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H/TRIATHLON

H/OCEAN SWIM

# **EVENT GUIDE**

15-16 NOVEMBER 2025

#HamiltonIsland #HamiltonIslandEnduranceSeries

HAMILTON ISLAND ENDURANCE SERIES



## WELCOME



Welcome to the 2025 Hamilton Island Triathlon and Ocean Swim!

Whether you're here to tackle the triathlon, dive into the ocean swim, or cheer on our competitors, we are thrilled to have you with us on beautiful Hamilton Island.

This weekend promises to test the endurance of every competitor in one of Australia's most stunning settings. While the scenery is breathtaking don't be fooled – the triathlon and swim course are known for pushing even the toughest athletes to their limits. Indeed it is the perfect mix of challenge and beauty that draws participants from across the Country and – best yet – the event welcomes everyone from seasoned pros to those simply looking for a fitness challenge and some fun. No matter your level of experience or motivation, I hope you also take some time to relax and soak up all that Hamilton Island has to offer.

A huge thank you to our wonderful sponsors and partners – Espresso di Manfredi, Echelon, Scope Wheels, Corry Cycles, Cruise Whitsundays, Wild Oats Wines, AV Partners, AG1, REVO and a warm welcome to our new sponsor Giant. Your support makes this weekend possible and special for everyone involved.

We are pleased to announce our new partnership with Eco Barge Clean Seas. and Containers for Change. Please use the designated island bins to recycle containers, helping to keep our waters clean and our marine wildlife safe.

Wishing all competitors an incredible weekend of racing. I'll be joining you for the triathlon – so see you at the finish line!

#### **Nick Dowling**

Acting Group Chief Executive Officer
Balmoral Australia | Hamilton Island

Hamilton Island would like to acknowledge the traditional custodians of the Whitsundays, the Ngaro 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 14 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 15 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 race2 - Short race3 - 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 16 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.

5.15pm Last Cruise Whitsundays ferry service departs to Port of Airlie,

Hamilton Island Ferry Terminal

5.30pm 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 <a href="mailto:events@hamiltonisland.com.au">events@hamiltonisland.com.au</a>. 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

## **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 15 NOVEMBER, 5.45am - 8.30am The following roads will be closed or have limited access:

- All resortside roads
- Mango Tree Corner
- 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:























