

Capricornia School Sport
Department of Education
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2026 Capricornia 11-19yrs Aquathlon and 13-19yrs Triathlon Team NOMINATION / SELECTION PROCEDURES

The Queensland State Championships will rotate on a 2 yearly basis between a Super sprint format (Aquathlon, individual triathlon and team triathlon) and the traditional format (individual triathlon and team relay triathlon). In 2026 the Queensland State Championships will run as a Super sprint format. This means that there are key changes to nominations for our trial and consequences for selection.

The procedures for the selection of the Capricornia 11-19yrs Aquathlon and 13-19yrs Triathlon Team to participate in the State Championships are as follows

- Athletes can choose to trial for Capricornia in either an **Aquathlon** (swim, run) **OR** a **Triathlon** (swim, bike, run) at our Regional Trial at Tannum Sands.
- The selection races will be held as part of the Fitzroy Frogs Triathlon Club event held in Tannum Sands on the 19th October 2025 for both the 2025 11-19yrs Aquathlon and 13-19yrs Triathlon teams. Nomination Fees apply as per event.

There are key changes for the athletes that choose to trial for the Triathlon team.

- Any athletes that are selected in the Capricornia Triathlon team **MUST PARTICIPATE** in **THREE EVENTS** at the State Championships at Hervey Bay - the Aquathlon (on Thursday), the individual triathlon (on the Friday) and the Team Triathlon (on the Saturday).

***This is a condition of your selection into the regional team.
It is all events or none at all.***

- If a student is selected in the Regional Aquathlon Team, they will only compete on the Thursday at the State Championships in Hervey Bay.

Please read the following information carefully as it will outline important selection information.

Age Groups - Triathlon

Age group	Age
Junior	13/14yrs as of 31 December 2026
Intermediate	15/16yrs as of 31 December 2026
Senior	17/18/19yrs as of 31 December 2026

Age Groups – Aquathlon

Age Group	Age
Youth	11/12 years as of 31 st December 2026
Junior	13/14yrs as of 31 December 2026
Intermediate	15/16yrs as of 31 December 2026
Senior	17/18/19yrs as of 31 December 2026

The selection process will be as follows:

Any student wishing to be selected in the 2026 Capricornia 11-19yrs Aquathlon and 13-19yrs Triathlon team **MUST** compete in the Fitzroy Frogs Triathlon Club event held in Tannum Sands on Sunday October 19.

What do you need to do from here?

- 1) Complete and return page 3 of the attached **Nomination Form** prior to the race with contact details and the race they have entered by **Thursday 16th October 2025**. Nominations received after this date will not be considered.
- 2) Enter the event using this link

<https://my.raceresult.com/362163/>

There are no entries on the day. Capricornia School Sport is not responsible for entry into the event.

What event does my child enter at the Tannum Tri?

Event you wish to nominate for for Capricornia selection	Event to enter at Tannum Tri (taken from event website)
Junior Triathlon	Triathlon - Junior / Intermediate - 350m/9km/2.5km (Capricornia School Trials)
Intermediate Triathlon	Triathlon - Junior / Intermediate - 350m/9km/2.5km (Capricornia School Trials)
Senior Triathlon	Triathlon - Senior - 750m/20km/5km (Capricornia School Trials)
Youth Aquathlon (turning 11 or 12 in 2026)	Aquathlon - Youth - 200m/1km (Capricornia School Trials)
Junior Aquathlon	Aquathlon - Junior / Intermediate - 350m/2.5km (Capricornia School Trials)
Intermediate Aquathlon	Aquathlon - Junior / Intermediate - 350m/2.5km (Capricornia School Trials)
Senior Aquathlon	Aquathlon - Senior - 350m/2.5km (Capricornia School Trials)

Capricornia School Sport is **NOT** responsible for the entry of the student into the event.

When will the team be selected?

Upon receiving this paperwork, the team will then be selected as per the Capricornia School Sport selection guidelines by a panel of selectors *after the event has taken place*. Students will be notified accordingly after this process has taken place.

Thank you in anticipation of your assistance with this process and we wish all students luck with their selection efforts.

Anthony Spyve
Regional School Sport Officer

Kellie Langley
Chief Manager

2026 11-19yrs Aquathlon and 13-19yrs Triathlon NOMINATION FORM

Student's Name:		Student's School:	
Students D.O.B.		Male / Female	
Student's Mailing Address:			
Contact Phone No:		Parent's Mobile Phone No:	
Parent's Name:		Parent's Email Address:	

Instructions

Any student wishing to be selected in the 2026 Capricornia 11-19yrs Aquathlon and 13-19yrs Triathlon team **MUST** compete as part of the Fitzroy Frogs Triathlon Club event held in Tannum Sands using the following link:

<https://my.raceresult.com/362163/>

TRIATHLON

NOTE: There are no registrations on the day, all participants must have completed their entries by **Thursday 16th October 2025**. Please ensure that you nominate in the Capricornia School Sport section. ALL participants are subject to Triathlon Australia rules and regulations.

Senior Age group (17/18/19yrs as of 31 December 2026)

Sprint – 700m swim, 20km bike, 5km run.

Intermediate Age Group (15/16yrs as of 31 December 2026)

Enticer – 350m swim, 9km bike, 2 ½ km run.

Junior Age Group (13/14yrs as of 31 December 2026)

Enticer – 350m swim, 9km bike, 2 ½ km run.

AQUATHLON (Swim then Run)

NOTE: There are no registrations on the day, all participants must have completed their entries by **Thursday 16th October 2025**. Please ensure that you nominate in the Capricornia School Sport section. ALL participants are subject to Triathlon Australia rules and regulations.

Youth – (11-12yrs as of 31 December 2026)

Junior – (13-14yrs as of 31 December 2026)

Intermediate – (15-16yrs as of 31 December 2026)

Senior – (17-19yrs as of 31 December 2026)

Entry to these races must be done by the athlete, as per the entry procedures. <https://my.raceresult.com/362163/>

Capricornia School Sport is NOT responsible for the entry of the student into the event.

All students wishing to be considered for selection in the 2026 Capricornia 11-19yrs Aquathlon and 13-19yrs Triathlon team must also complete and return this Nomination Form prior to the race with contact details and the race they have entered by **Thursday 16th October 2025**. Nominations received after this date will not be considered. Students will be notified accordingly after the selection process has taken place.

RACE (Please circle)	Youth Born 2015/2014	Junior Born 2013/2012	Intermediate Born 2011/2010	Senior Born 2009/ 2008/2007
Aquathlon or Triathlon				

CERTIFICATION *(by Student and Parent/Caregiver)*

I certify that this person has entered as listed and the date of birth shown is correct.

Student Name: Parent/Caregiver Name:

Signature: Signature:

Date:

Reminder: All nominations are due to the Capricornia School Sport Office by Close of Business

Thursday 16th October 2025

Return to:

Capricornia School Sport
Email: capsport@qed.qld.gov.au
Ph: (07) 4932 4045