



BHP Mitsubishi Alliance

MACKAY TRIATHLON *Festival*



ATHLETE GUIDE 2026



Whitehaven



Dean Williamson
DENTAL



www.mackaytriclub.com.au

ABOUT EVENT



The Mackay Triathlon Club welcomes athletes of all abilities, and we're always happy to help newcomers throughout our races.

Whether this is your first triathlon or you've been racing for years, this guide explains what you need to do, where you need to be and what to expect on race day.

The BMA Mackay Triathlon Festival is the highlight of our triathlon season — a vibrant two-day celebration of Triathlon, Multisport, Ocean Swimming, community, and tropical fun!

Held every September along Mackay's stunning coastline, this festival brings together athletes, families, and fitness enthusiasts for a weekend of high-energy racing, welcoming atmosphere, and unforgettable views. Whether you're chasing a podium or just giving it a go, there's something for everyone:

Triathlon | Duathlon | Aquathlon | Aquabike

Open Water Swims | Mini Kids Triathlon

Our signature event, the Standard Distance Triathlon (1.5km swim / 40km bike / 10km run), is the ultimate test — but we're all about inclusivity!

From beginners to seasoned athletes, all are welcome to join the fun and push their limits in a supportive, community-driven environment.

CASH PRIZES across the whole weekend, Every Event, Every Distance! We have over \$19,000 up for grabs!

RANDOM DRAW GIVEAWAYS our prize pool is growing daily with the generous support of many business's and supporters!

To Give back to you, our valued participants, we deliver one of the RICHEST AGE GROUP CASH PRIZE POOLS by a NFP Club

Closed-cycle course – safer and smoother racing

The 2026 BMA Mackay Triathlon Festival is sanctioned by AusTriathlon. Competitors are covered either through their applicable AusTriathlon membership or by paying the required One Day Licence fee with registration.



MACKAY TRIATHLON Festival

EVENTS

Saturday 19th September

OCEAN SWIM 500m anything goes, 1km, 2km

KIDS TRIATHLON UNDER 7's - 100m | 1km | 500m
7-9 - 100m | 3m | 1km
10-11 - 200m | 6km | 2km

CASH PRIZES

1st 2nd 3rd Male & Female
Under 19 & 20+

Sunday 20th September

1st \$750 - 2nd \$500 - 3rd \$250

**OPEN CATEGORY PRIZEMONEY
STANDARD TRIATHLON**

EVENT

DISTANCE

CASH PRIZES

TRIATHLON

Standard - 1500m Swim, 40km Bike, 10km Run
Sprint - 750m Swim, 20km Bike, 5km Run
Enticer - 300m Swim, 10km Bike, 2km Run

1st 2nd 3rd Male & Female
12-13, 14-15, 16-19, 20-29,
30-39, 40-49, 50-59, 60+
& Team

DUATHLON

Standard - 5km Run, 40km Bike, 10km Run
Sprint - 2km Run, 20km Bike, 5km Run
Enticer - 2km Run, 10km Bike, 2km Run

1st 2nd 3rd Male & Female
Under 20
20+
Team

AQUABIKE

Standard - 1500m Swim, 40km Bike
Sprint - 750m Swim, 20km Bike
Enticer - 300m Swim, 10km Bike

1st 2nd 3rd Male & Female
Under 20
20+
Team

AQUATHLON

Standard - 1500m Swim, 10km Run
Sprint - 750m Swim, 5km Run
Enticer - 300m Swim, 2km Run

1st 2nd 3rd Male & Female
Under 20
20+
Team

MACKAY TRIATHLON Festival

SATURDAY	
OCEAN SWIMS	
CHECK IN & LATE ENTRIES	1:30PM
RACE BRIEFING	1:45PM
RACE START-ALL DISTANCES	2:00PM
MINI KIDS	
CHECK IN & LATE ENTRIES	2:30PM
RACE BRIEFING	2:45PM
RACE START-ALL DISTANCES	3:00PM
RACE PACK COLLECTION for Sunday	2:00PM-4:00pm
PRESENTATIONS	After all swimmers in Ocean Swims are finished
SUNDAY	
CHECK IN-ALL ATHLETES	5:30AM-6:15AM
BIKE RACKING-ALL ATHLETES	5:30AM-6:15AM
RACE BRIEFING-ALL ATHLETES	6:15AM
STANDARD START-Males	6:35AM
STANDARD START-Females/Teams	6:40AM
SPRINT	6:45AM
ENTICER	6:50AM
RACE PRESENTATIONS-ALL EVENTS	10:30AM



MACKAY TRIATHLON Festival

OUR MAJOR EVENT PARTNERS

The 2026 Festival would not be possible without the support of our major event partners.

Naming Rights Sponsor – BMA



BHP Mitsubishi Alliance

Gold Sponsors – Whitehaven Coal | Dean Williamson Dental | Mackay Regional Council



Event Partner-Nth QLD Bulk Ports



We thank all of our sponsors and supporters for helping us deliver the Festival and supporting triathlon in the Mackay region.

MACKAY TRIATHLON Festival

RACE DAY GUIDE

Late Entries

Late entries will be accepted at the Check-In Marquee on Saturday afternoon for Saturday and **Sunday races**.

Sunday race late entries: 2:00pm–3:00pm Saturday.



Your Race Kit

Your race kit will include:

- Swim cap
- Race number tattoo
- Bike number sticker
- Run number bib
- Event polo shirt if ordered prior to the merchandise cut-off
- Timing chips are collected at check-in prior to racing on each day.
- If you are unable to collect your race kit during the nominated Saturday check-in period, please contact info@mackaytriclub.com.au to arrange an alternative collection time or nominate someone to collect your kit on your behalf.

Race Number Tattoo

Your supplied race number tattoo is worn on your right forearm.

Do not apply sunscreen, moisturiser, oils or creams to the area before applying your tattoo, as this can prevent it from sticking correctly.

Timing Chip

Your timing chip must be worn securely on your left ankle for the entire race.

Timing bands must be returned to the timing team at the conclusion of your event.

Unreturned timing bands will incur a \$75 replacement fee.

MACKAY TRIATHLON Festival

Wetsuits

Wetsuit use will be determined on race morning following the official water-temperature measurement.

The Mackay Triathlon Festival has historically been a wetsuit-optional swim; however, the final decision will depend on the water temperature and applicable AusTriathlon rules.

The wetsuit ruling will be communicated on race morning and confirmed at briefing.



Setting Up Transition

No bikes are racked on Saturday.

On race morning:

- Attach your bike number sticker securely to your bike.
- Apply your race number tattoo to your right forearm.
- Fit your timing chip securely to your left ankle.
- Check your bike and tyre pressure.
- Bring your helmet into transition with your bike.
- Arrange your race equipment neatly beside your bike.
- Bike rack positions are not individually allocated, so take note of where you rack your bike.
- You will need to return your bike to the same position after completing the bike leg.
- No bags are to be left in transition.
- A baggage tent will be available next to the timing tent for your belongings.
- Once you've set everything up, please leave transition so other athletes have room to prepare.

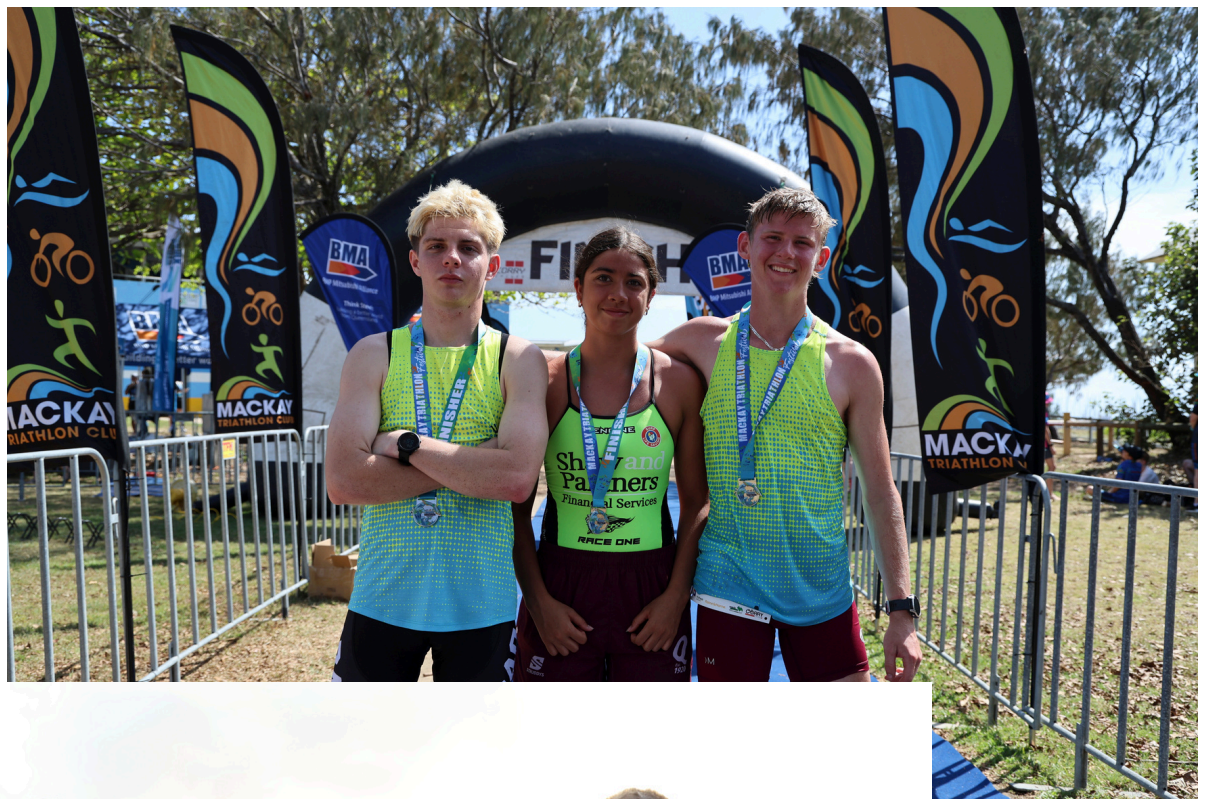
MACKAY TRIATHLON Festival

TEAMS & MULTISPORT ATHLETES

Teams and Multisport athletes have slightly different transition arrangements, so please read the section relevant to your event before race day.

There will be a separate designated bike racking area for Teams and Multisport athletes, as well as a designated transition area for Aquathlon athletes, who do not have a bike.

Please familiarise yourself with these areas before your race starts and follow the directions of transition officials and volunteers.



Teams

All team changeovers are completed by transferring the timing chip to the next team member.

Swimmer to Cyclist-T1

- The cyclist must wait in the designated Teams Changeover Area with their helmet on and securely fastened.
- When the swimmer arrives, the timing chip must be transferred from the swimmer's left ankle to the cyclist's left ankle.
- Once the timing chip is securely attached, the cyclist proceeds to their bike.
- The cyclist removes their bike from the rack and proceeds to Bike Exit.
- Mount the bike only after crossing the mount line.

Cyclist to Runner-T2

- The runner must wait in the designated Teams Changeover Area.
- The cyclist must dismount before the dismount line and return their bike to the designated Teams bike rack.
- The bike must be securely racked before the cyclist proceeds to the runner.
- The cyclist then runs to the waiting runner and transfers the timing chip from their left ankle to the runner's left ankle.
- Once the timing chip is securely attached, the runner can commence their run.

Teams Finish

After completing the Run/Bike course:

- Aquabike team Cyclists Rack their bike as per Aquabike rules, Triathlon/Duathlon & Aquathlon Team runners Continue to the Finish Chute and cross the Finish Line to complete your race.
- ALL OTHER TEAM MEMBERS ARE TO WAIT AT THE TOP OF THE FINISH BLUE CARPET FOR THEIR FINAL TEAM MEMBERS AND MAY RUN DOWN THE FINISH LINE TOGETHER
- Your timing chip must remain securely attached to your left ankle until after you have crossed the Finish Line.

Important – Team Changeovers

Timing-chip changeovers must NOT take place within the bike racking area.

All swimmer-to-cyclist and cyclist-to-runner changeovers must occur in the designated Teams Changeover Area.

Stopping within the bike racking area to exchange a timing chip can obstruct other competitors and create a collision risk.

AQUABIKE ATHLETES

Aquabike consists of the Swim and Bike legs of the relevant race distance.

Aquabike athletes will use the designated Multisport bike racking area.

Swim to Bike-T1

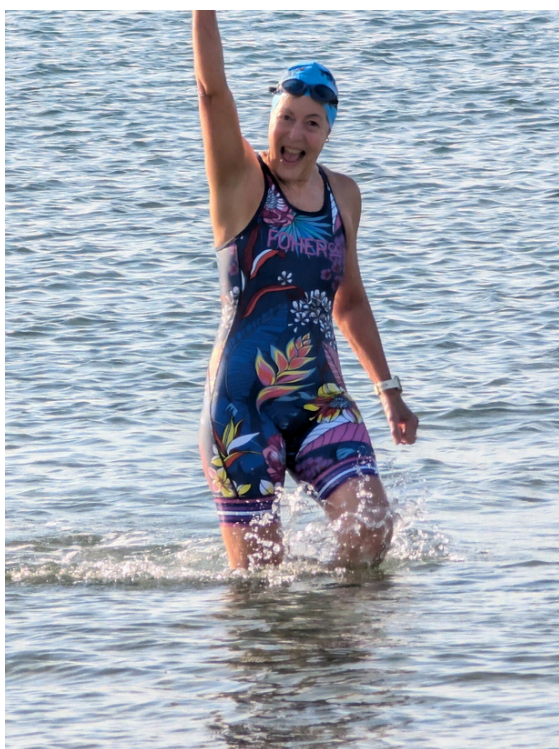
After completing the swim:

- Enter Transition through the normal Swim Entry.
- Proceed to your bike in the designated Multisport racking area.
- Remove your wetsuit if applicable and prepare for the bike.
- Your helmet must be securely fastened before removing your bike from the rack.
- Walk or jog your bike to Bike Exit.
- Mount your bike only after crossing the mount line.

Aquabike Finish

After completing the bike course:

- Dismount before the dismount line.
- Walk or jog your bike back into Transition.
- Return your bike to the same rack position.
- Rack your bike before unfastening or removing your helmet.
- Once your bike is securely racked, proceed on foot and run out through the Swim Entry Chute.
- Continue to the Finish Chute and cross the Finish Line to complete your race.
- Your timing chip must remain securely attached to your left ankle until after you have crossed the Finish Line.



AQUATHLON ATHLETES

Aquathlon consists of the Swim and Run legs and does not include a bike.

Aquathlon athletes will have their own designated transition area, separate from the bike racking area.

Swim to Run-T1

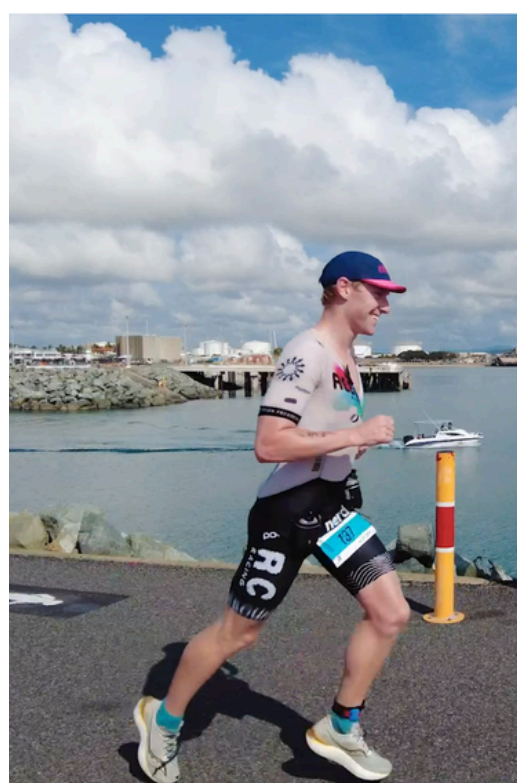
After Completing the Swim

- Enter Transition through the normal Swim Entry.
- Proceed directly to the designated Aquathlon area.
- Remove your wetsuit if applicable.
- Put on your running equipment.
- Make sure your race bib is clearly visible on the front of your body.
- From this point, follow the normal Run Course and Finish instructions for your race distance.
- Aquathlon athletes should keep their equipment within the designated Aquathlon area and clear of the main bike transition lanes.

Aquathlon Finish

After completing the run course:

- Continue to the Finish Chute and cross the Finish Line to complete your race.
- Your timing chip must remain securely attached to your left ankle until after you have crossed the Finish Line.



DUATHLON ATHLETES

Duathlon consists of Run – Bike – Run and has a slightly different start and first transition.

Duathlon Start

Duathlon athletes will start just in front of the Finish Chute and commence their first run from there.

Run 1 to Bike – T1

At the completion of your first run:

- Enter Transition through the Swim Entry Chute.
- Proceed to your bike in the designated Multisport racking area.
- Your helmet must be securely fastened before removing your bike from the rack.
- Walk or jog your bike to Bike Exit.
- Mount your bike only after crossing the mount line.

Bike to Run 2 – T2

After completing the bike leg:

- Dismount before the dismount line.
- Walk or jog your bike into Transition.
- Return your bike to the same rack position.
- Rack your bike before unfastening or removing your helmet.
- Put on your running equipment.
- Make sure your race bib is clearly visible on the front of your body.
- Proceed through Run Exit to commence your second run.
- From this point, follow the normal Run Course and Finish instructions for your race distance.

Duathlon Finish

After completing the run course:

- Continue to the Finish Chute and cross the Finish Line to complete your race.

Your timing chip must remain securely attached to your left ankle until after you have crossed the Finish Line.



COURSE DETAILS

SWIM LEG

The swim course is located directly off Harbour Beach in front of the Mackay Surf Life Saving Club, with Water Safety personnel positioned around the course.

The course is marked by large swim buoys, with sighting markers positioned along the longer sections to assist athletes with navigation.

Remember to look up and sight regularly rather than simply following the swimmer in front of you.

Swim Distances

- Enticer – 300m: 1 Green Lap
- Sprint – 750m: 1 Blue Lap
- Standard – 1500m: 2 Red Laps
- Standard Distance athletes complete two full laps of the Red course before exiting the water.
- Please know your course and number of laps before entering the water.
- If you are in difficulty at any time, raise one arm to attract the attention of Water Safety.

Swim to Bike – T1

After exiting the water:

1. Enter Transition and locate your bike.
2. Remove your wetsuit if applicable.
3. Put on your bike equipment.
4. Put on and fasten your helmet.
5. Remove your bike from the rack.
6. Walk or jog your bike towards Bike Exit.
7. Race bibs are not required on the bike course for this race. Your bike sticker provides your race identification.



BIKE COURSE

The bike course travels from the Mackay Surf Club on East Point Drive, through the Breakwater precinct, Ron Searle Drive, Harbour Road and Mt Bassett Cemetery Road before returning towards the Surf Club.

Bike Laps

- Enticer – 1 Lap
- Sprint – 2 Laps
- Standard – 4 Laps
- Sprint and Standard athletes will use the turnaround near the Surf Club to commence their additional laps.
- It is the athlete's responsibility to complete the correct number of bike laps for their event.
- Cemetery Road will be fully closed.
- Traffic controllers and course marshals will be positioned throughout the course.
- Although road closures are in place, athletes should remain aware that members of the public may occasionally disregard traffic-control signage or instructions.
- Emergency vehicles are permitted to enter the course at any time when responding to an emergency.

Bike to Run – T2

When you return to the Surf Club:

1. Dismount before the dismount line.
2. Walk or jog your bike into Transition.
3. Return your bike to the same rack position you used before the race.
4. Remove your helmet once your bike is securely racked.
5. Put on your running shoes.
6. Make sure your race bib is visible on the front of your body.
7. Proceed to Run Exit.



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RUN COURSE

The run course follows the Mackay Harbour and Breakwater precinct.

Run Distances

- Enticer – 2km: 1 Green Lap (Duathlon: 2km first run / 2km second run)
- Sprint – 5km: 1 Red Lap (Duathlon: 2km first run / 5km second run)
- Standard – 10km: 2 Red Laps (Duathlon: 5km first run / 10km second run)
- Standard Distance competitors complete two full Red laps before proceeding to the finish.

Run Course Aid Stations

There are two aid stations on the run course:

- Lighthouse/Boat Ramp
- Midway along the Breakwater
- Water and on-course hydration support are provided thanks to Pure Nutrition and Bluewater Ice.
- Please dispose of cups and other waste in the designated areas around the aid stations.





MACKAY TRIATHLON Festival

FINISH LINE

The best part of the race!

The timing mats are underneath the finish arch. Your left ankle with your timing chip attached needs to pass over the timing mats.

Continue through the finish chute after crossing the line and our marshals will remove your timing band.

RECOVERY AREA

Fruit, water and recovery products will be available in the Recovery Area following your race thanks to Veggies Unlimited, On the Run, Pure Nutrition and Bluewater Ice.

Please keep moving through the finish and recovery area so we can keep the finish chute clear for athletes coming in behind you.



BIKE COLLECTION

Transition will reopen for bike collection once the final competitor has exited transition for the run and officials determine it is safe to allow athletes back into the area.

Please wait until transition is officially reopened before collecting your bike.

Have your athlete identification and matching bike number available for officials at Transition Exit.

PRESENTATIONS – APPROXIMATELY 10:30AM

Presentations will commence at the Mackay Surf Club at approximately 10:30am.

We will commence with the shorter-distance events while any remaining Standard Distance athletes complete their race, with the Standard Distance Triathlon presented later in the program.

If you've finished racing and think you've placed, you're welcome to head home for a shower or grab some food — just make sure you're back for presentations.

You MUST be present at presentations to claim your prize. Prizes cannot be collected on your behalf. This includes cash prizes.

There is more than \$19,000 in cash prizes spread across Festival events (excluding Mini Kids), so stick around and make sure you claim your cash!



MACKAY TRIATHLON Festival

RANDOM PRIZE DRAWS

We have some fantastic random draw prizes to give away during presentations, including:

- 2 × Champ Recovery Boots – valued at \$1,295 each
- 4 × \$50 Live & Breathe vouchers
- 5 × \$50 LSKD vouchers
- Vorgee products
- Corry Cycles vouchers
- Plus more prizes!
- To enter the random prize draws, write your name on the tear-off strip from your race bib and place it into the bucket at the presentation area.
- Ocean Swim competitors who do not receive a race bib should see a Club official regarding entry into the random draws.
- **ALL ATHLETES MUST BE PRESENT TO WIN!**



MACKAY TRIATHLON Festival

IMPORTANT RACE RULES

The following are important competition and event rules. Please read these before race day.

Any course, safety or race-procedure changes communicated by the Race Director or AusTriathlon Technical Officials at the race briefing or on race morning take precedence over information contained in this guide.

General

- Follow all instructions given by AusTriathlon Technical Officials, traffic controllers, Water Safety personnel and event officials.
- AusTriathlon Technical Officials may issue warnings, time penalties or disqualification in accordance with the AusTriathlon Race Competition Rules.
- Your timing chip must remain securely attached to your left ankle throughout the race.
- Your supplied race identification must be displayed as required.
- Do not intentionally discard bottles, nutrition or other items outside designated areas.
- Outside assistance from friends, family or spectators is not permitted except where allowed under the AusTriathlon Race Competition Rules.
- Headphones, earbuds and other personal audio devices are not permitted while racing including mobile phones.
- A non-competitor cannot accompany or pace you on the run course or through the finish chute.

Withdrawal / DNF

- If you withdraw from the race at any time, you MUST notify a race official or the timing team and return your timing chip before leaving the event precinct.
- Please do not simply leave the course without notifying us, as we need to account for all athletes and confirm that everyone has safely completed or withdrawn from the event.



MACKAY TRIATHLON Festival

SWIM RULES

- The supplied event swim cap must be worn on the outside of any other swim cap.
- Your race number tattoo must be worn on your right forearm.
- Wetsuit use is determined by the official race-day water temperature. For this Age Group event, wetsuits are prohibited when the water temperature is 24.6°C or above.
- You may stand on the bottom or hold a stationary object to rest, but you cannot use it to make forward progress.
- If you require assistance, raise one arm to alert Water Safety.
- Headphones, earbuds and other personal audio devices are not permitted while racing including mobile phones.

Swim Course Cut-Off – 7:25am

The swim course closes at 7:25am for ALL Sunday athletes, regardless of event or distance.

Any athlete remaining on the swim course at 7:25am will be assisted from the water by Water Safety.

Where practical, the athlete may continue to the next leg of their event; however, they will no longer be eligible for an official placing or prize.

Their available race times will still be recorded.

Our water safety personnel are also required to provide 1st aid for the entire event, we do need to have as many as possible off the swim course to be available to the rest of the athletes on the Bike/Run course.

TRANSITION & HELMET RULES

- Your helmet must be securely fastened before removing your bike from the rack.
- Your helmet must remain fastened throughout the bike leg.
- On returning to transition, your bike must be securely returned to the rack before you unfasten or remove your helmet.
- Your bike must be returned to the same rack position you used before the race.
- Do not interfere with another competitor's bike or equipment.
- Bags cannot be left in transition.

MOUNT & DISMOUNT RULES

- You must cross the mount line before mounting your bike.
- You must dismount before the dismount line when returning to Transition.



MACKAY TRIATHLON Festival

BIKE – NON-DRAFTING RULES

This is a non-drafting event.

- Keep left unless overtaking.
- Do not block another competitor.
- Maintain a 12-metre draft zone between bikes unless overtaking.
- Once you enter another competitor's draft zone, you have 25 seconds to complete the pass.
- Once passed, the overtaken athlete must immediately drop back out of the draft zone before attempting to re-pass.
- Do not pass on the inside/left.
- When overtaking, we encourage you to call "On your right".
- Headphones, earbuds and other personal audio devices are not permitted while racing including mobile phones.

NO OVERTAKING ZONES

There are two designated NO OVERTAKING zones, one at each roundabout.

The course narrows considerably through these areas, so the no-overtaking zones are in place for athlete safety.

They will be clearly marked with signage and marshals.

Do not overtake another competitor within these zones.

Bike Course Cut-Off – 9:30am

The bike course closes at 9:30am for ALL Sunday athletes, regardless of event or distance.

Any athlete remaining on the bike course at 9:30am will be stopped at the lap turn at the Surf Club.

Where practical, the athlete may continue to the next leg of their event; however, they will no longer be eligible for an official placing or prize.

Their available race times will still be recorded.

The 9:30am cut-off allows the bike course and associated road closures to be safely reopened in line with our permits and keeps the remainder of the event on schedule.



MACKAY TRIATHLON Festival

RUN RULES

- Your race bib must be clearly visible on the front of your body throughout the run.
- Complete the correct number of laps for your event.
- Outside pacing is not permitted.
- Headphones, earbuds and other personal audio devices are not permitted while racing including mobile phones.
- Do not intentionally discard bottles, cups, nutrition or rubbish outside designated areas.



KIDS
TRI



EVENT TRANSFERS, CANCELLATIONS & REFUNDS

We understand that plans change, injuries happen and sometimes athletes may need to change their race or withdraw from the Festival.

Event Transfers / Distance Changes

Want to change events or distances? Simply enter your new event first, then email us your new registration confirmation. We will refund 95% of your original entry fee, retaining 5% to cover transaction and administration costs.

If a new entry is not completed, the standard cancellation policy below applies.

Entries cannot be transferred to another person.

Cancellation Refunds

- On or before 31 May 2026: 95% refund (5% retained to cover transaction and administration costs)
- 1–30 June 2026: 75% refund
- 1–31 July 2026: 50% refund
- 1–31 August 2026: 25% refund
- 1–18 September 2026: No refund
- After 18 September 2026: No transfers or cancellations will be processed

EVENT POLO

Athletes entered on or before 1 September 2026 qualify for an Event Polo.

If you registered prior to Sept 1st and placed a polo shirt order and still wish to receive your polo, you will be charged and additional \$35.00 in addition to the above cancellation costs.

Once the polo order has been placed, the merchandise is non-refundable; however, athletes who subsequently withdraw on or after Sept 1st are still entitled to collect their Event Polo during Festival weekend or by prior arrangement after the event.

Any Event Polo not collected, or where alternative collection arrangements have not been made, will be forfeited and returned to the Club for use as a random prize or for other Club purposes.

All transfer and cancellation requests must be made in writing to info@mackaytriclub.com.au.



MACKAY TRIATHLON Festival

Enjoy Your Race!

Know your course, listen to officials, look out for your fellow competitors and, most importantly, enjoy racing at the 2026 BMA Mackay Triathlon Festival.

If you're unsure about anything, ask one of our Club volunteers or AusTriathlon Technical Officials — we're there to help.

We look forward to seeing you on the start line!



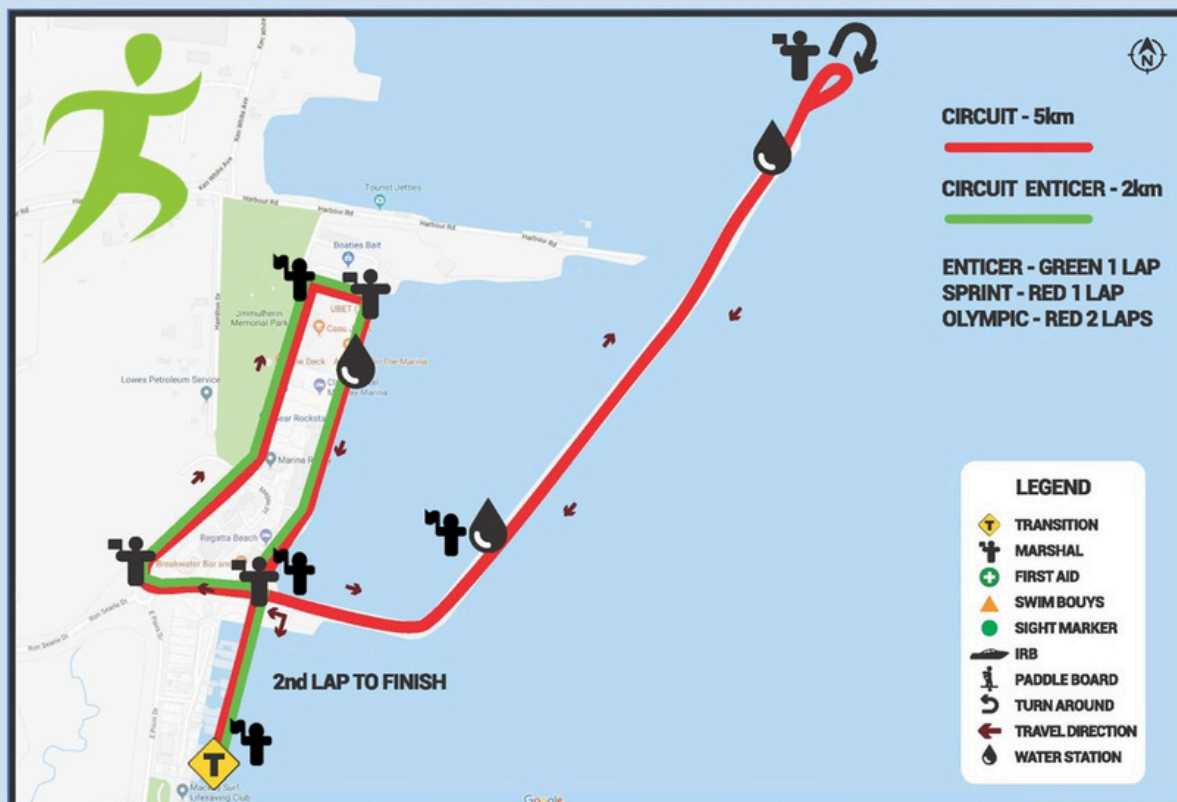


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SWIM / RUN



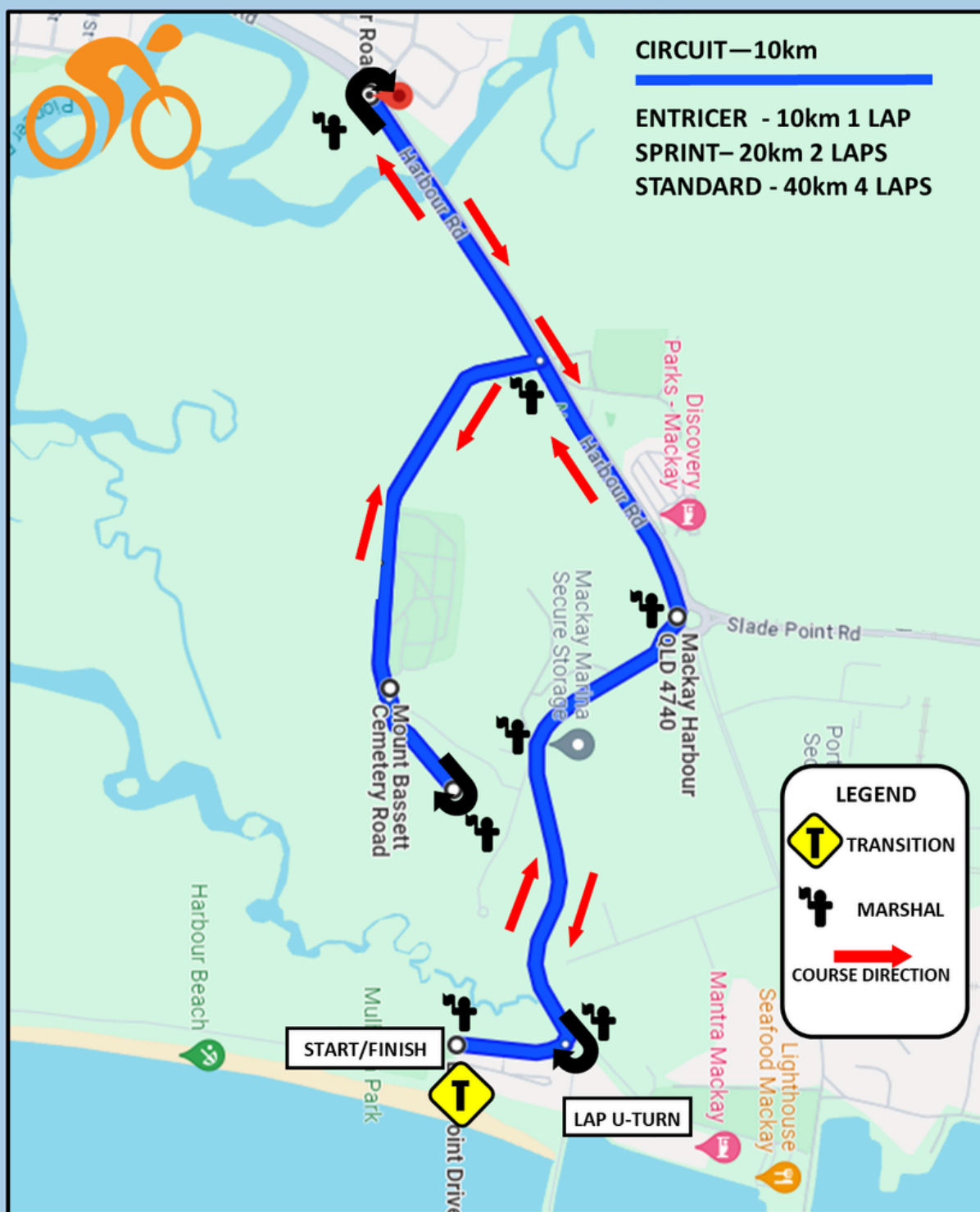


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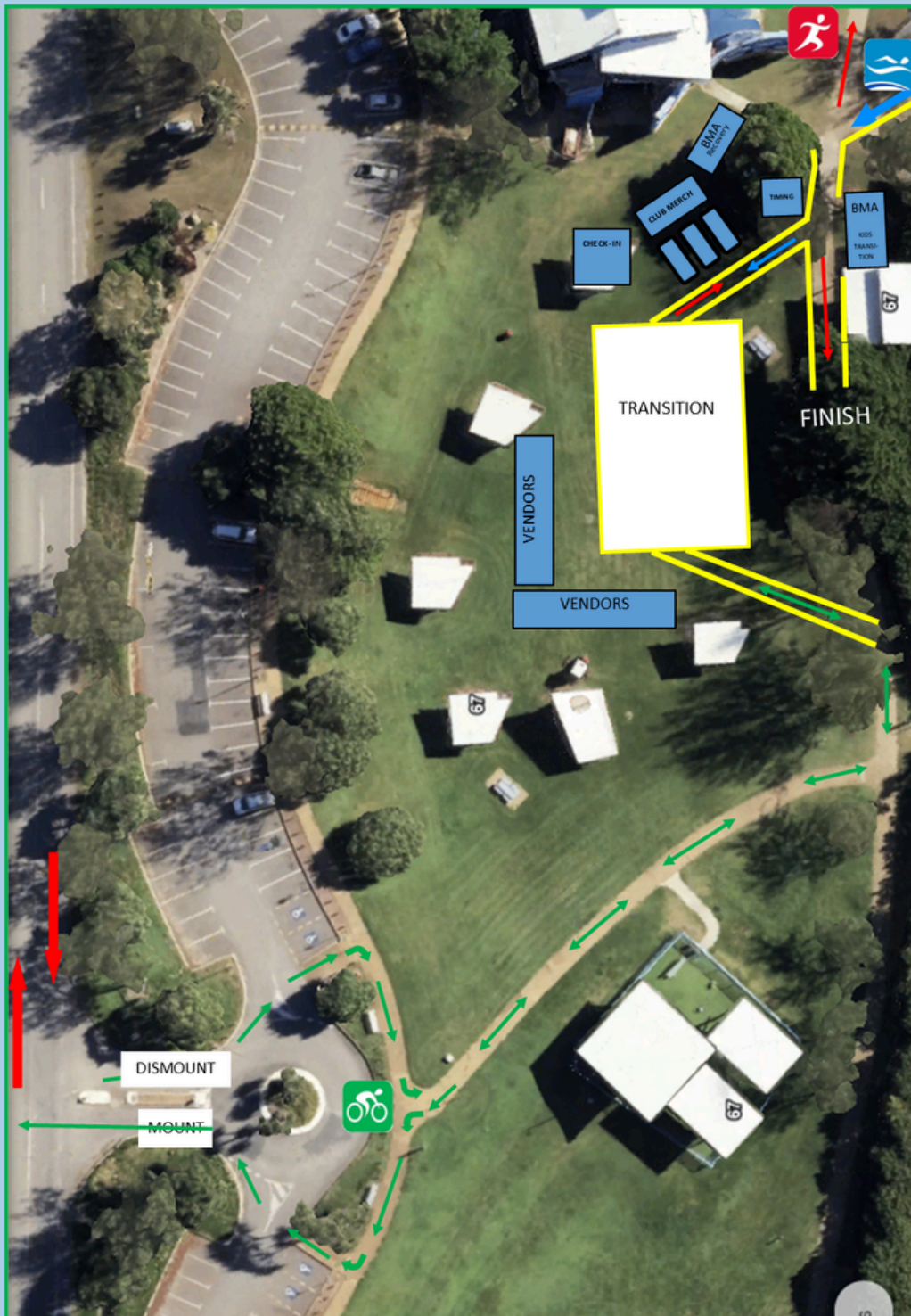
BIKE



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TRANSITION MAP





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KIDS TRIATHLON



SWIM	
BIKE	
RUN	

UNDER 7's - 100m | 1km | 500m

Swim - 1 Lap

Bike - 1 Lap

Run - 1 Lap

7-9 - 100m | 3m | 1km

Swim - 1 Lap

Bike - 4 Laps

Run - 2 Laps

10-11 - 200m | 6km | 2km

Swim - 2 Laps

Bike - 8 Laps

Run - 5 Laps

OUR CONTACTS

EVENT ORGANISATION



STEPHANIE ALLEN

President
Race Director



JESS HAYWARD

Vice President
Sponsorship Coordinator



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