



Race Schedule 21 January 2024
CGT Triathlon Championships



TRIATHLON & DUATHLON

Event #	Race	Bike Check in Time	Pre Race Briefing	Event Start Time	Race Distances
RACE 1	Young Juniors Triathlon (ages 8-11)	05:30-06:00	6:00	6:15	0.12km swim / 4km bike / 0.5km run
	Young Juniors Duathlon (ages 8-11)				0.5km run / 4km bike / 0.5km run
RACE 2	Super standard triathlon (ages 18+) including relay teams	05:30-06:30	6:40	7:00	1.5km swim / 60km bike / 15km run
	Super standard duathlon (ages 18+) including relay teams				15km run / 60km bike / 7.5km run
RACE 3	Standard triathlon (ages 18+) including relay teams	05:30-06:30	6:40	7:00	1.5km swim / 40km bike / 10km run
	Standard duathlon (ages 18+) including relay teams				10km run / 40km bike / 5km run
RACE 4	Super sprint triathlon (ages 12+) including relay teams	05:30-06:30	7:55	8:15	0.4km swim / 10km bike / 2.5km run
	Super sprint duathlon (ages 12+) including relay teams				2.5km run / 10km bike / 1.25km run
RACE 5	Sprint triathlon (ages 16+) including para athletes & relay teams	05:30-06:30	8:25	8:45	0.75km swim / 20km bike / 5km run
	Sprint duathlon (ages 16+) including para athletes & relay teams				5km run / 20km bike / 2.5km run

OPEN WATER SWIMMING

Event #	Race	Pre Race Briefing Time	Race Start Time
RACE 6	3km Open Water Swim (ages 13+)	9:00	9:30
RACE 7	1.5km Open Water Swim (ages 13+)	9:10	9:32
RACE 8	0.75km Open Water Swim (ages 13+)	9:20	9:34