

**SUNDAY 16TH SEPTEMBER – FULL SCHEDULE**

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| **Start Time** | **End Time** | **Activity** |
| 07:00 |   | Venue & registration area open |
| 07:15 | 09:00 | Transition open – Youth & Junior  |
| 07:45 | 08:00 | Bike Familiarisation |
| 08:45 |  | Youth & Junior Mixed Relay Wave 1 to Swim Start  |
| **09:00** |  | **Youth & Junior Mixed Relay Wave 1 RACE START** |
| 10:45 |  | Youth & Junior Mixed Relay Wave 2 to Swim Start |
| **11:00** |  | **Youth & Junior Mixed Relay Wave 2 RACE START** |
| 11:00 | 12:30 | Transition open - TriStar  |
| 13:30 | 14:00 | Youth & Junior Mixed Relay presentations |
| 13:00 |  | TriStar Mixed Relay Wave 1 to Swim Start  |
| **13:15** |  | **TriStar Mixed Relay Wave 1 RACE START** |
| 14:25 |  | TriStar Mixed Relay Wave 1 to Swim Start  |
| **14:40** |  | **TriStar Mixed Relay Wave 2 RACE START** |
| 16:30 | 17:00 | TriStar Mixed Relay presentations |
| 16:30 |  | Transition Closes |