## FRIDAY

| Time    | Activity  |                                     |  |
|---------|---|-------------------------------------|--|
| 6:00am  | Registrations & Transition Opens – Junior U23, Youth and Rookie |                                     |  |
| 7:00am  | Registrations & Transition Closes                               | – Junior U23, Youth and Rookie      |  |
| 7:05am  | Race Briefings – Junior U23 Le Mans<br>250m / 5km / 250m        | Youth Aquathlon<br>400m / 800m      |  |
| 7:10am  | Junior U23 Le Mans – Male Wave #1                               | Youth Aquathlon – Female Wave #1    |  |
| 7:20 am | Junior U23 Le Mans – Male Wave #2                               | Youth Aquathlon – Female Wave #2    |  |
| 7:30am  |   | Youth Aquathlon – Male Wave #1      |  |
| 7:40am  | Junior U23 Le Mans – Female Wave #1                             | Youth Aquathlon – Male Wave #2      |  |
|         |   | Rookies Aquathlon<br>200m / 400m    |  |
| 8:00am  | Junior U23 Le Mans – Female Wave #2                             | Rookies Aquathlon – Female          |  |
| 8:20am  |   | Rookies Aquathlon – Male            |  |
| 8:40am  | Transition Opens – Junior U23, Youth and Rookies                |                                     |  |
| 9:00am  | Transition Closes – Junior U23, Youth and Rookies               |                                     |  |
| 9:05am  | Race Briefings – Junior Aquathlon<br>400m / 800m                | Youth Le Mans<br>250m / 3km / 250m  |  |
| 9:10am  | Junior U23 Aquathlon – Male Wave #1                             | Youth Le Mans – Female Wave #1      |  |
| 9:30am  | Junior U23 Aquathlon – Male Wave #2                             | Youth Le Mans – Female Wave #2      |  |
| 9:50am  |   | Youth Le Mans – Male Wave #1        |  |
| 10:10am | Junior U23 Aquathlon – Female Wave #1                           | Youth Le Mans – Male Wave #2        |  |
| 10:30am | Junior Aquathlon – Female Wave #2                               | Rookie Le Mans<br>250m / 2km / 250m |  |
|         |   | Rookie Le Mans – Male               |  |
|         |   | Rookie Le Mans – Female             |  |
| 10:50am | LUNCH   |                                     |  |
| 11:45pm | Transition Opens  | – MR Rookies                        |  |
| 12:00pm | Transition Closes – MR Rookies                                  |                                     |  |
| 12:05pm | Race Briefings – ROOKIE MR – 150m / 2km / 400m                  |                                     |  |
| 12:10pm | Rookies MR  |                                     |  |
| 12:40pm | Transition Opens – MR Youth                                     |                                     |  |
| 1:00pm  | Transition Closes – MR Youth                                    |                                     |  |
| 1:05pm  | Race Briefings – YOUTH MR – 200m / 4km / 800m                   |                                     |  |
| 1:10pm  | Youth MR – Wave #1  |                                     |  |
| 1:40pm  | Youth MR – Wave #2  |                                     |  |
| 2:20pm  | Transition Opens – MR Junior                                    |                                     |  |
| 2:40pm  | Transition Closes – MR Junior                                   |                                     |  |
| 2:45pm  | Race Briefings – JUNIOR U23 MR – 300m / 5.5km / 1.2km           |                                     |  |
| 2:50pm  | Junior U23 MR – Wave #1   |                                     |  |
|         | Junior U23 MR – Wave #2   |                                     |  |
| 3:30pm  | 301101 023 101  |                                     |  |

## SATURDAY

| Time    |  | Activity  |  |  |
|---------|--|---|--|--|
| 6:00am  | Transition Ope   | ns – JUNIOR/23 SPRINT                                     |  |  |
| 6:40am  | Transition Close   | ses – JUNIOR/23 SPRINT<br>/23 SPRINT – 250m / 6km / 1.2km |  |  |
| 6:45am  | Race Briefing – JUNIOR/2   |   |  |  |
| 6:50am  |  | Junior Males – Heat #1                                    |  |  |
| 7:10am  |  | Junior Males – Heat #2                                    |  |  |
| 7:30am  |  | Junior Females – Heat #1                                  |  |  |
| 7:50am  |  | Junior Females – Heat #2                                  |  |  |
| 8:10am  | Reset Tra  | insition (10 mins)  |  |  |
| 8:20am  |  | Junior Males – Heat #1                                    |  |  |
| 8:40am  | RACE 2.  Reset Transition (1 RACE 3.  Transition Opens – Rookie Lunch Transition Closes – Rookie | Junior Males – Heat #2                                    |  |  |
| 9:00am  |  | Junior Females – Heat #1                                  |  |  |
| 9:20am  |  | Junior Females – Heat #2                                  |  |  |
| 9:40m   | Reset Tra  | insition (10 mins)  |  |  |
| 9:50am  |  | Junior Males – Heat #1                                    |  |  |
| 10:10am |  | Junior Males – Heat #2                                    |  |  |
| 10:30am | RACE 3.  | Junior Females – Heat #1                                  |  |  |
| 10:50am |  | Junior Females – Heat #2                                  |  |  |
| 11:10pm | Transition Open  | s – Rookie Super SPRINT                                   |  |  |
|         |  | Lunch   |  |  |
| 11:30pm | Transition Close   | s – Rookie Super SPRINT                                   |  |  |
| 11:55pm | Race Briefing – Rookie Su  | ie Super SPRINT – 200m / 4km / 800m                       |  |  |
| 12:00pm |  | Rookie Males  |  |  |
| 12:15pm | RACE 1.  | Rookie Females  |  |  |
| 12:30pm | Transition Opens   | – YOUTH DOUBLE SPRINT                                     |  |  |
| 12:50pm | Transition Closes  | Transition Closes – YOUTH DOUBLE SPRINT                   |  |  |
| 12:55pm | Race Briefing – YOUTH DO   | UBLE SPRINT – 150m / 4km / 800m                           |  |  |
| 1:00pm  |  | Youth Males – Heat #1                                     |  |  |
| 1:15pm  |  | Youth Males – Heat #2                                     |  |  |
| 1:30pm  | RACE 1.  | Youth Females – Heat #1                                   |  |  |
| 1:45pm  |  | Youth Females – Heat #2                                   |  |  |
| 2:00pm  | Reset Transition (10 mins)   |   |  |  |
| 2:05pm  |  | Junior Males – Heat #1                                    |  |  |
| 2:20pm  |  | Junior Males – Heat #2                                    |  |  |
| 2:35pm  | RACE 2.  | Junior Females – Heat #1                                  |  |  |
| 2:50pm  |  | Junior Females – Heat #2                                  |  |  |
| 3:05pm  | Transition Opens – YOUTH DOUBLE SPRINT OPENS   |   |  |  |
| 3:30pm  | D/   | AY 2 ENDS   |  |  |

## SUNDAY

| 6:30amTransition Opens - ALL7:10amTransition Closes - ALL7:15amMini Aquathlon Briefing - 200m/50m/200m7:20amMini Aquathlon Briefing - 400m/100m/400m7:40amMinor Aquathlon Briefing - 400m/100m/400m7:45amMinor Aquathlon Briefing - 400m/100m/400m7:45amMinor Aquathlon Briefing - All Finals8:05amMinor Aquathlon Female8:30amRace Briefing - All Finals8:35amRookie Final - 200m/4km/800m8:35amRookie Female Final8:55amRookie Female Final9:15amYouth FINALS 300m / 8km / 1.6km9:15amYouth Females - Final B9:35amJunior/ U23 & Youth Females - Final B10:15amJunior/ U23 Females - Final B10:15amYouth Males - Final A10:55amYouth Males - Final A11:15amJunior/U23 Males - Final A11:155pmTransition Opens - ALL12:30pmPresentations  | Time    | Activity                                     |  |
|--|---------|--|--|
| 7:15amMini Aquathlon Briefing - 200m/50m/200m7:20amMini Aquathlon Briefing - 400m/100m/400m7:40amMinor Aquathlon Briefing - 400m/100m/400m7:45amMinor Aquathlon Briefing - 400m/100m/400m7:45amMinor Aquathlon Female8:05amMinor Aquathlon Female8:30amRace Briefing - All Finals8:35amRookie Final - 200m/4km/800m8:35amRookie Male Final8:55amRookie Female Final9:15amYouth FINALS 300m / 8km / 1.6km9:15amYouth Females - Final B9:35amJunior U23 & Youth Females - Final B9:55amJunior/ U23 Males - Final B10:15amJunior/ U23 Females - Final A10:55amYouth Males - Final A11:15amJunior/U23 Males - Final A11:35amJunior/U23 Females - Final A11:35amJunior/U23 Females - Final A11:35amJunior/U23 Females - Final A11:35amJunior/U23 Females - Final A  | 6:30am  | Transition Opens - ALL                       |  |
| 7:20amMini Aquathlon Male & Females7:40amMinor Aquathlon Briefing – 400m/100m/400m7:45amMinor Aquathlon Male8:05amMinor Aquathlon Female8:30amRace Briefing – All Finals8:30amRookie Final – 200m/4km/800m8:35amRookie Male Final8:55amRookie Female Final9:15amYouth FINALS 300m / 8km / 1.6km9:15amYouth Males – Final B9:35amYouth Females – Final B9:35amJunior/U23 Males – Final B10:15amJunior/U23 Females – Final A10:35amYouth Females – Final A11:15amJunior/U23 Females – Final A11:35amJunior/U23 Females – Final A | 7:10am  | Transition Closes - ALL                      |  |
| 7:40amMinor Aquathlon Briefing - 400m/100m/400m7:45amMinor Aquathlon Male8:05amMinor Aquathlon Female8:30amRace Briefing - All Finals8:30amRookie Final - 200m/4km/800m8:35amRookie Female Final8:55amRookie Female Final9:15amYouth FINALS 300m / 8km / 1.6km9:15amYouth Males - Final B9:35amJunior /U23 & Youth Females - Final B9:35amJunior/ U23 Males - Final B10:15amJunior /U23 Females - Final A10:55amYouth Males - Final A11:15amJunior/U23 Males - Final A11:35amJunior/U23 Females - Final A11:35amJunior/U23 Females - Final A   | 7:15am  | Mini Aquathlon Briefing – 200m/50m/200m      |  |
| 7:45amMinor Aquathlon Male8:05amMinor Aquathlon Female8:30amRace Briefing – All Finals8:30amRookie Final – 200m/4km/800m8:35amRookie Male Final8:55amRookie Female Final9:15amYouth FINALS 300m / 8km / 1.6km9:15amYouth Males – Final B9:35amYouth Females – Final B9:55amJunior/ U23 Males – Final B10:15amJunior/ U23 Females – Final A10:55amYouth Kales – Final A11:15amJunior/U23 Females – Final A11:15amJunior/U23 Females – Final A11:55pmTransition Opens - ALL  | 7:20am  | Mini Aquathlon Male & Females                |  |
| 8:05amMinor Aquathlon Female8:30amRace Briefing – All FinalsRookie Final – 200m/4km/800m8:35amRookie Male Final8:55amRookie Female Final3:55amRookie Female Final9:15amYouth FINALS 300m / 8km / 1.6km9:15amYouth Males – Final B9:35amYouth Females – Final B9:55amJunior/ U23 Males – Final B10:15amJunior/ U23 Females – Final B10:35amYouth Males – Final A11:15amJunior/U23 Males – Final A11:15amJunior/U23 Males – Final A11:35amJunior/U23 Females – Final A  | 7:40am  | Minor Aquathlon Briefing – 400m/100m/400m    |  |
| 8:30amRace Briefing – All FinalsRookie Final – 200m/4km/800m8:35amRookie Male Final8:55amRookie Female Final9:15amJunior U23 & Youth FINALS 300m / 8km / 1.6km9:15amYouth Males – Final B9:35amYouth Females – Final B9:55amJunior/ U23 Males – Final B10:15amJunior/ U23 Females – Final B10:15amYouth Males – Final A11:15amJunior/U23 Females – Final A11:15amJunior/U23 Males – Final A11:155pmTransition Opens - ALL  | 7:45am  | Minor Aquathlon Male                         |  |
| Rookie Final – 200m/4km/800m8:35amRookie Male Final8:55amRookie Female Final9:15amJunior U23 & Youth FINALS 300m / 8km / 1.6km9:15amYouth Males – Final B9:35amYouth Females – Final B9:55amJunior/ U23 Males – Final B10:15amJunior/ U23 Females – Final B10:35amYouth Males – Final A10:55amYouth Females – Final A11:15amJunior/U23 Males – Final A11:55pmTransition Opens - ALL  | 8:05am  | Minor Aquathlon Female                       |  |
| 8:35amRookie Male Final8:55amRookie Female FinalJunior U23 & Youth FINALS 300m / 8km / 1.6km9:15amYouth Males – Final B9:35amYouth Females – Final B9:55amJunior/ U23 Males – Final B10:15amJunior/ U23 Females – Final B10:35amYouth Males – Final A10:55amYouth Females – Final A11:15amJunior/U23 Males – Final A11:55pmTransition Opens - ALL  | 8:30am  | Race Briefing – All Finals                   |  |
| 8:55amRookie Female FinalJunior U23 & Youth FINALS 300m / 8km / 1.6km9:15amYouth Males – Final B9:35amYouth Females – Final B9:55amJunior/ U23 Males – Final B10:15amJunior/ U23 Females – Final B10:35amYouth Males – Final A10:55amYouth Females – Final A11:15amJunior/U23 Males – Final A11:55pmTransition Opens - ALL   |         | Rookie Final – 200m/4km/800m                 |  |
| Junior U23 & Youth FINALS 300m / 8km / 1.6km9:15amYouth Males – Final B9:35amYouth Females – Final B9:55amJunior/ U23 Males – Final B10:15amJunior/ U23 Females – Final B10:35amYouth Males – Final A10:55amYouth Females – Final A11:15amJunior/U23 Males – Final A11:35amJunior/U23 Males – Final A11:35amJunior/U23 Males – Final A11:35amJunior/U23 Males – Final A  | 8:35am  | Rookie Male Final                            |  |
| 9:15amYouth Males – Final B9:35amYouth Females – Final B9:55amJunior/ U23 Males – Final B10:15amJunior/ U23 Females – Final B10:35amYouth Males – Final A10:55amYouth Females – Final A11:15amJunior/U23 Males – Final A11:35amJunior/U23 Females – Final A11:35amJunior/U23 Females – Final A11:35amJunior/U23 Females – Final A11:35amJunior/U23 Females – Final A   | 8:55am  | Rookie Female Final                          |  |
| 9:35amYouth Females – Final B9:55amJunior/ U23 Males – Final B10:15amJunior/ U23 Females – Final B10:35amYouth Males – Final A10:55amYouth Females – Final A11:15amJunior/U23 Males – Final A11:35amJunior/U23 Females – Final A11:35amJunior/U23 Females – Final A11:35amJunior/U23 Females – Final A   |         | Junior U23 & Youth FINALS 300m / 8km / 1.6km |  |
| 9:55amJunior/ U23 Males – Final B10:15amJunior/ U23 Females – Final B10:35amYouth Males – Final A10:55amYouth Females – Final A11:15amJunior/U23 Males – Final A11:35amJunior/U23 Females – Final A11:35amJunior/U23 Females – Final A11:55pmTransition Opens - ALL  | 9:15am  | Youth Males – Final B                        |  |
| 10:15amJunior/ U23 Females – Final B10:35amYouth Males – Final A10:55amYouth Females – Final A11:15amJunior/U23 Males – Final A11:35amJunior/U23 Females – Final A11:55pmTransition Opens - ALL  | 9:35am  | Youth Females – Final B                      |  |
| 10:35amYouth Males – Final A10:55amYouth Females – Final A11:15amJunior/U23 Males – Final A11:35amJunior/U23 Females – Final A11:55pmTransition Opens - ALL  | 9:55am  | Junior/ U23 Males – Final B                  |  |
| 10:55amYouth Females – Final A11:15amJunior/U23 Males – Final A11:35amJunior/U23 Females – Final A11:55pmTransition Opens - ALL  | 10:15am | Junior/ U23 Females – Final B                |  |
| 11:15amJunior/U23 Males – Final A11:35amJunior/U23 Females – Final A11:55pmTransition Opens - ALL  | 10:35am | Youth Males – Final A                        |  |
| 11:35amJunior/U23 Females – Final A11:55pmTransition Opens - ALL   | 10:55am | Youth Females – Final A                      |  |
| 11:55pm Transition Opens - ALL   | 11:15am | Junior/U23 Males – Final A                   |  |
|  | 11:35am | Junior/U23 Females – Final A                 |  |
| 12:30pm Presentations  | 11:55pm | Transition Opens - ALL                       |  |
|  | 12:30pm | Presentations                                |  |