

The Queensland Representative School Sport (QRSS) 11-12 Years Aquathlon State Championship will be conducted in conjunction with the QRSS 13-19 Years Triathlon State Championship in Hervey Bay in 2025.

QRSS TRIATHLON / AQUATHLON STATE CHAMPIONSHIPS 2025

Aquathlon	Triathlon
Saturday 15 February 2025 Hervey Bay	Thursday, 13 February to Saturday 15 February 2025 Hervey Bay

Sunshine Coast School Sport will use the upcoming All Schools Triathlon & Aquathlon to select our regional teams. These events will be held at Lake Kawana, Sportsman Parade, Bokarina QLD 4575 from Saturday 12 to Sunday 13 October 2024.

Our region will be nominating a maximum team size of 10 males and 10 females per age division. Finishing in the top ten at this event is not a guarantee of selection in the Sunshine Coast team. Please note that there may be approved Absentee Applications which would be considered as part of the selection process.

MULTI-CLASS ATHLETES:

- There is an opportunity for all multi-class athletes to compete in a multi-class Aquathlon event.
- **12-18 years multi-class athletes can also register to compete in a multi-class Triathlon this year.**
- Multi-class athletes must hold a current classification with Swimming Australia or Athletics Australia to be eligible to compete.

REGISTRATION:

Athletes MUST register online with AusTriathlon to be considered for selection in the 2025 Sunshine Coast School Sport team. Online registration closes Wednesday 09 October.

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

- All information about the All Schools Triathlon & Aquathlon - including entry fees, event schedule, course distances, location, maps and entry registrations can be found on the [AusTriathlon](https://www.triathlon.org.au) website.
- Competitors will receive a confirmation e-mail to confirm their registration.
- For any queries please contact AusTriathlon on 1300 282 949 or email qldtriathlon@nxsports.org

TQ RACE CATEGORIES & DISTANCES (Saturday 12 October 2024)

Category	Aquathlon - (Run / Swim / Run) Multi Class Aquathlon – (Swim / Run)	Year of Birth
Primary Aquathlon (10-11 years)	1km / 200m / 1km	2013-2014
Multi-Class Aquathlon (10-13 years)	100m / 1km	2011-2014
Multi-Class Aquathlon (14-18 years)	200m / 2km	2006-2010

TQ RACE CATEGORIES & DISTANCES (Sunday 13 October 2024)

Category	Triathlon - (Swim / Cycle / Run)	Year of Birth
Junior Triathlon (12-13 years)	300m / 10km / 2.5km	2011-2012
Intermediate Triathlon (14-15 years)	500m / 15km / 4km	2009-2010
Senior Triathlon (16-18 years)	750m / 20km / 5km	2006-2008
Multiclass Triathlon (12-13 years)	TBC	2011-2012
Multiclass Triathlon (14-18 years)	TBC	2006-2010

RESULTS:

Results will be posted on the AusTriathlon website.

EXEMPTION APPLICATIONS:

- Students who are unable to compete in the AusTriathlon All Schools Triathlon or Aquathlon events on Saturday 12 October / Sunday 13 October 2024 and still wish to be considered for selection in the regional team, must complete a Regional Absentee Application.
- This Absentee Application can be found on the Sunshine Coast School Sport website – [Absentee Application](#)
- This Absentee Application must be emailed to the Sunshine Coast School Sport Office – sport.scrssb@qed.qld.gov.au **before 9.00am Friday 11 October.**
- This application must meet the exemption criteria and must have all required documentation attached (eg. medical certificate, letter from school Principal, etc.), along with a resume of their recent achievements in aquathlon / triathlon events.
- Students will receive an email reply regarding the outcome of their application for exemption. If a student's exemption application is approved, this means that the student will be considered for selection in the Sunshine Coast region aquathlon/triathlon team. Approved exemptions do not guarantee selection in the regional team.