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REDLINE GAMES

WESTERN SYDNEY

MARCH 28-30, 2025

ATHLETE GUIDE

PENRITH CITY COUNCIL

NSW GOVERNMENT

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WELCOME FROM THE NSW GOVERNMENT

Welcome to Penrith in the heart of Sydney's golden west for the 2025 Redline Games, supported proudly by the NSW Government's tourism and major events agency, Destination NSW.

Now in its third year, Redline Games returns to Western Sydney's world-class Sydney International Regatta Centre having quickly established itself as Australia's largest festival of sport for high-performance athletes and recreational sportspeople alike.

Penrith is home to some of the best sporting and activity complexes Australia has to offer, including white water rafting, cable skiing, indoor skydiving and rock climbing. Redline Games brings them all together, plus more, for an action-packed weekend with the stunning backdrop of the Blue Mountains providing one of the nation's most spectacular festivals of fitness.

Redline Games also makes a vital social and economic contribution to Western Sydney, attracting thousands of competitors, supporters and officials who stay in our hotels and spend locally, supporting local businesses and jobs throughout Western Sydney's visitor economy.

With a vibrant sport and cultural events calendar, a range of outdoor adventure activities and numerous fine dining precincts all within proximity to the World Heritage-listed Blue Mountains and an easy train ride to Sydney's CBD, Western Sydney is fast developing a reputation as hub for world-class visitor experiences.

Best of luck to all participants, enjoy the event and take some time to explore the exciting and diverse visitor experiences on offer throughout Western Sydney waiting to be discovered at Sydney.com.

NSW GOVERNMENT

Destination NSW

EVENT DATE

Friday, 28th of March - Sunday, 30th of March

LOCATION

Sydney International Regatta Centre, Penrith NSW

FRIDAY EVENTS

- CSSA, HZSA & CASA Schools Triathlon (Individuals)
- CSSA, HZSA & CASA Schools Triathlon (Teams)

SATURDAY EVENTS

- FREE Sunrise Yoga (registration required)
- Criterium A-D Grades
- Super Sprint Triathlon (250m swim | 8km ride | 2.5km run)
- TriKidz Triathlon (50m swim | 2km ride | 500m run & 150m swim | 5km ride | 1.25km run)
- Corporate Teams Triathlon (Full & Split Team Relay)
- Cycling Time Trials
- Breakdancing Championships
- 21.1km, 10km, 5km & 2km Runs

SUNDAY EVENTS

- Nepean Triathlon (1km swim | 30km ride | 8km run)
- Classic Triathlon (2km swim | 60km ride | 16km run)
- Aquabike (2km swim | 60km ride)

REGISTRATION TIMES

See specific event websites for registration and start times.

Please allow yourself enough time to get to your start area for your race.

RACE BRIEFING

Compulsory for all individuals. Please check the websites for specific start and briefing details for each event.

WHAT TO BRING TO REGISTRATION

Personal I.D. (e.g. Driver's Licence) and QR code emailed to you (on your mobile phone)

SATURDAY PRESENTATION TIMES

All presentations will take place at the Village Green.

- Super Sprint presentation will take place at 11.00am.
- Rock n Run presentations will take place at 6.00pm.

SUNDAY PRESENTATION TIMES

- Nepean, Classic Triathlons & Aquabike will take place at 2.00pm.

SPECTATORS

Spectators will not be allowed inside the finish line and event areas.

Spectators must stay off the course for the safety of themselves and for the safety of competitors.

PARKING

Parking is available at Gate A on Old Castlereagh Road on a first-come, first-served basis, so be sure to arrive early as spots fill up quickly. Once Gate A reaches capacity, vehicles will be redirected to Gate B, and then on to Gates C and D as needed. A shuttle service is available from Gate D to Gate A for those parking in Gate D.


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Please note that there will be other races and events taking place, so always stay alert and watch out for athletes on the course. For example, if road races are happening, cyclists may be present on the course within the regatta center. Even if it seems like the course isn't in use, be mindful of other events and avoid being on the course at all times.

BAG DROP

There will be a bag storage facility in the Registration Area.

TOILETS

Toilets are located at the transition side of the main grandstand, which is just behind the Registration Area. There are also toilets at the Western Flat, and a toilet block near the car parking area.

ROAD CLOSURES

ROAD CLOSURE INFORMATION »

TRIATHLONS

RACE KIT COLLECTION

Registration times are:

- 6.30am-7.45am Super Sprint Triathlon (Saturday)
- 8.00am-9.00am TriKidz 7-9 Triathlon (Saturday)
- 8.00am-9.30am TriKidz 10-12 Triathlon (Saturday)
- 8.00am-9.15am Classic Triathlon / Aquabike (Sunday)
- 8.00am-10.15am Nepean Triathlon (Sunday)

There are optional early registration times as follows:

- FOR SATURDAY'S EVENTS - at 5.00pm-6.30pm on Friday 28th March at PANTHERS PENRITH LEAGUES CLUB
- FOR SUNDAY'S EVENTS - at 3.00pm-5.25pm on Saturday 29th March at WESTERN FLAT AT THE REGATTA CENTRE

TRANSITION

Bike racks will be arranged by race distance.

Competitors who rack in the wrong place for your distance may be disqualified.

Bike collection times will be advised on the day of the event.

At registration, you will receive:

- RACE NUMBER | RACE BIB - to be worn on a race belt or pinned to your clothing, on the front of your torso whilst on the run leg.
- WRISTBAND - must leave on your wrist for bike check-in and out.
- BIKE STICKER - attach to the seat post.
- HELMET STICKER - affix to the FRONT of your helmet.
- TIMING CHIP - attach to your LEFT ankle, MUST be returned after your race at the Finish Line.
- BAG TAG - for tagging your personal items left at the baggage area with your individual race number - please remove any old bag tags before arriving.

RACE BRIEFINGS

Compulsory for all competitors. Please see the event schedule for details.

Briefings will take place approximately 15 minutes before race start, in the Transition Area

- 7.45am Super Sprint Triathlon (Saturday)
- 9.00am TriKidz 7-9 Triathlon (Saturday)
- 9.30am TriKidz 10-12 Triathlon (Saturday)
- 9.15am Classic Triathlon / Aquabike (Sunday)
- 10.15am Nepean Triathlon (Sunday)

SWIM

The swim start will be in age group waves, and may be further split to reduce congestion. Please listen carefully to all instructions.

Don't forget to bring your own swim cap!

BIKE / RUN AID STATIONS

Competitors are encouraged to carry their own nutrition and hydration on course.

There will be no aid stations on the bike course.

Competitors need to ensure that they carry sufficient bottles of water, etc with them and also be self sufficient with bike repairs (e.g. make sure you carry a spare tube and pump in case of a puncture).

Nepean, Classic & Super Sprint run legs will have hydration stations with both water and PURE nutrition available for competitors to utilise while out on course.

- Super Sprint will be out and back, passing an aid station 2 times on the run course
- Nepean will be out and back, passing an aid station 6 times on the run course.
- Classic will be out and back twice, passing an aid station 12 times on the run course.

FINISH LINE

Competitors will be required to remove their own timing chips, exit the finish line and proceed to the recovery area to reduce the density of people waiting in one area.

RECOVERY AREA

For all events, the recovery area at the Finish Line will have water, PURE Nutrition and fruit for athletes to consume after they finish.

PRESENTATIONS

All triathlon presentations will take place at the finish line, Sydney International Regatta Centre.

TRIATHLON EVENT INFORMATION »

GIVEAWAY ALERT!

We've worked with our friends at Peoplecare Health Insurance to give you the chance to win a triathlon package valued at over $1,200! Simply join the Peoplecare Health Insurance mailing list HERE to enter.


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ROCK N RUN

RACE KIT COLLECTION

- 1.30pm - 2.55pm - Half Marathon
- 3.00pm - 3.55pm - 10km Run
- 3.00pm - 4.25pm - 5km Run
- 3.00pm - 5.25pm - 2km Run

BRIEFING & START TIMES

All briefings will take place at the Start Line for each distance.

- Half Marathon briefing: 2.55pm, start: 3.00pm
- 10km Run briefing: 3.55pm, start: 4.00pm
- 5km Run briefing: 4.25pm, start: 4.30pm.
- 2km Run briefing: 5.25pm, start: 5.30pm.

COURSE INFORMATION & AID STATIONS

Competitors are encouraged to carry their own nutrition and hydration on course.

Aid stations out on course will have water, PURE nutrition, cola and lollies will be available

Competitors will need to be self-sufficient with any training-specific gels and electrolytes.

Half Marathon: There will be 3 aid stations out on the 3 lap course - athletes will pass an aid station 9 times.

10km Run: There will be 2 aid stations on the 2 lap course, and athletes will pass an aid station 4 times.

5km Run: There will be 2 aid stations on the 1 lap course, and athletes will pass an aid station 2 times.

FINISH LINE & RECOVERY

• The finish line recovery area will have water, PURE nutrition, Coke, fruit and lollies for competitors to consume once they've finished.

PRESENTATION

Run presentations will take place at 6.00pm.

RUN EVENT INFORMATION »