

REGIONAL AQUATHLON & TRIATHLON TRIALS NEWSLETTER

Students & Parents

1. SOUTH COAST SCHOOL SPORT (SSSC) TRIALS DETAILS

The following event is the nominated event for the selection of the 2026 South Coast Aquathlon & Triathlon Team to contest the Queensland School Sport Aquathlon & Triathlon State Championships that will be held in 2026. **NB.** All students trialling for the South Coast 2026 Aquathlon or Triathlon team **MUST** compete in this event.

Details in relation to this designated Regional Trial race for the 2026 South Coast Aquathlon & Triathlon team will be:

Designated Regional Trial: Aus Tri All Schools
Regional Trial Venue: Quad Park, Lake Kawana, Sunshine Coast
Regional Trial Date: Saturday 11th & Sunday 12th October 2025
Distances & Age Divisions:

MULTI CLASS age groups:

Age Division		TQ – All Schools event (TQAS) Designated Regional Trial (Conducted in 2024) <i>NB. Ages are as at 31 December 2025</i>	State Championship (State) (conducted in 2025) <i>NB. Ages are as at 31 December 2026</i>	Distances
Multi- Class				
(11/12yrs) & (13/14yrs)	Born 2015/ 2014 2013 /2012	(2025) - 10/11 & 12/13yrs	(2026) - 11/12yrs & 13/14yrs	(TQAS) & (State) 100m swim / 1k run
(15/16) & 17/18/19yrs)	Born 2011/2010/ 2009 /2008 /2007	(2025) - 14/15/16 & 17/18yrs	(2026) - 15/16yrs & 17/18/19yrs	(TQAS) & (State) 200m swim / 2k run

AQUATHLON age groups:

Youth/Junior / Intermediate / Senior – Saturday & Sunday 11th & 12th October 2025

Age Division		TQ – All Schools event (TQAS) Designated Regional Trial (conducted in 2025) <i>NB. Ages are as at 31 December 2025</i>	State Championship (State) (conducted in 2026) <i>NB. Ages are as at 31 December 2026</i>	Distances
Able Bodied				
Youth (11/12yrs)	Born 2015/2014	(2025) – 10/11yrs	(2026) – 11/12yrs	1k run 200m swim and 1 k run

NEW EVENT

AQUATHLON age groups:

Age Division		TQ – All Schools event (TQAS) Designated Regional Trial (conducted in 2025) <i>NB. Ages are as at 31 December 2025</i>	State Championship (State) (conducted in 2026) <i>NB. Ages are as at 31 December 2026</i>	Distances
Able Bodied				
Junior (13 /14yrs)	Born 2013 /2012	(2025) - 12/13yrs	(2026) - 13/14yrs	300m swim/2.5k run
Intermediate (15/16yrs)	Born 2011/2010	(2025) - 14/15yrs	(2026) - 15/16yrs	750m swim/ 5k run
Senior (17/18/ 19yrs)	Born 2009 /2008 /2007	(2025) - 16/17/18yrs	(2026) - 17/18/19yrs	750m swim/ 5k run

TRIATHLON age groups:

Age Division		TQ – All Schools event (TQAS) Designated Regional Trial (conducted in 2025) <i>NB. Ages are as at 31 December 2025</i>	State Championship (State) (conducted in 2026) <i>NB. Ages are as at 31 December 2026</i>	Distances
Able Bodied				
Junior (13 /14yrs)	Born 2013 /2012	(2025) - 12/13yrs	(2026) - 13/14yrs	300m swim/10k cycle/ 3k run
Intermediate (15/16yrs)	Born 2011/2010	(2025) - 14/15yrs	(2026) - 15/16yrs	400m swim/15k cycle/ 4k run
Senior (17/18/ 19yrs)	Born 2009 /2008 /2007	(2025) - 16/17/18yrs	(2026) - 17/18/19yrs	500m swim/15km cycle/ 4k run

2. NOMINATION

Aquathlon, Triathlon and Multi Class Aquathlon competitors MUST nominate via Aus Triathlon All Schools Lake Kawana event and race at this event to be considered for the 2026 South Coast Triathlon team.

A. In relation to the nomination process:

- Athletes can enquire about the Triathlon Qld All Schools Race through the event webpage. You can find appropriate information about the event including: Race Entry, schedule & costs, Athlete guide & Course Maps

<https://www.triathlon.org.au/qld/allschoolstriathlon/>

- Multi-Class Aquathletes **must** compete at All Schools

Entries

- Entry into the **Triathlon Qld All School Triathlon event** **MUST** be done **ONLINE**
- Entry is the **individual athletes / parents' responsibility**. South Coast School Sport **WILL NOT** be entering students into the Triathlon Qld All Schools Race.
- Entries close when event is full * Late entries are NOT available**
- You are more than welcome to contact TQ on phone 3369 9600 or email events@qldtriathlon.org.au and they can confirm your registration, however you should receive a confirmation e-mail from the registration system.
- Do not nominate with South Coast Sport Office (as per past processes).**

3. PROCESS at Aus Tri All Schools Kawana Lake Event

- ALL** South Coast competitors should be sized for a Tri-Suit at the event (if it is your preference, if selected, to compete in this garment) – as SCODY will **ONLY** be available for sizing on Saturday 11th and Sunday 12th October 2025. Other South Coast apparel ordering details will be advised closer to the event.
- If a student is unable to finish the selection race due to illness, injury, accident or mechanical fault, they must notify the South Coast School Sport Office Monday 13th October.

4. REGIONAL TEAM SELECTION CRITERIA

	Aquathlon	Triathlon
Youth	10 per gender	
Junior	6 per gender	10 per gender
Intermediate	6 per gender	10 per gender
Senior	6 per gender	10 per gender

- Performances in the trial race listed above will be used to select the team. NB. As per South Coast policy, if approved, special consideration applications will also be considered therefore we announce the selection of the team towards the end of the week after the Aus Tri All Schools event.

Special Consideration

If a student is unable to compete in this selection race due to injury/illness or competition at a higher level and they wish to be considered for inclusion in the regional team

- Students must complete the **Absentee Application for Exemption Form**.*
 - The SSSC office must be contacted directly in order to obtain a copy of this form*
 - The nomination form must be returned by Thursday 9th October 2025.*
- Successful / unsuccessful competitors will be **notified by email** by the end of the week following the All Schools event of the trials re their inclusion / non-inclusion in the South Coast Team after official results have been finalised.
- All selected team members will receive via email:
 - Detailed team letter
 - Instructions re online payment of levy and ordering team apparel
 - Any other paperwork that may be required

- Students who are selected and unable to compete at the 2026 QRSS State Championships **should notify** the South Coast School Sport Office as soon as possible so a reserve can be notified.
- **No additional competitors** to the selected team will be permitted to enter directly into the Queensland School Sport 11-19yrs Triathlon Championships.
- If selected in the 2026 South Coast Triathlon Team, you will need to make your own travel and accommodation arrangements in Hervey Bay. Specific details with respect to the schedule at the 2026 State Championships will be included with the detailed team letter emailed to all students selected in the South Coast team. **The State Championship 19th – 21st February 2026.**

5. STATE CHAMPIONSHIPS

<u>State Championship:</u>	QRSS Triathlon State Championships
<u>State Championships Date:</u>	Thursday 19 th – Saturday 21 st February 2026
<u>Venue:</u>	Hervey Bay
<u>Events schedule:</u>	<i>To be confirmed</i>
<u>Relay:</u>	<i>To be advised</i>

8. CONTACT DETAILS

Should you have any queries with respect to South Coast **Aquathlon** or **Triathlon** please contact the South Coast Office:

Email: southcoastschoolsport@qed.qld.gov.au

Phone: 5656 6761

- These races **will be the selection trial for the South Coast Schools Aquathlon, Triathlon & Multi-Class Team.** Please be aware that **NO OTHER** event will be considered as a trial event for selection in the South Coast School Sport Triathlon Team.
- Athletes **MUST** enter the **appropriate** race for their respective age group for this event. Selections cannot be made across events particularly if those events are conducted over different distances. Interested athletes **MUST** go to the website and enter online if interested.
- Normal TQ All School fees are applicable for this race. Please see the website for details.

Please note:

- All **able bodied** 10 & 11 year old Aquathlon athletes students **MUST** trial **at the AusTri All School Triathlon at Sunshine Coast not on the Gold Coast as previous years** to be considered for the South Coast Team.