

Event	Bike Check in Time	Water cleared (after Warm up)	Pre Race Briefing	Event Start Time	Swim Distance	No of Laps	Swim cut-off time	Cycle Distance	Cycle laps	Run Distance	Run Laps	Estimated event finish time (last athlete)	Medal Presentation
Senior Female	06:30 - 07:30	07:45	07:45	08:00	1500m	2	09:15	40km	4	10km	4	11:00	+/- 12:00
Senior Men	06:30 - 07:30	07:45	07:45	08:05	1500m	2		40km	4	10km	4	11:10	
<i>Elites compete in the above Event</i>													
Junior 16 - 19 Females	10:00 - 10:45	10:45	10:45	11:00	750m	1	11:20 *	20km	2	5km	2	12:30	+/- 13:30
Junior 16 - 19 Males	10:00 - 10:45	10:45	10:45	11:10	750m	1		20km	2	5km	2	12:40	
Junior 12 - 15 females	10:00 - 10:45	11:45	11:45	12:00	400m	1	12:15 *	10km	1	2,5km	1	12:55	+/- 14:00
Junior 12 - 15 males	10:00 - 10:45	11:45	11:45	12:10	400m	1		10km	1	2,5km	1	13:00	
Development Event *** (See Details below under ***)	12:30 - 13:15	13:00	13:00	13:15	200m	1	13:25 *	6km	1	2km	1	13:45	n/a

NB: Due to full road closure for the duration of the event no vehicular traffic other than the designated technical officials will be permitted on any part of the cycle or run course

WET SUITS: -

- a) Provisional Wet suit ruling will be made on the day prior to the event and announced at the pre-race briefing.
- b) A final ruling will be made on race day and announced a minimum of 1 hour prior to the start.
- c) Wetsuit criteria being utilised -
 - i) Senior age groups - Wetsuits permitted if water temperature is 22 deg C or less.
 - ii) Juniors - Wetsuits permitted if water temperature 20 deg C or less.

* Times are indication only and will be guided by the TD on the day. Slow swimmers to be given an opportunity to complete the swim within reason and no swimmer to be removed unless experiencing difficulty or at risk of injury / hyperthermia

** Start gap will be determined according to size of field to avoid overlapping by the two waves

*** **The Development Event is open to -** (Note reference to PDI = Previously Disadvantaged Individual)

- a) Relay teams made up of either Provincial Junior Triathletes (one must be PDI) **or** PDI Senior / Junior Combination. i.e. At least one Team Member must be PDI.
- b) Individual PDI Athletes Junior or Senior may compete individually in this event.
- c) The Athletes referred to above do not have to be part of the Official Provincial Squads competing on the day.
- d) Prize money will be awarded to the Province in respect of this Event.