



AIRLIE BEACH
TRIATHLON

2026 EVENT GUIDE

Community | Triathlon | Performance



WELCOME

Message from the Minister for the Environment and Tourism and Minister for Science and Innovation, the Honourable Andrew Powell MP:

It is my pleasure to welcome you to all to the Airlie Beach Triathlon Festival, an event that celebrates the energy and diversity of the Whitsundays.

The Queensland Government is proud to support the Airlie Beach Triathlon Festival through Round 2 of Tourism and Events Queensland's Homegrown Fund, which backs events developed in our state and helps connect them with the unique destinations they call home.

Homegrown events play an important role in showcasing new ideas, celebrating culture, and creating memorable experiences for visitors, all while contributing to Queensland's vibrant and diverse events calendar.

Beyond Airlie Beach Triathlon Festival, there is so much to see and experience in the Whitsundays. I encourage visitors to take the opportunity to explore the area and enjoy the wide range of tourism opportunities that Queensland has to offer.

I want to congratulate the organisers and all those involved in delivering the Airlie Beach Triathlon Festival for their outstanding efforts and playing a vital role in Queensland's dynamic Homegrown events sector.

Andrew Powell MP
Minister for Tourism





WELCOME

The annual Airlie Beach Triathlon Festival has firmly established itself as a flagship event on the North Queensland Triathlon calendar, with the sport experiencing remarkable growth over the past decade.

This year marks the celebration of the 26th edition of this iconic race set in the picturesque Whitsunday region. Adventure and endurance sports events of this nature resonate strongly with a diverse and enthusiastic audience, thereby elevating the tourism offerings encompassing land, islands, and sea attractions for which the Whitsundays is renowned.

This two-day event garners participation from over 400 athletes and, significantly, yields a substantial economic upswing for the region. Many competitors and their families choose to prolong their stay, transforming the event into a catalyst for post-race holidays in the breathtaking Whitsundays. In recent years the Event has attracted 20 of the best Professionals in Australia. The presence of these Athletes further underscores the events prestige in Queensland. The Event is privileged to have other notable VIPS returning each year. Also returning to announce your triumphs over the finish line will be Pete Murray, the Voice of Ironman fame, as he calls the shots on all races.

The unwavering support and organisation of the 26th Airlie Beach Triathlon Festival Team is underpinned by a steadfast commitment to perpetuate the event's popularity, foster greater community engagement, and harness the growing appeal of the Whitsundays region. With an enticer, sprint and the flagship standard Olympic distances as well as the Ocean Swim there is a race for everyone from first timer to the seasoned professionals. In addition to the adults, racing there is plenty of fun for the family and spectators to cheer on the kids and juniors racing within the safe race precinct in the beautiful Lagoon area.

EVENT SCHEDULE



Saturday 25th July

What's happening	Where	When
Registration All events	Coral Sea Marina Resort Ballroom	11am – 4pm
Airlie Beach Junior Triathlon Transition	Airlie Beach Lagoon Carpark	12:30pm – 1:30pm
Airlie Beach Junior Triathlon Warm Up & Briefing	Main Stage	1:30pm
Airlie Beach Junior Triathlon Race Start	Airlie Beach lagoon pool – younger kids will go first.	1:45pm
Junior Triathlon Presentation	Main Stage	2:30pm
Airlie Beach Ocean Swim Briefing	Airlie Beach – Main stage	3:00pm
Airlie Smile Care Ocean Swim Start	Airlie Beach	3:30pm

EVENT SCHEDULE



Sunday 26th July

What's happening	Where	When
Late Registration Open	Airlie Beach Lagoon Carpark	5am – 6am
Transition Opens	Airlie Beach Lagoon Carpark	5am – 6:15am
Race briefing – ALL events	Main Stage	06:15am
Professional Men's race start	Airlie Beach	06:30am
Professional Females race start	Airlie Beach	06:35am
Standard Triathlon age group race start	Airlie Beach	06:40am
Sprint Triathlon race start	Airlie Beach	07:00am
Enticer Triathlon race start	Airlie Beach	07:20am

EVENT SCHEDULE



Sunday 26th July cont.

What's happening	Where	When
First finisher estimated	Broadwater Avenue Car Park – Finish Line	08:15am
Final finisher estimated	Broadwater Avenue Car Park – Finish Line	10:00am
Presentations	Broadwater Avenue Car Park – Main Stage	10:30am



MCDONALDS KIDS TRIATHLON



Saturday 25th July 2026

Event Details:

Race 1: Under 8 years Race Start (50m swim, 750m cycles, 150m run)

Race 2: 8-10 years Race Start (100m swim, 2.1km cycle, 400m run)

Race 3: 11+ Years Race Start (200m swim, 4km cycle, 800m run)

- All participants must ensure they have registered, checked in and placed their bike and gear in transition no later than 1:45pm.
- Helmets must fit correctly and handle bar ends must be plugged. These will be checked as you enter transition.
- Parents are allowed to enter the transition area to assist their child in setting up their area. No bags are to be left. Once the race has started, parents will NOT be allowed into the transition. (Marshals and officials will be in the transition area to help any kids needing assistance)
- 1:30pm there will be a briefing for all participants near the main stage, after all participants will walk over together to the swim start at the lagoon for the race start at 1:45pm. We advise parents to join their children at swim start area.

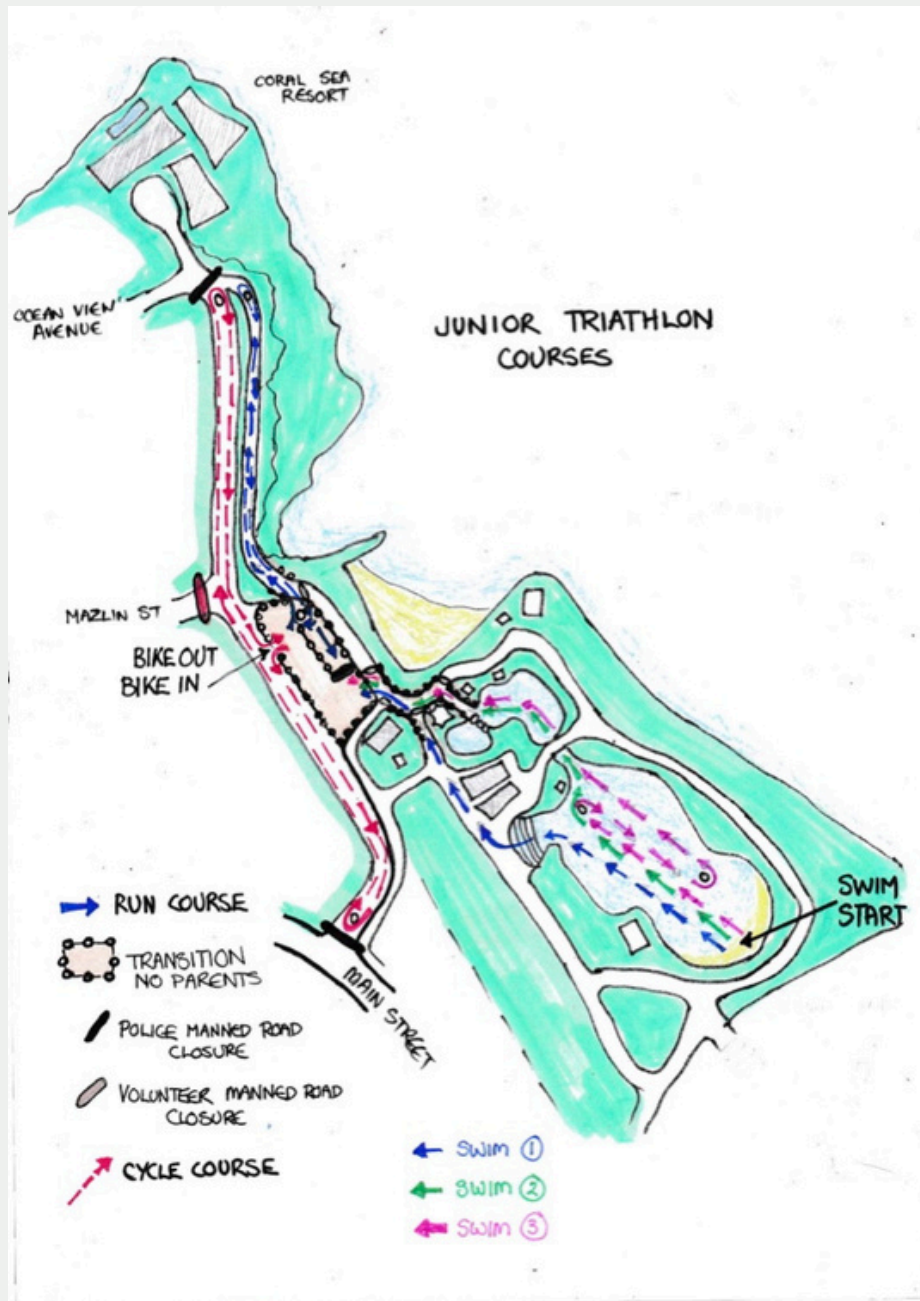
** Please note all times are approximate**

Junior Triathlon Rules:

- Swim caps provided in race packs must be worn during the swim leg of the triathlon.
- Bikes must be roadworthy with working brakes and handle bars in safe condition.
- Helmets must be worn during the bike leg
- Enclosed shoes must be worn on the bike and run leg.
- Torso must be covered during bike and run leg
- There will be no individual awards for the events but one big award at the end.

PRESENTATIONS WILL FOLLOW THE LAST COMPETITOR FINISHING.
TWO LUCKY KIDS (BOY & GIRL) WILL TAKE HOME WITH A BRAND NEW BIKE

MCDONALDS KIDS TRIATHLON COURSE MAP



AIRLIE SMILE CARE OCEAN SWIM

airlie
SMILE
CARE

Saturday 25th July 2026

Event Details:

300m, 750m & 1500m Ocean swim events.

Immerse yourself in the stunning waters of Airlie Beach with the exhilarating Airlie Beach Ocean Swim. This event offers a perfect opportunity for swimmers of all fitness levels and abilities to challenge themselves, whether you're aiming for a personal best or simply savouring the breathtaking views. Dive in and experience the thrill of open-water swimming in one of the most beautiful coastal locations in the world. With the option for 'anything goes' if you wish to use swimming aids we would love for you to still have a go.

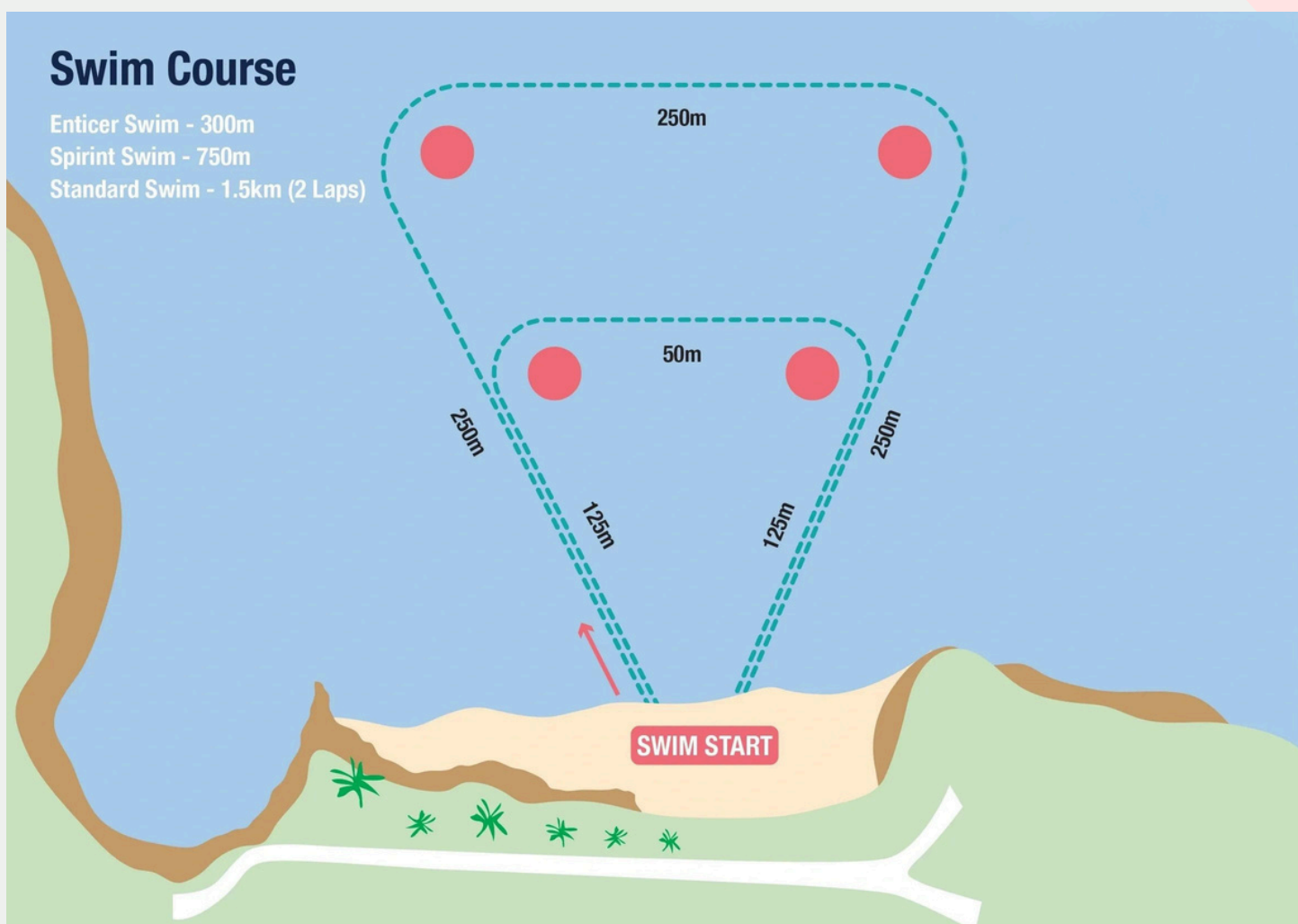
Ocean Swim Race Rules

- All swimmers must be 13 or over on the day of the swim.
- All swimmers are required to attend/be present at the time of the safety briefing and start at the official start location. In the 'wave' allocated.
- All swimmers are expected to uphold good sportsmanship, other behaviours are not acceptable.
- All swimmers are required to follow the directions and instructions given by any staff, event officials, event volunteers and lifeguards.
- All swimmers are required to swim the course as instructed in this Guide and the safety briefing.
- All swimmers are required to wear the swimming cap provided in the entry package for the entire swim. It must be visible for event officials for safety reasons.
- Lifeguards and the Official Event Director/s shall have the authority to remove a competitor from the swim if the swimmer is judged to be physically incapable of starting/continuing the swim without risk of serious injury or death.

ALL COMPETITORS WILL RECEIVE A FINISHER MEDAL.
THERE WILL BE NO PODIUM PRESENTATIONS FOR THE SWIM EVENT. INSTEAD YOUR GEAR BAG IS JAM PACKED WITH FANTASTIC GOODIES AND YOUR TIMES WILL BE RECOGNISED IN THE RESULTS.

OCEAN SWIM COURSE MAP

airlie
SMILE
CARE



GENERAL INFORMATION



Bike racking / Transition:

Located in the Broadwater avenue car park alongside the Airlie Beach Lagoon. Blocked to all traffic.

- ALL bike racking will occur on race morning.
- No bikes are to be left at race precinct the night before the race as we do not have security to watch them.
- Triathlon Australia team will be there in the morning to check all the bikes as they enter transition.
- Helmets must be fitted securely and chin strap tight, bikes must be in good safe working condition with bar plugs both in the bars.
- Bike racking is **NOT numbered**, it will be a first in best dressed for where you wish you place your bike - with only 1 rack separated for our professionals.

Bag Drop:

There will be a tent on the grass area as you head towards swim start with bag drop area. This will be for competitors to leave their bags but please note it will not be monitored. Anything left behind will be held in the event shed and ready for collection by the athlete at a later date.

Bike Mechanic:

A professional bike mechanic will be set up in a tent near transition to help anyone with urgent bike problems prior to racing. As they do participate themselves we ask competitors to be prepared on race day and have a spare kit with them in case the inevitable does happen and you need to pull over and fix it on the side of the road. There will be a car and support out on course should an athlete need to get brought back into transition area please make your way to the nearest Marshall who can radio in for help.

Race briefing:

We ask that all participants be present during the scheduled race briefing so that you hear any important announcements and the course briefing. It is the athletes responsibility to know their way around the course and our commentator will go through the course with you before we kick things off.

STANDARD DISTANCE



Sunday 26th July 2026

Event Details:

1.5km Swim, 40km Cycle, 10km Run

- Swim 2 x laps of the 750m course.
- Bike 2 x laps out to Shute harbour and back to Abell point round about to U-turn and begin the second loop heading back out towards Shute harbour before returning all the way to race precinct.
- Run 4 x laps of the 2.5km - on your final lap you will keep left along the fencing do a sharp U-turn back onto the finish carpet and head to the finish arch.
- The standard distance will also hold a race to see who is the fastest male and female participant across the distance rewarding 2 lucky winners \$500.
- Fastest team will also be rewarded \$300.

Standard Triathlon Bike Rules

- Torso must be covered at all times during the event.
- Race bib to be worn on your back.
- Helmet MUST be worn and not removed until after you have racked your bike.
- Competitors must ride single file and remain 12m apart.
- Competitors have 20 seconds to complete a pass and technical officials will be on motorbikes to officiate the rules.
- Penalty tent will be located near the dismount line and must be taken at the end of your cycle leg.
- Passing must occur on the right hand side of fellow competitors.
- 3 or more infringements will result in disqualification.
- It is the competitors responsibility to have read and understand all of Triathlon Australia rules.

Standard Triathlon Run Rules

- If you receive a penalty on the run you will be required to serve a stop start penalty.
- All competitors must wear their race bib on the run with the number at the front.
- No outside assistance is allowed.
- The use of iPhones, iPods, MP3 players are prohibited.
- If you withdraw please report to one of our friendly team so we don't go searching at the end of the event!!

SPRINT DISTANCE



Sunday 26th July 2026

Event Details:

750m Swim, 20km Cycle, 5km Run

- Swim 1 x laps of the 750m course.
- Bike 1 x 20km out to Shute Harbour and back the same way.
- Run 2 x laps of the 2.5km - on your final lap you will keep left along the fencing do a sharp U-turn back onto the finish carpet and head to the finish arch.

Sprint Triathlon Bike Rules

- Torso must be covered at all times during the event.
- Race bib to be worn on your back.
- Helmet MUST be worn and not removed until after you have racked your bike.
- Competitors must ride single file and remain 12m apart.
- Competitors have 20 seconds to complete a pass and technical officials will be on motorbikes to officiate the rules.
- Penalty tent will be located near the dismount line and must be taken at the end of your cycle leg.
- Passing must occur on the right hand side of fellow competitors.
- 3 or more infringements will result in disqualification.
- It is the competitors responsibility to have read and understand all of Triathlon Australia rules.

Sprint Triathlon Run Rules

- If you receive a penalty on the run you will be required to serve a stop start penalty.
- All competitors must wear their race bib on the run with the number at the front.
- No outside assistance is allowed.
- The use of iPhones, iPods, MP3 players are prohibited.
- If you withdraw please report to one of our friendly team so we don't go searching at the end of the event!!

ENTICER DISTANCE



Sunday 26th July 2026

Event Details:

300m Swim, 10km Cycle, 2.5km Run

- Swim 1 x lap 300m course.
- Bike 1 x 10km lap out to Mandalay road where you will find a designated U-turn to then follow the same way back to transition.
- Run 1 x lap of the 2.5km - on your final lap you will keep left along the fencing do a sharp U-turn back onto the finish carpet and head to the finish arch.

Enticer Triathlon Bike Rules

- Torso must be covered at all times during the event.
- Race bib to be worn on your back.
- Helmet MUST be worn and not removed until after you have racked your bike.
- Competitors must ride single file and remain 12m apart.
- Competitors have 20 seconds to complete a pass and technical officials will be on motorbikes to officiate the rules.
- Penalty tent will be located near the dismount line and must be taken at the end of your cycle leg.
- Passing must occur on the right hand side of fellow competitors.
- 3 or more infringements will result in disqualification.
- It is the competitors responsibility to have read and understand all of Triathlon Australia rules.

Enticer Triathlon Run Rules

- If you receive a penalty on the run you will be required to serve a stop start penalty.
- All competitors must wear their race bib on the run with the number at the front.
- No outside assistance is allowed.
- The use of iPhones, iPods, MP3 players are prohibited.
- If you withdraw please report to one of our friendly team so we don't go searching at the end of the event!!

TEAM EVENTS



Sunday 26th July 2026

Check in:

Only 1 x team member is needed to be present for athlete registration on either Saturday or Sunday morning. They must ensure that all information is correct and accurate at time of registering and if any team changes have occurred that we are informed and the system is updated.

It is for the safety of the athletes that we obtain the accurate details of team members and have all information correct.

Transition:

- Only one team member is permitted in transition at a time. The cyclist will wait at the bike rack with their bike for the swimmer to exit the water and same for the runner.
- The cyclist must wear the chip on their ankle and race bib on their back.
- Runner must wear the chip on their ankle and race bib on their front.
- It is your responsibility to pass the timing chip amongst yourselves.
- For standard distance teams there will be an award for fastest overall team of \$300 instead of individual podium prizes.

We ask that you do **NOT** all stand in transition and make it congested as we have a lot of participants and traffic moving through that area and it flows better if not congested. You will need to ensure you pass the timing chip between yourselves between event legs.



SWIM COURSE



The swim leg of the Airlie Beach Triathlon Festival takes place in the stunning waters of Pioneer Bay, right off the Airlie Beach Foreshore. Athletes begin their day surrounded by the tropical beauty of the Whitsunday Islands, swimming in the warm, crystal-clear waters of the Coral Sea.

The course is marked by buoys and designed to be spectator-friendly from the foreshore, creating an electric race atmosphere. Competitors can expect generally calm ocean conditions, excellent visibility, and a memorable start to the race with sunrise lighting up the bay before they head into transition for the bike leg

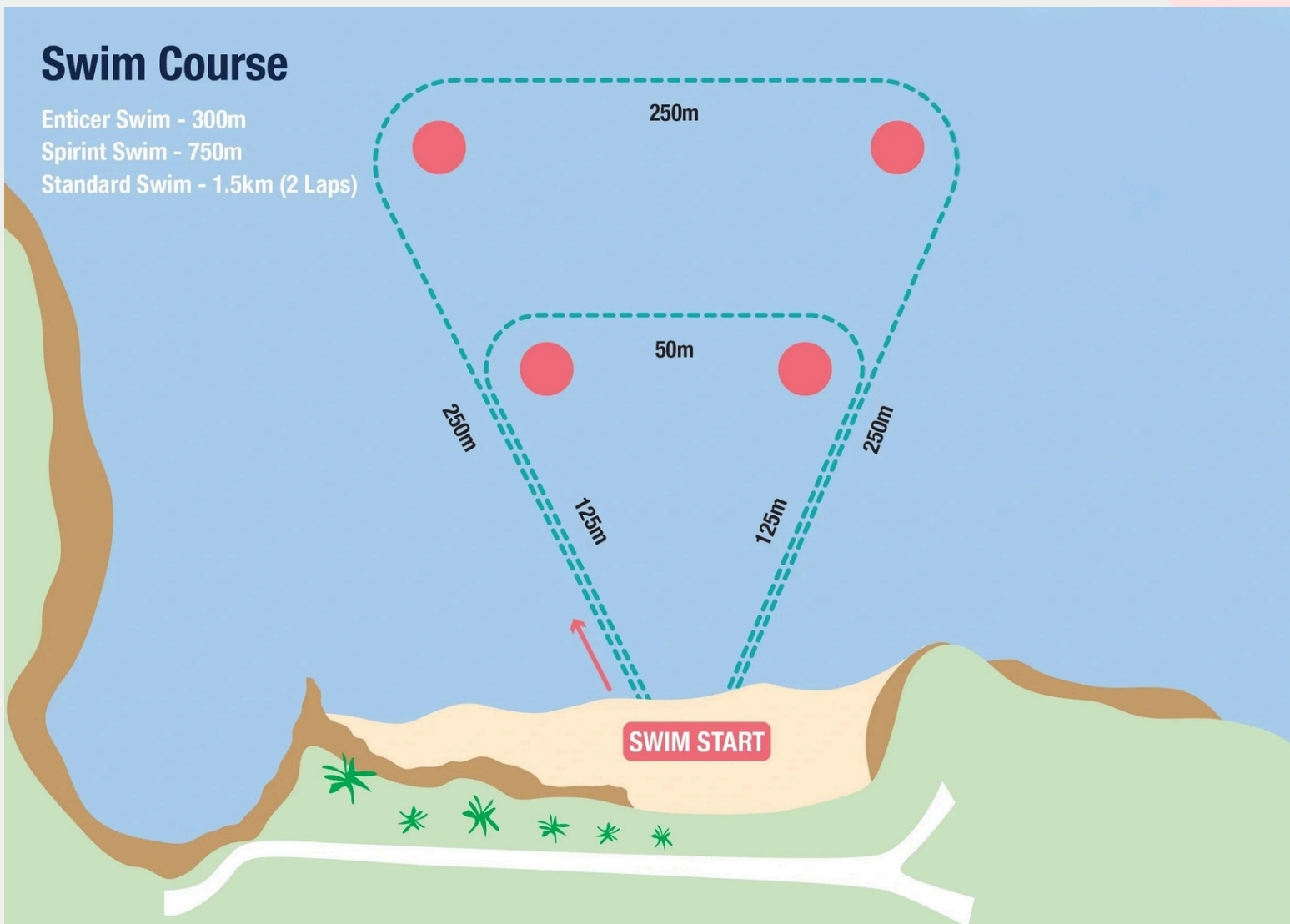


SWIM COURSE MAP



Swim Course

- Enticer Swim - 300m
- Sprint Swim - 750m
- Standard Swim - 1.5km (2 Laps)



BIKE COURSE



The Airlie Beach Triathlon Cycle Course has been simplified and more user friendly. No deviations onto side roads, no drastic turns, minimal overlap of races and much easier for everyone to follow. Navigating your way out of town is the hardest part with **4 roundabouts** to navigate.

WE DO NOT HAVE CLOSED ROADS due to our local infrastructure, you are sharing the one road in and out with other traffic and competitors. Due to our tropical weather we are prone to, you need to be aware of potholes. Be alert and take care.

With 3 races on at the one time there will be overlaps and merges to make. Sunday morning is relatively quiet although the public still have full access - fishermen, workers, locals etc. We will have ample Hi Vis signage, Police presence, Road Traffic management crew and plenty of willing volunteers helping to make this a smooth ride for you all but road rules must be adhered to!

The **Enticer** cycle course does 1 short loop out to Mandalay Road where you will make one U-turn (**merging with bikes coming down the other way**) and head back to race precinct the same way. A few slight hills going in and out of town and 4 roundabouts, but otherwise a smooth ride.

Both **Sprint and Standard** cycle course takes you out of town all the way to Shute Harbour Logistics centre where you ALL do one U-turn and head directly back on the same course. Heading out of town there is ONE hill climb and descent down onto a flat scenic road with sea views. All riders will need to be aware when heading back over the hill of the Enticer U-turn at Mandalay Road.

Keeping **LEFT** and merging with slower riders is imperative.

The **Standard** distance competitors will make their 2nd U-turn at Abell Point Marina round about before their 3rd and final U-turn back out at Shute Harbour. Then it is homeward bound back on the same course through town to rack your bike at race Precinct.

Sprint cyclists only do the ONE U turn but need to be aware of faster and slower riders merging at Mandalay Road and Abell Point Marina round about.

** Please study the map for these important turns and keep left where possible.

BIKE COURSE



Virtual Maps can be found on Strava linked below.

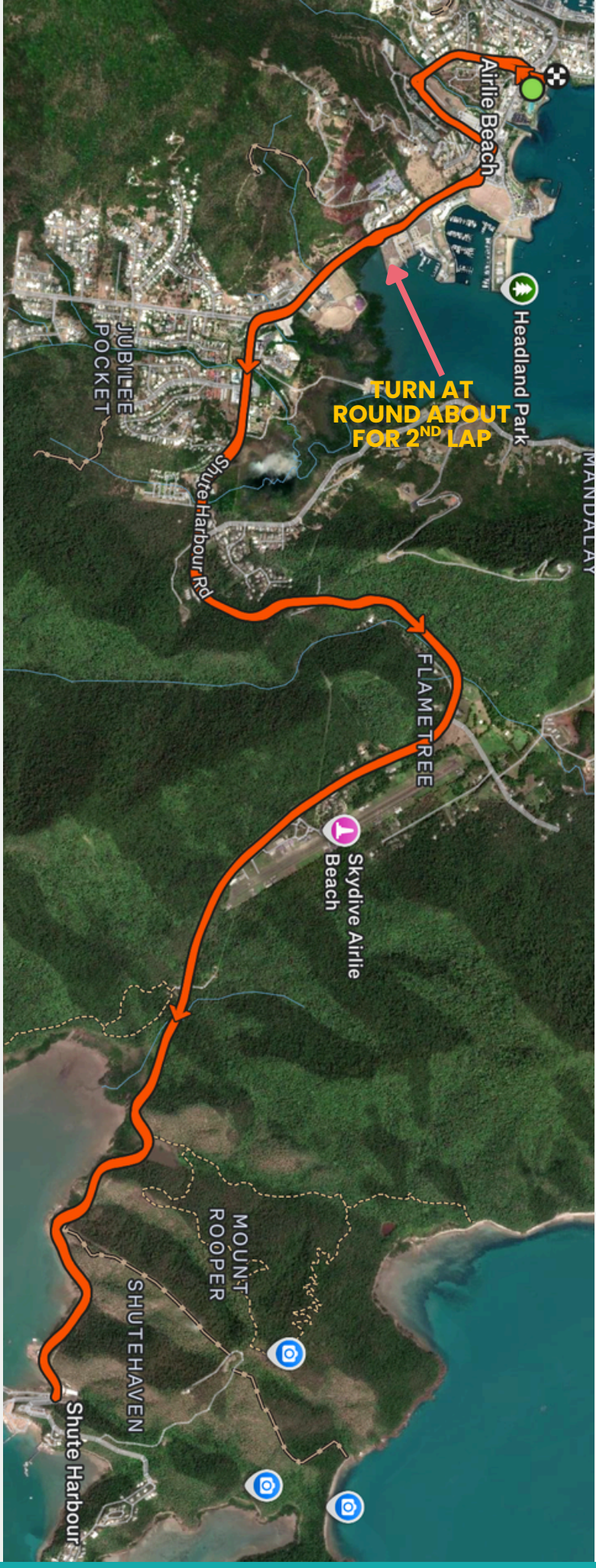
Standard - 2 x laps out to Shute Harbour and back to Abell point Marina with final U-turn at Shute Harbour before heading back to transition.

Sprint - 1 x laps out to Shute Harbour and return

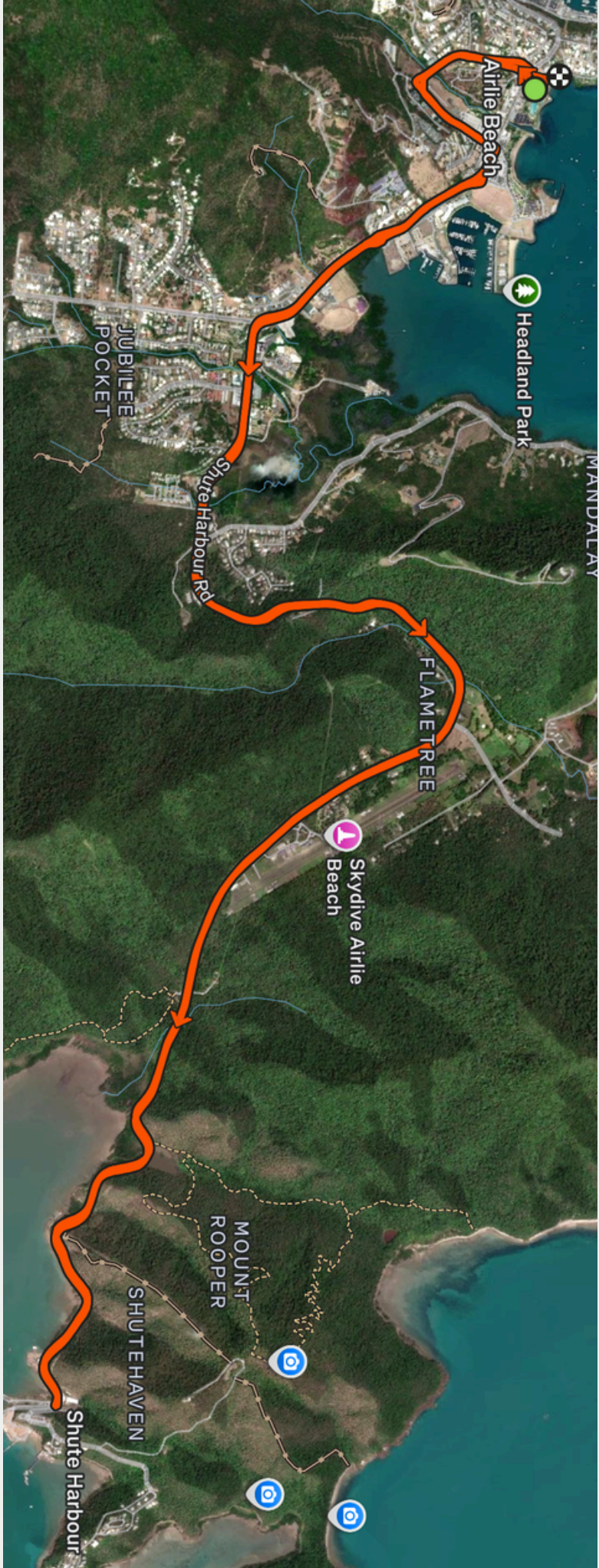
Enticer - 1 x lap out to Mandalay road and return



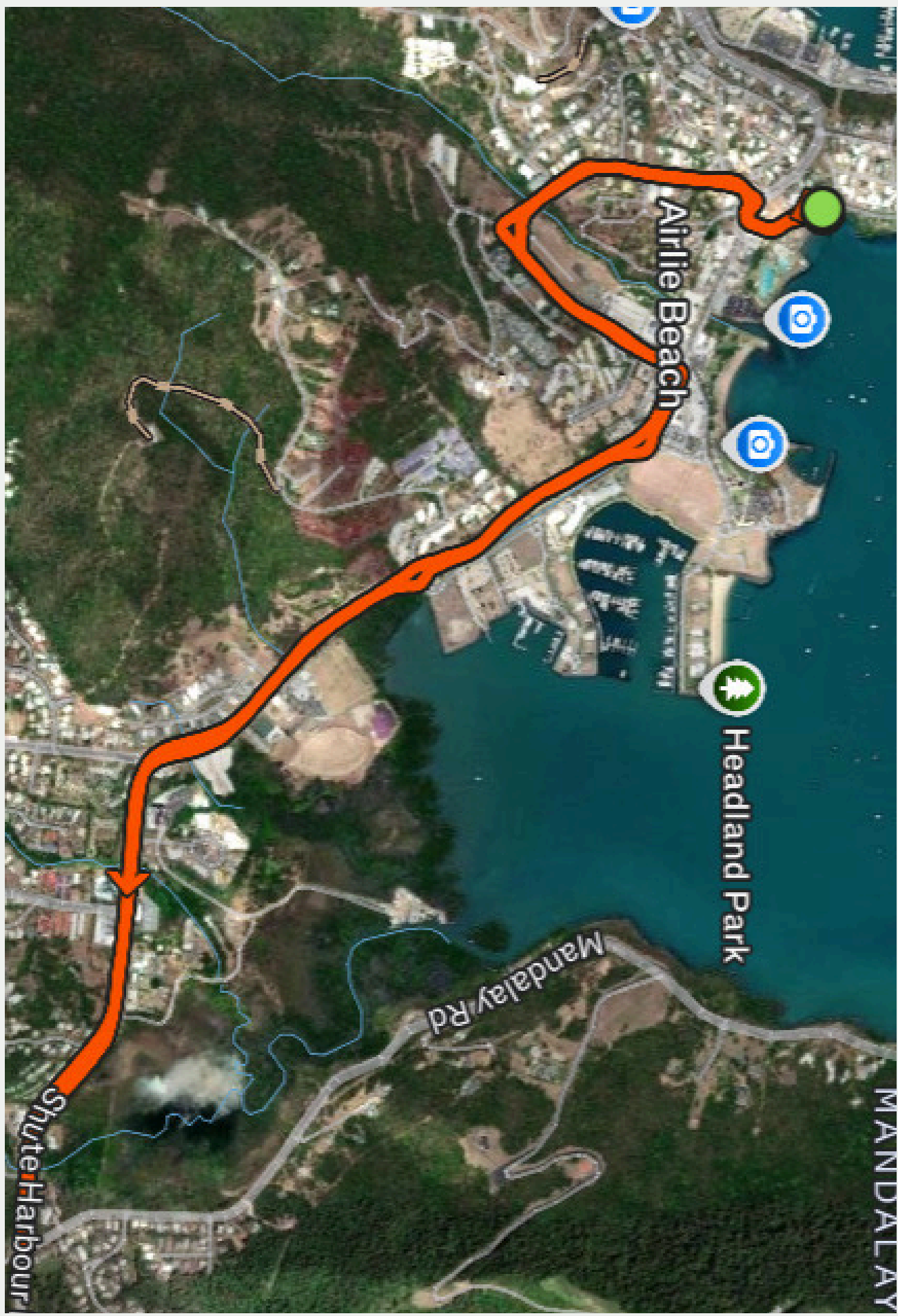
STANDARD BIKE COURSE



SPRINT BIKE COURSE



ENTIRE BIKE COURSE



RUN COURSE



Enticer run 1 lap, Sprint run 2 laps and Standard run 4 laps. Once in transition rack your bike and change into run gear. You **MUST** wear your race bib number on your front.

Stick to the left at all times as this is a designated two way course with runners going both ways. Orange cones, bollards and volunteers in safety vests will guide you past pedestrian crossings and onto the foot path. **Do not** cut corners, keep to the designated paths.

When you head out of transition turn left and head up the boardwalk towards CSM Resort. Cross at the Pedestrian crossing going around the designated bollard. At the resort gate there is a U-turn cone, with an aid station turn and continue back the way you came, heading back through transition. As you pass the finisher chute on each lap keep left up the pathway to run beach side along the footpath around the Lagoon pool.

This section of the course can be very congested be aware and look out for spectators. Our team will do their best to keep them out of your way!

Once around the lagoon, turn left through the carpark and head over the bridge. Once across the bridge head left back onto the footpath adjacent to the beach. Stick to the path and follow along the foreshore, a meandering path wide and clear.

Please remember to keep left as you head to the Sound Stage/ Sealife mural. There will be a direct **right hand turn past an Aid station**, before taking another right past the playground and toilet block. This part of the course is the only **one way** section where you can glance across at who is behind you, or in front!

Once past the Toilet block you will re-enter the two-way zone. **Turn left** and follow the path back over the bridge and around the lagoon. Once back at race precinct you will have completed one lap. Sprint and standard will continue straight for their next lap/s. Upon completing your required number of laps you will do a U-turn around the bollard and run back into the finishing chute where you will run down to the cheers of our spectators.

You will be presented with a medal and asked to move on to recovery area. We ask that you do not congest the finishing area to allow for other competitors coming through. A Live life marquee and nutrition tent with water, icy poles and fruit will be waiting.

Spectators are not allowed in this area.

RUN COURSE MAP



[Virtual Map can be found on Strava here.](#)

Athletes will run either 1, 2 or 4 x laps of the 2.5km course - On completion of the final lap you will make a U turn around the cone heading into the finish chute.

TRANSITION

T1 SWIM TO BIKE:

At the Swim Exit, you will exit the water and pass over a timing mat. You will head into the transition area to your bike rack. Timing Chips to be handed over at Bike rack (for team event).

You must then:

- Discard swim gear (ie swim cap, goggles, wetsuit) in your designated area
- You must not touch or interfere with another competitor's equipment in transition
- Helmets must be on and fastened before removing your bike from the rack
- Your helmet must always remain securely fastened while you are in control of your bike – this includes running to/from transition to the mount/dismount lines
- You must not mount your bike until you pass the designated mount line

T2 BIKE TO RUN:

- Competitors must dismount their bike before the designated dismount line
- Competitors must leave helmet secured and fastened until the bike is racked
- Competitors must rack their bike back in the same position after coming back from the cycle leg.
- Competitors must follow directions from marshals and TO's and/or signage in the transition area.
- Remove helmet when bike is racked, put running shoes on before exiting transition.
- Teams will exchange their timing chip at the bike rack



GENERAL INFORMATION



Aid Stations:

The bike course will require athletes to be prepared and self sufficient carrying their own water bottles and nutrition. As we are unable to close roads it is not safe for us to have a rolling aid station out on the bike.

The run leg will have 2 x Aid station which athletes will pass at the same spot on course both heading out and back towards transition. We will provide water and electrolytes.

Triathlon Australia:

All participants will be required to hold a Triathlon Australia membership or day license to participate in the event. At registration we ask that you please purchase this when registering for your chosen event. \$10 fee applies.

Multisport timing chips:

Please ensure the timing chip you are provided in your registration pack is brought to the event race morning. If you forget it and can not bring it back there will be a \$50 fee for a replacement. If you do not start the race, you will also need to return the chip or Multisport Australia will charge you for the lost chip. It is important all chips are returned and/or recorded to ensure all competitors are accounted for.

Medical Support:

There will be an Ambulance and Medical team on site located near the finish line in the carpark - for any emergencies athletes will be transported to hospital.

Travel and Parking:

Please ensure you allow sufficient time to find a park and walk down to the event. There is free parking at the back of Woolworths off the main road and is a 10 minute walk to transition. Adhere to all road signs and council parking to avoid unwanted fines. Please also be considerate of the local area when you arrive early into town.

GENERAL INFORMATION



Road Closures:

There will be road closure on Broadwater avenue from 4:30am - 12pm, plan your travel and parking accordingly.

Toilets:

The race precinct will be located right near the Airlie Beach Lagoon and here you will also find ample public toilets.

Travel and Parking:

Please ensure you allow sufficient time to find a park and walk down to the event. There is free parking at the back of Woolworths off the main road and is a 10 minute walk to transition. Please be considerate of the local area when you arrive early into town.

Medical Support:

There will be an Ambulance and Medical team on site located near the finish line in the carpark - for any emergencies athletes will be transported to hospital.

Contingency Plan:

A Contingency Committee has been established to consult, make decisions and manage the implementation of any contingency plan.

The Whitsunday Triathlon Club reserves the right to alter the course, start time and/or race format without notice because of circumstances outside the control of the organiser and under the direction of sponsors, councils, police or other organisations that are associated with the event.

The Contingency Committee will make their decision should condition's such as, but not limited to, any of the following;

- Extreme temperature or Extreme weather conditions.
- Change in road surface or conditions which will negatively impact the athletes.

The Contingency Committee may consider implementing one or more of the following strategies if deemed necessary in the interests of competitor safety;

- Shorten the distance of one or more of the legs
- Start the event earlier or later Deletion of a leg to allow for a Duathlon (extreme cold or dangerous water conditions) or Aquathlon (extreme heat)
- Cancel the event.

ATHLETE CHECKLIST



SWIM

1. Swim cap – supplied in your race pack
2. Timing Chip – supplied in your race pack
3. Wetsuit
4. Goggles

BIKE

1. Bike with sticker on back of seat post
2. Helmet with helmet sticker on front
3. Bike computer/watch
4. Bike shoes (and socks if preferred)
5. Sunglasses
6. Nutrition and Hydration bottles
7. Race belt with race number (compulsory on bike)

RUN

1. Running shoes and socks if needed
2. Sunglasses
3. Hat
4. Watch if needed
5. Race belt with race number (compulsory on run)





**AIRLIE BEACH
TRIATHLON**



THANK YOU!

On behalf of the Airlie Beach Triathlon Festival we would like to thank all of our incredible sponsors for helping make this happen.

Without your generosity we would not have been able to put on such a spectacular and unique event.

We hope everyone enjoys their race day and stay safe!



EMAIL

airliebeachtriathlon@gmail.com



WEBSITE

airliebeachtriathlon.com.au

The Airlie Beach Triathlon is proudly supported by the Queensland Government.



**Queensland
Government**