



RUN SHEET



Standard Distance Triathlon

25th March 2018

Time	Activity
5.30am	Registration Opens for Competitors
5.30am	Transition Area 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	Registration Closes
7.15am	Enticer & Duathlon Transition Closes
7.20am	Enticer Teams, Enticer & Junior Enticer Race Briefing
7.20am	Duathlon Race Briefing
7.20am	Last Tadpole finishes & receives breakfast
7.30am	Enticer Teams, Enticer & Junior Enticer Race Start
7.30am	Duathlon Race Start
7.40am	Pursuit Transition Closes
7.45am	Pursuit Standard Distance Race Briefing
8.00am	Pursuit Standard Distance Race Start
9.00am	Enticer & Duathlon Presentations Commence**
9.00am	Enticer & Duathlon Transition Open to Remove Bikes*
10.30am	Pursuit Transition Open to Remove Bikes*
11.15am	Pursuit Presentations Commence**

*Transition will open once the last person has started the run – no exceptions will be made

**May be delayed – we wait for everyone to finish!