



Saturday 21 November 2026

COMPETITOR BRIEFING



H/TRIATHLON

Your Race Kit Includes:

- Timing chip
- Event shirt
- Swim cap
- ID tattoos and stickers
- Coffee voucher
- Race bib with Wild Oats Wines offer

Timing Chips / ID Sticker and Tattoos

Timing chips are important for correct timing and safety. Your timing chip must be worn on your LEFT ankle throughout the entire race. For teams, you will receive one timing chip per team. The chip is to be passed from one person to the next, that person cannot exit transition until the chip is fastened to their ankle.

Competitors are required to remove their OWN chip and place in the collection basket in the recovery area. Failure to hand back your timing chip will result in a \$50 replacement fee. Should you withdraw during the race, please return your chip to the officials at the Beach Pavilion.

Your ID sticker and tattoos should be attached to the corresponding locations stated on the set. These will be matched with your bike rack race numbers when removing the bike from transition (post-race).

Transition

The transition area will be open from 5.00am to 5.45am on race day. Athletes should remove everything except what is required for competition. Bags are also not permitted in the transition area. Please leave any valuables with a family member, friend or your accommodation.

Briefing and Bike Racking

Triathlon briefing this year will be held at the **Beach Pavilion**, located toward the eastern end of the beach.

The racking of bikes will immediately follow the briefing on Friday afternoon. The area will remain open until 6.30pm for bike-racking. This area will be patrolled by security overnight, however the practice of chaining/locking your bike is permitted and provides you with extra security.



HAMILTON ISLAND
ENDURANCE SERIES



H/ TRIATHLON

Briefing and Bike Racking cont.

For safety purposes, your bike will be checked upon entry to transition on Friday prior to racking and your helmet will be checked on Saturday morning upon entry to transition.

You will be allocated a set position in transition, you will be directed to your area and your position will be marked. Please do not alter your position in the transition area. Positions are set via surname in alphabetical order. A separate area for teams has also been allocated. ONLY registered competitors and officials are permitted in the transition area.

Racks have been identified with a magnet which we encourage you to take home after the race.

Bikes will be available for removal once all athletes have completed the bike leg, an announcement will be made once this has occurred. Removal prior to this time will not be allowed. All bikes are to be removed by 11.30am.

PLEASE NOTE: The junior triathlon will be underway between 8.00am and 10.00am. The road and transition area is a part of their course and we appreciate you giving way to them when leaving transition.

Spectator Points

The Hamilton Island Triathlon is spectator friendly, with a number of points where friends and family can catch the action of the race and keep you motivated:

- The Beach Pavilion is situated on the finish line
- Reef View Hotel and Beach Club have grass areas for spectators to utilise
- Mango Tree corner provides spectators a look at both the run (twice) and bike legs (all three loops)
- At the airport roundabout you will see athletes three times on the bike loop and twice on the run

Parking

Please refrain from using buggies on race morning. If necessary, please park behind the hotels, apartments and lodges, not on the course or in the vicinity of the Beach Pavilion. No parking available at the transition area. Roads will hard close by 5.30am.

Racing in North Queensland and Safety Information

Please ensure you come as prepared as possible for racing in any condition. The likelihood, however, is that you will encounter a hot and humid environment. Maintain hydration throughout your stay, including prior to and during the race - it is an integral part of your post-race recovery. If you have any pre-existing conditions or concerns that race medical staff should be aware of, please present them in writing to the medical team or registration prior to racing. Staff and race officials will endeavour to assist you with your concerns and/or pass your medical information on to the medical team.

Marine stingers are a natural part of the North Queensland ecosystem. There is a chance we could have marine stingers and sea lice in Catseye Bay, not unlike any marine environment. With this in mind, the triathlon swim is an optional wetsuit swim to further reduce the small risk of a marine sting. If in the case you feel you may have been stung, please seek assistance with the nearest marshal. A full safety plan is in place for any incident during our race.

Sharks exist in the Whitsundays marine ecosystem, as they do in all Australian marine ecosystems. Hamilton Island will be patrolling the waters through surveillance and on-water monitoring resources; however, you are solely responsible for your own safety. Queensland Ambulance Service paramedics will be present at the event.

Crocodiles exist in the Whitsundays marine ecosystem. Hamilton Island will be patrolling the waters through surveillance and on-water monitoring resources; however, you are solely responsible for your own safety. Queensland Ambulance Service paramedics will be present at the event.



Wetsuits

Wetsuits will be permitted regardless of water temperature. As the water temperature and ambient temperature could be warm, we recommend you hydrate appropriately and put your wetsuit on closer to warm-up and race start. We have received approval for this special ruling under our sanctioning agreement.

Results and Presentations

Presentations will be held at the Beach Pavilion from 10.30am. The Beach Pavilion offers a bar and kiosk with live music. Results are available through the QR code on your race bib.

Swim Information

- Beach start, one lap of the 750m course.
- The swim start will be a rolling start Men's – Teams – Women's.
- Keep buoys (turning markers) on your right.
- Two buoys will be placed at the swim exit to guide you to the safest area to stand (aim for these gates).
- Keep in single file on swim exit and entry to transition.
- A timing mat is located in transition, run hard if you want a good swim split.
- Team runners can 'ferry' the timing chip to cyclists from the water line to transition.

Cycle Information

- Athletes will complete three loops of the 6.5km course, with a further 250m to and from transition.
- Cycle traffic will flow one-way for the entire the course. We do ask that you stick to the LEFT side of the road section at all times and in the airport section, stick to the RIGHT hand side. Even when passing, we ask that you do not cross the centre line of the runway. By sticking to the correct side of the course you will have ample room for overtaking and room for race officials or any necessary vehicle traffic to pass. The roads will be closed however unforeseen pedestrians and buggy traffic may enter the course.
- Blocking is not permitted (sitting out from relevant side of the course).
- Cycle helmets approved for use, are to be fastened and your torso covered (for both run and swim) before athlete's un-rack their bikes. The bike must be back in the rack before unfastening and removing the helmet. You need your helmet to check in on Saturday (race) morning. You will be numbered on each arm using tattoos provided.
- There is a mount/dismount line outside of transition indicated by a blue inflatable archway. You must pass the mount line before boarding your bike and dismount before crossing the line. Cycling in the transition area is not permitted for safety reasons and could result in disqualification.
- For safety reasons you must have begun your final airport run (14.3km into the bike course) by 7.40am to allow us to hand back the runway to authorities. 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 and therefore your race, although unofficially.
- Littering at any time during the triathlon is not permitted, especially here in the Great Barrier Reef. In particular, please ensure your rubbish is not dropped on the airport runway or any part of the course.
- Drafting is not permitted. We will have officials on course policing the practice. The penalty box is located directly prior to the mount line. One infringement shall result in a 5 minute penalty, a second infringement will result in disqualification. Drafting is considered cheating; it denies you an accurate reflection of your performance and puts you at an unfair advantage over your competitors. We ask that you police yourself and avoid the wrath of the officials and fellow competitors.
- Yellow Caution Zone - the technical section of the course near the completion of each loop is preceded by a steep descent. Less competent riders may be easily spooked on the tight turns leading into the turn, so please signal your intention to pass, by calling out to riders ahead of you. This area is marshalled and poor bike etiquette will result in disqualification. There is another steep descent leading into the airport, please exercise caution at this point.

Run Information

- Athletes will complete one circuit of a 5km course. Our run encompasses path, road and a beach finish. There are also some speed bumps (otherwise known as hills) on the course.
- The run exit is at the western end of transition. You will exit onto road before joining the path that runs parallel to the road (as per previous years) and head back toward the resort. You will remain on the footpath, parallel with cycle traffic, for approximately a further 250m. The course then separates as runners enter Resort Centre and utilise the path past the Wildlife Park – climb one.
- The shared area will be indicated by cones until the last rider has completed that section for the third time. If the cones have been removed, you are free to use more space.
- There are five aid stations on the run course, some of which are accessed twice. The aid stations will have water available for athletes.
- There is no cut-off time to finish, if you can make the airport cut-off time on the bike, we will wait as long as required to see you finish the Hamilton Island Triathlon. Some parts of the run course will start to open up to buggy traffic from 8am to the airport, so please be cautious.

Team Information

- All athletes within a team (whether two or three athletes) will receive a complete race kit each including ID tattoos for access to transition.
- Teams will be allocated a change-over point behind their bike racks at the eastern end of transition. Swimmers may use their runner to pass the timing chip to the cyclist from the water exit to this point. They are free to exit the area utilising the run path if they wish.
- Upon receiving the ankle chip, the cyclist can then proceed to the bike racks and move with their bike beyond the mount line to begin their ride.
- Upon completion, they will rack their bike before handing the chip to the runner. We ask that cyclists exercise caution when exiting the area as runners as well as other riders will be on the course. For all team members, please exercise caution when you are waiting in transition, and upon completion of your respective disciplines.

General Information

- Cutting the course is not permitted and will result in disqualification.
- Competitors must obey the directions and instructions of race officials at all times.
- Outside assistance is not permitted but race officials will provide a roving breakdown crew for bike mechanical issues.
- Athlete torsos must be covered for the duration of the bike and run disciplines.
- Music playing devices and/or headphones are not permissible.
- This is a challenging course, we have utilised the natural attributes and elements of Hamilton Island to provide you with a unique race experience.
- Good luck and take care out there.

Stay Well Program

Hamilton Island have implemented the Stay Well program to ensure the wellbeing of our guests. Please ensure that if you are not feeling well or have any flu like symptoms, you do not attend the event and call the medical centre for assistance on 07 4804 5688.



Maps

H/TRIATHLON

Swim course

- Keep buoys on your right, two large buoys mark your beach exit – swim through these.

H/ TRIATHLON - SWIM COURSE





H/TRIATHLON

Bike course

- Note: the CAUTION SLOW Zone, the presence of technical sections and hills.





H/TRIATHLON

Run course

- There is a shared bike/run section to Resort Centre (runners are to use footpath where possible).
- It's a beach finish – hit the hard sand to make it easier.

H/ TRIATHLON - RUN COURSE

