



EVENT RUN SHEET

Sunday 12 March 2017

Time	Activity
5.45am	Competitors arrive, Rack bike in Transition & Warm up
6.45am	Race Briefing for Tadpoles at Swim Start
7.00am	Tadpoles Triathlon begins
7.10am	Transition Closes for all Mini, Short, Long and Duathlon participants
7.10am	Mini Triathlon Briefing at Swim Start
7.20am	Mini Triathlon Start Last Tadpole finishes & receives breakfast
7.30am	Ride Advice Cyclery Short Course Triathlon Briefing at swim start Duathlon Race Briefing at SunSmart arch
7.40am	Ride Advice Cyclery Short Course Triathlon Start Duathlon Race Start at SunSmart arch
8.00am	City of Joondalup Long Course Triathlon Briefing at Swim Start
8.10am	City of Joondalup Long Course Triathlon Start
9.30am	Presentations start for Mini, Short and Duathlon
10.15am	Approx. time last competitor finishes
10.30am	Presentations Start for Long Course