



EVENT RUN SHEET

Sunday 11 March 2018

| 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 |