







# 2010 Victor Harbor Triathlons

"SD" = Short Distance Triathlon, "OD" = Olympic Distance Triathlon, "MD" = Mini Distance Triathlon

## TIMETABLE FOR RACE DAY

7:20am	Marshal briefing
8:00am	SD Race Briefing in the SD transition area
8:00-9:30am	OD numbers written on right arm & category code on lower leg
8:30am	<b>The  <u>SD Triathlon consisting of 160m swim/8km cycle/1.5km run</u></b>
8:30am	Start for SD Males 20-39 years. WHITE swim caps. RACK 1
8:32am	Start for SD Males under 20 years & 40+ years. ORANGE swim caps. RACK 1
8:34am	Start for SD Females 30+ years & Relay Team swimmers. GREEN swim caps. RACK 2
8:36am	Start for SD Females under 30 years. BLUE swim caps. RACK 2
8:33am	First SD swimmer starts cycle
8:44am	First SD cyclist starts run
8:46am	Last SD swimmer starts cycle
8:50am	First SD competitor finishes
9:00am	OD Race Briefing in OD transition area. Cease OD number writing.
9:10am	Last SD cyclist starts run
9:25am	Last SD competitor finishes
9:30am	<b>The  <u>OD Triathlon consisting of 1.5km swim/40km cycle/10km run</u></b>
9:30am	Start for Open Males. ORANGE swim caps. RACK 3
9:31am	Start for Open Females. PINK swim caps. RACK 3
9:32am	Start for all Age Category Females. GREEN swim caps. RACK 3
9:37am	Start for all Age Category Males under 30 years. WHITE swim caps. RACK 3
9:42am	Start for Age Category Males 40+ years. RED swim caps. RACK 4
9:44am	Start for Relay Team swimmers. YELLOW swim caps. RACK 4
9:47am	Start for Age Category Males 30-39 years. BLUE swim caps. RACK 5
9:47am	First OD swimmer starts cycle
10:30am	Last OD swimmer starts cycle
10:50am	First OD cyclist starts run
11:20am	First OD runner finishes
11:50am	5K Race Briefing adjacent to start/finish line.
12:00pm	<b>Start  <u>5K RUN/WALK</u></b>
12:15pm	First 5K runner finishes
12:20pm	Last OD cyclist starts run
1:00pm	MD Race Briefing in the SD transition area
1:15pm	Last 5K walker finishes
1:30pm	<b>Start  <u>MD Triathlon consisting of 50m swim/2km cycle/400m run</u></b>
1:31pm	First MD swimmer starts cycle
1:35pm	Last OD runner finishes
1:35pm	First MD cyclist starts run
1:37pm	First MD competitor finishes
1:48pm	Last MD swimmer starts cycle
1:58pm	Last MD cyclist starts run
2:04pm	Last MD competitor finishes
2:00pm	<b>Presentations</b>