Race Schedule 20 January 2019

Event	Ages	Bike Check in Time	Pre Race Briefing	Event Start Time	Swim Distance	Swim Laps	1st Run	1st Run Laps	Cycle Distance	Cycle Laps	Run Distance	Run Laps	2nd Run	2nd Run Laps
Race 1														
Young Ones Triathlon	Juniors 8-9 (wave 1)	06:45-07:00	7:10	**7:20**	75m	1	-	-	1km	1	500m	1	-	-
Young Ones Duathlon					-	-	500m	1	1km	1	-	-	500m	1
Race 2														
Kids Triathlon	Juniors 10-11 (wave 2)	06:45-07:00	7:10	**7:22**	200m	1	-	-	5km	2	1.25km	1	-	-
Kids Duathlon					-	-	1.25km	1	5km	2	-	-	500m	1
Race 3	Senior Males wave 3 (20+)	06:30-07:30	8:00	**8:15**	1.5km	2	-	-	40km	4	10km	4	-	-
Standard Triathlon	Senior Females wave 4 (20+)			**8:17**										
Standard Duathlon	Senior Males wave 3 (20+)			**8:15**	-	-	10km	4	40km	4	-	-	5km	2
	Senior Females wave 3 (20+)													
	ALL TEAMS wave 4 (20+)													
Race 4	Senior Males wave 5 (16+)	06:30-07:30	9:00	**9:15**	750m	1	-	-	20km	2	5km	2	-	-
Sprint Triathlon	Senior Females wave 5 (16+)													
Sprint Duathlon	Senior Males wave 5 (20+)				-	-	5km	2	20km	2	-	-	2.5km	1
	ALL TEAMS wave 5 (20+)													
Race 5		06:30-07:30	9:45	**10:00**										
Para Triathlon	Ages 16+ (wave 6)				750m	1	-	-	20km	2	5km	2	-	-
Para Duathlon					-	-	5km	2	20km	2	-	-	2.5km	1
Race 6	Ages 16-17 (wave 7)	06:30-07:30	9:45	**10:02**	750m	1	-	-	20km	2	5km	2	-	-
Juniors Triathlon (ages 16-19)	Ages 18-19 (wave 8)			**10:04**										
Juniors Duathlon (ages 16-19)	Ages 16-17 (wave 7)			**10:02**	-	-	5km	2	20km	2	-	-	2.5km	1
	Ages 18-19 (wave 8)			**10:04**										
Race 7	Ages 12-13 (wave 9)	06:30-07:30	10:15	**10:30**	400m	1	-	-	10km	1	2.5km	1	-	-
Juniors Triathlon (ages 12-15)	Ages 14-15 (wave 10)			**10:32**										
	Ages 12-13 (wave 9)			**10:30**	-	-	2.5km	1	10km	1	-	-	1.25km	0.5
Juniors Duathlon (ages 12-15)	Ages 14-15 (wave 10)			**10:32**										