

# RACE CUT-OFF TIMES

**Cut-off times will be enforced to ensure the safety of all athletes. Athletes who fail to make relevant cut-off times will be removed from the course and not be allowed to carry on with their race. They will also not receive a finisher's medal.**

## **STANDARD TRIATHLON**

SWIM 1 hour after your wave start  
BIKE 2 hours 40 minutes after your wave start  
RUN 4 hours after your wave start

## **STANDARD DUATHLON**

1st RUN 1 hour 20 minutes after your wave start  
BIKE 3 hours 20 minutes after your wave start  
2nd RUN 4 hours after your wave start

## **SPRINT TRIATHLON**

SWIM 40 minutes after your wave start  
BIKE 2 hours after your wave start  
RUN 3 hours after your wave start

## **SPRINT DUATHLON**

1st RUN 45 minutes after your wave start  
BIKE 2 hours 15 minutes after your wave start  
2nd RUN 3 hours after your wave start

## **JUNIORS TRIATHLON**

SWIM 20 minutes after your wave start  
BIKE 50 minutes after your wave start  
RUN 1 hour 10 minutes after your wave start

## **JUNIORS DUATHLON**

1st RUN 25 minutes after your wave start  
BIKE 55 minutes after your wave start  
2nd RUN 1 hour 10 minutes after your wave start

## **YOUNG ONES TRIATHLON & DUATHLON**

35 minutes after your wave start

## **KIDDIES TRIATHLON & DUATHLON**

35 minutes after your wave start