

**SATURDAY 15TH SEPTEMBER – FULL SCHEDULE**

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| **Start Time** | **End Time** | **Activity** |
| 07:15 |   | Venue and registration open |
| 07:30 |  | Transition opens – Youth & Junior |
| 07:45 | 08:00 | Youth and Junior Bike Familiarisation |
| 08:00 | 08:30 | Youth Female Gear Restriction Checks |
| 08:30 | 09:00 | Youth Male Gear Restriction Checks |
| 09:00 |   | Youth Females to swim start |
| **09:15** |  | **Youth Female RACE START** |
| 09:45 |   | Youth Males (Wave 1) to swim start |
| **10:00** |  | **Youth Male Wave 1 RACE START** |
| 10:30 |  | Youth Males (Wave 2) to swim start |
| **10:45** |  | **Youth Male Wave 2 RACE START** |
| 11:15 |   | Junior Females to swim start |
| **11:30** |  | **Junior Female RACE START** |
| 12:30  |  | Transition closes – Youth bikes to be cleared |
| 12:35 |   | Junior Males to swim start |
| **12:50** |  | **Junior Male RACE START** |
| 13:00  | 14:00 | IRC Gear Restriction Checks |
| 13:15 |  | Transition opens – Tri Stars 2 & 3 |
| 14:30 | 14:45 | IRC Bike Familiarisation |
| 14:30 | 15:00 | Youth & Junior Presentations |
| 15:15 |   | TriStar3 Girls to swim start |
| **15:30** |  | **TriStar3 Girls RACE START** |
| 15:50 |   | TS3 Boys to swim start |
| **16:05** |  | **TriStar3 Boys Racing** |
| 16:25 |   | TriStar2 Girls to swim start |
| **16:40** |  | **TriStar2 Girls Racing** |
| 16:50 |   | TriStar2 Boys to swim start |
| **17:05** |  | **TriStar2 Boys Racing** |
| 18:00  |  | Transition Closes – all bikes to be cleared |
| 18:00 | 18:30 | IRC Presentations |