



Race Schedule 9 February 2025



TRIATHLON & DUATHLON

Event #	Race	Bike Check in Time	Pre Race Briefing	Event Start Time	Race Distances
RACE 1	Standard triathlon (ages 18+) including relay teams	05:30-06:30	06:40	07:00	1.5km swim / 40km bike / 10km run
	Standard duathlon (ages 18+) including relay teams				10km run / 40km bike / 5km run
RACE 2	Sprint triathlon (ages 16+) including para athletes & relay teams	05:30-06:30	06:40	07:00	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 3	1.5km Open Water Swim (ages 13+)	06:40	07:00
RACE 4	0.75km Open Water Swim (ages 13+)	06:40	07:00