



MEDIROM

TRIATHLON

International Festival of Sports



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SUNDAY MAY 18, 2025

EVENT GUIDE



The Medirom Honolulu Triathlon welcomes you to the **21th Honolulu Triathlon International Festival of Sports**. Please read and follow our final instructions so that you have a safe and enjoyable weekend.

SCHEDULE OF EVENTS

EVENT INFORMATION

USAT RULES

AWARDS

TRAFFIC / PARKING

PHOTOS

RESULTS

SPONSORS

SCHEDULE OF EVENTS

FRIDAY MAY 16

WELCOME EVENT NEW!

Let's enjoy Hawaii! Open to event participants, their families, friends, and local attendees.

2 PM-5:30 PM : Welcome Event & Beach Fiesta

2 PM : Swim Clinic by Hawaii Coach

3 PM : Japanese Race Briefing for beginners & Transition Clinic by Japanese coach (In Japanese only)

3 PM-5 PM : Late registration

2 PM-5 PM : Sponsor Booth open & Official Merchandise Sales

2 PM, 3 PM, 4 PM : Sup Yoga (45 minutes)
Reservation required \$60 **RESERVE HERE**

SUP Yoga! Honolulu Triathlon Special

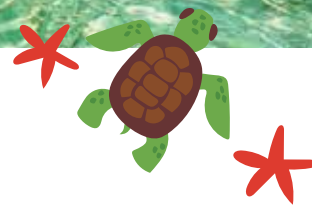
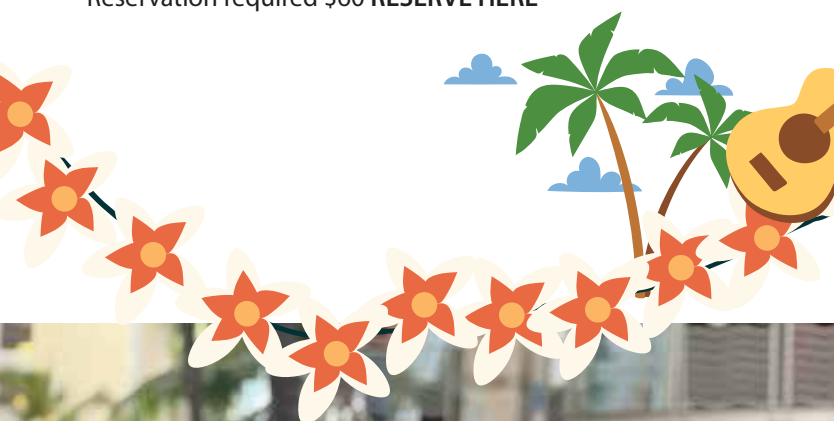
Hawaii Yoga Wear | Kapalili Hawaii Clothing – Activewear for Your Island Lifestyle

4 PM : Kids & Keiki Practice Session with Fun Games by Vitamin I (In Japanese & English)

4 PM : Japanese drum show, give away raffle and Keiki Hula show

5 PM : Sunset Yoga/Stretching by Medirom

Important : NO PACKET PICKUP ON FRIDAY



SCHEDULE OF EVENTS

SATURDAY MAY 17

9AM : Optional Free Swim Clinic/Course Introduction: Meet at the 1E life guard tower next to the toilets at Ala Moana Beach Park

9AM – 4 PM : Packet Pickup, Late Registration at Ala Moana Beach Park, Magic Island

**Be sure to bring the signed affidavit and USAT waiver.*

RACE DAY PREPARATIONS

CHECK-IN: Plan to ride and arrive early on RACE MORNING. Bike racks will be numbered. KIDS (7-10) Parents are encouraged to arrive early and find alternative parking (e.g. Ala Moana Shopping Center), since the park will be closed to vehicle traffic at 5:30am on race day and you will need to walk in to the race venue. For the Kids Race, we recommend arriving around 8AM.

You should apply the body number the night before. This reduces the time for pre-race check in and allows us to start on-time.

SUNDAY MAY 18

Race Starts at Ala Moana Beach Park

4 – 5:30 AM : Transition Area Open

Bike Check-in, Gear, Body Marking (IF you need it), Timing Chip, Extra Swim Caps and pins will be available.

5 AM : Swim Course Open For Warm-Ups

5:30 AM : Swim Course CLOSED

5:30 AM : Opening Ceremonies

National Anthem, Hawaii Pono'i (*we request quiet and respect for these songs*)

RACE START

START TIMES ARE ESTIMATES AND SUBJECT TO CHANGE.

OLYMPIC TRIATHLON

***Note: Wet-suit Olympic Triathletes start at 6:00 AM**

5:45 AM : ELITE Wave (Male & Female)

5:47 AM : Wave 1 Male – 39 under

5:49 AM : Wave 2 Female – 39 under

5:51 AM : Wave 3 Male – 40 and over

5:53 AM : Wave 4 Female – 40 and over AND Olympic Relays

6:00 AM : Wave 6 All Olympic Triathletes wearing a wet-suit

**only if water temp is ABOVE 78 degrees, we will have this wave. If water temp is 78 or lower wet-suits are allowed*

SPRINT TRIATHLON

***Note: Wet-suit Sprint Triathletes start at 6:20 AM**

6:10 AM : Wave 1 Male

6:15 AM : Wave 2 Female AND Sprint Relays

6:20 AM : Wave 3 All Sprint Triathletes wearing a wet-suit

**only if water temp is ABOVE 78 degrees, we will have this wave. If water temp is 78 or lower wet-suits are allowed*

JUNIOR TRIATHLON

6:25 AM : Sprint Triathlon Juniors (15-18) and High School Start

YOUTH TRIATHLON

6:30 AM : Youth Triathlon (11-14) Start

AQUATHLON

7:00 AM : Aquathlon Start

10K

7:30 AM : 10K Runners Start

KEIKI CHALLENGE

500m Obstacle Fun Event for 3-6 years

8:30 AM, 8:45 AM, 9:00 AM, 9:15 AM

**We'll start when a certain number of children is reached.*

KIDS TRIATHLON

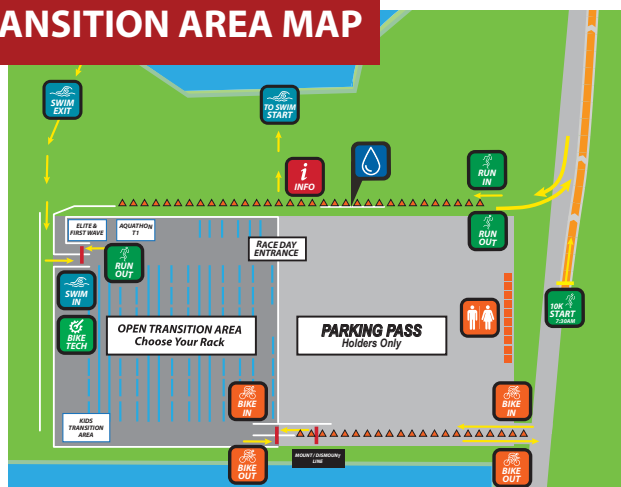
9:30 AM : KIDS Triathlon (7-10) Start

**CHECK-IN starts at 8:30 AM and ends at 9:15 AM*

AWARDS PROGRAM

Starts as each event finishes

TRANSITION AREA MAP



OLYMPIC EVENT INFORMATION

OLYMPIC TRIATHLON

1500m Swim, 40K Bike, 10K Run

Ages 19 and over (USAT Age)

ORANGE COURSE

1500m Swim

The swim course is in the beautiful waters of the Pacific Ocean at Ala Moana Beach Park. It's a single loop course that takes you along the shore which offers a great location for spectator viewing. The swim course is monitored by life guards, water jets and rescue skis.

40K Bike

The bike course will be held on the Makai (ocean) side of Ala Moana Blvd from Ala Moana Beach Park, Ewa bound, to Nimitz under the viaduct. The bikes will make a 180 degree U-turn under the viaduct at Lagoon Drive and then back onto Nimitz and Ala Moana Blvd, to Ala Moana Beach Park and Atkinson Drive.

NOTE:

- 1. OLYMPIC DISTANCE / LONG COURSE** athletes will do TWO (2) Loops with the turn at Atkinson Drive and Ala Moana Beach Road.
- 2. SPRINT DISTANCE / SHORT COURSE** athletes only do ONE (1) Loop.

10K Run

The run course is beautiful, fast, exciting and closed to vehicle traffic. You'll be running inside Ala Moana Beach Park with a

short extension to Kewalo Basin Harbor (see map). The 10K RUN begins in front of Magic Island Parking Lot on the Beach Road. For the OLYMPIC triathletes you start from the transition area at the RUN OUT location after racking your bike. Make your way through the park heading (Ewa). After making a loop around the keyhole by the tennis court, follow the **ORANGE** cones and **ARROWS** leading you onto the grass heading for the walking path that goes along Ala Moana Blvd. Stay on this path and follow it back towards the start and around the lagoon at the Atkinson entrance.

The course then takes you along the path heading (Ewa). When you get to the end of the path make a **RIGHT** heading towards Ala Moana Blvd and follow the fencing / cones to Kewalo Basin Harbor Park. Follow the signs and cones to the beautiful waterfront path and enjoy the views of Diamond head and Waikiki. After exiting Kewalo Basin Park make a **RIGHT** behind the sand volleyball courts and onto the Ala Moana Beach Park Waterfront Path. Continue down the path and follow the signage which will take you onto the road and its here you will run back towards the Keyhole and around to set you up to head towards Magic Island Parking lot. At Magic Island Parking Lot, make a **RIGHT** and follow the signs and cones onto the Magic Island walking path and to the finish line.

There are 6 Water Aid Stations on the course. Study the map and course. Signs, Coning, and Course Marshals will be on hand to guide you. It is your responsibility to know the course.

*course maps are subject to change.



OLYMPIC RELAY TRIATHLON

1500m Swim, 40K Bike, 10K Run

Ages 19 and over (USAT Age)

ORANGE COURSE

TEAM STRUCTURE

A relay team consists of a minimum of 2 or a maximum of 3 participants. Each participant does one discipline (swim, bike or run). In a team consisting of only 2 members, one participant must do two disciplines.

IMPORTANT

Each team gets **ONE (1)** timing chip. The timing chip must be handed over to the next team member.

General Course Maps

Course closed to all vehicular traffic

- | | | | | |
|--------------------|-------------|-------------|----------------|--------------|
| OLYMPIC BIKE | WATER | TRANSITIONS | TURNAROUND | REFRESHMENTS |
| SPRINT/JUNIOR BIKE | GATORADE | SWIM START | BIKE MECHANIC | MEDAL |
| YOUTH BIKE | MEDICAL AID | RESTROOMS | CHIP CHECK MAT | |

OLYMPIC 2ND LOOP INFORMATION

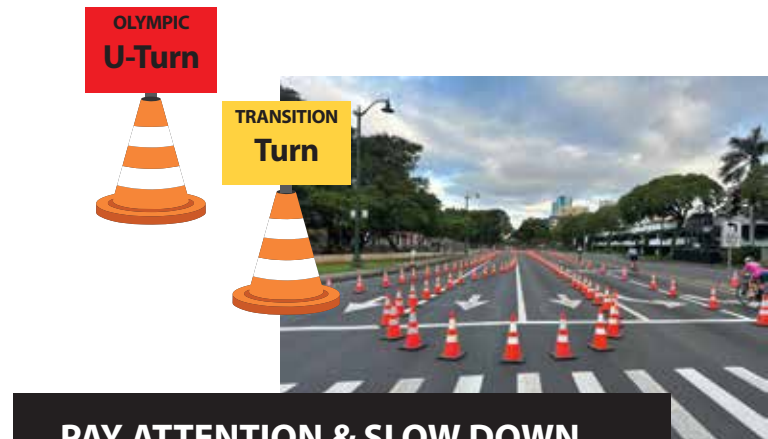
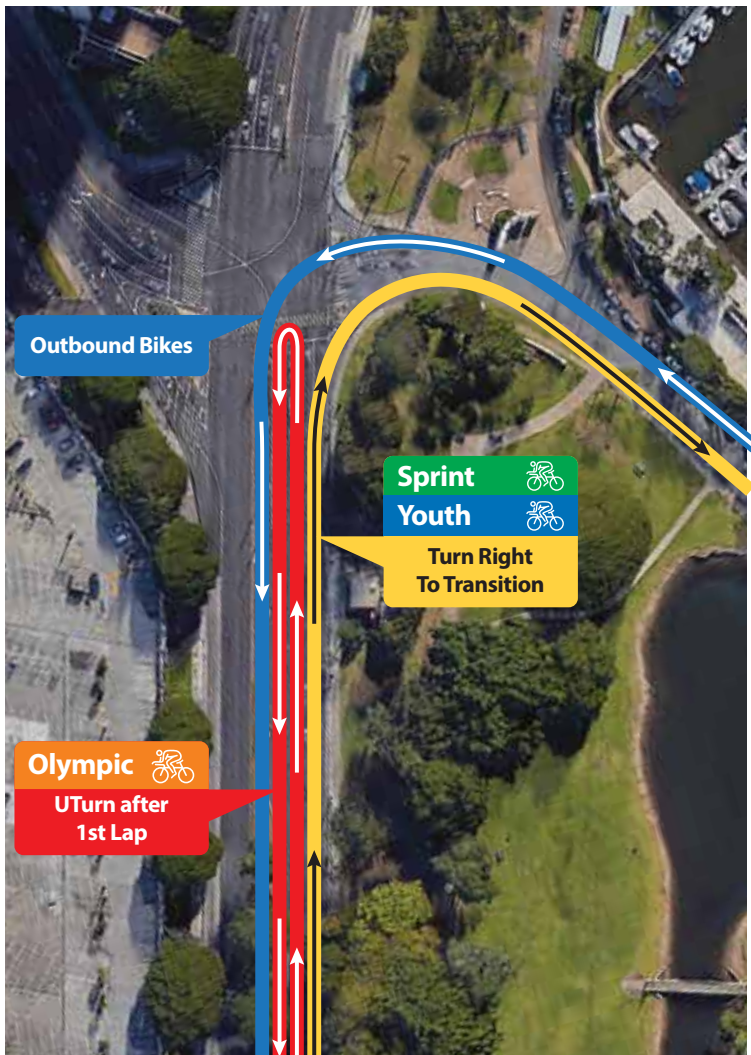
OLYMPIC 2ND LOOP INFORMATION

The bike course proceeds onto Ala Moana Blvd from the Transition Area heading to Nimitz Highway then to Lagoon Drive. Take Nimitz Highway under the viaduct. Follow the coning and instructions from on-site course marshals and officials. There will be a 180 degree (technical turn) underneath the viaduct at Lagoon Drive.

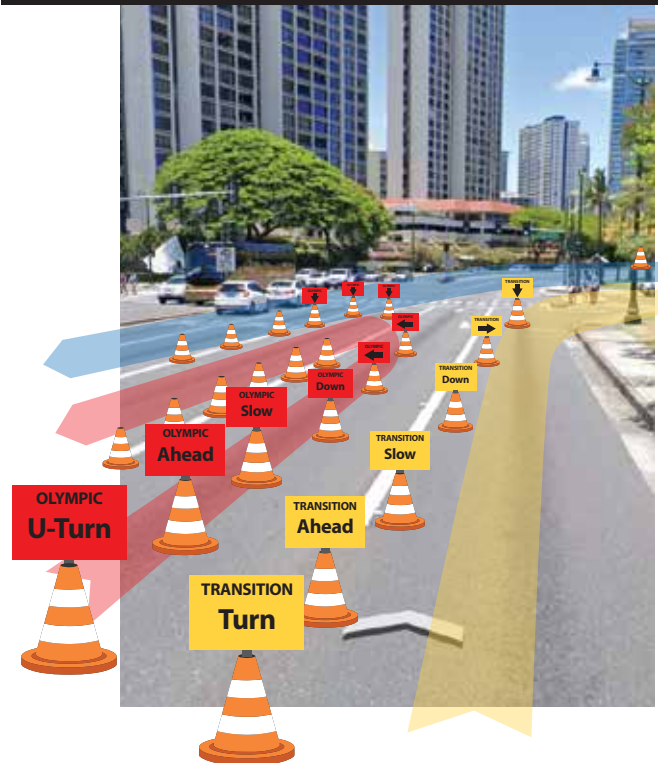
PAY ATTENTION & SLOW DOWN.

After your FIRST loop, you will do another 180 (technical turn) at the intersection of ATKINSON and ALA MOANA BLVD. See Map and diagram. Follow the signage entering the turn and make sure you are in the correct lane.

NOTE: Lagoon Drive Turn Around closes at 8:00am. If you're not there by then you will be turned around by the Road Opening Crews and HPD.



PAY ATTENTION & SLOW DOWN



SPRINT EVENT INFORMATION

SPRINT TRIATHLON

750m Swim, 20K Bike, 5K Run

Ages 19 and over (USAT Age)

GREEN COURSE

750m Swim

The 750 meter swim course is a simple out and back course in the same waters as the Olympic Distance at Ala Moana Beach Park. This is one of the safest swim courses in the world. The swim course is monitored by life guards, water jet and rescue skis.

20K Bike

The 20K bike course starts at the transition area at Magic Island in Ala Moana Beach Park. You head out on to Ala Moana Blvd. at the **EAST** entrance to the park and ride to the Nimitz Highway and make the U-turn at Lagoon Drive. Once the U-turn is completed, you ride back to Aloha Tower and continue on to Ala Moana then back to the transition area at Magic Island. Mobile bike support will be provided on the course. Should you need assistance, please be patient until bike support arrives. It is your responsibility to know the course.

5K Run

The run course is beautiful, fast, exciting, closed to vehicle traffic and very spectator friendly. You'll be running inside Ala Moana Beach Park which is one of Honolulu's favorite waterfront parks. The run begins at the Transition Area – Magic Island. You make your way through the park to the WEST entrance. Just before that entrance, you will make a U-TURN and head back to Magic Island and the finish line. You pass the transition area and make a loop around Magic Island and the beautiful Lagoons heading towards the finish line. Study the maps and course. Signs, Coning, and Course Marshals will be provided. There are 5 aid stations on this course. It is your responsibility to know the course.

*Course map is subject to change.



General Course Maps *Course closed to all vehicular traffic*

- | | | | | |
|--------------------|-------------|-------------|----------------|--------------|
| OLYMPIC BIKE | WATER | TRANSITIONS | TURNAROUND | REFRESHMENTS |
| SPRINT/JUNIOR BIKE | GATORADE | SWIM START | BIKE MECHANIC | MEDAL |
| YOUTH BIKE | MEDICAL AID | RESTROOMS | CHIP CHECK MAT | |

SPRINT RELAY TRIATHLON

750m Swim, 20K Bike, 5K Run

Ages 19 and over (USAT Age)

GREEN COURSE

TEAM STRUCTURE

A relay team consists of a minimum of 2 or a maximum of 3 participants. Each participant does one discipline (swim, bike or run). In a team consisting of only 2 members, one participant must do two disciplines.

IMPORTANT

Each team gets **ONE (1)** timing chip. The timing chip must be handed over to the next team member.

SPRINT CORPORATE RELAY

REPRESENT YOUR COMPANY/ORGANIZATION

TEAM STRUCTURE

A relay team consists of a minimum of 2 or a maximum of 3 participants. Each participant does one discipline (swim, bike or run). In a team consisting of only 2 members, one participant must do two disciplines.

IMPORTANT

Each team gets **ONE (1)** timing chip. The timing chip must be handed over to the next team member.



JUNIOR EVENT INFORMATION

JUNIOR/HIGH SCHOOL TRIATHLON

750m Swim, 20K Bike, 5K Run

Ages 15 to 18 (USAT Age)

OR

High School Student/Becoming a High School Student during the Race Year

GREEN COURSE

750 Meter Swim

The 750 meter swim course is a simple out and back course in the same waters as the Olympic Distance at Ala Moana Beach Park. This is one of the safest swim courses in the world. The swim course is monitored by life guards, water jet and rescue skis.

20K Bike

The 20K bike course starts at the transition area at Magic Island in Ala Moana Beach Park. You head out on to Ala Moana Blvd. at the EAST entrance to the park and ride to the Nimitz Highway and make the U-turn at Lagoon Drive. Once the U-turn is completed, you ride back to Aloha Tower and continue on to Ala Moana then back to the transition area at Magic Island. Mobile bike support will be provided on the course. Should you need assistance, please be patient until bike support arrives. It is your responsibility to know the course.

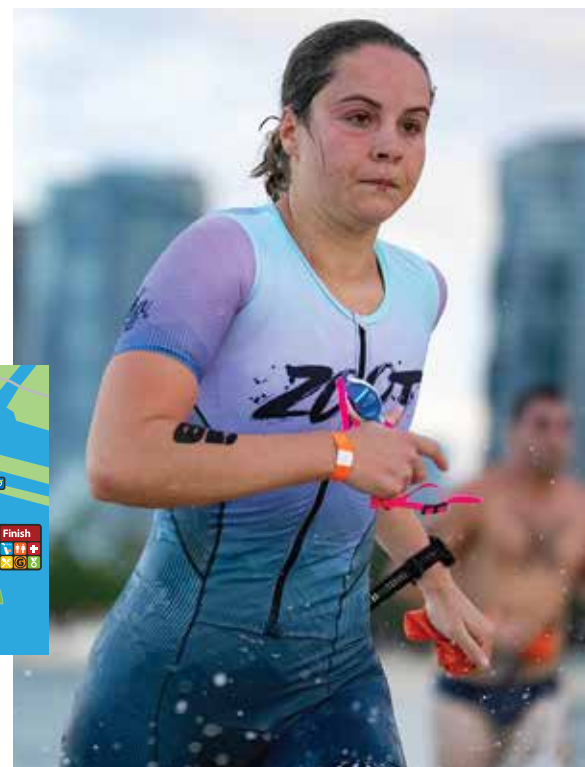


Be sure to identify your category color and turn at the appropriate buoy.

5K Run

The run course is beautiful, fast, exciting, closed to vehicle traffic and very spectator friendly. You'll be running inside Ala Moana Beach Park which is one of Honolulu's favorite waterfront parks. The run begins at the Transition Area - Magic Island. You make your way through the park to the WEST entrance. Just before that entrance, you will make a U-TURN and head back to Magic Island and the finish line. You pass the transition area and make a loop around Magic Island and the beautiful Lagoons heading towards the finish line. Study the maps and course. Signs, Coning, and Course Marshals will be provided. There are 5 aid stations on this course. It is your responsibility to know the course.

*Course map is subject to change.



General Course Maps Course closed to all vehicular traffic

- | | | | | |
|--------------------|-------------|-------------|----------------|--------------|
| OLYMPIC BIKE | WATER | TRANSITIONS | TURNAROUND | REFRESHMENTS |
| SPRINT/JUNIOR BIKE | GATORADE | SWIM START | BIKE MECHANIC | MEDAL |
| YOUTH BIKE | MEDICAL AID | RESTROOMS | CHIP CHECK MAT | |

YOUTH INFORMATION

YOUTH TRIATHLON

400m Swim, 10K Bike, 2.5K Run

USAT Age: 11 to 14

BLUE COURSE

400 Meter Swim

The swim course is a simple out and back course. This is one of the safest swim courses in the world. The swim course is monitored by life guards, water jet and rescue skis.

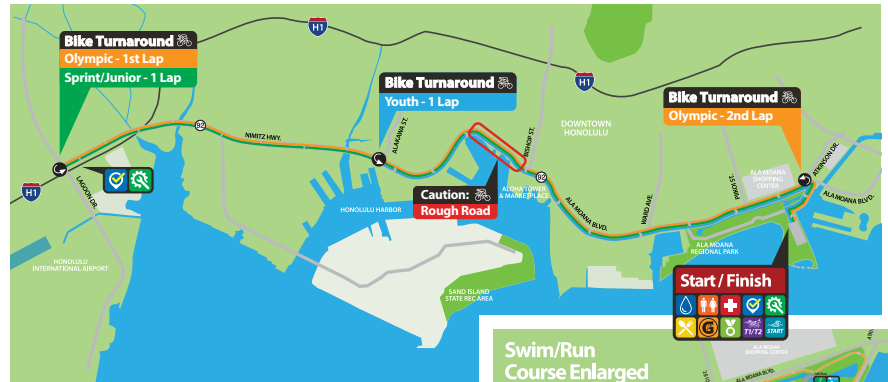
10K Bike

The bike course starts at the transition area at Magic Island in Ala Moana Beach Park. You head out onto Ala Moana Blvd. at the east entrance to the park and ride to the Nimitz Highway and make a U-turn at Alakawa St (Best Buy, Home Depot, The Fishing Village). Once the U-turn is completed, you ride back to Ala Moana Beach Park and to the transition area at Magic Island. Mobile bike support will be provided on the course. Should you need assistance, please be patient until bike support arrives. It is your responsibility to know the course.

2.5K Run

The run course is beautiful, fast, exciting, closed to vehicle traffic and very spectator friendly. You'll be running inside Ala Moana Beach Park which is one of Honolulu's favorite waterfront parks. The run begins at the Transition Area – Magic Island. You make your way through the park to the WEST entrance. Just after the tennis courts, you will make a U-Turn and run the beach road back towards Magic Island. You pass the transition area and make a loop around Magic Island and the beautiful Lagoons heading towards the finish line. Study the maps and course. Signs, Coning, and Course Marshals will be provided. There are 3 aid stations on this course. It is your responsibility to know the course. The Youth race will be officiated under USAT Competition Rules.

NOTE: The map image is for illustrative purposes only and may not represent the latest course; always use the link at top to download and view the latest course map available.



General Course Maps *Course closed to all vehicular traffic*

- | | | | | |
|--------------------|-------------|-------------|----------------|--------------|
| OLYMPIC BIKE | WATER | TRANSITIONS | TURNAROUND | REFRESHMENTS |
| SPRINT/JUNIOR BIKE | GATORADE | SWIM START | BIKE MECHANIC | MEDAL |
| YOUTH BIKE | MEDICAL AID | RESTROOMS | CHIP CHECK MAT | |



KIDS EVENT INFORMATION

KIDS TRIATHLON

KIDS BIKE

AGES 7-8 1 Lap

AGES 9-10 2 Laps

ORANGE COURSE

KIDS SWIM

AGES 7-8 50M

AGES 9-10 100M

YELLOW COURSE

KIDS RUN

RED COURSE

The Kid's Triathlon starts after the adult races around 9:30 am. Kids should arrive at the race venue around 8:30am to get prepared.

Parents – you will not be able to drive into the park; so plan to arrive early enough to walk in. Please be sure to pick up the race packets during packet pick-up on SAT before race day. Race packets are not available on race day. The race briefing will take place just before the race starts at the beach starting line.

The Kid's Triathlon is open to all boys and girls ages 7-10. Each participant receives a race t-shirt and a medal.

ALL race applications MUST be signed by a parent, or legal guardian.

*Course map is subject to change.



10K EVENT INFORMATION

10K RUN

The run course is beautiful, fast, exciting and closed to vehicle traffic. You'll be running inside Ala Moana Beach Park with a short extension to Kewalo Basin Harbor (see map). The 10K RUN begins in front of Magic Island Parking Lot on the Beach Road. For the OLYMPIC triathletes you start from the transition area at the RUN OUT location after racking your bike. Make your way through the park heading (Ewa). After making a loop around the keyhole by the tennis court, follow the **ORANGE** cones and **ARROWS** leading you onto the grass heading for the walking path that goes along Ala Moana Blvd. Stay on this path and follow it back towards the start and around the lagoon at the Atkinson entrance.

The course then takes you along the path heading (Ewa). When you get to the end of the path make a **RIGHT** heading towards Ala Moana Blvd and follow the fencing / cones to Kewalo Basin Harbor Park. Follow the signs and cones to the beautiful waterfront path and enjoy the views of Diamond head and Waikiki. After exiting Kewalo Basin Park make a **RIGHT** behind the sand volleyball courts and onto the Ala Moana Beach Park Waterfront Path. Continue down the path and follow the signage which will take you onto the road and its here you will run back towards the Keyhole and around to set you up to head towards Magic Island Parking lot.

At Magic Island Parking Lot, make a **RIGHT** and follow the signs and cones onto the Magic Island walking path and to the finish line.

There are 5 Water Aid Stations on the course. Study the map and course. Signs, Coning, and Course Marshals will be on hand to guide you. It is your responsibility to know the course.

*course maps are subject to change.



AQUATHLON EVENT INFORMATION

AQUATHLON

750m Swim & 5K Run

GREEN COURSE

750 Meter Swim

The 750 meter swim course is a simple out and back course in the same waters as the Olympic Distance at Ala Moana Beach Park. This is one of the safest swim courses in the world. The swim course is monitored by life guards, water jet and rescue skis.

5K Run

The run course is beautiful, fast, exciting, closed to vehicle traffic and very spectator friendly. You'll be running inside Ala Moana Beach Park which is one of Honolulu's favorite waterfront parks. The run begins at the Transition Area – Magic Island. You make your way through the park to the WEST entrance. Just before that entrance, you will make a U-TURN and head back to Magic Island and the finish line. You pass the transition area and make a loop around Magic Island and the beautiful Lagoons heading towards the finish line. Study the maps and course. Signs, Coning, and Course Marshals will be provided. There are 5 aid stations on this course. It is your responsibility to know the course.

*Course map is subject to change.



KEIKI CHALLENGE EVENT INFORMATION

KEIKI CHALLENGE

500m Obstacle Fun Event

8:30am, 8:45am, 9:00am, 9:15am *We'll start when a certain number of children is reached.

FREE

3 - 6 Years

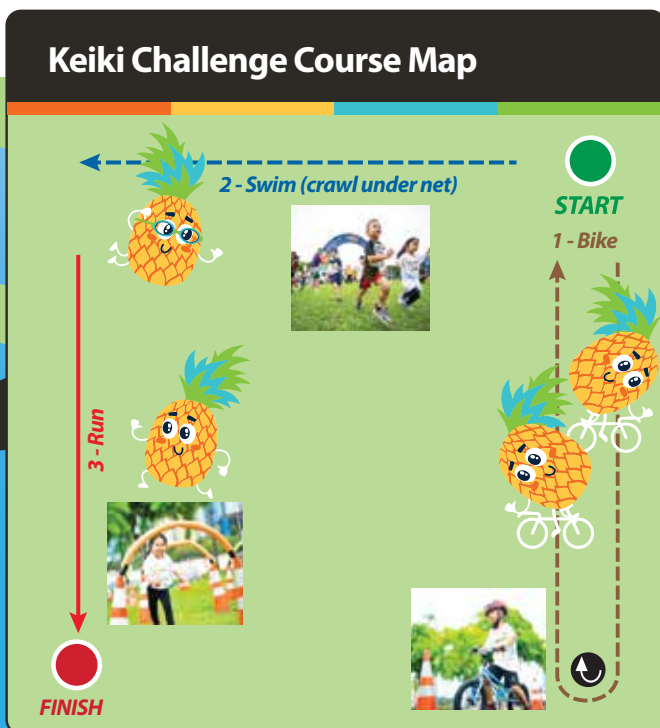
The Keiki Challenge marks a fresh addition to our festivities. This enjoyable activity aims to introduce youngsters who may not be race-ready to the world of triathlon, but want to take a shot at a beginner-friendly experience. Staged right by the finish line, the event will feature a net lawn-crawl, a pedal bike ride, and an obstacle run. Participation is free, with advance reservations encouraged.

Upon arrival at the event, participants will be presented with an adorable free kids' t-shirt if you registered by April 30.

Join us for a day of play and bring your children along for the fun!

This 'Keiki & Family' themed event is dedicated to supporting the next upcoming generation and is designed for families to enjoy together. Before embarking on the Kids Triathlon journey (from age 7) we encourage kids from age 3 to try our Keiki Challenge first.

MAHALO to our sponsor
VITAMIN-I.JP for
supporting the Keiki
Challenge



IMPORTANT REMINDERS

LOCATION FOR PACKET PICKUP:

Ala Moana Beach Park packet pickup on Saturday (May 17th). **NO RACE DAY PACKET PICKUP!**

OLYMPIC BIKE COURSE (Orange):

Athletes doing the OLYMPIC course will be doing two (2) laps. Study the map and pay attention as you come up to the 180° turns. **SLOW DOWN**, keep your head up and use caution when entering the turns.

SELF-SERVED WATER AID STATIONS:

We are doing our part to support the Green Initiative by reducing the amount of trash on the course. We **HIGHLY** encourage you to bring your own hydration device or use your bike water bottle. There will be cups on the course at each station and are only handed out if asked.

TIMING CHIPS:

Your **DISPOSABLE TIMING CHIP** is inside your packet. Please wait until race day morning to put on the timing ankle strap. You can throw it away **AFTER** the race. **RELAY TEAMS** get a **REUSABLE** timing chip, that needs to be returned at the finish line. **DON'T FORGET YOUR TIMING CHIP!!!!**

SIGN THE AFFIDAVIT & USAT WAIVER:

Please don't forget to print out and sign the affidavit and USAT waiver.

FREE SWIM CLINIC:

A free swim clinic at Ala Moana Beach Park for anyone who wants to familiarize themselves with the swim course before the race is available on Friday, May 16th 2PM and Saturday, May 17th 9AM. Meet at the most East life guard tower(1E) next to restrooms.

SECURITY:

Please do not bring backpacks or bags larger than 14 x 10 x 8 inches to the Start Line, Transition Area and Finish Line Area. This includes during packet pickup. Please leave your bags in the car.

Smaller purses or bags may be subject to search upon entry to the event area. Please be understanding if security personnel ask you not to bring a larger bag into the area, or ask to look in your bag. Race Day: TRI-bags or bags carrying your equipment are ok however, only athletes and race officials with their race number tattooed on both arms and wearing their wristband will be allowed in the transition area (no exceptions).

REGISTRATION/PACKET PICKUP: ALA MOANA

On-line registration is now closed. You can do late registration on **SATURDAY, MAY 17TH from 9:00AM to 4:00PM** at Ala Moana Beach Park at Magic Island.

No packet pickup on Friday.

Mail-in registrations are not accepted after on-line closes. Please come in person to pick up.

CHANGES:

If you want to down-grade your race distance (e.g. OLYMPIC to SPRINT), you can do so during packet pickup at the registration tent for \$25.

REFUNDS:

We have a strict **NO-REFUND** policy.

ROLLOVERS:

Rollovers to the next year are **NOT PERMITTED**.

ATHLETES WITH DISABILITIES:

If you have a disability and need assistance during the race you must provide your own support crew.

ALPHA LIST:

The alpha list is posted [HERE](#). This includes your NAME, RACE NUMBER, RACE and CATEGORY. Please verify your information and make a note of your race number. There will be QR codes to the alpha list at packet pickup.

OLYMPIC ELITE WAVE:

If you would like to be placed in the ELITE Wave for the Olympic distance (Male & Female elites start together) please go to the Info/Registration tent at packet pickup. Please have your personal best time ready. **LIMITED TO 20 ATHLETES.**

PARKING:

There are only a limited number of parking stalls available on race day. Parking passes will be handed out on first-come-first-serve basis during packet pickup on Saturday, May 17th 9:00AM to 4:00AM. Make sure to pick up your packet as early as possible to get a parking pass. They won't last long!



IMPORTANT REMINDERS

STEPS FOR PACKET PICKUP:

1. Consider this Event Guide as your Official Race Briefing.
2. Print out the Affidavit & USAT waiver [HERE](#), sign it and bring it to packet pickup.
3. At packet pickup please have your RACE NO. ready.
4. Show your ID to receive race packet. Inside you'll find your Race Number Sheet, Timing Chip, Swim Cap (Triathletes only), Souvenir T-shirt and other goodies.

FINAL STEP: Enjoy the company of other fellow triathletes and runners!

RACE BRIEFING [ON-LINE](#):

Consider this Event Guide as your Official Race Briefing. Please study it thoroughly. Once you have read it completely, go [HERE](#) to download the Affidavit and USAT Waiver. You will need to print, sign, and bring to packet pickup. ALL athletes participating MUST bring these two documents to packet pickup. Forms will be available on-site.

NOTE: A digital signed AFFIDAVIT will be excepted but not for the USAT Waiver. We need to maintain these for future reference.

SELF BODY MARKING:

It is your responsibility to correctly apply the arm tattoos. We suggest applying them the night before, NOT race day morning.

COLOR CODED COURSE:

It is your responsibility to know the course BUT this is one extra insurance you will go the correct way. There are 3 colors:

ORANGE - Olympic TRI, Olympic Relays, 10K Run

GREEN - Sprint TRI, Sprint Relays, Junior TRI (15-18), Aquathlon

BLUE - Youth TRI (11-14), Kids TRI (7-10)

Triathletes will receive a colored swim cap for the event you signed up for. Simply follow the color coded signs and cones at critical intersections that will be placed along the course. We will also provide you with course marshals to cheer you on.

AWARDS:

Overall winners in each race will be announced as each race comes to an end. Due to time restrictions Age Group Winners will NOT be announced on stage! It is your responsibility to check the results and pick up your age group award next to the stage at the awards desk.



KIDS RACE:

The start of our kid's race is scheduled for 9:30am on SUN. Bike check-in starts at 8:30am at the end of transition, Diamond Head side. Please don't be late. Volunteers welcome!

LIVE RESULTS:

We will be posting the results live during the event. Save and share this link [HERE](#) with your friends and family. *Scan the QR Code for results.*



FINISHER PHOTOS:

FinisherPix, the Official Photographers of the Honolulu Triathlon, is providing you with quality race photos/videos. You can purchase your photos [HERE](#).

If you purchased your pictures/videos in advance, then a separate email will get sent out to you a few days AFTER the event.

MERCHANDISE:

There is still time to buy some Honolulu Triathlon Race Swag!

New 2025 lineup is available. [ORDER ONLINE.](#)

SPONSORS:

We would like to send a big MAHALO to our sponsors for all the support. Our sponsors will have some special goodies available to our athletes during packet pickup and on race day.

That's it. Please continue to check the Website and our Facebook page for any last minute updates.

Good Luck to everyone!

We look forward to seeing you at the event.

USAT RULES

USAT stands for USA Triathlon. USAT is the national governing body for triathlons in the United States. The Honolulu Triathlon is a sanctioned USAT event.

Some of the most common infractions include:

- Glass in the transition area
- Bicycles racked on the wrong rack
- Missing handlebar end plugs (Disqualification – safety)
- Assistance along the course (e.g. help with wet-suit removal)
- Missing or unbuckled bicycle helmets
- Drafting, blocking and position foul on the bicycle
- Use of headphones

Wet-suits:

IF YOU ARE WEARING A WET-SUIT, YOU MUST WEAR THE TIMING CHIP OVER THE WET-SUIT, NOT UNDER. THE TIMING CHIP WILL NOT READ IF ITS COVERED BY THE WET-SUIT.

If the water temperature is under 78 degrees Fahrenheit wet-suits are allowed for **ALL PARTICIPANTS**.

If the water temperature is over 78 degrees Fahrenheit wet-suits can still be worn; HOWEVER athletes who wear wet-suits must start in the wet-suit wave (see schedule for more info) AND are not eligible for awards.

The water temperature will be determined on race day morning.

USAT Age Groups:

Your USAT age is how old you are at the end of the race year, **NOT ON RACE DAY!**

For example, if you are 29 years old on race day, but your birthday is after race day then your USAT age group is 30, not 29.

EVERY RACE HAS A DIFFERENT USAT AGE RESTRICTION.

More details on USAT rules:

Click [HERE](#) for more USAT rules and explanations.

**Note: We do not enforce every single USAT rule. Please refer to the Online Briefing for final rules.*



COMMON VIOLATIONS



MOST COMMON RULES VIOLATIONS

- 1 Helmets:** Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.
Penalty: Disqualification
- 2 Chin Straps:** Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle.
Penalty: Disqualification on the course; Variable time penalty in transition area only.
- 3 Outside Assistance:** No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.
Penalty: Variable time penalty
- 4 Transition Area:** All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.
Penalty: Variable time penalty
- 5 Drafting:** Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position--keep to the right hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.
Penalty: Variable time penalty
- 6 Course:** All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.
Penalty: Referee's discretion
- 7 Unsportsmanlike-Like Conduct:** Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.
Penalty: Disqualification
- 8 Headphones:** Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.
Penalty: Variable time penalty
- 9 Race numbers:** All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.
Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.
- 10 Wetsuits:** Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.
- 11 Abandonment:** All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.
Penalty: Variable time penalty



Variable Time Penalties

1st Offense	2nd Offense	3rd Offense
2 minutes	4 minutes	disqualification

AWARDS

AWARDS

All finishers get a medal, free goodies and an official race time.

OLYMPIC TRIATHLON

Overall Top 3 Male/Female (Award ceremony included)

*Overall winners get excluded from Age Groups

**ELITE Triathletes will not be placed in Age Groups!

Age Group Winners Top 3 Male/Female: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89

(Award ceremony NOT included; pick up your Age Group Winner Coin at the awards table)

*IMPORTANT: Age is based on USAT age. Click [HERE](#) for more info.

OLYMPIC RELAY TRIATHLON

Overall Top 3 Male/Female/Mixed Teams (Award ceremony included)

No Age Groups for Relays

SPRINT TRIATHLON

Overall Top 3 Male/Female (Award ceremony included)

*Overall winners get excluded from Age Groups

Age Group Winners Top 3 Male/Female: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89

(Award ceremony NOT included; pick up your Age Group Winner Coin at the awards table)

*IMPORTANT: Age is based on USAT age. Click [HERE](#) for more info.

SPRINT RELAY TRIATHLON

Overall Top 3 Male/Female/Mixed Teams (Award ceremony included)

No Age Groups for Relays

Sprint Corporate Relay Triathlon

Fastest Corporate Team gets an award (Award ceremony included)

No Age Groups for Relays

Junior/High School Triathlon (Ages 15-18 AND/OR High School)

Overall Top 3 Male/Female (Award ceremony included)

*Overall winners get excluded from Age Groups

**Fastest Male & Female High Schooler get crowned Hawaii High School State Champion

Age Group Winners Top 3 Male/Female: 15-18

(Award ceremony NOT included; pick up your Age Group Winner Plaque at the awards table)

*IMPORTANT: Age is based on USAT age. Click [HERE](#) for more info.

YOUTH TRIATHLON (AGES 11-14)

Overall Top 3 Male/Female (Award ceremony included)

*Overall winners get excluded from Age Groups

Age Group Winners Top 3 Male/Female: 11-14

(Award ceremony NOT included; pick up your Age Group Winner Coin at the awards table)

*IMPORTANT: Age is based on USAT age. Click [HERE](#) for more info.

KIDS TRIATHLON (AGES 7-8 & 9-10)

Every kid gets a finisher medal.

10K RUN & AQUATHLON

Overall Top 3 Male/Female

No Age Group Awards

Armed Forces

There are NO Military or Armed Forces awards; however, members of the armed forces and their dependents (must have military ID) get a discounted entry fee.

AWARD CEREMONY

Due to the large amount of awards the award ceremony can take a while. We do encourage everyone to stick around for their award.

If you cannot wait for your award, we can send you your award at the cost of shipping and handling. Contact us to request your award no later than 2 weeks AFTER the race.

Awards will not be available thereafter.



EVENT INFORMATION

TRAFFIC/PARKING

There is limited parking inside Ala Moana Beach Park. Parking passes will be handed out on a first-come-first serve basis on FRI (day 1 of packet pickup). IF you do not get a parking pass please find parking outside the park.

PHOTOS

Photos can be purchased after the race at FinisherPix.

RESULTS

Race Timing is done by Pacific Sport Events & Timing.



Scan the QR Code to see the results.



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