

24 NOVEMBER 2024 - RACE DAY PROGRAMME

SERIES POINTS RACE # 5 / CORPORATE TEAM SERIES POINTS RACE # 1 / SELECTION RACE # 3 / SCHOOLS SERIES RACE # 2

VENUE OPENS FROM 0630 - REPORT TO REGISTRATION & CHECK IN DESK EVEN IF YOU HAVE PRE-REGISTERED - PROCEED TO BIKE CHECK AND TRANSITION. HELMETS ARE COMPULSORY / I-PODS/EARPHONES/MUSIC DEVICES ARE NOT PERMITTED ON THE BIKE AND RUN COURSES. DO NOT BE LATE FOR CHECK IN. **YOU WILL BE CALLED FOR RACE BRIEFINGS 5 MINUTES BEFORE THE START OF EACH EVENT**

DISCIPLINE	CHECK IN	START TIME	COURSES			
			LONG NORFOLK-BIKE-1x10km lap / RUN-Long Chase loop 1x5km lap			
			SHORT ABC - BIKE-1x5km lap / RUN - Short-Erskine loop1x1.25km lap			
			SWIM / RUN	BIKE / SWIM	RUN	COURSE
SPRINT DISTANCE						
TRIATHLON JUNIOR SELECTION	0700- 0730	0745	33 widths	20km - 2 x 10km long course laps	1 x 5km long course lap	Bike- Long-Norfolk/Run-Long-Chase loop
DUATHLON - AG Individuals & Teams	0700- 0730	0750	2x1.25km short course laps	20km - 2 x 10km long course laps	1 x 5km long course lap	Run 1 -Short-Erskine loop / Bike- Long-Norfolk/Run 2-Long Chase Loop
TRIATHLON AG/AQUA-BIKE - AG Individuals & Teams	0700- 0730	0750	33 widths	20km - 2 x 10km long course laps	1 x 5km long course lap	Bike- Long-Norfolk/Run-Long-Chase loop
TRIRUN - 5KM RUN	0715-0745	0800	RUN ONLY - 4 x 1.25km Short course laps			
TOTS, KIDZ & SPORT						
TRITOTS	0715-0815	0830	1 width	1.5km	400m	TBA at briefing
TRIKIDZ	0715-0815	0830	1 width	1.5km	400m	TBA at briefing
TRISPORT & SCHOOLS SERIES TRISPORT	0715-0830	0900	2 widths	2.0km	700m	TBA at briefing
FUN DISTANCE						
TRI-FUN SCHOOLS SERIES	0715-0900	0930	5 widths	5km-1x5km short course lap	1x1.25km short course lap	Bike - Short ABC/Run Short-Erskine loop
TRIATHLON TRIFUN ALL OTHERS - AG Individuals & Teams	0715-0910	0940	5 widths	5km-1x5km short course lap	1x1.25km short course lap	Bike - Short ABC/Run Short-Erskine loop
DUATHLON DUFUN AG Individuals & Teams	0715-0910	0940	1x1.25km short course lap	5km-1x5km short course lap	1x1.25km short course lap	Run-Short-Erskine loop/ Bike-Short ABC/Run Short-Erskine loop
AQUATHLON AQUAFUN - AG Individuals & Teams	0715-0910	0940	1 x 1.25km short course lap	6 width Swim	1x1.25km short course lap	Run-Short Erskine loop
SUPERSPRINT DISTANCE						
YOUTH SELECTION	0715-0930	1000	17 Width Swim	10km-1x10km long course lap	2x1.25km short course laps	Bike- Long-Norfolk/Run-Short Erskine loop
AG Individuals & Teams	0715-0945	1015	17 Width Swim	10km-1x10km long course lap	2x1.25km short course laps	Bike- Long-Norfolk/Run-Long-Chase loop
FIT DISTANCE						
TRIATHLON TRIFIT - AG Individuals & Teams	0715-0950	1020	9 widths	10km-1x10km long course lap	2x1.25km short course laps	Bike - Long Norfolk/Run Short-Erskine loop
DUATHLON DUFIT - AG Individuals & Teams	0715-0950	1020	1x1.25km short course lap	10km-1x10km long course lap	2x1.25km short course laps	Run-Short-Erskine loop / Bike- Long-Norfolk/Run-Short Erskine loop
AQUATHLON AQUAFIT - AG Individuals & Teams	0715-0950	1020	1x1.25km short course lap	10 width Swim	2x1.25km short course laps	Run-Short Erskine loop
PLEASE BEAR WITH US IF THERE ARE ANY UNFORESEEN DELAYS DURING THE COURSE OF THE MORNING						