



RUN SHEET



15th April 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 Transition Area Closes for Enticer & Duathlon
7.15am	Enticer & Junior Enticer Race Briefing at Swim Start Duathlon Race Briefing at Bike Exit
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 First Enticer Finisher
9.00am	Enticer Transition Open to Remove Bikes*
9.00am	First Pursuit finisher
9.15am	Enticer Presentations**
11.00am	Pursuit Transition Open to Remove Bikes*
11.15am	Pursuit & Duathlon Race Presentations**
11.30am	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