



Race Schedule 1 October 2023



TRIATHLON

Event #	Race	Bike Check in Time	Pre Race Briefing	Event Start Time	Race Distances
YOUTH	Young Juniors Triathlon (ages 8-11)	7:00-7:30	7:45	8:00	120m swim / 4km bike / 0.5km run
SPRINT	Sprint triathlon (ages 16+)	7:00-8:00	8:45	9:00	750 m swim / 20km bike / 5km run
SUPER SPRINT	Super sprint triathlon (ages 12+)	7:00-8:00	9:45	10:00	400m swim / 10km bike / 2.5km run
SHOWDOWN	20 fastest athletes (combined males & females)	N/A	10:45	11:00	400m swim / 10km bike / 2.5km run