

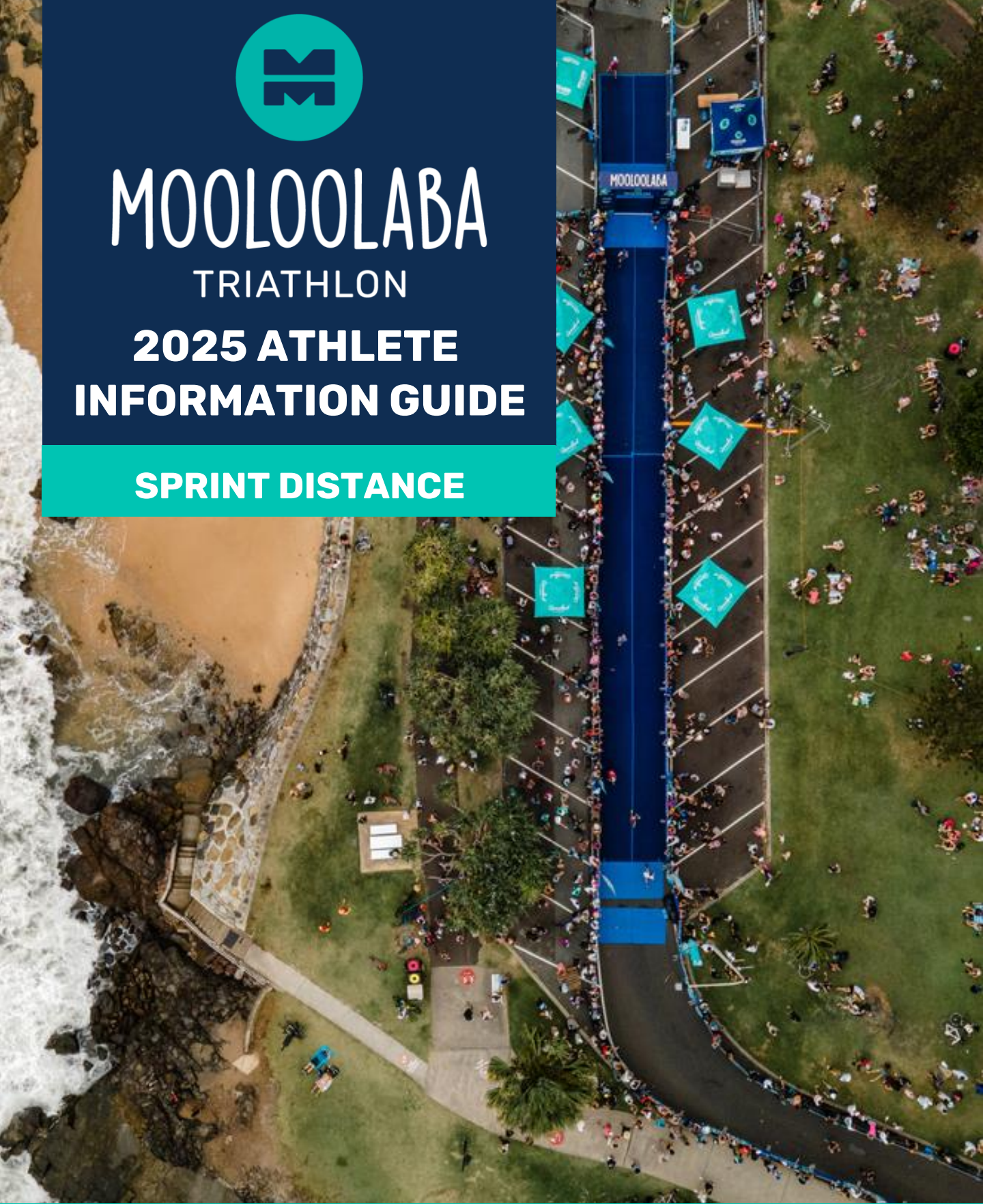


# MOOLOOLABA

TRIATHLON

## 2025 ATHLETE INFORMATION GUIDE

**SPRINT DISTANCE**



<https://mooloolabatri.com.au/>  
[mooloolabatri@theironmangroup.com](mailto:mooloolabatri@theironmangroup.com)

Ph: 1300 761 384

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# MOO TRI TEAM MESSAGE



Welcome to the 2025 Mooloolaba Triathlon!

We're excited to have you with us for this iconic weekend of triathlon on the stunning Sunny Coast.

Affectionately known as Moo Tri, this event is perfect for everyone—from first-timers diving into the sport to seasoned athletes chasing personal bests. With two distances to choose from, there's a challenge for all levels in this breathtaking location.

This year, we're introducing the Aquabike event, bringing a new thrill to our lineup. The Aquabike combines swimming and cycling, offering a unique challenge for those who prefer to skip the run.

Our festival hub, including Check-In, the Mooloolaba Sport and Lifestyle Expo, and our Merchandise Store, will be set up at the Mooloolaba Esplanade Northern Parklands precinct.

The 2XU Swim Course will take place in the crystal-clear waters of Mooloolaba Beach. After the swim, the Bike Course will guide you along the Mooloolaba foreshore, up the Sunshine Motorway, and back. The Run Course will take you over Alexandra Headlands and back on a scenic two-lap route, showcasing one of the most beautiful courses in Australia.

As you prepare, make sure to review the Athlete Information Guide and stay tuned for the Online Briefing. If you have any questions, feel free to join one of our Transition Tours—check the event schedule for details.

We'd like to thank the Sunshine Coast Regional Council, Visit Sunshine Coast, and Tourism and Events Queensland for their continued support. A special shout-out to the Sunshine Coast community and our volunteers, whose efforts help make this event a success year after year.

Mooloolaba and the surrounding regions are some of the most picturesque spots on the Sunshine Coast. Be sure to explore and enjoy everything they offer as you recover and celebrate your race.

Share your journey with friends and family, explore the Sunshine Coast, and immerse yourself in the pre- and post-race atmosphere.

We can't wait to see you on the course and share the excitement of crossing the finish line!

Train hard, race safe, and enjoy every moment!



Leanna Ali  
Regional Director

The logo for Sunshine Coast, featuring the words "Sunshine" and "Coast" in a white, cursive font inside a solid orange circle.

Sunshine  
Coast

A man in a white t-shirt and dark shorts stands on the left, looking towards a woman on the right. The woman is wearing a white one-piece swimsuit, a yellow floral cover-up, and sunglasses, and is laughing as she splashes in the shallow ocean waves. She is holding a straw hat. The background shows a clear blue sky, waves, and a rocky coastline with greenery.

FIND YOUR  
SUNSHINE MOMENT  
FOR REAL

[VISITSUNSHINECOAST.COM](http://VISITSUNSHINECOAST.COM)

# RACE RULES



The event is sanctioned by AusTriathlon.

All Athletes should read and understand the [race rules](#) and penalties prior to race day. Below highlights some of the race rules.

## GENERAL

### Section 1

#### 1.1 Competitors must

**j.** not use any equipment that will distract the athlete from paying full attention to their surroundings: Athletes may not use communication devices of any type, including but not limited to mobile phones, smart watches, headphones and two-way radios, in any distracting manner during the competition.

**m.** not discard any equipment on the course, except at the approved dedicated locations;

## SWIM

### Section 2

**2.1** When wetsuits are allowed, they must comply with the definition in Appendix A

#### 2.7 Competitors must not use:

- a.** artificial propulsion devices;
- b.** flotation devices;
- c.** swimwear that covers the hands or feet, except socks may be used when wetsuits are mandatory

**2.8** Swim skins may be worn and need to meet the same requirements as a race suit. Please see definition of a Race Suit in Appendix A.

## BIKE

### Section 3

**3.1** A competitor is not permitted to cycle without appropriate footwear or with a bare torso.

**3.2** A competitor is not permitted to make any forward progress without the bicycle and all of its component parts.

**3.9** For all events with a cycling distance up to and including the standard distance, the bicycle or motorcycle draft zone is a distance of 10 metres. The front edge of the front bicycle or motorcycle wheel defines the start of the draft zone. Competitors have 20 seconds to pass through this zone. Also, see Clause 3.11 (g)

## RUN

### Section 4

**4.1** A competitor may not crawl.

**4.2** A competitor may not run with a bare torso or without shoes on any part of the run course of an event.

**4.4** A competitor cannot be accompanied by any non-competing athletes, team members, team managers or other pacemakers on the course or alongside the course. A competitor cannot be accompanied by any non-competing person in the finish chute (unless an exception has been issued by the use of a special rule approved by the sanctioning officer or Technical Delegate).

## PROTESTS

### Section 7

A competitor may file a protest with the Race Referee provided that the matter under consideration has not previously been ruled upon by the Race Referee. A protest cannot be made on any matter involving a judgment call by a Technical Official. Matters relating to the lodging and consideration of protests are explained in Appendix G – Protest Procedures.

## COMPETITION AGE

### Appendix C

Age determination for all categories is determined by age on December 31st during the season of the triathlon competition.

For the 2025 Mooloolaba Triathlon age is as of 31 December 2024.

# WELCOME MESSAGE



## SUNSHINE COAST EVENTS

Welcome to the Sunshine Coast for the 2025 Mooloolaba Triathlon. Whether you are a returning participant or new to the event, this promises to be another fantastic occasion, and I hope you will walk away with some great memories. We're thrilled to have you here and can't wait to see you in action.

While you're here, we encourage you to explore all that Mooloolaba has to offer. Our beautiful coastline is the perfect backdrop for a variety of retail offerings and great restaurants.

As you prepare for race day, make sure your family and friends take full advantage of their visit.

Explore the labyrinth of canals and waterways with a Mooloolaba canal cruise, relax in luxurious comfort aboard Coastal Cruises Mooloolaba, or discover the region's First Nations culture with Saltwater Eco Tours. For something with an extra kick of adrenaline, experience the magic of snorkelling with turtles alongside the crew at Sunreef Mooloolaba or add a stop at SEA LIFE to your list for a glimpse into our underwater kingdom. Experience the freshest local produce and seafood including our famous Mooloolaba Prawns. And as Australia's Craft Beer Capital, you'll find plenty of locally brewed beverages at local bars and restaurants to help you recover from the race. You can find out more at [visitsunshinecoast.com/mooloolaba](https://visitsunshinecoast.com/mooloolaba)

If you participated last year, you may have already experienced the sensational new Northern Parkland and boardwalk. In mid-2025, Sunshine Coast Council will begin revitalising even more of the Mooloolaba Foreshore, enhancing public beachfront parkland by 40 per cent and making the beach and foreshore more accessible for all.

Looking forward, we are working closely with the IRONMAN team to ensure the Mooloolaba Triathlon and IRONMAN 70.3 Sunshine Coast continue to be world-class events.

On behalf of our Sunshine Coast Council, I wish the best of luck to everyone participating in the 2025 event.

With best regards,

COUNCILLOR TERRY LANDSBERG  
ECONOMY PORTFOLIO, SUNSHINE COAST COUNCIL



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

I'm delighted to welcome you to the Mooloolaba Triathlon on the Sunshine Coast.

The Queensland Government is proud to support Mooloolaba Triathlon through Tourism and Events Queensland's Major Events program, a key driver of our outstanding \$1 billion Queensland Events Calendar for 2025.

This event offers a true taste of Queensland's vibrant spirit and contributes to our growing reputation as the premier destination for world-class entertainment and unforgettable visitor experiences.

If you're here for Mooloolaba Triathlon, make sure you get out explore everything this stunning region has to offer - from its natural beauty to its unique attractions.

Andrew Powell MP Minister for Tourism



# EVENT SCHEDULE - SPRINT



Event Schedule is up to date as at 6/03/2025 and is subject to change.

View the full Event Schedule [online](#) and on the [Mooloolaba Triathlon App](#) for the most up to date Information.

FRIDAY 28 MARCH 2025		
Time	Event	Venue
12:00pm-7:00pm	Event Information Open	Beach Terrace
12:00pm-7:00pm	Mooloolaba Sport & Lifestyle Expo Open	Mooloolaba Esplanade, Northern Parklands
12:00pm-7:00pm	Merchandise Store Open	Mooloolaba Esplanade, Northern Parklands
12:00pm-7:00pm	Massage Open - Onsite Bookings	Mooloolaba Esplanade, Northern Parklands
12:00pm-7:00pm	Mooloolaba Triathlon Check In- <b>Standard and Sprint Distance Athletes - (MUST BE PRE BOOKED)</b>	Mooloolaba Esplanade, Northern Parklands
1:00pm-7:30pm	Mooloolaba Triathlon Bike Racking – <b>Sprint (MUST BE PRE BOOKED)</b>	Parkyn Parade Park, Parkyn Parade, Mooloolaba
1:00pm-7:30pm	Transition Help Desk Open	Parkyn Parade Park, Parkyn Parade, Mooloolaba
3:00pm	Mooloolaba Tri <b>Sprint</b> Transition Tour	Parkyn Parade Park, Parkyn Parade, Mooloolaba
6:00pm	Mooloolaba Tri <b>Sprint</b> Transition Tour and First Timer Q&A	Parkyn Parade Park, Parkyn Parade, Mooloolaba

# EVENT SCHEDULE - SPRINT



Event Schedule is up to date as at 6/03/2025 and is subject to change.

View the Event Schedule [online](#) and on the [Mooloolaba Triathlon App](#) for the most up to date Information.

## SATURDAY 29 MARCH 2025

Time	Event	Venue
4:30am-5:30pm	Event Shuttle Service	Lady Musgrave Drive, Mountain Creek to River Esplanade
5:00am - 6:00am	Mooloolaba Triathlon Bike Racking – <b>Sprint</b> ( <i>MUST BE PRE BOOKED - LIMITED SPOTS AVAILABLE - MUST CHECK-IN FRIDAY</i> )	Parkyn Parade Park, Parkyn Parade, Mooloolaba
5:00am - 6:00am	<b>Sprint</b> - Transition Open	Parkyn Parade Park, Parkyn Parade, Mooloolaba
5:00am - 4:00pm	Transition Help Desk Open	Parkyn Parade Park, Parkyn Parade, Mooloolaba
5:00am - 11:00am	Gear Bag Storage Open- <b>Sprint</b>	Parkyn Parade Park, Parkyn Parade, Mooloolaba
<b>6:14am</b>	<b>Mooloolaba Triathlon Sprint - Para triathlete - RACE START</b>	<b>Main Beach, Mooloolaba</b>
<b>6:15am</b>	<b>Mooloolaba Triathlon Sprint - Age Group - RACE START</b>	<b>Main Beach, Mooloolaba</b>
7:00am - 5:00pm	Event Information Open	Beach Terrace
9:00am-5:00pm	Mooloolaba Sport and Lifestyle Expo Open	Mooloolaba Esplanade, Northern Parklands
9:00am-5:00pm	Merchandise Store Open	Mooloolaba Esplanade, Northern Parklands
9:00am-5:00pm	Massage Open - Onsite Bookings	Mooloolaba Esplanade, Northern Parklands
9:00am-5:00pm	Mooloolaba Triathlon Check In - <b>Standard Athletes</b> - ( <i>MUST BE PRE BOOKED</i> )	Mooloolaba Esplanade, Northern Parklands
10:15am - 11:00am	Transition Open for Bike Check Out - <b>Sprint</b>	Parkyn Parade Park, Parkyn Parade, Mooloolaba
11:00am-12:30pm	Mooloolaba Triathlon Presentation Ceremony <b>Sprint</b>	Pacific Room, Mantra Mooloolaba
12:00pm-5:30pm	Mooloolaba Triathlon Bike Racking – <b>Standard Athletes</b> ( <i>MUST BE PRE BOOKED - ALL BIKES MUST BE RACKED TODAY</i> )	Parkyn Parade Park, Parkyn Parade, Mooloolaba
12:30pm	Mooloolaba Tri <b>Standard</b> Transition Tour	Parkyn Parade Park, Parkyn Parade, Mooloolaba
2:00pm	Mooloolaba Tri <b>Standard</b> Transition Tour and First Timer Q&A	Parkyn Parade Park, Parkyn Parade, Mooloolaba
3:00pm	Mooloolaba Tri <b>Standard</b> Transition Tour	Parkyn Parade Park, Parkyn Parade, Mooloolaba



SUNSHINE BEACH

# STAY ANOTHER DAY, EXPLORE THE SUNSHINE COAST

Queensland's most incredible holiday destinations are ready to welcome you. There are so many places to explore on the Sunshine Coast, so say hello to new adventures.

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# ATHLETE CHECK LIST



## PRE EVENT

- Book/confirm accommodation & flights (if applicable).
- Ensure event registration is confirmed (check for confirmation email).
- Familiarise yourself with Event Schedule (know all check- in/drop off times) .
- Check you chosen Athlete Check-In and Bike Racking times. You would have selected these when you registered and they will appear on your participant dashboard, accessed via your confirmation email.
- Make sure you've got your photo ID for check in.
- Familiarise yourself with the course - it is your responsibility to know this on race day.
- Check athlete list on event app **note:** the app list will not be updated after 7 February 2025. However, it will be updated at close of Check-In prior to race day. If any details are wrong contact us via email [mooloolabatri@theironmangroup.com](mailto:mooloolabatri@theironmangroup.com) or phone 1300 761 384.

## ONCE I ARRIVE (PRE RACE)

- Familiarise yourself with the event venue and key areas (Check-In, bike racking, swim start & finish line).
- Book massage in – See page 14 for details.
- Familiarise yourself with road closures.
- Check-In and collect race kit.
- Rack bike.
- Pack items for race day.

## RACE DAY

- Ensure you have all items for your race including, helmet, timing Band & trisuit.
- Enter Transition for last minute checks, set up gear & drop off bike pump (if relevant).
- Drop off gear bag (if relevant).
- Start the race - be at the start line at least 15 minutes prior to your start time.
- Finish the race.
- Recover.
- Collect your items – gear bag, bike pump, bike.

## POST RACE

- If an award winner – attend Presentations at the Finish Line, Beach Terrace. (Medals will be presented to top 3 athletes in each category).

# RACE KIT



## RACE KIT COLOURS

**Orange** – Sprint Athletes

### 1. RACE BIB NUMBER

Worn on the front and attach with race belt (supplied by athlete) or safety pins (available at Event Information). Do not fold or alter race bib number.

### 2. ATHLETE WRISTBAND

Secured at Athlete Check-In and must be worn at all times until after presentations.

You will not be allowed access into athlete restricted areas without wearing your wristband

**NO WRISTBAND = NO ACCESS**

### 3. TATTOOS

Number Tattoo: Place on right bicep (or right forearm if you are wearing a sleeved tri suit)

Please note: Sprint athletes will not have a category tattoo.

Application: Apply by peeling the clear film off, placing the tattoo face-down on your right arm, firmly pressing the paper side with a damp cloth or sponge, holding for 60 seconds and gently peel back the paper.

*Tattoos are compulsory to wear. In the case your tattoo becomes faulty please see the Event Information Staff who will be able to provide direction on how to write your number/letter on with a permanent marker.*

### 4. SWIM CAP

Provided swim cap, must be worn during swim leg. If wearing another cap, the official cap must be worn on top.

Swim caps are Latex.

### 5. GEAR BAG

Place items required for post race. Drop off before race start and pick up near transition post race. Must use bag supplied.

### 6. BIKE SEAT POST STICKER

Place this sticker around the seat post with the number facing backwards to be read from the side. Attach prior to bike racking.

Your Category Group is listed on this sticker and will match your swim cap colour, this is your start group. Please ensure your bike is racked in the correct location- this will match your swim start category group.

### 7. HELMET STICKER

Place sticker on front of helmet. Attach prior to helmet check on race day.

### 8. BIKE PUMP STICKER

Place sticker on bike pump prior to drop off on race day.

### 9. GEAR BAG STICKER

Remove sticker from backing sheet wrap the label around the string on the bottom right hand corner of your gear bag and stick securely onto the back of itself.

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## RACE FUEL

**90 GRAMS CARBS**

Performance + Race Fuel is a sports drink built for the endurance athlete and aims to deliver the high level of carbs and electrolytes required to increase performance.

**YOUR SOLE FUEL SOURCE**



# PRE RACE INFORMATION



## VENUE



## TIMING Band

**Collection:** Your Timing Band will be located in the envelope of your Race Kit.

**Hot Tip:** Place the timing Band somewhere safe after collection. E.g., with your helmet.

**Drop Off:** Timing Bands will be collected within Recovery. Please remove your own timing Band and give to volunteers.

**Lost During Race:** If you lose your timing Band during the race, inform Event Staff within Transition, so that timing providers can do their best to replace the Band.

**Drop Out:** If you do not start the race or pull out of the race, please return the timing Band to the drop out Clerk located at Event Information or if unable to reach this location to an Event Staff member. Where possible only hand to an official Event Staff member not a volunteer.

**Lost Timing Bands:** If your timing Band is not returned or is lost, you will be charged \$150AUD for a replacement.

## ATHLETE CHECK-IN

See page 7-9 for time and location. We will be operating Check-In by appointment only. Selections were made at the time of entering, please check your confirmation email for chosen times.

All packs will need to be collected during Athlete Check-In opening hours. **Please note, no packs will be posted out prior to the event.**

### What you will need to bring:

- Photo ID (drivers' licence or passport).
- QR Code.

### Who can collect?:

Only the person registered can pick up their race kit at Check-In. Please note that it is not permitted for someone else to compete under your name or for you to compete under someone else's name. This will result in suspension from your State Triathlon Association and banning both parties from future IRONMAN Oceania/Multisport Triathlon Races.

## HYDRATION

Hydration is an essential part to ensure your race day is a success. [PURE Electrolyte Hydration](#) will be on the run course at all aid stations and contains the electrolytes sodium, potassium, magnesium and calcium. It is formulated to replace electrolytes, provide fuel (5% carbohydrates) and hydrate while avoiding stomach upset.

- [Training Nutrition Plan](#)
- [Race day Nutrition Plan](#)
- [Hydration Plan](#)



# PRE RACE INFORMATION



## BIKE MECHANICS

Bike Mechanics will be available at Cycle Zone at 105 Brisbane Road, Mooloolaba on Friday and Saturday for all pre-race bike mechanic services. A limited 'emergency service' will be available in Transition on Saturday from 5:00am.

Note: There is no technical support available on course.

## RACE UPDATE

A virtual Race Director update will be available via our [Facebook Page](#). This will include a high level overview of the event.

## FIRST TIMER Q&A

There will be a first timer Q&A integrated with a transition tour on Friday.

See page 7-8 for time and location.

## PRE-RACE TRAINING

When you are on the road cycling or running, remember all the rules of the road apply.

**Swim:** There are many great pools on the Sunshine Coast, if you choose to swim at the beach, remember to swim between the flags

**Bike:** Remember to obey the road rules and do not ride two abreast on narrow road sections. Be courteous to motorists. Wearing your helmet whilst cycling is compulsory in Australia and Police can issue on-the-spot fines for breach of this law. Lock your bike whenever you leave it (unless it's during bike racking).

**Run:** Run on footpaths where possible and do not run more than two abreast.

## MASSAGE

Pre and post-race massage therapy will be available from Friday to Sunday. View the Event Schedule (pages 7-8) for times and location.

Cost: \$20 per 15 minutes.

Bookings are taken onsite. Please see the massage tent during opening hours to book a massage.

## PARKING

Parking will be on surrounding local streets (please ensure that you are aware of the any parking restrictions and changed traffic conditions).

Paid Parking is also available at the ParknGo on Brisbane Street.

## CHANGED TRAFFIC CONDITIONS

Please take time to make yourself aware of all changed traffic conditions for yourself and all athletes on race day.

[View Changed Traffic Conditions Flyer](#)

## SHUTTLE BUS

A shuttle bus will run between Mountain Creek State High School and River Esplanade.

This service will run approximately every 30 minutes.

**Saturday 29 March: 4:30am – 5:30pm**

**Sunday 30 March: 4:30am – 5:30pm**



# GEAR BAG DROP / COLLECTION



## GEAR BAG

Your gear bag consists of any clothes you require post-race and is collected from the Gear Bag Storage Area. The bag provided to you during Athlete Check-In must be used as your gear bag. No other bag will be accepted.

Please ensure that you have the gear bag sticker (located in your race kit) clearly stuck to the bottom of the handle. The Gear Bag Storage Area is outdoors so please ensure that your items are protected from the elements within your gear bag.

### Examples Include:

- Warm clothing (jumper, tracksuit pants).
- Different footwear.

*Please refrain from placing any valuables in your bag where possible.*

**View page 7-8 for times and locations.**

BAG	DROP OFF LOCATION	USE DURING RACE	POST RACE COLLECTION
<b>GEAR BAG</b>	<b>When:</b> Saturday 29 March, from 5:00am <b>Location:</b> Gear Bag Storage Area – Parkyn Parade Park	No Use	<b>When:</b> Post Race Saturday 29 March closes at 11:00am <b>Location:</b> Gear Bag Storage Area – Parkyn Parade Park
<b>BIKE PUMPS</b>	<b>When:</b> Saturday 29 March, from 5:00am <b>Location:</b> Gear Bag Storage Area – Parkyn Parade Park	No Access during race.	<b>When:</b> Post Race Saturday 29 March closes at 11:00am <b>Location:</b> Gear Bag Storage Area – Parkyn Parade Park

*\*Note: When you collect your bike post race, gear bags and bike pumps should be collected at the same time.*

*\*\*If items are not collected by 2pm, it will be moved to Event Information.*



## PRE RACE

### BIKE RACKING

View the Event Schedule (page 7-8) for times and location.

**Prior to Entry:**

- **Bike Checks:** Attend Athlete Check-In.
- Secure bike seat post sticker.
- Conducted by Aus Triathlon upon entry
- You, the athlete are responsible for your bike being in safe working order.
- Inspectors will be checking for such thing as:
  - End plugs on handle bars .
  - Tyres in reasonable condition
  - Stripped cabling .
  - At least one water bottle cage.
  - Brakes in working order.
  - Compliance with Aus Triathlon Competition Rules.

**How to Rack your Bike:** Rack your bike by the handlebars. If you cannot rack your bike by the handle bars see one of the Aus Triathlon officials who will help you rack with some cable ties.

On race morning you may change your bike to be racked by the seat, front wheel facing outward from the rack.

**Covers:** No full bike covers will be allowed for overnight racking. These will be removed and can be collected at Event Information (lost & found).

**Note:** No Helmets are to be left overnight as a compulsory helmet check is conducted on race morning.

### TRANSITION TOURS

The free Mooloolaba Triathlon Transition tours provide you with detailed information on the flow of transition. This will help you understand what you need to do on race day and how to easily get around transition and back out onto the course. A useful tool to help you achieve your best on race day and set you up for the ultimate finish experience.

**When:** Friday 28 March

- 3:00pm ,
- 6:00pm Including First Timer Q&A

**Location:** Parkyn Parade Park, Parkyn Parade, Mooloolaba





## RACE DAY

### HELMET CHECK

AusTriathlon officials will be conducting compulsory helmet checks as you enter the Transition area. Please ensure you have your helmet on and secured (with your helmet sticker on the front of your helmet) prior to entering Transition.

Your helmet may be placed either on your bike or on the ground beside bike.

Competitors are responsible for ensuring that their bike helmet is in a safe working order, prior to presenting them at Transition. [See Aus Triathlon Race Competition Rules](#)

### GEAR SET UP

All items required for your bike and run legs will be set up on race morning at your bike. Please note no bags/tubs are to be used or left in Transition and all bags/tubs will be removed if left in Transition.

#### **Gear may include:**

Bike	Run
Bike shoes (or on bike)	Running Shoes (compulsory)
Helmet (compulsory)	Race bib number (compulsory)
Sunglasses	Sunglasses
Towel	Hat/Visor
Socks	Socks
Nutrition and fluids (or on bike)	Nutrition and fluids

### BIKE PUMPS

Bike pump drop off will be available on race morning at the Gear Bag Storage Area and can be collected post event from the Gear Bag Storage Area. Please ensure your bike pump is labelled using the sticker within your race kit.

All bike pumps which aren't collected during bike collection times will be donated.

## POST RACE

### BIKE COLLECTION

View the Event Schedule on page 7-8 for collection times. Ensure you are aware of the closing time as, after this time Transition will become unsecure.

### GEAR BAG AND BIKE PUMP COLLECTION

When collecting your bike, please ensure all gear bags and bike pumps are collected at the same time.

View drop off and collection times on page 15.



# LOOKING FOR THINGS TO DO?

FIND YOUR SUNSHINE MOMENT WITH THESE AWESOME ACTIVITIES ON THE SUNSHINE COAST.

## FOOD, DRINK AND CRAFT BEER

Any foodie worth their fork knows Mooloolaba's dining scene is next level - Mooloolaba prawn, anyone? - with the Esplanade and The Wharf Mooloolaba buzzing with places to eat. The Sunshine Coast is also Australia's Craft Beer Capital. If you're not sure which crisp IPA or zesty sour to try first, make your way around the region by following the craft beer trail, or book yourself a spot on a craft beer tour.

## CRUISE THE WATERS

Hop aboard a boat and meander the labyrinth of Mooloolaba's canals and waterways with a glass of bubbly in hand. Top tours to check out include the Champagne River Cruise with Cavalier Cruises, the Bushtucker Cruise with Saltwater Eco Tours, the Mooloolaba Canal Cruise, and Coastal Cruises Mooloolaba.

## TAP INTO WELLNESS

It's easy to feel energised by the unhurried pace of the Sunshine Coast, after all, we're not just sunny by name but sunny by nature here with wellness a way of life. Reset and reconnect at one of our award-winning spas, with the Salt Caves Mooloolaba, Waterfall Day Spa and Tank Bathhouse all on your doorstep in Mooloolaba.

## STRETCH YOUR LEGS

When it comes to national parks overflowing with rich foliage and lush hideouts, not many do it better than the Sunshine Coast. Discover leafy rainforests and cascading waterfalls - Buderim Falls is less than 20 minutes' drive from Mooloolaba - or head to the Hinterland to inhale, exhale and stretch your legs post-race on a scenic hike.



[VISITSUNSHINECOAST.COM](http://VISITSUNSHINECOAST.COM)



## RUN AID STATIONS

There will be 2 aid stations on the run course at Mooloolaba Esplanade (outbound) and Alexander Headland Surf Club (both outbound and inbound)

### Will offer:

- Water
- [PURE Electrolyte Hydration Lemon](#)
- Sunscreen
- Toilets

### Aid Station KM Markers

- 1km
- 3km
- 3.5km

### Process:

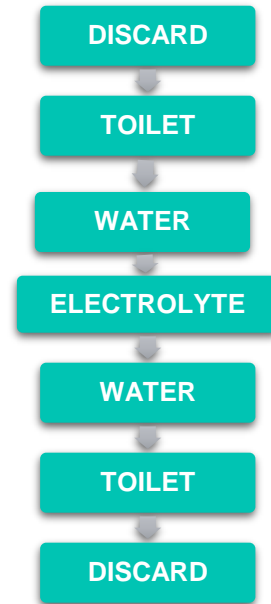
There will be signs along the aid station listing what is on offer. Once you have collected what you need continue on with your run ensuring you do not block fellow athletes.

## HYDRATION

[PURE Electrolyte Hydration](#) is a premium electrolyte hydration drink, containing essential electrolytes Sodium, magnesium, Potassium and Calcium. It has a 5% carbohydrate content and is designed to help hydrate and fuel endurance, without being sickly sweet or causing stomach upsets. Trial a starter pack [here](#).



## AID STATION LAYOUT



## DISCARD DROP ZONES

Please discard any unwanted items within the discard zone. Anything discarded outside this area will be penalised.

SALTWATER ECO TOURS

# COME AND EXPLORE THE SUNSHINE COAST

Queensland's most incredible holiday destinations are ready to welcome you. There are so many places to explore on the Sunshine Coast, so say hello to new adventures.

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## CUT OFF TIMES

Below cut off times provide final cut off locations and time of day based on the predicted last starter at time of publishing this document.

### Swim – 9:13am

Athletes must complete the swim by **8:56am**, 25 minutes after the last schedule start at 8:31am (final start as per website).

### Bike – 10:00am

All cyclists must have completed the cycle by **10:00am**. Any cyclists unable to reach this cut off will be removed from the course and collected by event SAG wagons.

### Run – 10:46am

All runners are required to be off the course by **10:46am**. Every effort will be made to allow you to run to the finish line however you may be asked to move onto the footpath in order to allow the scheduled reopening of roads.

Should an athlete be unable to reach one of these cut off times, they will no longer be able to continue racing. Race results will be classified as a Did Not Finish (DNF). Event Personnel will assist in transporting the athlete back to the event precinct via sag wagons.

In addition to the above cut off times, athletes may be cut-off at any time based on the Race Director's discretion and judgement. Reasons for this may include, but are not limited to; medical, contingency, logistical and or race rule violations. In the situation of one or more legs (swim, bike, run) being modified under contingency scenarios, the Race Director also reserves the right to announce new cut off times.

## CONTINGENCY PLAN

If/when the contingency plan needs to be implemented you will be notified by the Race Director. This will be communicated by the event app or by the commentator.

## RACE DAY SERVICES

### Medical

A first aid provider will be engaged to provide first aid at all events operated by The IRONMAN Group.

First aid will be positioned in a variety of locations. The exact positions of first aid stations can be viewed via the [course maps](#). Athletes are responsible for any costs incurred as a result of a medical incident. This includes but is not limited to ambulance transfers, hospital stays, specialist treatment. It is therefore strongly advised that all athletes hold adequate personal insurance. Australian residents are recommended to hold valid private health insurance (inclusive of ambulance cover) whilst international athletes are strongly advised to have adequate travel or personal insurance that will provide coverage for participation in an IRONMAN Group event. Athletes are responsible for understanding the terms and conditions of insurances held.

### SAG wagon

The SAG Wagon will collect athletes who are unable to complete the event or are unable to finish within the course cut-off time. Collected athletes will be transported back to the event venue.

Should you require a SAG Wagon at any time, please wave down a motorbike official and they will contact IRONMAN for SAG Wagon deployment. Alternatively advise volunteers at the nearest aid station.

**Please Note:** delays in SAG Wagon transport are expected. To assist with a prompt response, please do not move from your reported location once a SAG Wagon has been requested as this could affect their ability to locate and transport you.

# RACE DAY INFORMATION



## PHOTOGRAPHS

Sportograf is proud to be the official athlete photo service for this event. They will provide you with their “Foto-Flat” which includes all your amazing personal pictures from several top locations around the course and the finish line, as well as the beautiful impression shots of the scenery and the race day in general.

### Help them take the best photo of you:

- Please be sure to keep your bib number visible on the FRONT of your body and handlebars during the run and bike, to help us identify more photos of you!
- Notice our photo spots and smile for the camera – even if it hurts!
- Smile and celebrate when you cross the finish line! Don’t worry about touching your watch, the timing company will ensure an accurate record of your achievement.

*\*Please note, only Sprint Athletes are permitted down the finisher chute*

Stay up to date and FOLLOW Sportograf on [Facebook](#) and [Instagram](#)

## RECOVERY PROCESS & AREA

After passing the finish line arch, You will then follow the recovery process and have the below available to you:

- Timing Band removal
- Medical support (if required)
- Official finisher photo by Sportograf
- **Important:** before exiting, please ensure all relevant nutrition and items have been collected. There is a no re-entry policy so make sure you are comfortable before you exit.

### THE POST FINISH RECOVERY AREA WILL OFFER:

- Water
- [PURE Electrolyte Hydration in Lemon](#)
- Watermelon

## POST RACE RESULTS

Results can be viewed at the following locations:

- Mooloolaba Triathlon App  
<https://mooloolabatri.com.au/athlete-info/pre-race-info/>
- Event website <https://mooloolabatri.com.au/athlete-info/latest-results/>
- Finishers Certificate  
[www.multisportaustralia.com.au](http://www.multisportaustralia.com.au)

No access to online services? Visit our Event Information who can assist.

## LOST & FOUND PROPERTY

Any lost or found property that is handed in will be taken to the Event Information. You can lodge your own lost items here:



Alternatively view the Event Schedule (page 7-8) for times and location.

**Please note:** No responsibility or liability is taken by the Race Organisers for lost property.

All lost property will be held for 30 days post event. After this time all left over items will be donated to charity. For any enquiries after the event please contact IRONMAN on 1300 761 384 or [mooloolabatri@theironmangroup.com](mailto:mooloolabatri@theironmangroup.com)



## Cut off time – 9:13am

### WARM UP SWIM

Swim warm-up if required must take place off to the right of the swim course.

### PARATRIATHLETE SWIM START

Paratriathletes will be communicated to by the Race Director of their start time and process.

If you are a Paratriathlete and require support, please contact us at [mooloolabatri@theironmangroup.com](mailto:mooloolabatri@theironmangroup.com) or on 1300 761 384

### ROLLING CATEGORY START

The 2XU swim start will be a rolling category start format. Within each category, athletes will seed themselves based upon their own projected swim times. Self-seeding will be based on your individual abilities according to your expected finish time.

Within each rolling category start there will be 4 start zones. You can avoid being overtaken by stronger swimmers by seeding yourself with athletes of a similar skill and ability level.

The four Start Zones are:

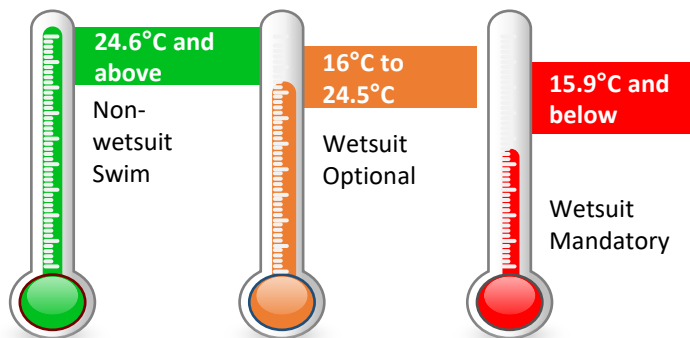
- Zone 1. Under 13 minutes
- Zone 2. Between 13 - 17 minutes
- Zone 3. Between 17 – 21 minutes
- Zone 4. Over 21 minutes

The rolling category start will continue from Zone 1 to Zone 4 with Athletes being released at intervals, across the start line and timing mat. Each athletes official individual race time will start when they cross the clearly marked start line/timing mat on the beach.

The next category start will then self-seed into the 4 start zones and this process will be repeated until all category starts have commenced the swim.

[Click here](#) to view Swim Start Times

### WETSUIT RULING



Wetsuits will be optional if the water temperature is below 24.6 degrees Celsius and mandatory if the water temperature is below 15.9 degrees Celsius. See race rules on page 5 for more information.

A provisional wetsuit ruling will be posted at Athlete Check-In and Event Information on Friday from 11am. The official wetsuit ruling will be announced race morning by the commentary team.

# 2XU SWIM COURSE 750m



## COURSE

The 2XU swim starts 800m south of 'Loo with a View' so please allow 15 minutes to walk to the start. Competitors and athletes are asked to keep the swim start area clear.

All competitors must be at the swim marshalling area 15 minutes prior to their start. You must follow the swim buoys precisely; any short cuts will result in disqualification.

## SWIM SAFETY

Water safety personnel and craft will be located on the water during the swim. They will have relevant equipment and are there to support you should you require.

At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid. Should at any point in time you decide to abandon the swim, you will be taken to one of the swim extraction points. At this point in time you will be checked over by medical. If you wish to withdraw you will need to take your timing Band to the Event Information desk at Transition. If you are cleared by medical you may choose to continue.

## SWIM CAPS

All swim caps provided will be latex based. In the case you are allergic, please contact us [mooloolabatri@theironmangroup.com](mailto:mooloolabatri@theironmangroup.com) or via 1300 761 384.

[Click here](#) to view Category swim cap colours.

## COURSE MAP





# 2XU

## 2XU Participant Offer

Enjoy 20% off 2XU with code **MOO20**.  
PREPARE. PERFORM. RECOVER.

[SHOP NOW](#)

Offer expires 4 March 2025. T&Cs apply. 20% off Full Priced Items only. Excludes Light Speed Compression, Outlet & Wetsuits.

# THE FLOW IS ALL YOU FEEL.

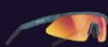
ULTRA LIGHT.  
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Our complete range of high-performance shields, now available:



MICRO EDGE



SHIFTER



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CHRONOSHIELD



LIGHTSHIFTER



C-SHIFTER



+ BOLLE + PERFORMANCE SUNGLASSES



# BIKE COURSE 20km



**Cut off time – 10:00am**

## COURSE

The bike is a 20km, 3 lap bike course, Athletes will cycle up and over Alexander Headlands, heading north to Maroochydore before heading back to Mooloolaba to complete one lap. The Next Lap/Finish decision point will be at the Corner of River Esplanade and Parkyn Parade. Athletes will make a U- turn on River Esplanade before either commencing their next lap or turning left into Parkyn Parade and into Transition. The course may be influenced by winds.

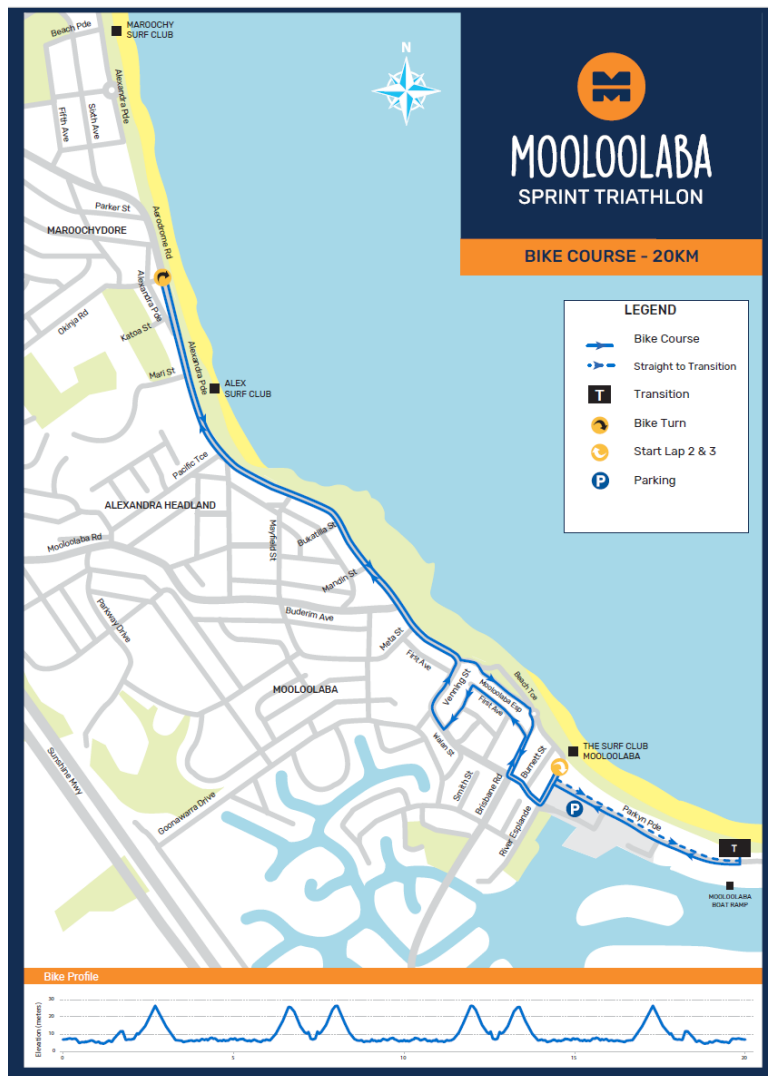
## TRAFFIC

Event vehicle and personnel vehicles/motorbikes will be out on course during the event.

## PENALTY BOX

There will be one penalty box located at Transition.

## COURSE MAP



# RUN COURSE 5km



**Cut off time - 10:46am**

## COURSE

The run is a 5km out and back course, athletes will run the one-lap course in a clockwise direction over to Alexandra Headlands, taking in some of the most scenic coastal views of the Sunshine Coast.

## TRAFFIC

Event vehicle and personnel vehicles/motorbikes will be out on course during the event.

## COURSE MAP





MOOLOOLABA  
TRIATHLON

# GOOD LUCK TRICLUBBERS!

3D Tri Squad  
80/20 Endurance  
AGMT  
Alice Springs Triathlon Club  
Atlas Multisports  
Australian Defence Triathlon Club  
B Mee Multisport  
Balmoral Triathlon Club  
Bargara Triathlon Club  
Bayside Multisport  
Bayside Triathlon Club  
Be Energetic  
Bondi Running and Triathlon  
BOSS Multisport  
Brisbane Triathlon Club  
Burleigh Triathlon & Multisport Squad  
Cairns Crocs Triathlon Club  
Caloundra Triathlon Club Inc  
Canberra Bilbys Triathlon Club  
Carina Leagues Triathlon Club  
Central Coast Triathlon Club  
Clarence Valley Triathlon Club  
Club Croc Inc  
Concord Triathlon Club  
Core 4 Endurance  
Core4 Endurance  
Cronulla Triathlon Club  
East Coast Cycos  
Eastern Suburbs Triathlon Club  
Elevate Tri Club  
Energy Lab Triathlon  
Fitzroy Frogs Triathlon Club  
FLOWITRI  
Forster Triathlon Club Inc.  
Free Radicals Tribe Triathlon Club  
Fremantle Triathlon Club  
Genesis Triathlon Club  
Goondiwindi Triathlon Club Inc.  
Greensborough Triathlon Club  
Hat Head Triathlon Club  
Helix Triathlon  
Hervey Bay Triathlon Club Inc.  
Hill Top Coaching  
Hills Triathlon Club  
i4 Coaching  
Illawarra Triathlon Club  
Intraining Running And Triathlon Club  
Ipswich Triathlon Club - AU  
Jervis Bay Triathlon Club Inc  
JT Multisport  
Kempsey Runners And Triathlon Club Inc  
Kiama Triathlon club  
Koa Sports  
Lakers Triathlon Club  
Launceston Triathlon Club  
Live2Tri  
Logan Triathlon Club  
M5 Triathlon  
Macarthur Triathlon Club  
Mackay Triathlon Club  
Mavericks Coaching Alliance  
Melbourne Triathlon Club Inc  
Momentum Endurance Coaching  
Multisport Gold  
MyProCoach  
Noosa Tri Club  
NQ Triathlon Academy  
Orange Cycle And Triathlon Club  
Oxford University Triathlon Club  
Panthers Triathlon Club  
Pine Rivers Tri Sports Club Inc  
Powins Racing Team  
Pumicestone Tri Sports Club  
Pursue Multisport  
Pursue Multisports  
Race Pace Coaching  
Ratpack Multisport Inc  
ReadyToTri  
Red Dog Triathlon Training  
Redcliffe Tri Club  
Redlands Cycling and Multisport Club  
Ringwood Triathlon Club  
Sadler Coaching  
Sandgate Tri Club  
SBRG Performance Coaching  
Sharks Triathlon Club  
Sheldon Triathlon Club  
Shellharbour Tri Club  
Simon Knowles  
Somerset Spartans Triathlon Club  
South Bank Triathlon Club  
Southern Stars Triathlon Club  
Southland Triathlon & Multisport Club  
Southport Triathlon Club Inc  
Sportfit Lab  
SSG MultiSports  
Standing Start Triathlon  
Starfish Tri-Athletic  
Sunshine Coast Tri Club  
Sunshine Coast Triathlon Academy SCTA  
Surfers Paradise Triathlon Club  
Swiftmultisport  
Sydney Triathlon Group  
T:Zero Multisport  
TCR Sport Lab Ltd  
Team Betty  
Team Koach  
Team T Rex  
TEAM Tri Coaching  
The Cupcake Cartel  
Tomaree Triathlon Club  
Toowoomba Triathlon Club Inc  
Townsville Tri Club  
Tri Alliance  
Tri Nation  
Tri St George  
Tri-ActiV8 Triathlon Squad  
Triathlon South  
Tribe Triathlon Club  
TriEdge Coaching  
TriFury  
TriMotivate Performance Coaching  
Tuggeranong Vikings Triathlon Club  
Tweed Valley Triathletes Inc  
Twin Towns Triathlon Club  
UQ TRIADS  
Vipers Triathlon Club  
Warringah Triathlon Club  
We Tri - Training and Coaching  
Western Suburbs Triathlon Club (WSTC)  
Westside Triathlon Club  
Whitsunday Triathlon Club  
Wilston Grange Triathlon Club  
Wyn Republic

# PRESENTATIONS



## PRESENTATIONS

All awards will be presented at the Finish Line, Beach Terrace.

- Each category will be awarded 1<sup>st</sup> – 3<sup>rd</sup> place medals

If you are a place-getter in your category and are unable to stay and collect your award, you will need to contact the IRONMAN office within two weeks of the event to arrange collection of your medal. You will be able to collect your prize from the IRONMAN office or alternatively have your medal posted to you, at your expense.



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## VOLUNTEERS

The 2025 Mooloolaba Triathlon requires the support of over 600 Volunteers in order to deliver the event.

Our team of Volunteers will contribute a combined total of around 3,000 hours to assist, support and motivate you from the start to the finish of your Mooloolaba Triathlon.

We encourage you to say **THANK YOU** to the Volunteers whenever possible! They love it when they are appreciated by our athletes and without the Volunteers, we simply would not be able to run any IRONMAN Group events.

## OFFICIAL EVENT APP

The Mooloolaba Triathlon app has everything you need to know as an athlete or a spectator.

Available for both iPhone and android, the app includes live athlete tracking, race leaderboard, race results, course maps and Event Schedule.

- Update it to get the latest race info.
- Track the athletes live throughout the course, including their time splits.
- Live leaderboard to keep you up front with who's in the lead. And you can filter by age group.
- It's super easy to find and create your own list of your fav athletes to follow.
- You can receive notifications when the athletes you're following cross key race points.
- Check out the final results post-race.
- Always know where you are and want to be with interactive maps.
- Event Info and clear Schedules ensure you know what's going on, where and when.

Get all the race info and updates in your pocket. Download the Mooloolaba Triathlon App now!

## GET SOCIAL



<https://www.facebook.com/MooTri/>



<https://www.instagram.com/mooloolabatri/?hl=en>

#MooTri

**See you soon!**

**Mooloolaba Tri Team**



# EVENT PARTNERS



## OFFICIAL EVENT PARTNERS

