

EVENT GUIDE



22-24 NOVEMBER 2024

#HamiltonIsland #HamiltonIslandEnduranceSeries





WELCOME



Welcome to the 2024 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 – Tourism and Events Queensland, Espresso di Manfredi, Echelon, Scope Wheels, Corry Cycles, Cruise Whitsundays, Wild Oats Wines, AV Partners and a warm welcome to our two new sponsors AG1 and REVO. 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.



MESSAGE FROM THE CEO OF TOURISM AND EVENTS QUEENSLAND



I am thrilled to welcome you to the Hamilton Island Triathlon and Ocean Swim. Tourism and Events Queensland is proud to support the Hamilton Island Triathlon and Ocean Swim through the Queensland Destination Events Program which seeks to leverage the crucial link between events and the destinations in which they are staged, extending the flow on effects of the economic, marketing and social benefits of events throughout metropolitan and regional Queensland.

Queensland's growing events calendar highlights our state's reputation as a destination for great entertainment and unique visitor experiences.

If you are visiting for the event, I hope you'll make the most of your time here and get out to experience all the wonderful things that the Whitsundays has to offer.

Patricia O'Callaghan

Chief Executive Officer, Tourism and Events Queensland



EVENT DETAILS

FRIDAY 22 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.
- 5.45pm - 7.30pm **Carb Up Dinner, Beach Pavilion**
Join fellow competitors at the Beach Pavilion Kiosk, open for dinner and a pre-race carb fix.

SATURDAY 23 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 24 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 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

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
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EVENT ROAD CLOSURES

SATURDAY 23 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:



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](#).

WHITSUNDAY ISLANDS NATIONAL PARK

THE WHITSUNDAYS ARE CALLING

Queensland's most incredible holiday destinations are ready to welcome you. There are so many places to explore in The Whitsundays, so say hello to new adventures.

QUEENSLAND.COM

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