

GARMIN.



NOOSA
TRIATHLON

28 OCT – 30 OCT 2026



NOOSA TRI FESTIVAL EVENTS

ATHLETE INFORMATION GUIDE

CONTENTS PAGE

SECTION	PAGE
<u>Individual Event Overview</u>	3
<u>Noosa Team Message</u>	4
<u>Event Schedule</u>	5-7
<u>Schools Acknowledgement</u>	8
<u>Run Swim Run</u>	9-10
<u>Tour De Noosa</u>	11-12
<u>ASICS Breakfast Fun Run</u>	13-16
<u>2XU Ocean Swim</u>	17-19
<u>Superkidz</u>	20-22
<u>Tingirana Special Tri</u>	22-25
<u>Super Saturday</u>	26
<u>GWM Australian Open Criterium - Women</u>	27
<u>Celebrity Triathlon</u>	28
<u>GWM Australian Open Criterium - Men</u>	29
<u>ASICS Noosa Bolt</u>	30



Run Swim Run

An all-action event to kick off an action-packed week at Noosa Tri. Anyone of all ages can take part in this fantastic race.



Tour De Noosa – Garth Prowd Ride

Continuing the legacy created by the founder of Noosa Tri, the Garth Prowd Ride is a super-chill 28km ride along part of the Noosa Tri bike course. Soak up the morning sun, throw a bit of banter with your mates and then finish your ride with a free coffee from First Batch at the Woods. All proceeds from the ride go towards the Garth Prowd OAM Triathlon Scholarship to continue Garth's legacy in supporting rising stars on the tri circuit to reach their full potential.



ASICS Breakfast Fun Run

Turn Noosa pink and help raise much-needed funds for the McGrath Foundation.

Grab your friends, family and colleagues... then walk, run or dance your way along the 5km course around Noosa Main Beach, through the boardwalk and back along the beach.



2XU Noosa 1000 Ocean Swim

While not as old as Noosa Tri itself, the 2XU Noosa 1000 Ocean Swim has created its own place in history over the past 25 years.

There is no doubt it is one of Australia's premier ocean swims, and on the bucket-list for elites and age-groupers alike.



Superkidz

Here's the chance for our future stars to experience the thrill of the action by competing in the kid's version of the iconic race. It's all about giving it a go and having fun with your friends and family while keeping fit and healthy!



Tingirana Special Tri

Noosa Tri is a celebration of amazing humans achieving amazing things. The Tingirana Noosa Special Triathlon was created to allow people with special needs to experience participating in a triathlon event in a safe and welcoming environment.



Super Saturday

If it's fast-paced, high-energy, super-fun sporting action you want then Noosa Tri's Super Saturday is for you!

This non-stop, action-packed afternoon sees some of Australia's best athletes of past, present and future (and maybe a few celebs too) battling it out on bikes, in togs and on the road, across four electrifying events.

NOOSA TEAM MESSAGE

Welcome to the Garmin Noosa Triathlon Multisport Festival!

Get ready for a week of sunshine, sweat, and serious good vibes, because there's *nothing* quite like the Noosa Triathlon Festival! Whether you're racing, cheering, part of the local crew, or just here for the fun, there's something for *everyone* to dive into.

Here's what's on the Festival menu:

Noosa Run Swim Run

Tour de Noosa – Garth Prowd Ride

ASICS Noosa Breakfast Fun Run

2XU Noosa 1000 Ocean Swim

Noosa Superkidz Triathlon

Tingirana Noosa Special Triathlon

And then comes **Super Saturday**, a jam-packed day of thrills:

GWM Australian Open Criterium

ASICS Noosa Bolt (blink and you'll miss it!)

Celebrity Triathlon (expect laughs, Lycra, and a little chaos)

Then it's time for the big one...

The Garmin Noosa Triathlon on Sunday!

To our incredible partners, volunteers, and the amazing Noosa community, Thank you for your continued support.

We can't wait to cheer you on, high-five you at the finish line, and make memories that'll last a lifetime.



Leanna Ali
Regional Director

FESTIVAL EVENT SCHEDULE

WEDNESDAY 28 OCTOBER 2026

Time	Event	Location
5:30am - 6:15am	Noosa Run Swim Run 8-13 years Check-In	Beach Side Hub - Noosa Heads SLSC Car Park
5:30am - 6:30am	Noosa Run Swim Run 14 years+ Check-In	Beach Side Hub - Noosa Heads SLSC Car Park
6:30am	Noosa Run Swim Run 8-13 years Race Start	Noosa Heads Main Beach
7:00am	Noosa Run Swim Run 14 years+ Race Start	Noosa Heads Main Beach
10:00 - 5:00pm	Event Information Open & Festival Event Check-In	Beach Side Hub - Noosa Heads SLSC Car Park

THURSDAY 29 OCTOBER 2026

Time	Event	Location
10:00am - 6:00pm	Event Information Open & Festival Event Check-In	Beach Side Hub - Noosa Heads SLSC Car Park

FESTIVAL EVENT SCHEDULE

FRIDAY 30 OCTOBER 2026

Time	Event	Location
5:00am - 5:45am	Tour de Noosa - Garth Prowd Ride Check-In and New Entries	Festival Events Hub - Noosa Heads SLSC Car Park
6:00am	Tour de Noosa - Garth Prowd Ride Event Start	Festival Events Hub - Noosa Heads SLSC Car Park
6:00am - 8:00pm	Shuttle Bus Operating - Return Service	Noosa Junction Transit Centre (platform 2 Stop C) - Noosa Drive (adjacent to Avis Hire)
6:00am - 7:15am	ASICS Noosa Breakfast Fun Run Check-In and New Entries	Festival Events Hub - Noosa Heads SLSC Car Park
7:35am	ASICS Noosa Breakfast Fun Run Event Start	Park Rd - Noosa Heads
Approx: 8:35am	ASICS Noosa Breakfast presentations following final finisher	Festival Events Hub - Noosa Heads SLSC Car Park
10:00am - 4:00pm	Event Information Open & Festival Event Check-In	Festival Events Hub - Noosa Heads SLSC Car Park
2:30pm - 4:00pm	2XU Noosa 1000 Ocean Swim Check-In and New Entries	Festival Events Hub - Noosa Heads SLSC Car Park
4:15pm	2XU Noosa 1000 Ocean Swim Race Start	Festival Events Hub - Noosa Heads SLSC Car Park
5:30pm	2XU Noosa 1000 Ocean Swim Presentations	Festival Events Hub - Noosa Heads SLSC Car Park
6:00pm - 7:00pm	Garmin Noosa Legends Function (Invite Only)	Event Village - Noosa Woods

FESTIVAL EVENT SCHEDULE

SATURDAY 31 OCTOBER 2026

Time	Event	Location
6:00am - 7:00pm	Shuttle Bus Operating - Return Service	Noosa Junction Transit Centre (platform 2 Stop C) - Noosa Drive (adjacent to Avis Hire)
6:00am - 7:15am	Noosa Superkidz Triathlon Check-In and New Entries	Chaplin Park, Noosaville
6:30am - 7:30am	Tingirana Noosa Special Triathlon Check-In and New Entries	Chaplin Park, Noosaville
7:30am	Noosa Superkidz Triathlon Event Start	Chaplin Park, Noosaville
8:15am (approx)	Tingirana Noosa Special Triathlon Event Start (<i>Tingirana Noosa Special Triathlon will commence immediately after all Superkidz have commenced on the run course. This will be approximately 8:15am</i>)	Chaplin Park, Noosaville
12:00pm - 5:00pm	Event Information Open	Noosa Bus Stop - Noosa Parade
1:30pm - 2:00pm	GWM Australian Open Criterium - Women Check-in	Noosa Bus Stop, Noosa Parade
2:00pm - 5:30pm	Garmin Noosa Triathlon Beach Club, VIP and Trackside Garden (Invitation Only)	Noosa Parade, Noosa Heads
2:00pm - 2:45pm	Celebrity Triathlon Check-in	Noosa Parade, Noosa Heads
2:15pm	GWM Australian Open Criterium - Women - Race Start	Noosa Parade, Noosa Heads
3:15pm - 3:45pm	GWM Australian Open Criterium - Men Check-In	Noosa Bus Stop, Noosa Parade
3:10pm	Celebrity Triathlon Event Start	Laguna Park, Noosa Heads
4:00pm	GWM Australian Open Criterium- Men Race Start	Noosa Parade, Noosa Heads
4:30pm - 5:00pm	ASICS Noosa Bolt Check-In	Noosa Bus Stop, Noosa Parade
5:15pm	ASICS Noosa Bolt - Race Start	Noosa Parade, Noosa Heads



GARMIN.



GOOD LUCK SCHOOLS

Baringa State Primary School

Bli Bli State School

Brightwater State School

Buddina State school

Buderim Mountain State School

Caloundra City Private School

Caloundra State School

Coolum Beach Christian College

Coolum State High School

Eumundi State School

Glasshouse Christian College

Good Samaritan Catholic College

Good Shepherd Lutheran College

Immanuel Lutheran College

Kawana Waters State College

Kuluin State School

Maleny State School

Maroochydore State High School

Matthew Flinders Anglican College

Montessori Noosa

Mooloolaba State School

Mountain Creek State School

Mueller College

Nambour Christian College

Noosa Christian college

Noosa Pengari Steiner School

Noosaville State School

North Arm State School

Palmview State Primary School

Peregian Beach College

Peregian Springs State School

Pomona State School

Siena Catholic Primary School

St Andrew's Anglican College

St Patrick's College Gympie

St. Thomas More Catholic Primary School

Stella Maris Catholic Primary School

Suncoast Christian College

Sunshine Beach State High School

Tewantin State School

RUN SWIM RUN

An all-action event to kick off an action-packed week at Noosa Tri. Anyone of all ages can take part in this fantastic race.

[REGISTER HERE](#)

DATE	WEDNESDAY 28 th OCTOBER 2026
DISTANCE	8-13 years: 500m Run / 200m Swim / 500 Run 14+ years: 1.5km Run / 750m Swim / 1.5km Run
START TIME	8-13 years: 6:30am 14+ years: 7:00am
LOCATION	Main Beach, Noosa Heads
ENTRY FEES	Available here .
CHECK-IN	Wednesday 28 October: 5:30am - 6:30am
CATEGORIES	8-13 years 14-16 years 17+ years
MINIMUM AGE	8 years as of race day
PRIZES	8-13 years: 1st, 2nd & 3rd male & female over the line 14-16 years: 1st, 2nd & 3rd male & female over the line 17+ years: 1st, 2nd & 3rd male & female over the line Great random draw prizes are up for grabs during race morning
RESULTS	Results here
WITHDRAWALS	View here

FREQUENTLY ASKED QUESTIONS

Q. Do I need to bring a swim cap?

A. Swim caps will be provided on the day; this helps to categorise the swimming groups.

Q. Am I too old to compete?

A. All participants ages 8 years plus are welcome to participate. Run Swim Run, is competitive combined with having fun.

Q. Do all swimmers start at once?

A. The Race will start as a wave start with 8-13-year-olds starting first and continuing through to the older age group.

WHAT TO BRING

- ☐ QR Code
- ☐ Goggles
- ☐ Water Bottle
- ☐ Sunscreen
- ☐ Towel



WHAT RACE MORNING LOOKS LIKE



ATHLETE CHECKLIST

1. Check In

- ☐ Have your QR code and Photo ID ready
- ☐ Collect your swim cap and timing chip
- ☐ Take note of your race number

2. Body Marking

- ☐ Have your race number written on your arm

3. Start Line

- ☐ Arrive at the swim start line 15 minutes prior to your start time
- ☐ Ensure you wear your timing chip (left ankle)

4. Post-Race

- ☐ Stay for the presentations and random prize draw

TOUR DE NOOSA – GARTH PROWD RIDE

Celebrate the legacy of Garth Prowd OAM, the ‘Godfather’ of Australian triathlon, with this relaxed 28km ride along part of the Noosa Tri course. Enjoy the morning sun, good company, and a free coffee at the Woods, all while supporting a great cause.

Proceeds go to the Garth Prowd OAM Triathlon Scholarship, continuing Garth’s lifelong commitment to nurturing Australia’s next generation of elite athletes.

[REGISTER HERE](#)

DATE	FRIDAY 30 th OCTOBER 2026
DISTANCE	Out and back 28km course
START TIME	6:00am
LOCATION	Start from Noosa Heads Surf Lifesaving Club
ENTRY FEES	Available here .
CHECK-IN	Wednesday 28 October 10:00am – 5:00pm Thursday 29 October 10:00am – 6:00pm Friday 30 October 5:00am – 5:45am
MINIMUM AGE	14 years as of race day
CATEGORIES	Self-seeded by your average speed
WITHDRAWALS	View here

FREQUENTLY ASKED QUESTIONS

Q. Where do I put my bike when I finish?

A. There will be bike racks in the woods, where bikes can go after the race.

Q. What happens after the race

A. Athletes will get a free coffee in the Noosa Woods and get to catch up with one another.

Q. Do I need to get body numbering?

A. There is no body numbering for this event. The athlete will receive a bib instead.

Q. Do I need to get a number on my bike?

A. Bike’s will not get a sticker

WHAT TO BRING

☐ QR Code

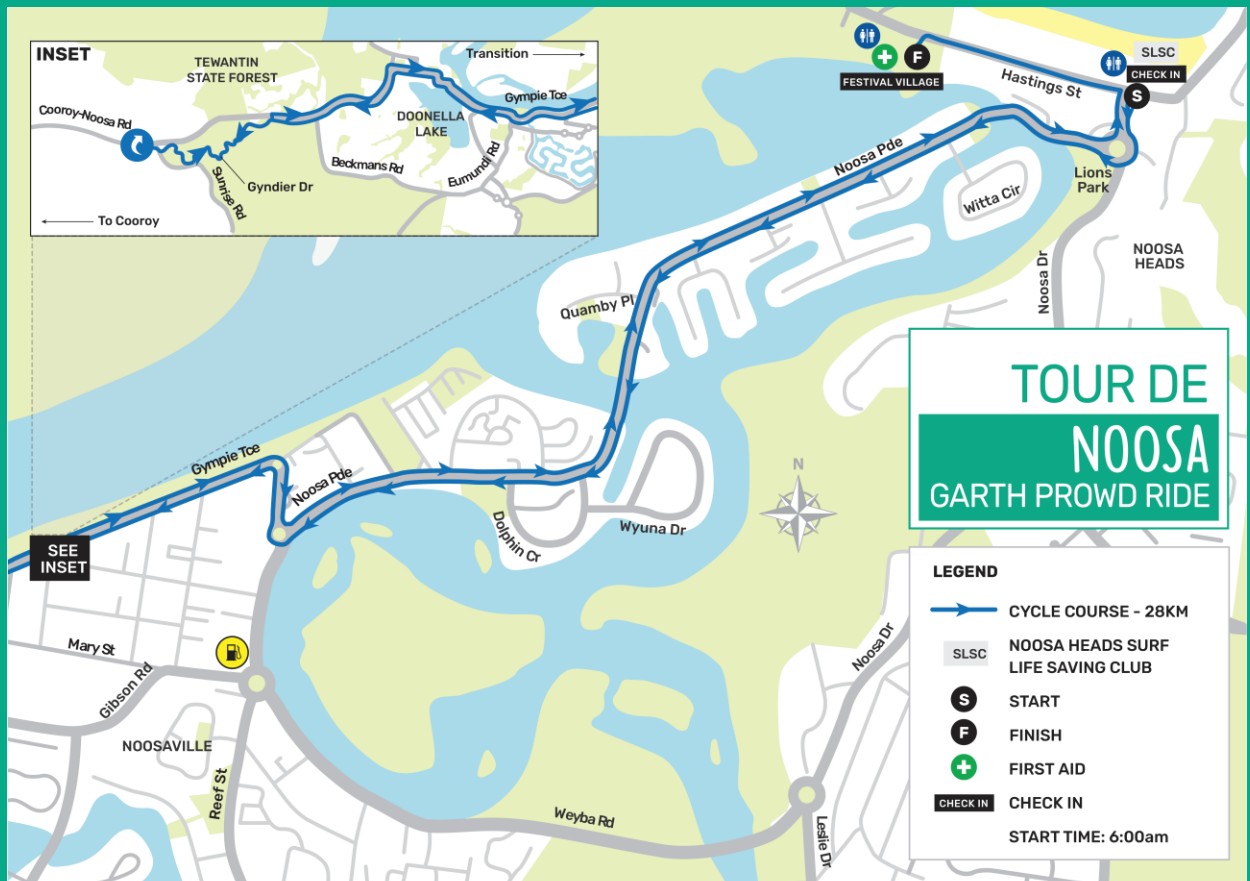
☐ Helmet

☐ Shoes

☐ Bike



WHAT RACE MORNING LOOKS LIKE



ATHLETE CHECKLIST

1. Check In

- ☐ Have your QR code ready
- ☐ Collect your race bib

2. Start Line

- ☐ Head to the starting point with your race bib pinned to your shirt

3. Post-Race

- ☐ Head to the Woods for a complimentary coffee and social catch up

ASICS BREAKFAST FUN RUN

Get ready to move, groove, and enjoy the beautiful surroundings of Noosa! Whether you walk, run, or dance, this 5km course is all about fun and community.

Starting at Noosa Main Beach, the route takes you along the scenic boardwalk and loops back along the sand, perfect for sharing the experience with friends, family, and colleagues.

No matter your pace, everyone is welcome. Come celebrate movement, connection, and the stunning coastal views!

[REGISTER HERE](#)

DATE	FRIDAY 30 th OCTOBER 2026
DISTANCE	A 5km one-lap course
START TIME	7:35am
LOCATION	Noosa Main Beach
ENTRY FEES	Available here .
CHECK-IN	Wednesday 28 October 10:00am - 5:00pm Thursday 29 October 10:00am - 6:00pm Friday 30 October 6:00am - 7:15am
MINIMUM AGE	Open to all ages. All participants between the ages of 0 - 12 must register and be accompanied by an adult for the entire duration of the event. The accompanying adult must also register for the event and takes full responsibility for the safety of the entrant 12 years or under. Participants over the age of 12 can complete the course without an accompanying adult.
REGISTRATIONS	All athletes participating on the day (including infants) must be registered in the event. Please note, there is no entry fee for athletes 0-4 years.
PRIZES	•Everyone who enters has a chance to win in one of our random prize draws. There will also be special prizes for: •Biggest school team •Best dressed male in pink •Best dressed female in pink •Best dressed team
WITHDRAWALS	View here

COURSE MAP



Starting on Park Road (east of Noosa Heads Surf Club), participants will run along Park Rd out to the National Park, before returning along the boardwalk to Noosa Main Beach. From here you will weave your way out to the river mouth before running along the beach back to where you started at the Surf Club. There is one Aid Station serving water at the halfway point as you pass the Groyne.

FREQUENTLY ASKED QUESTIONS

Q. How can I donate to the Mc Grath foundation?

A. Looking to donate? [Click here](#)

Q. Can I purchase pink merchandise at the event?

A. Unfortunately not this year, but there will be an option to donate onsite. So please bring your pink gear this year.

Q. What do I wear?

A. Wear pink, spread hope, and stride with pride!

WHAT TO BRING

- ☐ QR Code
- ☐ Hat
- ☐ Sunscreen
- ☐ Water Bottle
- ☐ Wear PINK!



WHAT RACE MORNING LOOKS LIKE



ATHLETE CHECKLIST

1. Check In

- ☐ Have your QR code ready
- ☐ Collect your race bib

2. Start Line

- ☐ Arrive at the start line 15 minutes early
- ☐ Pin race bib to your shirt
- ☐ Wear pink, spread hope and stride with pride!

3. Post-Race

- ☐ Stay for the Special Prizes and random prize draw. Give us your tear off ticket under your bib when our staff ask for it

Proudly Supporting McGrath Foundation

The McGrath Foundation raise money to fund McGrath Cancer Care Nurses right across Australia and deliver world leading cancer nursing services to support people and their families through cancer.

We're so proud to have been the beneficiary of the ASICS Noosa Fun Run for the past five years and have loved seeing the sea of pink running in support.

A heartfelt thank you to every athlete participating in this year's fun run, every step you take makes a meaningful difference in the lives of individuals and families experiencing cancer.



Make a donation [Here](#)

2XU OCEAN SWIM

With over 25 years of history, the 2XU Noosa 1000 Ocean Swim has become a standout event alongside the iconic Noosa Triathlon. Recognised as one of Australia's premier ocean swims, it's a bucket-list race for elites and age-groupers alike.

Set on one of the country's most stunning beaches, the course offers a spectacular start and finish, drawing swimmers back year after year. Held during Noosa Tri week, it's the perfect chance to race, relax, and enjoy the vibrant festival atmosphere.

[REGISTER HERE](#)

DATE	FRIDAY 30 th OCTOBER 2026
DISTANCE	1000m
START TIME	4:15pm
LOCATION	Noosa Main Beach, Noosa Heads
ENTRY FEES	Available here .
CHECK-IN	Wednesday 28 October 10:00am - 5:00pm Thursday 29 October 10:00am - 6:00pm Friday 30 October 10:00am - 4:00pm
CATEGORIES	Age groups: Under 13 , 13-15 years, 16-19 years, 20-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70+ years Other: Mates, Family, Open Female & Open Male
MINIMUM AGE	10 years as of race day
WAVE STARTS	Wave start times will be available prior to the event
PRIZES	Equal prize money for Open Female & Open Male 1 st place. • 1st - \$1100 Equal gift card value for Open Female & Open Male 2nd-5th place. • 2nd - \$550 • 3rd - \$350 • 4th - \$300 • 5th - \$200 All competitors go into the draw to win random draw prizes.
RESULTS	View Results here
WITHDRAWALS	View here



COURSE MAP



A 1km M-Shaped Ocean Swim starting and finishing on Noosa Main Beach.

FREQUENTLY ASKED QUESTIONS

Q: How do I complete the M-shaped course?

A: The 2XU Noosa Ocean Swim features an M-shaped course. Participants begin by running into the water and swimming the first leg. After exiting the water, they run along the beach before re-entering the ocean to complete the second swim leg. The course finishes with a final run up the beach to the finish line.

Q. Do I need to bring a swim cap?

A. 2XU swim caps will be provided on the day; this helps to categorise the swimming groups.

Q. Can Friends and Family come support me on the beach?

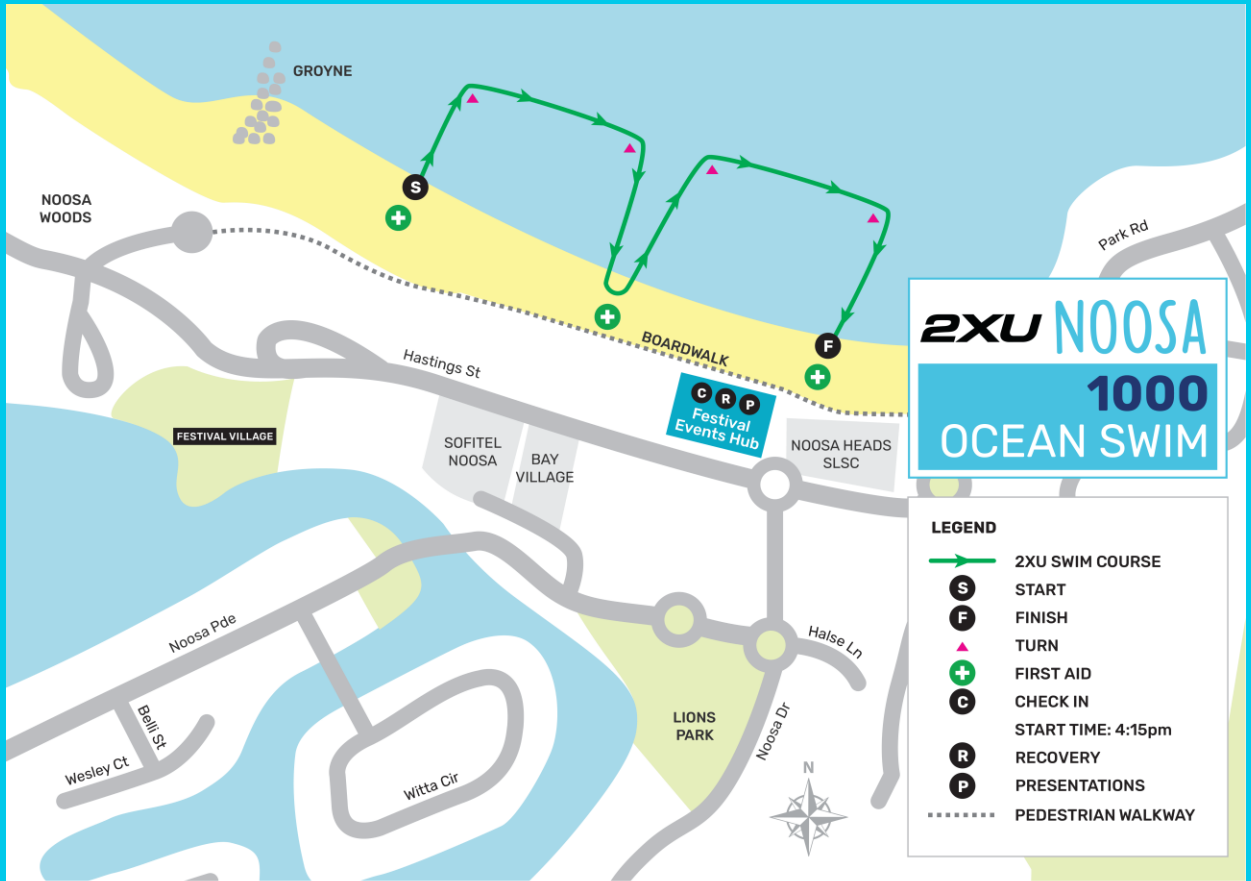
A. Absolutely! We invite everyone to come down to the start and finish are to cheer on their loved ones and see the action.

WHAT TO BRING

- ☐ QR Code
- ☐ Goggles
- ☐ Sunscreen
- ☐ Water Bottle
- ☐ Towel



WHAT RACE MORNING LOOKS LIKE



ATHLETE CHECKLIST

1. Check In

- ☐ Have your QR code and Photo ID ready
- ☐ Collect your swim cap and timing chip

2. Body Marking

- ☐ Have your bib number written on your arm

3. Start Line

- ☐ Arrive at the swim start line 15 minutes early
- ☐ Wear your swim goggles, provided swim cap and timing chip (left ankle)

4. Post-Race

- ☐ Stay for the presentations and random prize draw

SUPERKIDZ

Here's the chance for our future stars to experience the thrill of the action by competing in the kid's version of the iconic race. It's all about giving it a go and having fun with your friends and family while keeping fit and healthy!

All kids will receive an official ASICS limited-edition event singlet and a sweet finishers medal when they cross the finish line - handed out by one of our Noosa Tri sporting celebrities!

Stick around after the event for your chance to win lots of great random draw prizes too.

[REGISTER HERE](#)

DATE	Saturday 31 st October 2026
DISTANCE	7-10 years: 100m Swim / 2km Cycle / 500m Run 11-13 years: 200m Swim / 4km Cycle / 900m Run
START TIME	7:30am
LOCATION	Chaplin Park, near the Noosa Yacht and Rowing Club, Noosaville. Parking in the Gympie Tce precinct. Access to Chaplin Park via the footbridge beside the Noosa Yacht and Rowing Club.
ENTRY FEES	Available here .
CHECK-IN	Saturday 31 October – 6:00am – 7:15am (Chaplin Park, near the Noosa Yacht and Rowing Club, Noosaville)
MINIMUM AGE	7 years as of race day
RESULTS	It's all about having fun and taking part - no times or placings are recorded
WITHDRAWALS	View here
PARTICIPANT WAIVER	Available here .

COURSE MAP



A short, achievable distance on a safe course in and around the beautiful Noosa River:
7-10 years: 100m Swim / 2km Cycle / 500m Run
11-13 years: 200m Swim / 4km Cycle / 900m Run
(Age is as at event day)

PARENT/ CAREGIVER WRIST BANDS



RACE BIB



WHAT TO BRING

- ☐ QR Code
- ☐ Goggles
- ☐ Shoes
- ☐ Helmet
- ☐ Bike
- ☐ Hat
- ☐ Sunscreen
- ☐ Water Bottle

WHAT RACE MORNING LOOKS LIKE

GARMIN.



SUPERKIDZ INFO

1 CHECK IN

- ☒ Have your QR Code ready.
- ☒ Collect your race kit: race singlet, bib, swim cap, parent/caregiver wristband, race stickers.

2 BODY MARKING

- ☒ Have child's bib number written on their arm.
- ☒ Parent ensure you install parent/caregiver wristband.

3 TRANSITION

- ☒ Enter with child and one parent/caregiver only.
- ☒ Attach bike sticker to the middle of handlebars.
- ☒ Complete helmet and bike safety check.
- ☒ Rack bike and place bike/run gear on the left.
- ☒ Once complete, parents/caregivers leave transition and head to the spectator zone.

4 POST RACE

- ☒ Parents/caregivers show their wristband to collect their child.
- ☒ Bikes remain in transition until Special Tri athletes have finished.
- ☒ Stay for the random prize draw and hand in your bib ticket when requested.

TINGIRANA SPECIAL TRI

Noosa Tri is a celebration of amazing humans achieving amazing things. The Tingirana Noosa Special Triathlon was created to allow people with special needs to experience participating in a triathlon event in a safe and welcoming environment.

It's always one of the highlights of Noosa Tri week, and everyone is welcome to the party ... we guarantee it will be one of the most rewarding, inspiring mornings of your life.

[REGISTER HERE](#)

DATE	Saturday 31 st October 2026
DISTANCE	A short, achievable distance on a safe course. 100m Swim / 3km Cycle / 500m Run
START TIME	Tingirana Noosa Special Triathlon will commence straight after all Superkidz have entered the water at approximately 8:15am.
LOCATION	Chaplin Park, near the Noosa Yacht and Rowing Club, Noosaville. Parking in the Gympie Tce precinct. Access to Chaplin Park via the footbridge beside the Noosa Yacht and Rowing Club.
ENTRY FEES	Available here .
CHECK-IN	Saturday 31 October – 6:30am – 7:30am (Chaplin Park, near the Noosa Yacht and Rowing Club, Noosaville)
MINIMUM AGE	7 years as of race day
RESULTS	It's all about having fun and taking part - no times or placings are recorded
WITHDRAWALS	View here
PARTICIPANT WAIVER	Available here .

FREQUENTLY ASKED QUESTIONS

Q: Can I have a caregiver run with me?

A: Yes, absolutely! Caregivers are welcome to run alongside participants to provide support throughout the event.

Q: Does my caregiver need to sign up?

A: No formal registration is required. Caregivers (buddies) will simply need to sign a waiver on the day of the event.

Q: Can a caregiver help during transitions?

A: Your Buddy is there to support their athlete every step of the way, including during transitions between race legs.

Q: What if I don't want to compete in all three legs of the race?

A: That's completely okay! Just speak with the event team onsite, and they'll help tailor your participation to suit your needs.



COURSE MAP



PARENT/ CAREGIVER WRIST BANDS



RACE BIB



WHAT TO BRING

- ☐ QR Code
- ☐ Goggles
- ☐ Shoes
- ☐ Helmet
- ☐ Bike
- ☐ Hat
- ☐ Sunscreen
- ☐ Water Bottle

WHAT RACE MORNING LOOKS LIKE

GARMIN.



SPECIAL TRI INFO

1 CHECK IN

- ☒ Have your QR Code ready.
- ☒ Collect your race kit: race singlet, bib, swim cap, parent/caregiver wristband, race stickers.
- ☒ Caregivers/buddies must sign the waiver (if applicable).

2 BODY MARKING

- ☒ Have your bib number written on your arm.
- ☒ Parent/caregiver ensure you install parent/caregiver wristband.

3 TRANSITION

- ☒ Enter with caregiver/buddy (if applicable).
- ☒ Attach bike sticker to middle of handlebars.
- ☒ Complete helmet and bike safety check.
- ☒ Rack bike and place bike/run gear on the left.

4 POST RACE

- ☒ Remove bike once all athletes have finished.
- ☒ Stay for the random prize draw and hand in your bib ticket when requested.

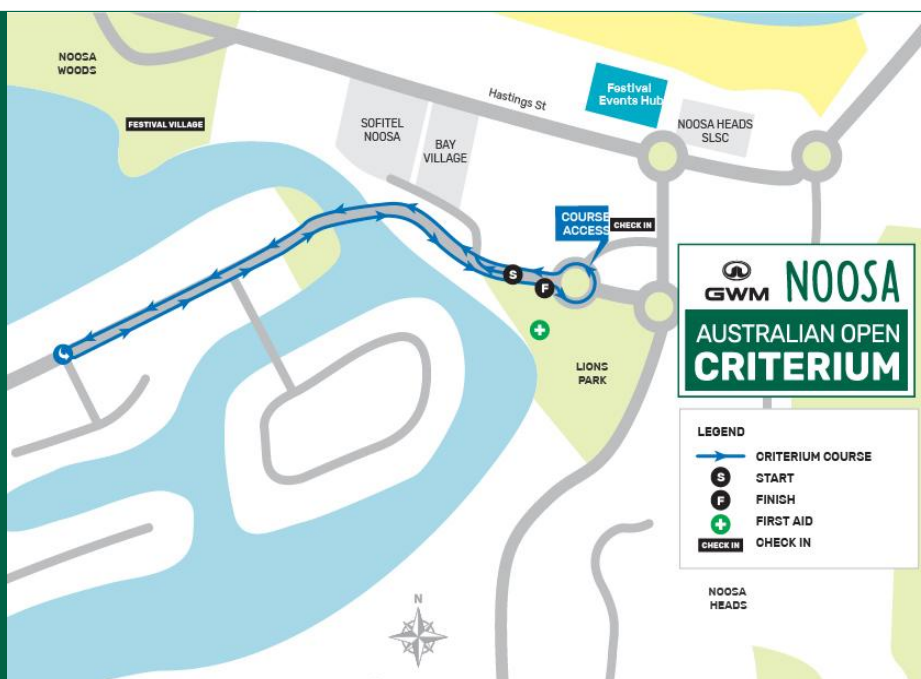
SUPER SATURDAY



GWM AUSTRALIAN OPEN CRITERIUM – WOMEN

Kicking off Super Saturday, the GWM Australian Open Criterium brings together some of Australia's top female professional cyclists for an exhilarating afternoon of racing. Set on the fast and technical 'hot dog' circuit along Noosa Parade, this event is known for its high intensity and dramatic moments. Athletes can expect a fast-paced race that demands sharp strategy, tight cornering, and strong positioning throughout. With thousands of enthusiastic spectators lining the course, the atmosphere is electric and adds to the thrill of competition. This criterium is a highlight of the Noosa Tri weekend and promises an unforgettable experience for both riders and fans.

DATE	SATURDAY 31 st OCTOBER 2026
DISTANCE	30minutes + 3 laps
START TIME	2:15pm
LOCATION	Noosa Parade, Noosa Heads
ENTRY FEES	Available here .
CHECK-IN	Saturday 31 October - 1:30pm - 2:00pm (Noosa Bus Stop, Noosa Parade)
ELIGIBILITY	Athletes must have A grade Licence, NRS Team or UCI Licence.
PRESENTATIONS	Presentations will commence straight after race finish on Noosa Parade
PRIZES (AUD – ex GST)	•1st \$5,000 •2nd \$3,000 •3rd \$1,400 •4th \$800 •5th \$400 •Prime 1 \$200
WITHDRAWALS	View here



CELEBRITY TRIATHLON

Always a crowd pleaser, witness sporting superstars from past, present and future take each other on in the Noosa Celebrity Triathlon.

Come down, bring the family and watch the fun from the grandstands as all rules go out the window during the battle for the 2026 Celebrity Trophy. Who will you spot this year?

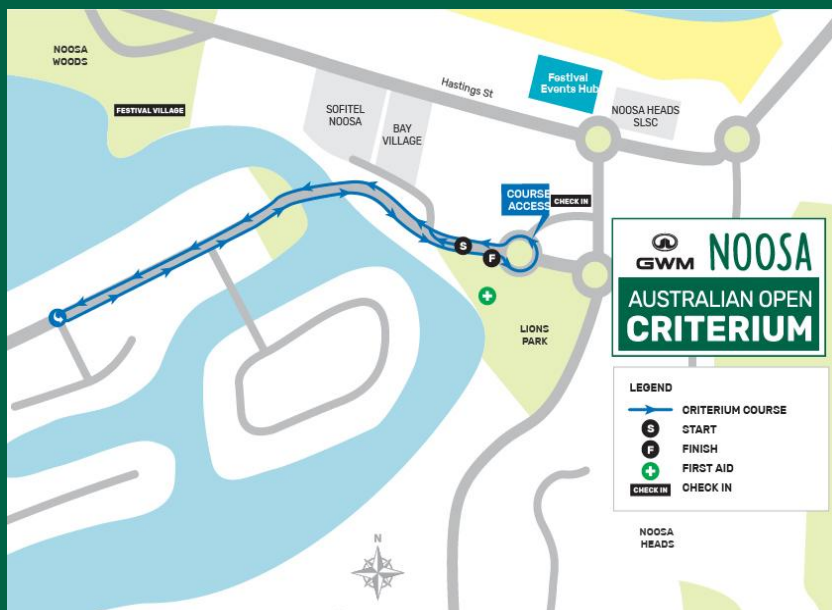
BRING YOUR FRIENDS/ FAMILY, A CAMERA AND A GOOD TIME!



GWM AUSTRALIAN OPEN CRITERIUM – MEN

Closing out Super Saturday is the highly anticipated GWM Australian Open Men's Criterium, where Australia's elite male cyclists take on the fast and technical 'hot dog' circuit along Noosa Parade. This high-intensity race is known for its explosive attacks, tactical battles, and thrilling sprint finishes, all played out in front of thousands of passionate spectators. Riders should be prepared for aggressive racing, tight corners, and speeds that push the limits. Whether it's a solo breakaway, a bunch sprint, or a dramatic crash, this event never fails to deliver pure sporting theatre. Athletes are encouraged to stay sharp, race smart, and soak up the electric atmosphere that makes this criterium a standout moment of the Noosa Tri weekend.

DATE	SATURDAY 31 st OCTOBER 2026
DISTANCE	40minutes + 3 Laps
START TIME	4:00pm
LOCATION	Noosa Parade, Noosa Heads
ENTRY FEES	Available here .
CHECK-IN	Saturday 31 October - 3:15pm – 3:45pm (Noosa Bus Stop, Noosa Parade)
ELIGIBILITY	Athletes must have A grade Licence, NRS Team or UCI Licence.
PRESENTATIONS	Presentations will commence straight after race finish on Noosa Parade
PRIZES (AUD - ex GST)	•1st \$5,000 •2nd \$3,000 •3rd \$1,400 •4th \$800 •5th \$400 •Prime 1 \$200 •Prime 2 \$200
WITHDRAWALS	View here



ASICS NOOSA BOLT

The ASICS Bolt is Australia's premier 5km road race, attracting some of Australia's best male and female middle-distance runners to battle it out on an exciting, flat, multi-lap course.

You won't believe how fast they go, and you'll be close enough to feel the breeze as they cruise by.

DATE	SATURDAY 31 st OCTOBER 2026
DISTANCE	5km 4 lap course
START TIME	5:15pm
LOCATION	Noosa Parade, Noosa Heads
ENTRY FEES	Available here
QUALIFYING TIMES	Open Men - have completed 5km in under 17 mins Open Women - have completed 5km in under 20 minutes
MINIMUM AGE	15 years as of race day
PRESENTATIONS	Presentations will commence straight after race finish on Noosa Parade
COURSE CERTIFICATION	The ASICS Noosa Bolt Course was certified in October 2022. Please view the International Measurement Certificate . 
PRIZES (AUD - ex GST)	Equal prize money for open men & women •1st - \$2400 •2nd - \$1800 •3rd - \$1200 •4th - \$900 •5th - \$750
WITHDRAWALS	View here

