

H/ TRIATHLON

H/ OCEAN SWIM

EVENT GUIDE

21-22 NOVEMBER 2026

#HamiltonIsland #HamiltonIslandEnduranceSeries

HAMILTON ISLAND
ENDURANCE SERIES



WELCOME



Welcome to the 2026 Hamilton Island Triathlon and Ocean Swim, the final events in this year's Hamilton Island Endurance Series.

We're proud to welcome athletes from across Australia to the heart of the Great Barrier Reef. Whether you're a seasoned racer, taking part for the first time or here to support family and friends, I hope you enjoy the challenge and the atmosphere of the weekend.

Across the weekend, you'll take on courses that make the most of the island's terrain – from a Coral Sea swim across Catseye Bay to challenging climbs through the island's interior and a bike leg along our airport runway. If you're racing, I hope you find a moment along the way to take in the surroundings. And if you're cheering from the sidelines, your support makes a real difference out on the course.

Thank you to our sponsors and partners – Espresso di Manfredi, Echelon, Scope Wheels, Corry Cycles, Cruise Whitsundays, Wild Oats Wines, AV Partners, AG1, REVO and Giant – whose support helps make these events possible.

Please make use of the Containers for Change bins throughout the weekend. Every container supports our collaboration with Eco Barge Clean Seas and its work in marine debris removal, recycling and the Whitsunday Turtle Rescue Centre. In 2025, Hamilton Island's support helped Eco Barge remove more than 7,500 kilograms of marine debris, clean 104 beaches and care for 18 sea turtles.

Good luck to everyone competing. I hope you enjoy a fantastic weekend of racing, and some well-earned time to enjoy the island beyond the course. A little island can do wonders – and so can you.

Chris Mills
CEO | Hamilton Island

Hamilton Island would like to acknowledge the traditional custodians of the Whitsundays, the Ngaro and Gia people, and their connection to land, sea and community. We pay our respect to Elders past, present and future generations to come and extend that respect to all Aboriginal and Torres Strait Islander people today.



EVENT DETAILS

FRIDAY 20 NOVEMBER

12.00pm - 6.00pm	**Corry Cycles Bike Servicing, Beach Pavilion** $30 to unpack and assemble, $30 to pack in bag or box or $50 for both. Free service, parts additional.
3.00pm - 5.00pm	**Hamilton Island Triathlon, Beach Pavilion** It is compulsory for all triathletes to register.
4.00pm - 4.50pm	**Swim with the Stars, Beach Pavilion** Gain first-hand insights and tips from our visiting professional swimmers on how best to take on the Triathlon swim leg and Ocean Swim course.
5.00pm - 5.45pm	**Hamilton Island Triathlon Briefing, Course Orientation and Cycle Clinic, Beach Pavilion** All triathletes MUST attend.
5.45pm - 6.30pm	**Hamilton Island Triathlon Transition Open / Bike Check-in, Frangipani Lawn** Bikes to be inspected and racked during this time, security will be present overnight.

SATURDAY 21 NOVEMBER

5.00am	**Hamilton Island Triathlon Transition Open, Frangipani Lawn**
6.00am	**Beach Pavilion Kiosk** Open for coffee and breakfast snacks.
6.00am	**Hamilton Island Triathlon Rolling Starts** 1 - Women's 2 - Teams 3 - Men's
8.00am	**Hamilton Island Junior Triathlon Briefing and Transition Open, Beach Pavilion** Briefing for all juniors and transition open (after final adult bike leg finished).
8.30am	**Hamilton Island Junior Triathlon Rolling Starts** 1 - Long race 2 - Short race 3 - Medium race
10.00am - 3.00pm	**Post-Race Recovery, Lunch and Presentations, Beach Pavilion** Presentations at the Beach Pavilion. Kiosk open with post-race coffee, lunch and wine bar, plus live music. Bring your bib to redeem your free glass of Wild Oats Wine.
11.30am - 12.30pm	**Hamilton Island Ocean Swim Registration, Beach Pavilion** Registration and pack collection opens after the triathlon presentations conclude.



EVENT DETAILS

SUNDAY 22 NOVEMBER

6.30am	**Cruise Whitsundays ferry service departs from Shute Harbour**
7.00am	**Hamilton Island Ocean Swim Registration (mainland entrants), Beach Pavilion** Registration and pack collection opens for entrants arriving from the mainland.
7.00am	**Beach Pavilion Kiosk** Open for coffee and breakfast.
7.05am	**Cruise Whitsundays ferry arrives from Shute Harbour to Hamilton Island Ferry Terminal** Transfers available to Beach Pavilion for registration.
7.40am	**Hamilton Island Ocean Swim Briefing, Beach Pavilion** All swimmers MUST attend.
8.00am	**Hamilton Island Ocean Swim Starts** 8.00am 350m Junior Race 8.15am 750m Race and Anything Goes 8.30am 2km Race
10.00am - 1.00pm	**Post-Race Recovery, Lunch and Presentations, Beach Pavilion** Presentations at the Beach Pavilion. Kiosk open with post-race coffee, lunch and wine bar, plus live music. Bring your voucher to redeem your free glass of Wild Oats Wine.
5.30pm	**Last Cruise Whitsundays ferry service departs to Port of Airlie, Hamilton Island Ferry Terminal**
5.35pm	**Last Cruise Whitsundays ferry service departs to Shute Harbour, Hamilton Island Ferry Terminal**



RACE RULES

Triathlon
Non-drafting on the cycle course will apply and there will be officials policing this on the course. Wetsuits will be allowed for the swim course. The water temperature will be approximately 23 degrees. Any athlete seen to be taking a shortcut during the event will be disqualified. For safety reasons you must have begun your final airport run (13.3km into the bike course) by 7.45am to allow us to hand back the runway to authorities for its intended use. Failure to clear Gate 1 by this time will result in a DNF. You may however proceed back to the transition area and complete the run leg.

Hamilton Island Ocean Swim
This is a non-sanctioned event. This is a non-wetsuit event, swim skins are permissible but any suit or device that aids buoyancy or propulsion will not be allowed. Should you be found wearing any of these you will be disqualified. Any athlete found taking a shortcut will be disqualified.

Race Withdrawals
Withdrawals prior to the event must be in writing – email events@hamiltonisland.com.au. If you withdraw on race day prior the race start, please advise an official at Race Kit Collection or at the officials marquee. The cancellation fee is 100% should you withdraw on race day. If you withdraw during the race, please report to the officials marquee and advise an official that you have withdrawn

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USEFUL PHONE NUMBERS

Hamilton Island Numbers	
Hamilton Island Resort	07 4946 9999
Hamilton Island Reservations	137 333
Buggy Hire	07 4946 8263
Lost Property	07 4946 9999
Reception Beach Club	07 4946 8000
Reception Palm Bungalows	07 4946 9999
Reception Reef View Hotel	07 4946 9999
Reception Holiday Homes	07 4946 8640
Tour Desk	07 4946 8305
Restaurant Reservations	07 4946 9422
Medical	
Medical Centre	07 4804 5688
Emergency	000
Travel	
Cruise Whitsundays	07 4846 7000

EVENT ROAD CLOSURES

SATURDAY 21 NOVEMBER, 5.45am - 8.30am
The following roads will be closed or have limited access:

- All resortside roads
- Mango Tree Corner
- Palm Terrace Way
- Marina Drive from Mango Tree corner to airport roundabout
- Airport Drive and airport roundabout to Palm Valley
- Marina Terrace (road from Conference Centre to airport roundabout)

Parking is available at the Resort Centre or behind the Reef View Hotel.



THANKS TO OUR SPONSORS AND PARTNERS:

Rēvo

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Wild Oats BY ROBERT OATLEY

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For island maps and detailed information on what else is happening during your stay, including activities, restaurant opening times, shuttle timetables and more, download the Hamilton Island App by scanning the QR code, or visit The App Store or Google Play.


a little island
can do wonders
HAMILTON ISLAND