

Trinity Sports: Race Cut-Off Times

Race 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 complete 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 JUNIORS TRIATHLON & DUATHLON

35 minutes after your wave start

