



**KDV BEDDING SMALLBRIDGE DAM, PENHALONGA
TRIATHLON & MULTISPORT EVENT - 7TH DECEMBER 2024**

SPINAL SLEEP SYSTEM



FRIDAY 6th DECEMBER 2024 * not compulsory		TIME	WHERE		
COURSE FAMILIARISATION		1400	DAM WALL		
REGISTRATION AND PAYMENTS		1300 -1600	CLUB HOUSE		
BRIEFINGS WITH COURSE MAPS - Q & A		1600	CLUB HOUSE		
SATURDAY 7th DECEMBER - CHECK IN AT DAM WALL FOR ALL EVENTS FROM 0645					
TRIATHLON - SWIM-BIKE-RUN	Pre-Start Briefing	START TIME	SWIM	BIKE	RUN
STANDARD	0720	0730	1500m	40km	10km
SPRINT - SELECTION JUNIOR MEN & WOMEN	0750	0800	750m	20km	5km
SPRINT - AGE GROUP	0750	0800	750m	20km	5km
SUPERSPRINT - SELECTION YOUTH BOYS & GIRLS	0850	0900	375m	10km	2.5km
SUPERSPRINT - AGE GROUP	0905	0915	375m	10km	2.5km
TRIFIT - ALL AGES	0905	0915	250m	10km	2.5km
TRIFUN - ALL AGES	0950	1000	125m	5km	1.25km
TRISPORT - AGES 7 - 12 - competent swimmers only	1020	1030	50m	2km	1km
DUATHLON - RUN-BIKE-RUN	Pre-Start Briefing	START TIME	RUN	BIKE	RUN
SPRINT - AGE GROUP	0750	0800	2.5km	20km	5.0km
FIT - ALL AGES	0905	0915	1.25km	10km	2.5km
FUN - ALL AGES	0950	1000	1.25km	5km	1.25km
AQUATHLON - RUN-SWIM-RUN	Pre-Start Briefing	START TIME	RUN	SWIM	RUN
FUN - ALL AGES	0950	1000	1.25km	125m	1.25km
FIT - ALL AGES	0905	0915	1.25km	250m	2.5km
AQUABIKE - SWIM-BIKE	Pre-Start Briefing	START TIME	SWIM	BIKE	
SPRINT - AGE GROUP	0750	0800	750m	20km	
SUPERSPRINT - ALL AGES	0905	0915	375m	10km	
TRIRUN	Pre-Start Briefing	START TIME			RUN
ALL AGES	0750	0800			5km
OPEN WATER SWIM	Pre-Start Briefing	START TIME			
3000m	1040	1045			
1500m	1040	1045			
750m	1040	1045			
4 x 375m RELAY	1140	1145			



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