

## 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 250m / 5km / 250m	Youth Aquathlon 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
		<b>Rookies Aquathlon 200m / 400m</b>
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 400m / 800m	Youth Le Mans 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	<b>Rookie Le Mans 250m / 2km / 250m</b>
		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	
3:30pm	Junior U23 MR – Wave #2	
3:50pm	Transition Opens – JUNIOR U23	
4:00pm	DAY 1 ENDS	

**SATURDAY**

<b>Time</b>	<b>Activity</b>	
<b>6:00am</b>	<b>Transition Opens – JUNIOR/23 SPRINT</b>	
<b>6:40am</b>	<b>Transition Closes – JUNIOR/23 SPRINT</b>	
<b>6:45am</b>	<b>Race Briefing – JUNIOR/23 SPRINT – 250m / 6km / 1.2km</b>	
6:50am	RACE 1.	Junior Males – Heat #1
7:10am		Junior Males – Heat #2
7:30am		Junior Females – Heat #1
7:50am		Junior Females – Heat #2
<b>8:10am</b>	<b>Reset Transition (10 mins)</b>	
8:20am	RACE 2.	Junior Males – Heat #1
8:40am		Junior Males – Heat #2
9:00am		Junior Females – Heat #1
9:20am		Junior Females – Heat #2
<b>9:40m</b>	<b>Reset Transition (10 mins)</b>	
9:50am	RACE 3.	Junior Males – Heat #1
10:10am		Junior Males – Heat #2
10:30am		Junior Females – Heat #1
10:50am		Junior Females – Heat #2
<b>11:10pm</b>	<b>Transition Opens – Rookie Super SPRINT</b>	
	<b>Lunch</b>	
<b>11:30pm</b>	<b>Transition Closes – Rookie Super SPRINT</b>	
<b>11:55pm</b>	<b>Race Briefing – Rookie Super SPRINT – 200m / 4km / 800m</b>	
12:00pm	RACE 1.	Rookie Males
12:15pm		Rookie Females
<b>12:30pm</b>	<b>Transition Opens – YOUTH DOUBLE SPRINT</b>	
<b>12:50pm</b>	<b>Transition Closes – YOUTH DOUBLE SPRINT</b>	
<b>12:55pm</b>	<b>Race Briefing – YOUTH DOUBLE SPRINT – 150m / 4km / 800m</b>	
1:00pm	RACE 1.	Youth Males – Heat #1
1:15pm		Youth Males – Heat #2
1:30pm		Youth Females – Heat #1
1:45pm		Youth Females – Heat #2
<b>2:00pm</b>	<b>Reset Transition (10 mins)</b>	
2:05pm	RACE 2.	Junior Males – Heat #1
2:20pm		Junior Males – Heat #2
2:35pm		Junior Females – Heat #1
2:50pm		Junior Females – Heat #2
<b>3:05pm</b>	<b>Transition Opens – YOUTH DOUBLE SPRINT OPENS</b>	
<b>3:30pm</b>	<b>DAY 2 ENDS</b>	

## SUNDAY

Time	Activity
6:30am	Transition Opens - ALL
7:10am	Transition Closes - ALL
7:15am	Mini Aquathlon Briefing – 200m/50m/200m
7:20am	Mini Aquathlon Male & Females
7:40am	Minor Aquathlon Briefing – 400m/100m/400m
7:45am	Minor Aquathlon Male
8:05am	Minor Aquathlon Female
8:30am	Race Briefing – All Finals
	Rookie Final – 200m/4km/800m
8:35am	Rookie Male Final
8:55am	Rookie Female Final
	<b>Junior U23 &amp; Youth FINALS 300m / 8km / 1.6km</b>
9:15am	Youth Males – Final B
9:35am	Youth Females – Final B
9:55am	Junior/ U23 Males – Final B
10:15am	Junior/ U23 Females – Final B
10:35am	Youth Males – Final A
10:55am	Youth Females – Final A
11:15am	Junior/U23 Males – Final A
11:35am	Junior/U23 Females – Final A
11:55pm	Transition Opens - ALL
12:30pm	Presentations