

METROPOLITAN EAST SCHOOL SPORT

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MEMO TO: District Convenors, Principals, School Sport Coordinators
FROM: Regional School Sport Officer
DATE: 1 August 2025
SUBJECT: **METROPOLITAN EAST 2025 AQUATHLON & TRIATHLON TRIALS**
(For 2026 State Aquathlon/Triathlon Championships)

INFORMATION FOR STUDENTS

METROPOLITAN EAST SELECTION CRITERIA

- A team of up to 10 males and 10 females per age group may be selected in the **Metropolitan East Regional Triathlon Team** to represent the region at the 2026 13 – 19Yrs State Triathlon Championships to be conducted in **Hervey Bay from Thursday 5 – Saturday 7 February 2026**. Results from the trial race listed below will be used to select the team.
- A team of up to 10 males and 10 females may be selected in the **Metropolitan East 11 – 12 Yrs (Youth) Regional Aquathlon Team** to represent the region at the 2026 State Aquathlon Championships to be conducted at **Hervey Bay on Thursday 5 February 2026**. Results from the trial race listed below will be used to select the team.
- A team of up to 6 males and 6 females may be selected in the **Metropolitan East 13 – 14 Yrs, 15 – 16 Yrs and 17 – 19 Yrs Regional Aquathlon Team** to represent the region at the 2026 State Aquathlon Championships to be conducted at **Hervey Bay on Thursday 5 February 2026**. Results from the trial race listed below will be used to select the team.
- A team of up to 10 males and 10 females may be selected in the **Metropolitan East 11 – 12Yrs, 13 – 14Yrs & 15 – 16Yrs & 17 – 19Yrs Regional Multiclass Aquathlon Team** to represent the region at the 2026 State Aquathlon Championships to be conducted at **Hervey Bay on Thursday 5 February 2026**. Results from the trial race listed below will be used to select the team.
- The age determination date for the 2026 13 – 19 Yrs State Triathlon and 11 – 12 Yrs Aquathlon Championships is the **31st December 2026**

AGE DIVISIONS

AQUATHLON	11/12yrs	Born 2015/2014
AQUATHLON	13/14yrs	Born 2013/2012 (NEW)
AQUATHLON	15/16yrs	Born 2011/2010 (NEW)
AQUATHLON	17/19yrs	Born 2009/2008/2007 (NEW)
JUNIOR (Triathlon)	13/14yrs	Born 2013/2012
INTERMEDIATE (Triathlon)	15/16yrs	Born 2011/2010
SENIOR (Triathlon)	17/18yrs	Born 2009/2008
AQUATHLON (Multiclass)	11/12yrs	Born 2015/2014
AQUATHLON (Multiclass)	13/14yrs	Born 2013/2012
AQUATHLON (Multiclass)	15/16yrs	Born 2011/2010
AQUATHLON (Multiclass)	17/18/19yrs	Born 2009/2008/2007

PLEASE NOTE: 2026 is a **SUPER SPRINT** year therefore the following applies at the State Championships.

Aquathlon

1. Youth (11-12yrs) Aquathlon compete on the 19th only. Distance 200m Swim / 2km run (this is different to a traditional year)
2. Jnr, Int and Snr Aquathlon compete on the 19th. Distances Jnr 300m Swim / 2km run, Int and Snr Distances are the same for both 500m swim / 4km run

Triathlon

1. Junior Tri – 300 / 10 / 2.5k (same as previous years)
2. Intermediate Tri – 500 / 15 / 4 (same as previous years)
3. Senior Tri – 500 / 15 / 4 (different from previous years)

Selection at All Schools event. Please note that the distances that are competed at this event may not coincide with the distances at the State event.

1. All students entering in the triathlon (13 – 19) events at the All-Schools event are eligible for selection in the Met East Team – 10 per age division per gender. All these athletes selected in the Triathlon **must also** compete in the Aquathlon on the Thursday at the State Championships. It is a 3 day event, Aquathlon / Triathlon and Relay.
2. Up to an additional 6 athletes per age division (13 – 19) per gender can be selected from the Aquathlon events at the All-schools event to compete in the Aquathlon events at the State Championships also.
3. Athletes selected in the Triathlon at the All – Schools' event at Kawana **must** compete in the Aquathlon (19 Feb), Individual Triathlon and Teams Relay at the State Championship in Hervey Bay.

Note: MC Athletes have already had this pathway previously so there are no changes to the MC events other than now also competing in the Super sprint format.

METROPOLITAN EAST SELECTION TRIAL RACE DETAILS

Date: SATURDAY 11 and SUNDAY 12 OCTOBER 2025

Venue: Lake Kawana
Sportsmen Drive,
Bokarina, Sunshine Coast

Event: Triathlon/Aquathlon Qld School Age Championships

Entries close 9:00am Wednesday 8 October 2025. No late entries will be accepted.

Saturday 11 October 2025

11 & 12 Years Aquathlon	1km run / 200m swim / 1km run
13 & 14 Years Aquathlon	300m swim / 2.5km run
15 & 16 Years Aquathlon	750m swim / 5km run
17 – 19 Years Aquathlon	750m swim / 5km run
11 & 12 years 13 & 14 years Multiclass Aquathlon	100m swim / 1km run
15 to 19 years Multiclass Aquathlon	200m swim / 2km run

Sunday 12 October 2025

Senior Triathlon (16 – 18Yrs as at 31/12/25)	750m swim / 20km cycle / 5km run
Intermediate Triathlon (14 – 15Yrs as at 31/12/25)	500m swim / 15km cycle / 4km run
Junior Triathlon (12 – 13Yrs as at 31/12/25)	300m swim / 10km cycle / 2.5km run

Event Entry Link - www.triathlon.org.au/qld/allschoolstriathlon

This website will also hold the maps and guides as they are updated.

(Please confirm race times, race briefing times, Registration / Transition Times, etc through this link prior to the event)

Please note that Entry Fees will be applicable for this race.

ACTION REQUIRED

1. Please distribute this information letter to interested students:
2. Students must complete and submit the **OFFICIAL AQUATHLON/TRIATHLON QUEENSLAND ENTRY FORM** to Triathlon Queensland. Closing dates are noted on the Triathlon Qld entry form.
3. If at any point students are unsure if they have entered they can contact Triathlon Qld and they will confirm their registration, however they should receive a confirmation e-mail from the registration system once they have entered online.

NOTE:

- Successful competitors will be notified by e-mail of their inclusion in the Metropolitan East team by 7 November 2025. All selected team members will receive via email: a Metropolitan East School Sport Student Details and Permission Booklet.
- All selected team members must return all information and pay all associated levies and team uniform by the due date indicated otherwise they will forfeit their position in the team.
- Students who are selected but unable to compete should advise the Metropolitan East School Sport Office no later than 7 November 2025 so that a reserve can be notified.
- **PLEASE NOTE! All students entering in the triathlon (13 – 19) events at the All Schools event are eligible for selection in the Met East Team – 10 per age division per gender. All of these athletes selected in the Triathlon must compete in the Aquathlon on the Thursday at the State Championships**
- **Up to an additional 6 athletes per age division (13 – 19) per gender can be selected from the Aquathlon / Triathlon events at the All schools event to compete in the Aquathlon events at the State Championships also.**
- No additional competitors will be permitted to enter directly into the QRSS Triathlon/Aquathlon Championships.
- No substitutions can be made after 5 December 2025.
- Only regional team members will be permitted to race in the QRSS Triathlon /Aquathlon Championships to be held in 2026.

John Masters
Regional School Sport Officer
Metropolitan East Region