

Schedule*



Friday 14 th of July 2023		
0915 – 0945	All Athlete transfer from accommodation to venue	University Bay Campus
1015-1045	Bike course familiarisation (All)	Transition Area
1045-1115	Run course familiarisation (All)	Transition Area
1145-1230	Swim course familiarisation	Prince of Wales Dock
1230 – 1400	PTWC + VI bike check / storage	Athlete Lounge - IQ building
1245- 1315	Athlete transfer (PTS) from venue to accommodation	Athlete Lounge
14:30- 15:30	PTWC + VI Athlete transfer from venue to accommodation	Athlete Lounge
17:00	Athletes briefing & Race Package pick up	University Bay Campus
Saturday 15 th of July 2023		
10:00-10:30	Athlete transfer from accommodation to venue – PTS5 M & PTVI M/F	University Bay Campus
10:30-11:45	Athlete Lounge check in – PTS5 M & PTVI M/F	Athlete Lounge
10:30-12:00	Transition check in – PTS5 M & PTVI M/F	Transition Area
11:30	Run course measurement	Run course
11:30-12:00	Athlete swim warm up – PTS5 M & PTVI M/F	Prince of Wales Dock
12:20	Athlete introductions – PTS5 M & PTVI M/F	Start
12:30:00	Race start – PTS5 M	Prince of Wales Dock
12:40:00	Race start – PTVI1 M	Prince of Wales Dock
12:42:41	Race start – PTVI2/3 M	Prince of Wales Dock
12:44:00	Race start – PTVI1 F	Prince of Wales Dock
12:47:11	Race start – PTVI2/3 F	Prince of Wales Dock
10:30-11:00	Athlete transfer from accommodation to venue – PTWC M/F	University Bay Campus
11:00-12:10	Athlete Lounge check in – PTWC M/F	Athlete Lounge
11:00-12:20	Transition check in – PTWC M/F	Transition Area
13:10-13:40	Athlete swim warm up – PTWC M/F	Prince of Wales Dock
14:00:00	Athlete introductions – PTWC M/F	Start
14:10:00	Race start – PWTC1 M	Prince of Wales Dock
14:13:00	Race start – PTWC2 M	Prince of Wales Dock
14:15:00	Race start – PTWC1 F	Prince of Wales Dock
14:18:38	Race start – PTWC2 F	Prince of Wales Dock
13:15-13:45	Athlete transfer from accommodation to venue - PTS2 M/F -5 F	University Bay Campus
13:45-15:00	Athlete Lounge check in PTS2 M/F -5F	Athlete Lounge
14:45-15:15	Athlete swim warm up – PTS2 M/F -5F	Prince of Wales Dock
15:30	Athlete introductions – PTS2 M/F – 5F	Start
15:45:00	Race start – PTS5 F.	Prince of Wales Dock
15:45:00	Race start – PTS2 F	

15:45:00	Race start – PTS3 F	Prince of Wales Dock
15:45:00	Race start – PTS4 F	
15:50:00	Race start – PTS4 M	Prince of Wales Dock
15:55:00	Race start – PTS2 M	Prince of Wales Dock
15:55:00	Race start – PTS3 M	
17:45-18:15	Medal ceremonies	Finish Area
18:30-19:00	All Athlete transfer from venue to accommodation	Athlete Lounge

** Please note, schedule is subject to change.*