



SPRINGVALE HOUSE 2024 RACE DAY PROGRAMME & EVENT SCHEDULE								
CATEGORY	CHECK IN TIME	START TIME	SWIM	LENGTHS	BIKE	LAPS	RUN	LAPS
JUNIOR SELECTION SPRINT - Juniors ages 16-17 / 18-19	0700 - 0745	0815	750m	30	20km	5	5km	4
TRI RUN-WALK - all ages	0700 - 0800	0830					5km	4
AG SPRINT - ages 16 (if not doing Junior Sprint Selection) and above	0700 - 0800	0830	500m	20	20km	5	5km	4
TRI-KIDZ - ages 6 and under	0700 - 0845	0915		2 widths	1km	1	400m	1
TRISPORT - ages 6 - 11	0700 - 0915	0945		4 widths	2km	2	800m	2
YOUTH SELECTION SUPER-SPRINT - Youth ages 12-13 / 14-15	0700 - 0930	1000	375m	15	10km	2 + 1 short	2.5km	2
AG SUPER-SPRINT - ages 12 (if not doing Youth Selection) and above	0700 - 0945	1015	375m	15	10km	2 + 1 short	2.5km	2
TRI-FIT - ages 12 and above	0700 - 0945	1015	160m	10 widths	10km	2 + 1 short	2.5km	2
TRI-FUN - ages 10 and above	0700 - 1000	1030	96m	6 widths	4km	1	1.25	1

