



QUEENSLAND REPRESENTATIVE SCHOOL SPORT



INFORMATION FOR AQUATHLETES AGED 11-19 YEARS and TRIATHLETES AGED 13-19 YEARS
2026 QRSS STATE CHAMPIONSHIPS, SELECTION PATHWAY and SSA NATIONAL CHAMPIONSHIPS

Queensland Representative School Sport provides the following information for those athletes and parents looking to gain selection in their Regional Teams to compete at the 2026 QRSS Aquathlon and Triathlon State Championships.

School Sport Australia is now conducting the National Championship on a 2-year rotational model, with 2025 being the Traditional Format (held in Rockingham, Western Australia) and in 2026 will see the first SuperSprint Format being held on the Gold Coast here in Queensland. For those not familiar with SuperSprint racing, this is an exciting format where athletes will compete in a variety of short sharp racing formats over 4 days. In addition to the format change, SSA is now pleased to offer students aged 13-19 the opportunity to compete in the Aquathlon Championship. MC Athletes in this age group have already had this pathway previously so there are no changes to the MC events other than now also competing in the SuperSprint format.

Consequently, QRSS has updated our State Championship event and selection pathways accordingly in readiness for these changes coming into effect in 2026. Please see the summary below for a summary of what is now happening:

- Regional Selection commences shortly with the following events being used by our regions to select their athletes:
 - AusTriathlon All Schools Lake Kawana – South Coast, Met East, Met West, Met North, Sunshine Coast, South West & Darling Downs (local Aquathlon)
 - Tannum Triathlon - Capricornia Region
 - Hervey Bay Tri Club Race - Wide Bay Region
 - Triathlon (Paper Nomination) and Northern School Sport Regional Aquathlon Trial Townsville – Northern Region
 - Peninsula School Sport Regional Trial Cairns– Peninsula Region
- Aquathlon Age Groups (age at 31 December 2026):

Youth –	11-12 year olds
Junior –	13-14 year olds
Intermediate –	15-16 year olds
Senior –	17–19 year olds
- Triathlon Age Groups (age at 31 December 2026):

Junior –	13-14 year olds
Intermediate –	15-16 year olds
Senior –	17–19 year olds
- The QRSS State Championships will be held in Hervey Bay from Thursday 5th to Saturday 7th February 2026
 - Thursday – Opening Ceremony & all Aquathlon Events
 - Friday – Individual Triathlon Events
 - Saturday – Triathlon Team Relay Events
 - Medal Presentations will follow each event during the day and Queensland Team Meetings will be at the conclusion of the Individual Racing on Thursday and Friday
- In a National SuperSprint year:
 - all Triathletes will compete each day of our State Championships ie Aquathlon Day 1, Triathlon Day 2 & Relay Day 3.
 - This will start in 2026, so Triathletes should plan and prepare to race each day next year.
 - Aquathletes will only compete on Day 1 in their Individual Aquathlon event.
 - Senior Triathletes will compete in a shorter Individual Race (ie current Inter Distance 500m Swim:15km Bike:4km Run)
 - Regional Team sizes will be as follows:

<u>Aquathlon</u>		<u>Triathlon</u>	
Youth –	10 per Gender	Junior –	10 per Gender
Junior –	6 per Gender	Intermediate –	10 per Gender
Intermediate –	6 per Gender	Senior –	10 per Gender
Senior –	6 per Gender		