



# RUN SHEET



## Standard Distance Triathlon

29<sup>th</sup> January 2017

<b>Time</b>	<b>Activity</b>
5.30am	Registration Opens for Competitors
5.30am	Transition Area Opens for Competitors
6.45am	Transition Closes for Tadpoles Tadpoles briefing
7.00am	Tadpoles Triathlon begins
7.10am	First Tadpole finishes & receives breakfast
7.15am	Registration Closes
7.15am	Enticer & Duathlon Transition Closes
7.20am	Enticer Teams, Enticer & Junior Enticer Race Briefing
7.20am	Duathlon Race Briefing at Spinnaker Boulevard
7.20am	Last Tadpole finishes & receives breakfast
7.30am	Enticer Teams, Enticer & Junior Enticer Race Start
7.30am	Duathlon Race Start at Spinnaker Boulevard
7.40am	Pursuit Transition Closes
7.45am	Pursuit Standard Distance Race Briefing
8.00am	Pursuit Standard Distance Race Start 1 <sup>st</sup> Enticer Finisher
9.00am	Enticer & Duathlon Presentations Commence**
9.00am	Enticer & Duathlon Transition Open to Remove Bikes*
10.30am	Pursuit Transition Open to Remove Bikes*
11.15am	Pursuit Presentations Commence**

\*Transition will open once the last person has started the run – no exceptions will be made

\*\*May be delayed – we wait for everyone to finish!