MOOLOOLABA TRIATHLON

2026 ATHLETE INFORMATION GUIDE

STANDARD DISTANCE

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Sunshine Coast COUNCIL

Sunshine Coast

Queensland

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MOO TRI TEAM MESSAGE

Welcome to an unforgettable weekend of triathlon on the beautiful Sunshine Coast!

The Mooloolaba Triathlon event is all about inclusivity and challenge, whether you're taking your first steps into the sport or pushing for a new personal best. With multiple race options, there's something for every athlete against the backdrop of one of Australia's most stunning coastal destinations.

Our vibrant festival hub will once again light up the Mooloolaba Esplanade Northern Parklands, featuring Athlete Check-In, the Mooloolaba Sport & Lifestyle Expo, and our official Merchandise Store.

Course Highlights:

- **Swim:** Dive into the crystal-clear waters of Mooloolaba Beach for the 2XU Swim Course.
- **Bike:** Ride along the scenic foreshore, tackle the Sunshine Motorway, and enjoy fast, flowing sections back to town.
- **Run:** Take on a two-lap journey over Alexandra Headlands, showcasing breathtaking coastal views that make this one of Australia's most iconic run courses.

As race day approaches, don't forget to check the Athlete Information Guide. For extra confidence, join one of our Transition Tours, details are in the event schedule.

A huge thank you to Sunshine Coast Regional Council, Visit Sunshine Coast, and Tourism and Events Queensland for their incredible support. And of course, to the local community and our amazing volunteers, this event wouldn't be possible without you.

While you're here, take time to explore the Sunshine Coast. From pristine beaches to vibrant cafes and hinterland escapes, it's the perfect way to celebrate your achievement.

Share your journey, soak up the atmosphere, and make memories that last well beyond the finish line.

Train smart, race strong, and enjoy every moment, we can't wait to see you in Mooloolaba!

Leanna Ali
Regional Director

Sunshine Coast
FIND YOUR
SUNSHINE MOMENT
FOR REAL
VISITSUNSHINECOAST.COM

RACE RULES

The event is sanctioned by Aus Triathlon.

All Athletes should read and understand the race rules and penalties prior to race day. Below highlights some of the race rules.

AusTriathlon Race Competition Rules 2025/2026

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 distractive 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 of the AusTriathlon Competition Rules

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 Swimskins may be worn and need to meet the same requirements as a race suit. Please see definition of a Race Suit in Appendix A of the AusTriathlon Competition Rules.

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.a For all events with a cycling distance up to and including the standard distance, the bicycle or motorcycle draft zone is a distance of **12 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 2026 Mooloolaba Triathlon age is as of 31 December 2025.

WELCOME MESSAGE

SUNSHINE COAST COUNCIL

Welcome to the Sunshine Coast!

It's wonderful to have you here! Whether you're a seasoned competitor or joining us for the very first time, I hope you experience plenty of sunshine moments.

Stroll the Esplanade and discover vibrant cafes for your coffee fix, restaurants serving the freshest local produce, and treat yourself to our famous Mooloolaba Prawns. When the race is done, relax by the water or shop our fabulous local boutiques. With the revitalisation of the Mooloolaba Foreshore underway, we're creating even more beautiful spaces for everyone to enjoy. These improvements will make our beach front more accessible and inviting than ever before.

Make sure your family and friends take full advantage of their visit. Explore what's on offer atdiscovermooloolaba.com.au or head to the hinterland for an escape.

On behalf of Sunshine Coast Council, I wish you the very best for race day!

With best regards,

MAYOR ROSANNA NATOLI
MAYOR, SUNSHINE COAST COUNCIL

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

It is my absolute pleasure to welcome you all to the Mooloolaba Triathlon on the Sunshine Coast. We are so glad to have you with us.

The Sunshine Coast is known for its beautiful beaches, making it the perfect host for this event.

The Queensland Government is proud to support the Mooloolaba Triathlon through Tourism and Event's Queensland Major Events funding program, as we recognise the important role events play in delivering lasting benefits to communities across the state.

The Mooloolaba Triathlon will deliver a quintessential Queensland experience and contributes to Queensland's $1.3 billion-dollar 2026 events calendar.

Queensland's growing calendar of events plays a vital role in driving visitation and showcasing the very best of what our state has to offer.

If you are visiting for the Mooloolaba Triathlon, I encourage you to take the opportunity to explore the Sunshine Coast and discover the unique experiences that make this part of Queensland such a special place to visit.

ANDREW POWELL MP
MINISTER OR TOURISM

EVENT SCHEDULE- STANDARD

Event Schedule is up to date as at 12/02/26 and is subject to change.
View the Event Schedule online and on the Mooloolaba Triathlon App for the most up to date Information.

FRIDAY 13 MARCH 2026		
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- ***Standard and Sprint Distance Athletes***	Mooloolaba Esplanade, Northern Parklands
1:00pm-7:30pm	Mooloolaba Triathlon Bike Racking – ***Sprint***	Parkyn Parade Park, Parkyn Parade, Mooloolaba
1:00pm-7:30pm	Transition Help Desk Open	Parkyn Parade Park, Parkyn Parade, Mooloolaba
3:00pm	Mooloolaba Tri **Sprint** Transition Tour	Parkyn Parade Park, Parkyn Parade, Mooloolaba
6:00pm	Mooloolaba Tri **Sprint** Transition Tour and First Timer Q&A	Parkyn Parade Park, Parkyn Parade, Mooloolaba

SATURDAY 14 MARCH 2026 (Cont. on next page)		
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 – ***Sprint*** *MUST CHECK-IN FRIDAY*	Parkyn Parade Park, Parkyn Parade, Mooloolaba
5:00am - 6:00am	***Sprint*** - 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- **Sprint**	Parkyn Parade Park, Parkyn Parade, Mooloolaba
6:15am	**Mooloolaba Triathlon Sprint - Para triathlete - RACE START**	**Main Beach, Mooloolaba**
6:15am	**Mooloolaba Triathlon Sprint - Age Group - RACE START**	**Main Beach, Mooloolaba**
7:00am - 5:00pm	Event Information Open	Beach Terrace
9:00am-5:00pm	Mooloolaba Sport and Lifestyle Expo Open	Mooloolaba Esplande, Northern Parklands
9:00am-5:00pm	Merchandise Store Open	Mooloolaba Esplande, Northern Parklands
9:00am-5:00pm	Massage Open - Onsite Bookings	Mooloolaba Esplande, Northern Parklands
9:00am-5:00pm	Mooloolaba Triathlon Check In - ***Standard & Aquabike Athletes***	Mooloolaba Esplande, Northern Parklands

EVENT SCHEDULE - STANDARD

Event Schedule is up to date as at 12/02/2026 and is subject to change.
View the Event Schedule online and on the Mooloolaba Triathlon App for the most up to date Information.

SATURDAY 14 MARCH 2026 (Cont.)		
Time	**Event**	**Venue**
10:15am - 11:00am	Transition Open for Bike Check Out - ***Sprint***	Parkyn Parade Park, Parkyn Parade, Mooloolaba
11:00am-12:30pm	Mooloolaba Triathlon Presentation Ceremony **Sprint**	Finishline, Beach Terrace, Mooloolaba
12:00pm-5:30pm	Mooloolaba Triathlon Bike Racking – ***Standard Athletes*** *ALL BIKES MUST BE RACKED TODAY*	Parkyn Parade Park, Parkyn Parade, Mooloolaba
12:30pm	Mooloolaba Tri **Standard** Transition Tour	Parkyn Parade Park, Parkyn Parade, Mooloolaba
2:00pm	Mooloolaba Tri **Standard** Transition Tour and First Timer Q&A	Parkyn Parade Park, Parkyn Parade, Mooloolaba
3:00pm	Mooloolaba Tri **Standard** Transition Tour	Parkyn Parade Park, Parkyn Parade, Mooloolaba

SUNDAY 15 MARCH 2026		
Time	**Event**	**Venue**
4:30am-5:30pm	Event Shuttle Service	Lady Musgrave Drive, Mountain Creek to River Esplanade
5:00am-6:00am	Individual Transition Open	Parkyn Parade Park, Parkyn Parade
5:00am-8:00am	Pre-race Teams Transition Open	Parkyn Parade Park, Parkyn Parade
5:00am-11:15am	Transition Help Desk Open	Parkyn Parade Park, Parkyn Parade
5:00am-3:00pm	Gear Bag Storage Open	Parkyn Parade Park, Parkyn Parade
6:25am	**Mooloolaba Triathlon Standard - Open - Men - RACE START**	**Main Beach, Mooloolaba**
6:27am	**Mooloolaba Triathlon Standard - Open - Women - RACE START**	**Main Beach, Mooloolaba**
6:28am	**Mooloolaba Triathlon Standard - Para triathlete - RACE START**	**Main Beach, Mooloolaba**
6:31am	**Mooloolaba Triathlon Standard - Age Group - RACE START**	**Main Beach, Mooloolaba**
6:45am	**Mooloolaba Aquabike - RACE START**	**Main Beach, Mooloolaba**
7:00am-2:00pm	Event Information Open	Beach Terrace
8:00am-2:00pm	Massage Open – Onsite bookings	Finish line, Beach Terrace, Mooloolaba
8:45am	**Mooloolaba Triathlon Standard - Relay Teams RACE START**	**Main Beach, Mooloolaba**
8:30-12:00pm	Relay Team Member Change Over Area Open	Parkyn Parade Park, Parkyn Parade
12:00pm-3:00pm	Transition Open for Bike Check Out - **Standard**	Parkyn Parade Park, Parkyn Parade
2:00pm-4:00pm	Mooloolaba Triathlon Presentation Ceremony - **Standard**	Finish line, Beach Terrace, Mooloolaba

SUNSHINE BEACH

THAT SUNSHINE COAST HOLIDAY FEELING

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 athlete list will not be updated after 6th February 2026. 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 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).
- ❑ Familiarise yourself with road closures.
- ❑ Check-In and collect race kit.
- ❑ Book in for a massage- onsite bookings only
- ❑ Rack bike.
- ❑ Pack items for race day.
- ❑ Teams – Familarise yourself with Team Transition entry point and handover zone.

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/ teams in each category).

RACE KIT

RACE KIT COLOURS

Black – Open Male

Silver – Open Female

Light Blue – Age Group Athletes

Gold – Legend Athletes

Dark Blue – Relay Teams

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 a sleeved tri suit is being worn).

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 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.

RELAY TEAM INFORMATION

Please note the below information relates to the Relay Teams and outlines specific team details that differ to the Individual race.

Teams you must still read the complete AIG for all relevant information but please note the team information below.

RACE KIT

Please refer to pg.11 to see all inclusions in your race kit.

Please note the team differences:

- Race Bib Number – worn by the runner
- Athlete Wristband – each team member will receive their own wristband during Check-In
- Gear Bag - each team member will receive.
- Number Tattoo – worn by runner.

CHECK IN

Only one team member will be required to attend Check-In. The first team member to attend Check-In will receive the Race Kit and athlete gifts for all members. It is then the responsibility of the team member to distribute the race kit to the other team member/s.

It is recommended where possible, that all Relay Team Members Check-In together.

SWIM START

Rolling Category Start: Team swimmers will sort themselves into the correct start group based on their swim start time within their category.

FINISH LINE

Only runners of the Relay Teams will be permitted down the finish line.

TRANSITION

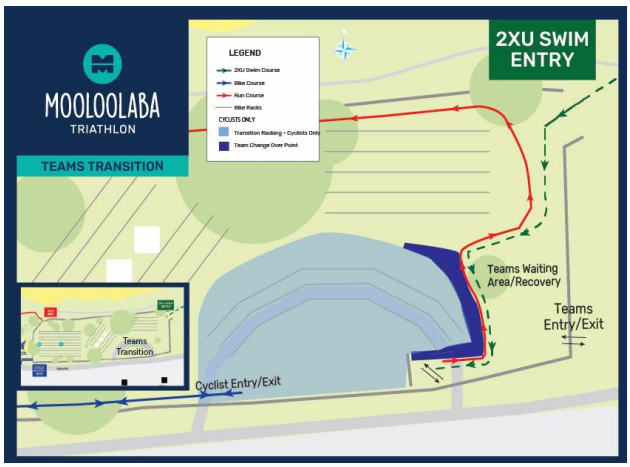
The change over between team members will occur at the designated Teams Changeover Zone. Remember your timing band is your relay baton.

During the race, team members will enter through the Teams Entry, Cyclists will proceed to the bike rack side and await the team swimmer. Team change overs are self-managed and it is up to Relay Teams to ensure they know when they must be at the meeting point.

Team runners will have access to the Team Changeover Zone once all the bikes have exited transition and are on the bike course.

Its important the Teams Transition area is as clear as possible during race times for the safety of all competitors.

- Team swimmers must not remove the timing band until they are within the Teams Changeover Area.
- The team cyclist will enter transition and await their swimmer, once the timing band has been handed from the Swimmer to the cyclist, they must attach the timing band to their LEFT ankle before unracking their bike.
- Once returned to Transition the team cyclist must rack their bike before proceeding to the Teams Changeover Zone where the timing band can be exchanged to the runner for them to commence the run leg.



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PRE-RACE INFORMATION

VENUE

ATHLETE CHECK-IN

See page 7-8 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.

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. Eg 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.

HYDRATION

Hydration is an essential part to ensure your race day is a success. PURE Electrolyte Hydration will be available 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 Sunday from 5am for Individuals, and 5:00am – 8:00am for Teams if you require assistance.

Note: There is no technical support available on course.

RACE UPDATE

A virtual Race 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 Saturday.

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 7-9) for times and location.

Cost: $20 per 15 minutes.

Bookings are not required. Please see the massage tent during opening hours to request 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 CONDTITIONS

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

View Changed Traffic Conditions

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 14 March: 4:30am – 5:30pm

Sunday 15 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 Drop 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 Drop Storage Area is outdoors so please ensure that your items are protected from the elements within you 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
GEAR BAG	**When:** Sunday 15 March, from 5am **Location:** Gear Bag Drop Storage Area – Parkyn Parade Park	No Use	**When:** Post Race Sunday 15 March until 2pm **Location:** Gear Bag Drop Storage Area – Parkyn Parade Park
BIKE PUMPS	**When:** Sunday 15 March, from 5am **Location:** Gear Bag Drop Storage Area – Parkyn Parade Park	No Access during race	**When:** Post Race Sunday 15 March until 2pm **Location:** Gear Bag Drop 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.*

FROM FINISH LINE TO SUNSHINE

FIND YOUR SUNSHINE MOMENT OFF THE COURSE WITH OUR ULTIMATE POST-RACE GUIDE.

REST & RESET POST RACE

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. Post race, give yourself a moment to unwind at one of our award-winning spas, with Salt Caves Mooloolaba, Waterfall Day Spa and Tank Bathhouse all on your doorstep in Mooloolaba.

REFUEL TRAWLER TO TABLE

In case you needed an excuse to sample Mooloolaba's famous seafood, we hear fish is packed with omega-3s and perfect for muscle recovery. But seriously, with some of the best seafood in Australia, you'll want to head to Mooloolaba's fisheries to stock up on our famous Mooloolaba prawns, swordfish, crabs, lobsters and export-grade tuna while you're here. Enjoy fish and chips on the beach down at The Spit, or eat out at one of Mooloolaba's many award winning restaurants.

CRUISE (ABOVE) THE WATER

You've run, swam and biked along our coastline, but have you seen it by boat? Kick back and set sail, a glass of bubbly in hand, and explore the labyrinth of Mooloolaba's canals and waterways. Top tours to check out include the Champagne River Cruise with Cavalier Cruises, the Bushtucker Cruise with Saltwater Eco Tours, Mooloolaba Canal Cruise, and Coastal Cruises Mooloolaba.

FAMILY FRIENDLY ADVENTURES

While it's tempting to spend the whole day at the beach, you won't want to miss the rest of the family-fun on offer at Mooloolaba. Your first stop? SEA LIFE Sunshine Coast, before taking a tour on the Aquaduck Sunshine Coast, where kids can play captain and steer the Aquaduck across the river. There's also plenty of beachside playgrounds to let the kids blow off some steam.

Sunshine Coast

VISITSUNSHINECOAST.COM

TRANSITION

PRE-RACE

BIKE RACKING

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

Prior to Entry:

- Attend Athlete Check-In.
- Secure bike seat post sticker.

Bike Checks:

- 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 handlebars.
  - 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 by your handle bars see one of the Technical Officials in transition 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.

TRANSITON 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: Saturday 14 March 12:30pm,
2:00pm including First Timer Q&A, 3:00pm

Location: Parkyn Parade Park, Parkyn Parade, Mooloolaba

TRANSITION

RACE DAY

HELMET CHECK

Aus Triathlon 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 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 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 16.

AID STATIONS

BIKE LITTER ZONE

There will be a designated litter zone on the bike course where you will be able to dispose of litter without being penalised. The Litter Zone will be located 50m on either side of the turnaround on Sunshine Motorway. If you do not follow these rules you will be penalised with a Stop/Start penalty on the bike.

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
- 5km
- 7km
- 9km

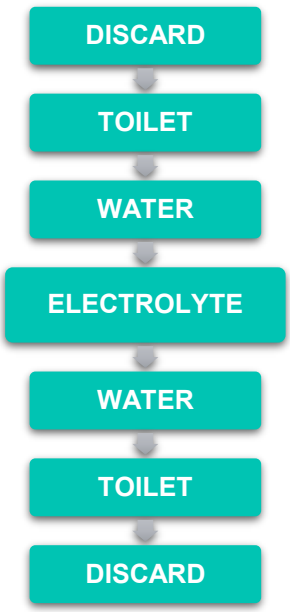
HYDRATION

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.

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.

AID STATION LAYOUT



DISCARD DROP ZONES

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

BISTRO C

THAT SUNSHINE COAST HOLIDAY FEELING

Queensland.com

RACE DAY INFORMATION

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 – 9:45am

Athletes must complete the swim by **9:45am**, 40 minutes after the last schedule team start. Any remaining team cyclist in transition will be sent out onto the bike course at the time. All swimmers will receive a finish time.

Bike – 11:50am

All cyclists must be off the Sunshine Motorway by **11:38am** and completed the cycle by **11:50am**. Any cyclists unable to reach this cut off will be removed from the course and collected by event SAG wagons.

Run – 1:20pm

All runners are required to be off the course by **1:20pm.** Every effort will be made to allow you to run to the finish line however you may be asked to move onto the footpath if you are behind the required pace to complete the run within the cut off time, this is necessary 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 Directors 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 bike course 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.

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:

- Official finisher photo by Sportograf
- Timing band removal
- Recovery food/drink
- Medical support (if required)
- **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

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

2XU SWIM COURSE 1.5km

Cut off time – 9:45am

WARM UP SWIM

Swim warm-up if required must take place off to the right of the 2XU 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 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:

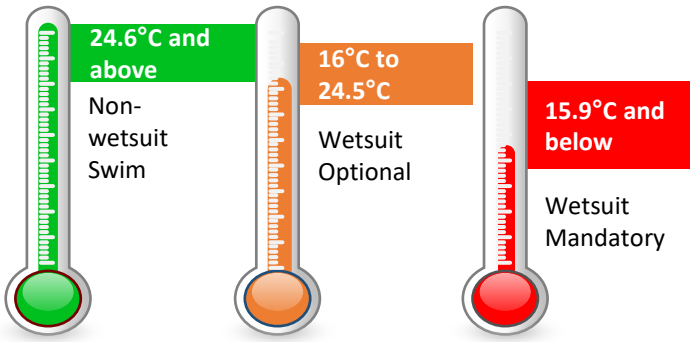
- Zone 1: Under 28 minutes
- Zone 2: Between 28 - 31 minutes
- Zone 3: Between 31 – 35 minutes
- Zone 4: Over 35 minutes

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 Saturday from 11am. The official wetsuit ruling will be announced race morning by the commentary team.

Open Athletes: Wetsuits will be optional if the water temperature is below 20 degrees Celsius and mandatory if the water temperature is below 15.9 degrees Celsius.

2XU SWIM COURSE 1.5km

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.

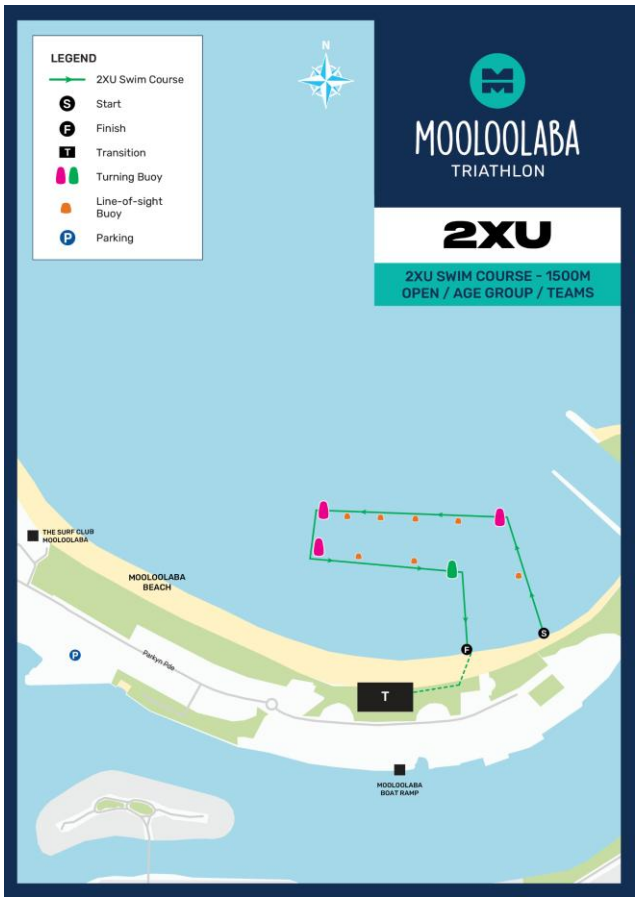
At any time should you require the assistance of water safety please raise one arm into the air and they will come to your aid. Should at any point in time you decide to abandon the swim, you will be taken to one of the swim extraction points. At this point in time, you will be required to be checked by medical before either withdrawing from the race or continuing. If withdrawing, please return your timing band to the Information Tent.

SWIM CAPS

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

Click here to view category swim cap colours.

COURSE MAP



BAILEY **TUDDENHAM**

2XU MOOLOOLABA TRI OFFER

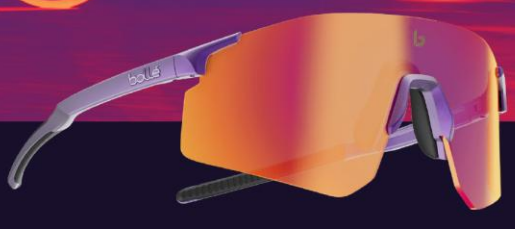
Enjoy **20% OFF*** with code **MOOTRI20** to help you reach your finish line!

SHOP NOW

*One use per customer. Offer ends Wednesday 2 March 2026. Offer excludes Wetsuits, Light Speed Compression, and Outlet. Full price only.

THE FLOW IS ALL YOU FEEL.

+ BOLLÉ + PERFORMANCE SUNGLASSES +



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NO PRESSURE POINT.
OPTIMAL FIT.
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Our complete range of high-performance shields, now available:

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SHIFTER

ICARUS

CHRONOSHIELD

LIGHTSHIFTER

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BIKE COURSE 40km

Cut off time – 11:50am – must be off motorway by 11:38am

COURSE

The bike is a 40km out and back course with one climb out to the motorway and then a very slick, fast, flat course. The course may be influenced by winds. It is 20km to the turnaround point and return to transition. Take caution as you approach Transition as it changes to single file.

TRAFFIC

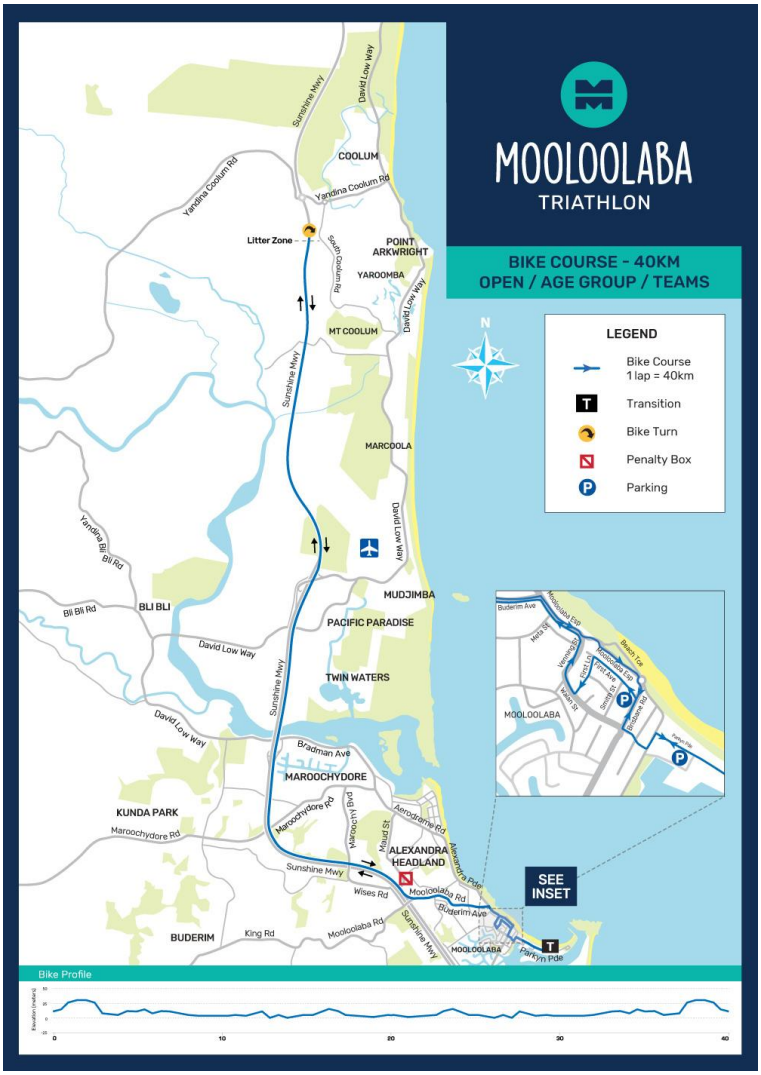
Event vehicle and personnel vehicles/motorbikes will be out on course during the event.

PENALTY BOX

There will be a penalty box located at:

- Mooloolaba Road at Tantula Road West intersection – inbound only (at the top of Buderim Ave off-ramp)

COURSE MAP



RUN COURSE 10km

Cut off time – 1:20pm

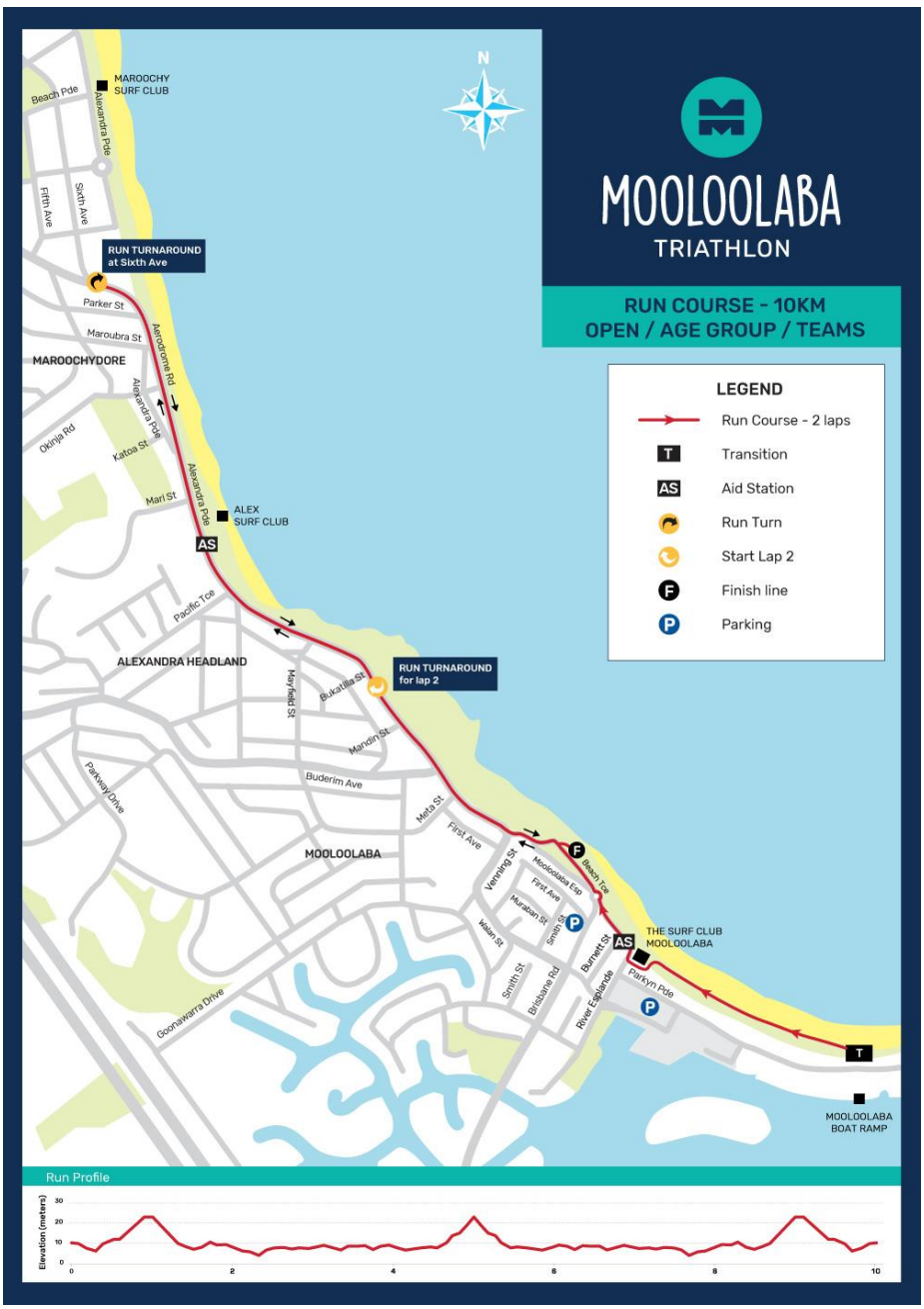
COURSE

The run is a 10km two-lap course taking in some of the most scenic coastal views of the Sunshine Coast.

TRAFFIC

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

COURSE MAP



MOOLOOLABA
TRIATHLON

GOOD LUCK TRICLUBBERS!

3D Tri Squad
80/20 Endurance
Albury Wodonga Triathlon Club
Alice Springs Triathlon Club
Atlas Multisports
Australian Defence Triathlon Club
AZK - ASCENDERE
Balmoral Triathlon Club
Bargara Triathlon Club
Bayside Multisport
Bayside Triathlon Club
Be Energetic
Beckworth Racing
Bondi Running & Triathlon Club Inc (B.R.A.T)
BOSS Multisport
Brisbane Triathlon Club
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
Coffs Harbour Triathlon Club
Concord Triathlon Club
Cronulla Triathlon Club
Darwin Triathlon Club
DGC Tweed Coast Multisport
East Coast Cycos
Energy Lab Triathlon
ETPA
Fitzroy Frogs Triathlon Club
FLOWITRI
Foley Athletics
Free Radicals Tribe Triathlon Club
Genesis Triathlon Club
Goondiwindi Triathlon Club Inc.
Hat Head Triathlon Club
Helix Triathlon
Hervey Bay Triathlon Club Inc.
Hills Triathlon Club
i4 Coaching
Illawarra Triathlon Club
Intraining Running And Triathlon Club
Ipswich Triathlon Club - AU
JT Multisport
Just Another Mile
Kalgoorlie Triathlon Club
Kempsey Runners And Triathlon Club Inc
Kiama Triathlon club
Knox Triathlon Club Inc.
Koa Sports
Lakers Triathlon Club
Latrobe Valley Tri Club
Live2Tri
Logan Triathlon Club
M5 Triathlon
Macarthur Triathlon Club
Mackay Triathlon Club
Melbourne Triathlon Club Inc
Moore Performance
Multisport Gold
MyProCoach
Noosa Tri Club
Ogging Fit
Orange Cycle And Triathlon Club
Oxford University Triathlon Club
PACTRAC
Peddlar
Perth Hills Triathlon Club
Powins Racing Team
Pumicestone Tri Sports Club
Pursue Multisports
Ratpack Multisport Inc
ReadyToTri
Rebound Club
Red Dog Triathlon Training
Redcliffe Tri Club
Redlands Cycling and Multisport Club
Reed Performance Group
Sarasota Storm Triathlon Club
Sharks Triathlon Club
Sheldon Triathlon Club
Shellharbour Tri Club
Somerset Spartans Triathlon Club
South Bank Triathlon Club
Southport Triathlon Club Inc
SSG MultiSports
Stadium Triathlon Club
Standing Start Triathlon
Starfish Tri-Athletic
Sunshine Coast Tri Club
Sunshine Coast Triathlon Academy SCTA
Surfers Paradise Triathlon Club
Swiftmultisport
T:Zero Multisport
TCR Sport Lab Ltd
Team Koach
Team Panda
Team T Rex
Team TTL
Team VTO
Tenacious Endurance Coaching
The Cupcake Cartel
Toowoomba Triathlon Club Inc
Townsville Tri Club
Tri Alliance
Tri Nation
Tri St George
Tri-ActiV8 Triathlon Squad
TriEdge Coaching
TriMotivate Performance Coaching
TriVelo Coaching
Tuggeranong Vikings Triathlon Club
Tweed Valley Triathletes Inc
Twin Towns Triathlon Club
UQ TRIADS
Vipers Triathlon Club
Wagga Triathlon Club
Warringah Triathlon Club
We Tri - Training and Coaching
Westside Triathlon Club
Wilston Grange Triathlon Club
Wyn Republic
ZD Endurance - Pro Coaching

PRESENTATIONS

PRESENTATIONS

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

• Each competitive category will be awarded 1st- 3rd place medals. You can view your results on the Moo Tri App.

• 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.

TRICLUB PODIUM AWARDS

The top five individual Age Group Ranking athlete results from each club will be added together to receive a club grand total.

The top three clubs with the highest score, no matter the division, will win the TriClub Podium Awards.

ADDITIONAL INFORMATION

VOLUNTEERS

The 2026 Mooloolaba Triathlon requires the support of over 600 Volunteers to deliver the 2 days of racing.

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! It is a great feeling to be appreciated by our athletes and without the support of these amazing people, 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!

Download on the App Store

GET IT ON Google Play

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

Queensland

Sunshine Coast

Sunshine Coast COUNCIL

2XU

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ALWAYS ADVANCING

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