




## Victor Harbor Triathlons

"SC" = Short Course, "OD" = Standard Distance, "SD" = Sprint Distance "MD" = Mini Distance Triathlon

### TIMETABLE FOR RACE DAY

7:00am	Transition area/bike compound opens
8:00am	Transition, swim & run marshal briefing in transition area
8:00am	SC Race Briefing in transition area
8:00-9:30am	OD & SD numbers written on right arm & category code on lower leg in the OD transition area
8:30am	<a href="#"><u>The Butler &amp; Butler SC Triathlon consisting of 150m swim/8km cycle/1.5km run</u></a>
<b>WAVE 1</b>	8:30am Start for Males 20-49 years. WHITE swim caps. Row 1
<b>WAVE 2</b>	8:32am Start for Males under 20 years & 50+ years. BRIGHT ORANGE swim caps. Row 1
<b>WAVE 3</b>	8:34am Start for Females under 20 years & Relay Team swimmers. GREEN swim caps. Row 1
<b>WAVE 4</b>	8:36am Start for Females 20-39 years. BLUE swim caps. Row 2
<b>WAVE 5</b>	8:38am Start for Females 40+ years. PURPLE swim caps. Row 2
8:50am	First SC competitor finishes
8:50am	5K Race Briefing adjacent to start/finish line on Matthew Flinders Drive.
9:00am	<a href="#"><u>Start Joggers World 5K RUN/WALK</u></a>
9:00am	OD and SD Race Briefing in transition area.
9:15am	First 5K runner finishes
9:15am	Cease OD number writing.
9:45am	Last SC competitor finishes
9:30am	<a href="#"><u>The  OD Triathlon consisting of 1.5km swim/40km cycle/10km run</u></a>
<b>WAVE 1</b>	9:30am Start for Open Males. BLACK swim caps. Row 3
<b>WAVE 2</b>	9:31am Start for Open Females. PINK swim caps. Row 3
<b>WAVE 3</b>	9:32am Start for Age Category Females under 35 years. Bright ORANGE swim caps. Row 3
<b>WAVE 4</b>	9:35am Start for Age Category Females 35+ years. PURPLE swim caps. Row 3-4
<b>WAVE 5</b>	9:38am Start for all Age Category Males under 30 years. WHITE swim caps. Row 4-5
<b>WAVE 6</b>	9:41am Start for Age Category Males 40-44 years. RED swim caps. Rows 5-6
<b>WAVE 7</b>	9:44am Start for Age Category Males 45-49 years. NAVY BLUE swim caps. Row 6
<b>WAVE 8</b>	9:47am Start for Age Category Males 50+ years. ORANGE swim caps. Rows 6-7
<b>WAVE 9</b>	9:50am Start for Relay Team swimmers. YELLOW swim caps. Row 7
<b>WAVE 10</b>	9:53am Start for Age Category Males 30-34 years. BLUE swim caps. Row 7
<b>WAVE 11</b>	9:56am Start for Age Category Males 35-39 years. BRIGHT GREEN swim caps. Row 8
10:00am	Cease SD number writing.
10:15am	Last 5K walker finishes
10:15am	<a href="#"><u>The Thomas Foods International SD consisting of 750m swim/20km cycle/5km run</u></a>
<b>WAVE 1</b>	10:15am Start for all Males. WHITE swim caps. Rows 9 & 10
<b>WAVE 2</b>	10:20am Start for all Females & Relay Team swimmers. GREEN swim caps. Rows 10 & 11
10:20am	10K Race Briefing adjacent to start/finish line on Matthew Flinders Drive.
10:30am	<a href="#"><u>Start Joggers World 10k RUN/WALK</u></a>
11:00am	First 10K runner finishes
11:20am	First OD runner finishes
12:55am	Last 10K walker finishes
1:00pm	MD Race Briefing in transition area
1:30pm	<a href="#"><u>Start See Optometry MD Triathlon consisting of 50m swim/2km cycle/400m run</u></a>
1:37pm	First MD competitor finishes
1:45pm	Last OD runner finishes
2:04pm	Last MD competitor finishes
2:00pm	<b>Presentations</b>