



# RUN SHEET



## Triathlon

**14<sup>th</sup> January 2018**

<b>Time</b>	<b>Activity</b>
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 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 <sup>st</sup> 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