

Date	Start Time	Finish Time	Event	Timed	Leg 1 Descrip	Leg 1 Length	Leg 2 Descrip	Leg 2 Length	Leg 3 Descrip	Leg 3 Length
Saturday 1st Dec	8:30	9:30	Registration & Transition opens							
Saturday 1st Dec	9:30	11:15	Bike & Swim familiarisation U23 & Junior							
Saturday 1st Dec	9:30	10:30	Bike skills clinic - Youth & non-draft							
Saturday 1st Dec	10:30	11:15	Swim clinic - Youth & non -drafting							
Saturday 1st Dec	11:30		ITU Youth/Junior/U23 Aquathlon	yes	Swim	300m	Run	1.5		
Saturday 1st Dec	12:15	13:00	Lunch - supplied							
Saturday 1st Dec	13:15		TNSW/ ITU Super Sprint Triathlon - Heats	yes	Swim	300m	Cycle	5km - 4 x laps	Run	1.5km - 3 x laps
Saturday 1st Dec	14:00		Transition race - non-drafting	yes	Swim	200m	Cycle	4.4 km 2 laps	Run	1km - 2 x lap
Saturday 1st Dec	16:00		TNSW/ITU Super Sprint Triathlon - Finals	yes	Swim	300m	Cycle	5km - 4 x laps	Run	1.5km - 3 x laps
Sunday 2nd Dec	07:30	8:30	Registration & Transition opens							
Sunday 2nd Dec	8:30		Splash under 7	no	Swim	50m splash	Cycle	1.2km	Run	200m
Sunday 2nd Dec	8:45		Dash 7 -10+yrs	no	Swim	100m	Cycle	2.4km	Run	500km
Sunday 2nd Dec	9:10		Super Sprint - non-draft (10yrs+)	yes	Swim	200m	Cycle	4.4km 2 laps	Run	1.5km - 3 x laps
Sunday 2nd Dec	10:00	11:30	TNSW/ITU Mixed Teams Relay - draft legal	yes	Swim	300m	Ride	5km - 4x laps	Run	1.5km - 3 x laps