



2025 SCHEDULE OF EVENTS

DATE	TIME*	EVENT	LOCATION
Tuesday, November 25	4:30 – 7:30 PM	Meet-in-Greet Social	TBD, Kailua Kona
Wednesday, November 26	10 AM – 4 PM	Souvenir Sales	Outrigger Kona Resort and Spa, Keauhou Ballrooms
	10 AM – 12:30 PM	Registration of UMWC Veterans (by appt)	
	1:30 – 4 PM	Registration of UMWC First-timers (by appt)	
Thursday, November 27	8 – 11 AM	Thanksgiving Breakfast and Pre-Event Briefing [MANDATORY for each participant & team captain; recommended for all support team members]	Outrigger Kona Resort and Spa, Keauhou Ballrooms
FRIDAY, November 28 (DAY 1)	5:40 – 6:15 AM <i>(3:04 AM High Tide)</i>	STAGE I: CHECK-IN	Kailua Pier
	6:15 – 6:20 AM	Instructions	Kailua Pier
	6:20 – 6:30 AM	Swim Escorts Launch	Kailua Bay
	6:30 AM (SHARP) <i>(6:41 AM Sunrise)</i>	STAGE I: SWIM START	Kailua Bay
	8 – 8:45 AM	Transition Check-in [MANDATORY for all team captains]	Keauhou Bay
	12 PM <i>(9:22 AM Low Tide)</i>	Swim Cut-off (5.5-hrs)	
	2 PM	First Stage I Finisher Expected	Kilauea Military Camp, Volcanoes National Park
	6:30 PM <i>(5:41 PM Sunset)</i>	STAGE I CUT-OFF (12-hrs)	

*Local time (HAST)



2025 SCHEDULE OF EVENTS (Cont.)

DATE	TIME*	EVENT	LOCATION
SATURDAY, November 29 (DAY 2)	5:45 – 6:15 AM <i>(3:04 AM High Tide)</i>	STAGE II: CHECK-IN [MANDATORY for all team captains]	Pi'i Mauna Dr., Volcanoes National Park
	6:15 – 6:20 AM	Instructions	Pi'i Mauna Dr., Volcanoes National Park
	6:20 – 6:30 AM	Support Teams Depart	
	6:30 AM (SHARP) <i>(6:38 AM Sunrise)</i>	STAGE II: BIKE START	Pi'i Mauna Dr., Volcanoes National Park
	2 PM	First Stage II Finisher Expected	Kamehameha Park, Kapa'au
	6:30 PM <i>(5:42 PM Sunset)</i>	STAGE II CUT-OFF (12-hrs)	
SUNDAY, November 30 (DAY 3)	5:00 – 5:35 AM	STAGE III: CHECK-IN/ BREAKFAST [MANDATORY for all team captains]	The Barn at Kohala Village Inn
	5:35 – 5:45 AM	Instructions / Circle of Friendship	The Barn at Kohala Village Inn
	5:45 – 6:00 AM	Caravan to Start / Athlete Drop Off	South of Hawi
	6:00 AM (SHARP) <i>(6:42 AM Sunrise)</i>	STAGE III: RUN START	South of Hawi
	9 AM	First Runner Expected at Halfway Point	Waikoloa Beach Resort
	12 PM	First Stage III Finisher Expected	Pavilion 1, Old Airport Park, Kailua-Kona
	6:00 PM <i>(5:44 PM Sunset)</i>	STAGE III CUT-OFF (12-hrs)	
Monday, December 1	4 – 5:30 PM	Souvenir Sales / Lost & Found	Makae'o Pavilion, Old Airport Park, Kailua-Kona
	5 – 9 PM	Awards Dinner & Presentation	
	9 PM	Slide Show & Farewell	

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