



RUN SHEET



CITY of PERTH

Triathlon

15th January 2017

Time	Activity
6.00am	Registration Opens for competitors
6.10am	Transition 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	Transition Area and Registration closes for Enticer *please allow 10 minutes to get to the swim start
7.15am	Enticer & Junior Enticer Race Briefing Duathlon Race Briefing at SunSmart arch (Duchess Way)
7.20am	Last Sunday Times Chillout! TADPOLE finishes & receives breakfast
7.30am	Enticer & Junior Enticer Race Start Duathlon Race Start at SunSmart arch (Duchess Way) Transition Area and Registration closes for Pursuit *please allow 10 minutes to get to the swim start
7.45am	Pursuit Race Briefing
8.00am	Pursuit Race Start 1 st Enticer Finisher
8.45am	Enticer Transition Open to Remove Bikes*
8.54am	First Pursuit finisher
10.20am	Pursuit Transition Open to Remove Bikes*
10.45am	Final Pursuit Finisher
10.45am	Pursuit & Enticer Presentations commence

*time dependant on all competitors having started on the run course

**we will wait for all participants to finish before presentations commence