



RUN SHEET



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 and Duathlon
7.15am	Enticer & Junior Enticer Race Briefing Duathlon Race Briefing at bike exit
7.20am	Last Sunday Times Chillout! TADPOLE finishes & receives breakfast
7.30am	Enticer & Junior Enticer Race Start Duathlon Race Start at bike exit Transition Area and Registration closes for Pursuit
7.45am	Pursuit Race Briefing
8.00am	Pursuit Race Start First Enticer Finisher
8.45am	Enticer Transition Open to Remove Bikes*
8.54am	First Pursuit finisher
9.10am	Enticer Presentations
10.20am	Pursuit Transition Open to Remove Bikes*
10.45am	Pursuit Race Presentation
11.15am	Pursuit Series Presentations*

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

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