

Rockingham Triathlon Club

Kids Triathlon Series

A Message from Rockingham Triathlon Club

Are your children interested in a new challenge? How about doing a triathlon?

The swim takes place in the crystal-clear, shallow, and flat waters of Rockingham beach, where the kids can stand at any point throughout the swim if they need to. The single to multi-lap bike courses have the kids biking up and down the flat and wide-open Rockingham Beach Road which is closed to traffic (no cars). The multi-laps allowing the kids supporters to give them a big cheer every time they go past! The run is also a single to multi-lap course which has them running along the foreshore footpath. In all a perfect location for a young athlete to enjoy their first triathlon!

The Rockingham Triathlon Club does a series of 4 kid's triathlons throughout the triathlon season.

14th December 2025

StepAhead Podiatry SuperSprint Triathlon & Kids Triathlon

4th January 2026

Woodbridge & Endeavour SuperMix Triathlon & Kids Triathlon

22nd February 2026

Rowdy's Cafe Enduro Triathlon & Kids Triathlon

12th April 2025

WA Calibration Sprint Triathlon & Kids Triathlon

Rockingham Triathlon Club is an all-inclusive, family friendly club, who open our races up to anyone who would like to participate. You don't have to be a member to join in the fun of one of our kids' triathlons! We do however encourage those who wish to continue in their pursuit of triathlon to become a member and receive the added benefits.

Event Details

Event Location

The event area and transition will be located at the Alexander Street carpark on Rockingham Beach Road, Rockingham foreshore.

Event Distances & Age Requirements

Course	Swim (laps)	Bike (laps)	Run (laps)
Participation Event (min age 5 year old)	25m (1)	500m (1)	500m (1)
Junior Short Course (min age 7 year old children)	50m (1)	1km (1)	500m (1)
Junior Medium Course (min age 8 year old children)	100m (1)	3km (2)	1km (2)
Junior Long Course (min age 10 year old children)	150m (1)	6km (4)	1.5km (3)

Registration

Registration for all events is online only, please use the links below to EntryBoss to register for the kids' triathlons. Please note, event numbers are capped and do sell out, so the sooner you register the less chance your little ones have of missing out.

14th December 2025

StepAhead Podiatry SuperSprint Triathlon & Kids Triathlon

<https://entryboss.cc/races/21799>

4th January 2026

Woodbridge & Endeavour SuperMix Triathlon & Kids Triathlon

<https://entryboss.cc/races/21800>

22nd February 2026

Rowdy's Cafe Enduro Triathlon & Kids Triathlon

<https://entryboss.cc/races/21801>

12th April 2026

WA Calibration Sprint Triathlon & Kids Triathlon

<https://entryboss.cc/races/21804>

Event Fees

Category	RTC Members	Other clubs & Non-members
Juniors	Free	\$15

Event Road Closures & Parking

Road closures for all the Triathlons will be from 7am to 10:30am incorporating, Rockingham Beach Road from Wanliss St to Governor Rd

The event parking is available along Rockingham Beach Rd. Please note these parking spots will be subjected to the road closures between 7am-10:30am. An alternative is to park on the verge along the Rockingham beach road offshoot which is accessed via Alexander St. Please DO NOT park on private residence verges.

If you choose to park down one of the side streets please be considerate of the local residents, do not block any driveways, access ways, obstruct street traffic and/or park on someone's lawn. As the event has an early start please keep the noise to a minimum (at least until you get to the event site).

Key Event Times

6am	Triathlon Event Set-up - event area & course
6:45-& 7:15am	Race chip collection for Kids Triathlon
7am	Volunteer Briefing (for volunteers, volunteering during the race)
7am – 10:30am	Road closures
7:15am	Kids Triathlon briefing
7:30am*	Kids Triathlon start – multiple wave/distances, starts several minutes apart
7:15-8:00am	Adults race chip collection
8:15am	Adults race briefing
8:30am*	Adults race start, in waves
10:00am	Bike course cut Off Time
~11am	Event Pack Away - event area & course

*Start times may change

Event Area

RTC Triathlon event area map including locations and transition area



Race Chip collection

Race chip collection will be from 6:45am – 7:15am for the kids race. Please notify Race chip collection volunteers if the children do not wish to be timed in their race (they will not receive a timing chip but still need to be checked off as a race number) Chip collection site will be located under the main shelter marked on the event area map. All race distances kids times will be reported alphabetically. The Participation event is not timed, however children will receive a wrist band to wear for identification.

- Timing chip to be worn on left ankle.
- Tyvek coloured wrist band to be worn on left wrist

Volunteers

These races are completely organised and coordinated by volunteers, without volunteers we will not be able to have such fun races at affordable prices. If you are available to help out please let the Rockingham Triathlon club know by emailing the club on rockytri.enquiries@gmail.com or answer the call out for race helpers on Facebook prior to race day.

The kids' triathlons require extra numbers of volunteers to ensure the children have a safe and enjoyable race. For safety reasons, these kids' events will not proceed without the required number of volunteers, so please be prepared to help if needed. For more information about volunteer roles please visit our website page for volunteers <https://trirockingham.asn.au/volunteers>

Transition Flow & Bike Racking

A bike brake check and helmet fit check will be completed on entry of transition to rack their bike. Please ensure their bike brakes are functioning correctly prior to arriving. Children will also need to be wearing their helmet on entering transition for set up. This is so race officials can ensure children have fitted their helmet correctly. If unsure about your child's helmet fit, please see below for a quick guide.

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BIKE HELMET FITTING



Position the helmet so that it protects your forehead. (1-2 fingers above your eyebrows).



Fasten the clip on the strap under your chin. Then tighten the strap so you can still fit one finger between it and your chin to ensure it isn't too tight.



Slide the plastic clips on each side of the strap upwards so the strap forms a triangle just below your ears.



Use the rear adjuster to ensure a snug, comfortable fit. Your helmet should touch on all sides and not slide forwards, backwards or from side-to-side.

Kids Transition will be open from 6 :30am – 7am for bike racking. Parents / guardians can help their children set up their bike and equipment when transition is open. Please note the following

- If possible 'rack' the bike on the bike racking using either the seat or handlebars
- Place transition gear (helmet, shoes etc) next to their bike and as compact as possible
- Each rack will be sign posted for the different race distances, please ensure children rack their bikes on the correct racks

Kids will flow through the transition as per the diagram. **Parents are NOT allowed in the transition area during the race.** There will be designated volunteers there to help the children in transition.

Transition will open for bike collection (to leave) after the last competitor has finished their bike leg. Competitors are not allowed to collect their bikes prior to this due to safety reasons. The Race Director will announce when transition is back open for bike collection.



Hydration Stations

There will be one aid station on the run, located near transition. This aid station will supply water.

There will be no aid stations on the bike course.

Race Briefing

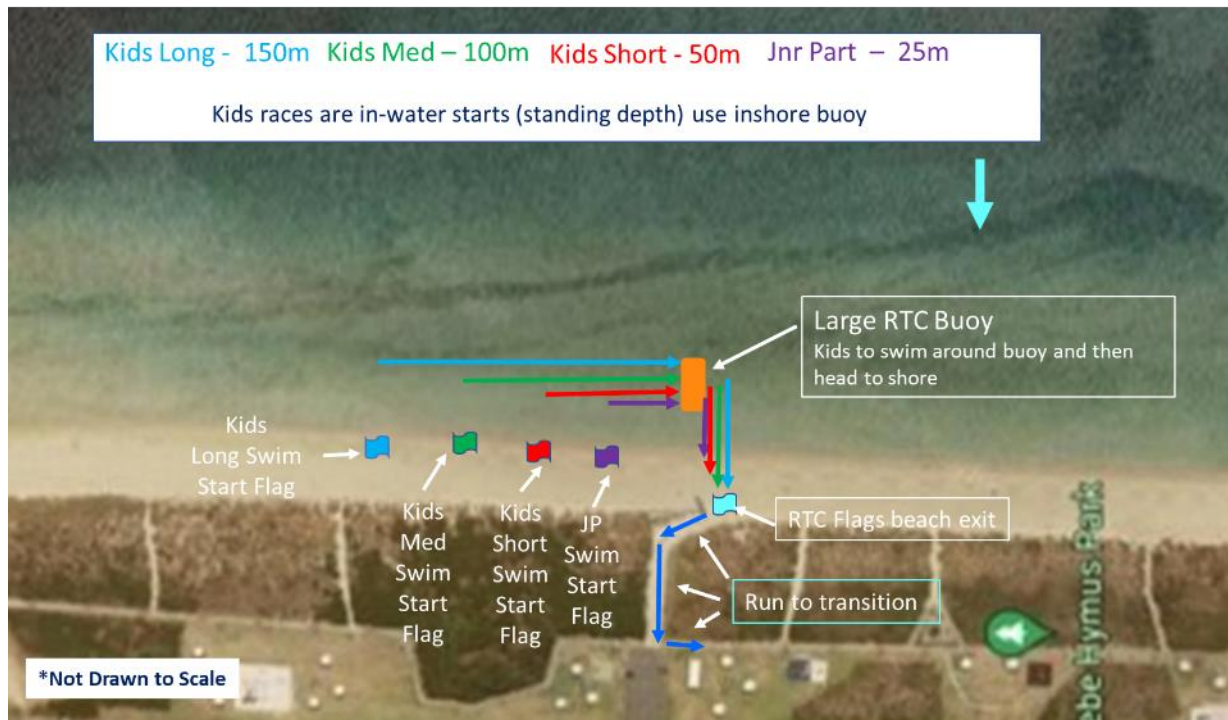
The race briefing will be held at 7:15am for the kid's triathlon. Race briefing will be located in between the main shelter and the carpark.

The RTC Kids Triathlon is a Triathlon Australia sanctioned race, as such Triathlon Australia race rules apply. For more information, please visit <https://www.triathlon.org.au/rules>

Swim Course

Competitors will walk up the beach to their start point (there will be a flag indicating each start point) The swim consists of an 'in water' start however competitors will be able to stand in the waist to chest deep water swim down to the near-shore large orange buoy, swim around the outside of the buoy and then head to the beach exit.

Kids Triathlon Swim Course

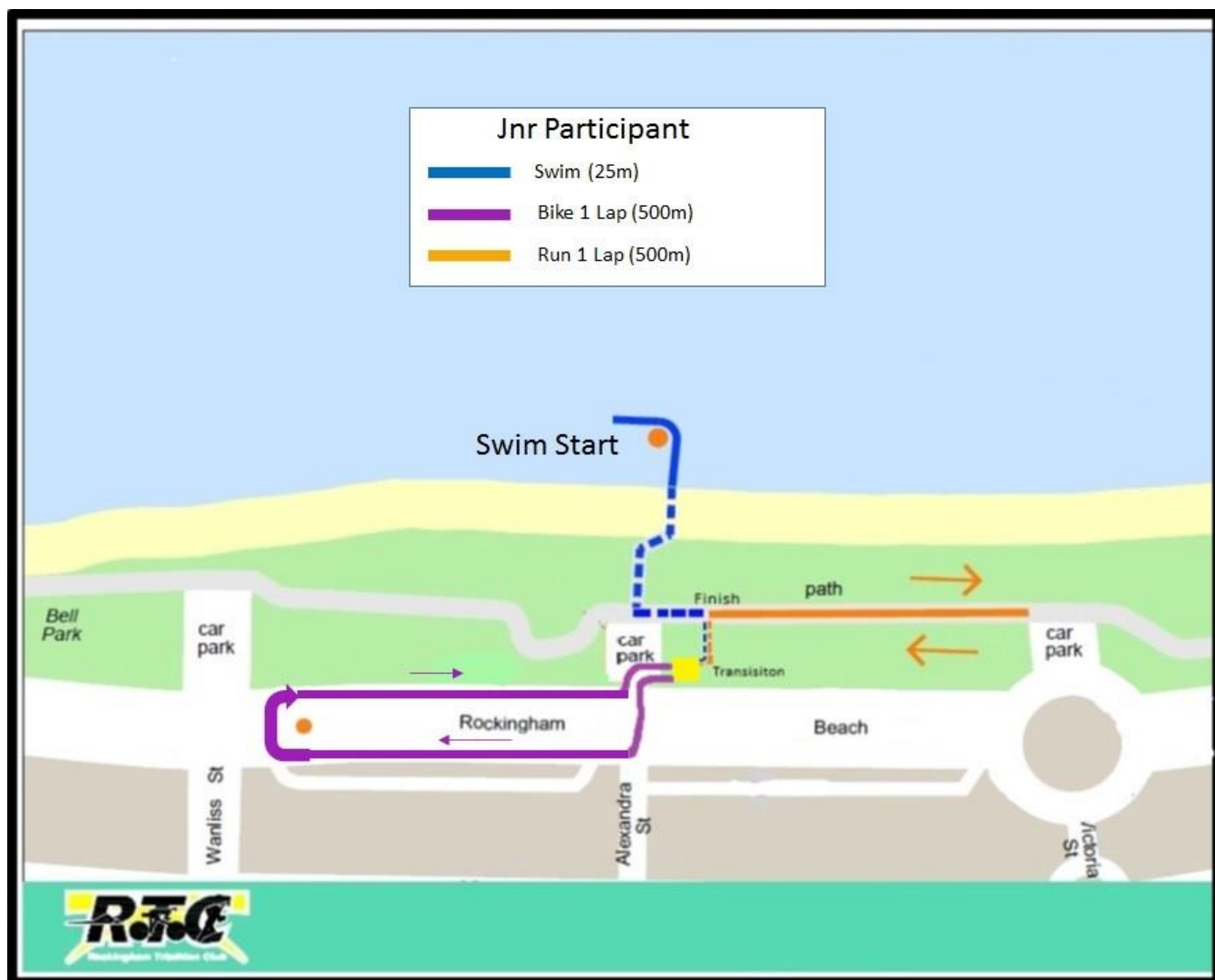
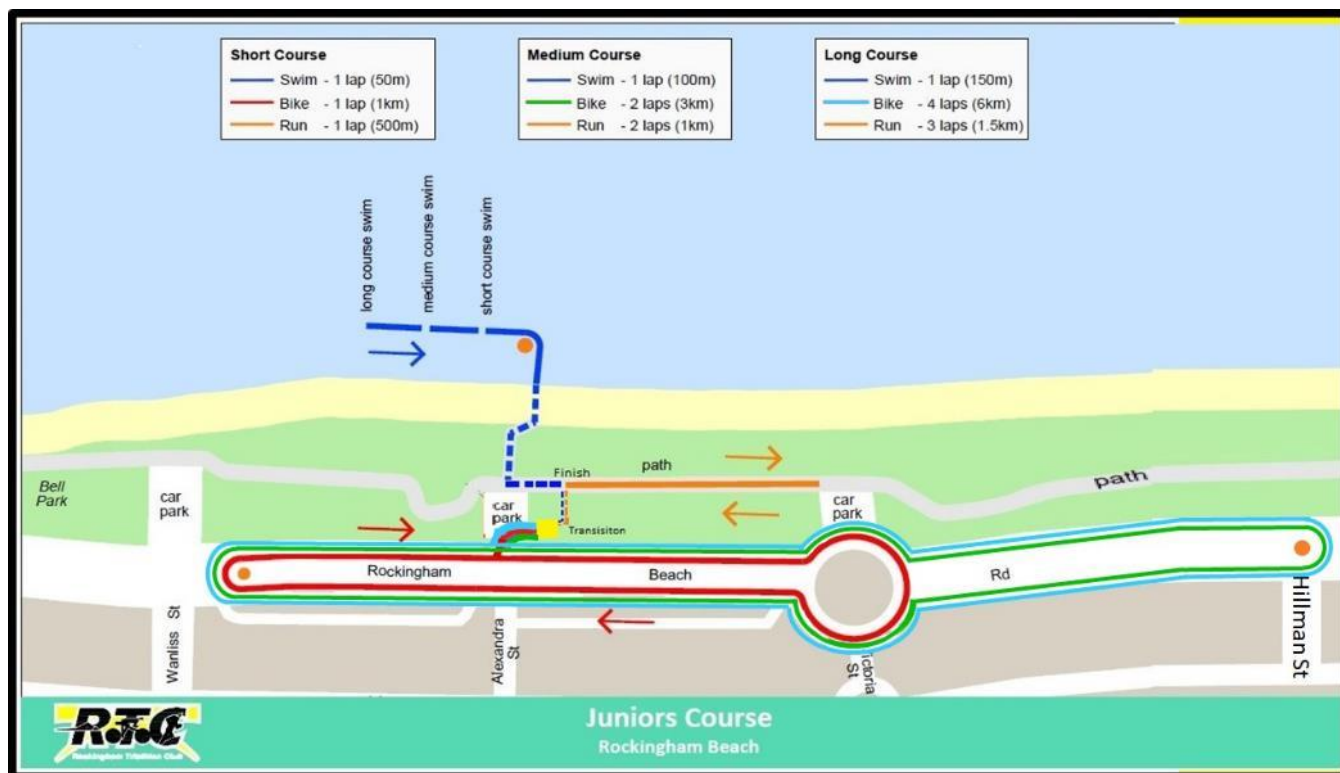


Swim rules will follow Triathlon Australia race rules, in addition:

- Swim caps are optional
- If the megaphone siren goes off, swim to the shore immediately.
- If in discomfort, stop, stand in the water and if needed, signal for assistance by raising your arm with a closed fist

Bike Course

The bike is a single to multi-lap course riding up and down a section of the Rockingham beach road with hair pin turns at either end. Junior Participant competitors turn right and ride down towards Wanliss St, turn around and head back to transition. Short distance competitors will turn left out of transition and complete 1 lap turning around at the large roundabout, competitors doing the Medium (2 laps) and Long (4 laps) course will ride further down to a turnaround at Hillman Street. Please see the race maps.



Bike rules will follow Triathlon Australia race rules, in addition or of note:

- Helmets must be fitted correctly and clipped on before removing your bike off the rack and on conclusion of the ride leg bikes must be placed back on the rack before unclipping and removing your helmet
- Please cross over the mount line before mounting your bike. Likewise, to dismount before crossing over the dismount line to conclude the bike leg.
- Stay left unless overtaking
- While road closures are in place, local residents may still use the road so please be mindful that cars can still appear on the course.
- Headphones are not allowed.
- Torso (upper body) must be covered
- Shoes must be worn
- The instructions of traffic marshals must be followed at all times

Run Course

The run is an out and back course 500m long, with Short course competitors completing 1 lap(500m) Medium course competitors completing 2 laps (1km) and Long course competitors completing 3 laps (1.5km). Lap turn arounds will be marked with traffic cones, the one near transition is shown on the transition area map.

Run course rules will follow Triathlon Australia race rules, in addition or of note:

- Please be mindful that the path on which the run leg will be held will remain open to the public during the duration of the triathlon
- Headphones are not allowed.
- Torso (upper body) must be covered
- Shoes must be worn

Finish & Recovery Area

At the completion of your run who will have to run down the finishing chute to the finish line (marked on event area map. Once you have run across the blue timing mat at the end of the finish chute you have completed your race!!

When you have finished, please ensure you remove your timing chip and place it in the bucket provided.

The recovery area will have water and bananas. Please use this area to recover, if you are feeling unwell, please get the attention of one of the volunteers who will escort you to the First Aid station.

Race Dropouts (DNF's)

If for whatever reason kids are unable to complete the race, please go to the finishing line and return your timing chip and let the Finish line attendant know that they have drop out of the race.

First Aid

A First Aid post will be set up under the main shelter of the event area as marked on the event area map.