

IT'S LIVE!
in Queensland

EVENT GUIDE



19-20 NOVEMBER 2022

#HamiltonIsland #HamiltonIslandEnduranceSeries

HAMILTON ISLAND
ENDURANCE SERIES



WELCOME



It is with great pleasure that I welcome you to the 2022 Hamilton Island Triathlon and Ocean Swim. Whether you are here to take on the Triathlon, compete in the Ocean Swim or to support the participating athletes, I thank you for joining us on Hamilton Island.

For those competing, over the course of the weekend you can expect to test your endurance in one of Australia's most pristine locations. Despite the awe-inspiring scenery, the exceptional triathlon and swim course has developed a reputation for seriously challenging competitors, attracting participants from all around Australia. But one of the really great things about the event is that it is open to all, from the elite to those wanting to take on a fitness challenge and have fun in a beautiful location. Whatever your experience or reason for joining us, it is my hope that you are also able to take time out to recover from your race and enjoy all that Hamilton Island has to offer.

I would like to take this opportunity to thank our sponsors and partners, Tourism and Events Queensland, Powerade, Maui Jim, Espresso di Manfredi, ZIPP, SRAM, Corry Cycles, Cruise Whitsundays, Wild Oats Wines and AVPartners, for their ongoing support and contributions. It is with their commitment and enthusiasm that we are able to bring the event to life for all to enjoy.

Thanks again for joining us and I wish all the athletes an exceptional weekend of competition.

Pete Brulisauer
Chief Executive Officer, 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 HON. STIRLING HINCHLIFFE MP



Welcome to the Hamilton Island Triathlon and Ocean Swim, a highlight on the *It's Live in Queensland* events calendar and a wonderful opportunity to showcase The Whitsundays as a tourism destination.

The Hamilton Island community is grateful to welcome visitors who fill their cafes and restaurants, stay in their accommodation, use local transport and explore our unique tourism experiences.

That's why we support events through Tourism and Events Queensland's Destination Events Program because they bring a welcomed boost to the local community and supports local jobs.

Events like the Hamilton Island Triathlon and Ocean Swim allow friends and family to reconnect and creates community pride. We hope you enjoy your stay and return again in the near future.

Be sure to immerse yourself in the local culture and get the opportunity to explore some of our world-class tourism experiences in this beautiful region.

Congratulations to the event organisers and volunteers – we wish you all the best for a successful event.

The Hon. Stirling Hinchliffe MP

Minister for Tourism, Sport and Innovation and Minister Assisting the Premier on Olympics and Paralympics Sport and Engagement



EVENT DETAILS

FRIDAY 18 NOVEMBER

- 12.00pm - 6.00pm **Corry Cycles Bike Servicing, Beach Pavilion**
\$20 to unpack and assemble, \$20 to pack in bag or box or \$35 for both. Free service, parts additional.
- 3.00pm - 5.00pm **Hamilton Island Triathlon and Ocean Swim Registration, Beach Pavilion**
It is compulsory for all triathletes and swimmers to register.
- 4.00pm - 4.50pm **Swim with the Stars, Catseye Beach**
Gain first-hand insights and tips from our visiting professional swimmers on how best to take on the Hamilton Island Ocean Swim course.
Meet at the triathlon swim start on Catseye Beach (near the Beach Sports Hut).
- 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 **Carb Up Dinner, Beach Pavilion**
Join fellow competitors at the Beach Pavilion Kiosk, open for dinner and a pre-race carb fix.

SATURDAY 19 NOVEMBER

- 5.00am **Hamilton Island Triathlon Transition Open, Frangipani Lawn**
- 6.00am **Beach Pavilion Kiosk**
Open for coffee and breakfast rolls.
- 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 and Presentations, Beach Pavilion**
Presentations at the Beach Pavilion. Kiosk open with post-race coffee 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 20 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 rolls.
- 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 and Presentations, Beach Pavilion
Presentations at the Beach Pavilion. Kiosk open with post-race coffee and wine bar, plus live music. Bring your voucher to redeem your free glass of Wild Oats Wine.
- 5.15pm Recovery Yoga, Hamilton Island Yacht Club Keel Deck
The perfect way to unwind and recover. Free to participate, book at the Sports Club or call them on 07 4946 8590.
- 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. The cancellation fee is 100% should you withdraw during the race.

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 19 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](#).

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