



# 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
7.15am	Enticer & Junior Enticer Race Briefing Duathlon Race Briefing at bike exit
7.20am	Last 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 1 <sup>st</sup> Enticer Finisher
8.45am	Enticer & Duathlon Transition Open to Remove Bikes*
8.54am	First Pursuit finisher
9.10am	Enticer & Duathlon Presentations
10.20am	Pursuit Transition Open to Remove Bikes*
10.45am	Final Pursuit Finisher
10.45am	Pursuit Presentations commence including the WA Sprint Distance Championship Presentations**

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

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