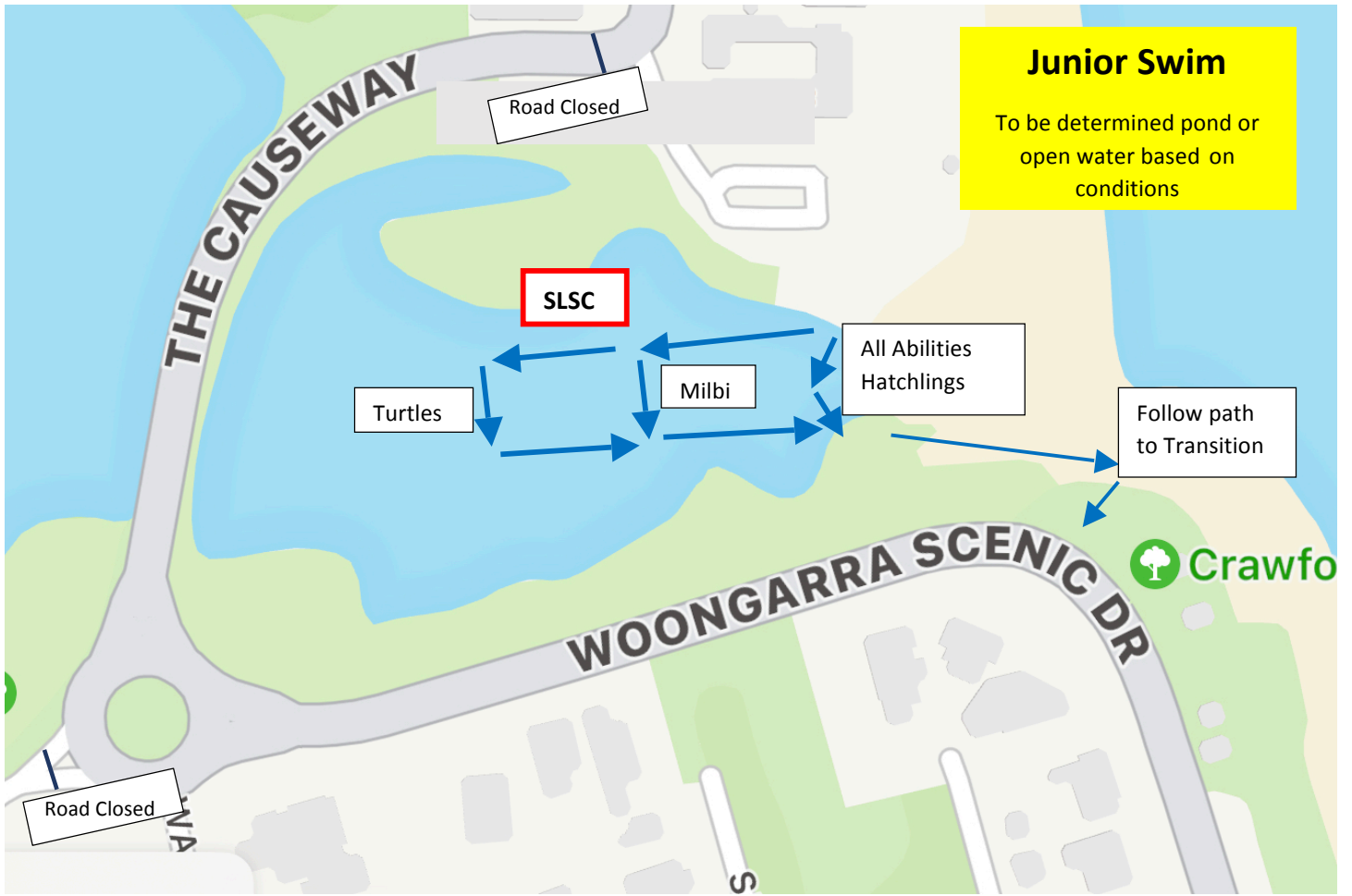






Junior Race Maps





Junior Swim

To be determined pond or open water based on conditions

SLSC

Turtles

Milbi

All Abilities Hatchlings

Follow path to Transition

Crawfo

Road Closed

Road Closed

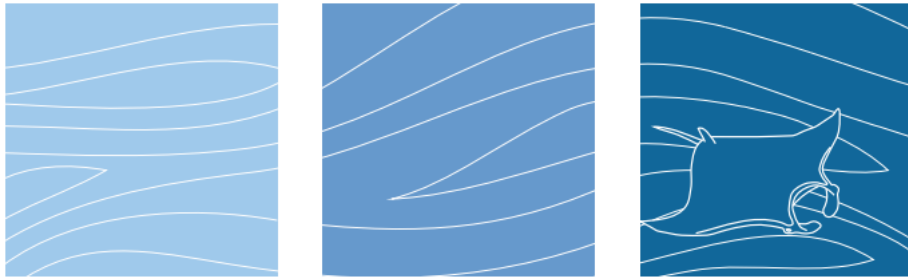
**Junior
Ride**



Junior Run



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