

2020 SportsCare & Physiotherapy Capital Trilogy Triathlon

Draft Schedule as at 17th December 2019

Saturday 18th January 2020				
6.00am		AG Supersprint /ENDURO	Registrations Open	Athlete Services Tent
6.00am		AG Supersprint /ENDURO	Transition Open	Transition
6.00am		All	Full Road Closure (Lady Denman Drive, Garryowen Drive, John Cardiff Close)	Cycle Course/Car park
6.20am		Age Group Supersprint	Registration Closes	Athlete Services Tent
6.30am		Age Group Supersprint	Transition closes	Transition
6.40am		Age Group Supersprint	Compulsory race briefing for all AGE GROUP Supersprint	Transition
6.40am		Age Group Enduro	Registration Closes	
6.50am		Age Group Enduro	Transition Closes	
6.50am		Club Mixed Team Relay	Registration Opens	Athlete Services Tent
7.30am		Youth Mixed Team Relay	Transition opens for bike check-in and equipment setup	Transition
7:00am		Age Group Supersprint	Race Start - Age Group Supersprint Male NON-Draft	Race Start
7:05am		Age Group Supersprint	Race Start - Age Group Supersprint Female NON-Draft	Race Start
7.10am		Age Group Enduro	Compulsory race briefing for all ENDURO	Race Start
7.30am		Age Group Enduro	Race Start - ENDURO Male Draft	Race Start
7.35am		Age Group Enduro	Race Start - ENDURO Female Draft	Race Start
8.20am		Age Group Supersprint	Transition Opens for bike check-out	Transition
8.20am		Youth Mixed Team Relay	Transition closes	Transition
8.45am		Youth Mixed Team Relay	Start (1st athlete)	Race Start
9.05am		Junior Mixed Team Relay	Transition opens for bike check-in and equipment setup	Transition
9.45am		Junior Mixed Team Relay	Registration Closes	Athlete Services Tent
9.50am		Junior Mixed Team Relay	Transition closes	Transition
10.05am		Youth Mixed Team Relay	Transition open for Youth (bike check out)	Transition
10.15am		Junior Mixed Team Relay	Start (1st athlete)	Race Start
10.30am		Club Mixed Team Relay	Transition opens for bike check-in and equipment setup	Transition
11.15am		Club Mixed Team Relay	Registration Closes	Athlete Services Tent
11.20am		Club Mixed Team Relay	Transition closes	Transition
11.25am		Club Mixed Team Relay	Compulsory race briefing for Club Mixed Team Relay	Transition
11.35am		Junior Mixed Team Relay	Transition open for Junior (bike check out)	Transition
11.45am		Club Mixed Team Relay	Start (1st athlete)	Race Start
12.15pm		Mixed Team Relay (Youth & Junior)	Prizegiving - Youth & Junior MTR	Finish Line
1.45pm		Club Mixed Team Relay	Transition open for all Club (bike check out)	Transition
2pm		Club Mixed Team Relay	Prizegiving - Club Mixed Team Relay & AG Supersprint / ENDURO	Finish Line
2.30pm		All	Event Complete	Race Site
3.00pm		All	Roads open	Cycle Course

Sunday 19th January 2020

Time	Wave	Competitors	Whats Happening	Venue
6.00am		All	Full Road Closure (Garryowen Drive, John Cardiff Close)	Cycle Course/Car park
6.40am		Youth/Junior/OPEN	Transition opens for bike check-in and equipment setup	Transition
7.30am		Youth/Junior/OPEN	Transition closes	Transition
8.00am	4	Youth A/B (Race 1)	Race Start - YOUTH A/B Male	Race Start
8.30am	5	Youth A/B (Race 1)	Race Start - YOUTH A/B Female	Race Start
9.00am	6	Junior (Race 1)	Race Start - JUNIOR Male	Race Start
9.30am	7	Junior (Race 1)	Race Start - JUNIOR Female	Race Start
10.00am	8	OPEN (Race 1)	Race Start - Open Male	Race Start
10.02am	9	OPEN (Race 1)	Race Start - Open Female	Race Start
10.30am	10	Youth A/B (Race 2)	Race Start - YOUTH A/B Male	Race Start
11.00am	11	Youth A/B (Race 2)	Race Start - YOUTH A/B Female	Race Start
11.30am	12	Junior (Race 2)	Race Start - JUNIOR Male	Race Start
12.00pm	13	Junior (Race 2)	Race Start - JUNIOR Female	Race Start
12.30pm	14	OPEN (Race 2)	Race Start - Open Male	Race Start
12.32pm	15	OPEN (Race 2)	Race Start - Open Female	Race Start
1.00pm		All	Transition Opens for bike check-out	Transition
1.00pm		All	Prizegiving	Finish Line
1.00pm		All	Event Complete	Race Site
2.00pm		All	Roads Re-Open	Race Site