



MIXED RELAY INVITATIONAL

Monday 8th April	
6:30am– 7:30am	Bike Course Familiarisation
7:30am	Registration/Transition Opens
8:00am	Registration/ Transition Closes
7:30am – 8:30am	Pool Warm Up - Lanes 1-2 ONLY
<u>Round 1</u> Heats	
8:15am	Race Briefing - ALL - 300m / 7km / 1.5km
8:30am	Heat 1 - Race Start
10:00am	Heat 2 - Race Start
LUNCH BREAK – 11:30 – 12:00pm	
<u>Round 2</u> Finals	
12:00pm	Race Start - B Final
1:30pm	Race Start - A Final
3:30pm	Presentations (or earlier)

This Schedule is Subject to change pending team numbers.