



RUN SHEET



Triathlon

18th February 2018

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 for Enticer & Duathlon
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 Start Arch
7.20am	Last TADPOLE finishes & receives breakfast
7.30am	Enticer & Junior Enticer Race Start Duathlon Race Start Registration & 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 [#]
10.20am	Pursuit Transition Open to Remove Bikes*
10.45am	Pursuit and Duathlon Presentations [#]

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

[#]we will wait for all participants to finish before presentations commence