Race Schedule 20 January 2019

(revised on 20 September 2018)

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 Juniors Triathlon	Juniors 8-11 (wave 1)	06:45-07:00	7:00	**7:15**	120m	1	-	-	5km	2	500m	1	-	-
Young Juniors Duathlon					-	-	500m	1	5km	2	-	-	500m	1
Race 2	Senior Males wave 2 (20+)	06:30-07:30	7:40	**8:00**	1.5km	2	-	-	40km	4	10km	4	-	-
Standard Triathlon	Senior Females wave 3 (20+)			**8:02**										
Standard Duathlon	Senior Males wave 2 (20+)													
	Senior Females wave 2 (20+)			**8:00**	-	-	10km	4	40km	4	-	-	5km	2
	ALL TEAMS wave 3 (20+)													
Race 3		06:30-07:30	8:40	**9:15**	400m	1	-	-	10km	1	2.5km	1	-	-
Mini Triathlon (ages 12-15)	All males wave 4 (12-15)													
Mini Duathlon (ages 12-15)	All females wave 4 (12-15)				-	-	2.5km	1	10km	1	-	-	1.25km	0.5
Race 4	All males wave 5 (16+)	06:30-07:30	9:00	**9:25**	750m	1	-	-	20km	2	5km	2	-	-
	All females wave 5 (16+)													
Sprint Triathlon (incl. Juniors & Para)	All males wave 5 (20+)				-	-	5km	2	20km	2	-	-	2.5km	1
Sprint Duathlon (incl. Juniors & Para)	All females wave 5 (16+)													
	ALL TEAMS wave 5 (20+)													