



RUN SHEET



Triathlon

19th January 2017

Time	Activity
6.00am	Registration Opens for competitors
6.10am	Transition Area opens for competitors
6.45am	TADPOLES briefing at Swim Start
7.00am	TADPOLES Triathlon begins
7.10am	First TADPOLE finishes & receives breakfast
7.15am	Registration closes
7.15am	Transition Area Closes for Enticer Transition Area Closes for Duathlon
7.20am	Enticer & Junior Enticer Race Briefing at Swim Start Duathlon Race Briefing at Duathlon Transition Area
7.20am	Last Sunday Times Chillout! TADPOLE finishes & receives breakfast
7.30am	Enticer & Junior Enticer Race Start Duathlon Race Start Transition Area Closes for Pursuit
7.45am	Pursuit Race Briefing at Swim Start
8.00am	Pursuit Race Start 1 st Enticer Finisher
9.00am	Enticer Transition Open to Remove Bikes*
9.10am	Enticer Presentations
9.35am	Draft Legal Race Briefing at Transition Area
9.50am	Draft Legal Race Start*
10.20am	Pursuit Transition Open to Remove Bikes*
10.45am	Pursuit and Draft Legal Presentations#

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

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