Race Schedule 7 October 2023

TRAIL RUN

Race Description	Race	Race Briefing	Race Start Time	Race Distance
Trail 21km	Trail Run 21km (ages 16+)	7:00	**7:15**	21km trail run
Trail 10km	Trail Run 10km (ages 16+)	7:00	**7:20**	10km trail run
Trail 5km	Trail Run 5km (ages 9+)	7:00	**7:25**	5km trail run

OPEN WATER SWIMMING

Race Description	Race	Race Briefing	Race Start Time	Race Distance
4km Swim	4km Open Water Swim (ages 14+)	7:45	**8:00**	4km
2km Swim	2km Open Water Swim (ages 12+)	7:45	**8:00**	2km
1km Swim	1km Open Water Swim (ages 10+)	7:45	**8:05**	1km
1 Mile Swim	1.6km Open Water Swim (ages 12+)	9:00	**9:15**	1.6km
400m Swim	400m Open Water Swim (ages 6+)	10:00	**10:15**	400m