



KDV BEDDING SMALLBRIDGE DAM, PENHALONGA TRIATHLON & MULTISPORT EVENT 2nd DECEMBER 2023



FRIDAY 1st DECEMBER 2023 * not compulsory		TIME	WHERE		
COURSE FAMILIARISATION		1400	DAM WALL		
REGISTRATION AND PAYMENTS		1300 -1600	CLUB HOUSE		
BRIEFINGS WITH COURSE MAPS - Q & A		1600	CLUB HOUSE		
SATURDAY 2nd DECEMBER - CHECK IN AT DAM WALL FOR ALL EVENTS FROM 0645					
TRIATHLON - SWIM-BIKE-RUN	Pre-Start Briefing	START TIME	SWIM	BIKE	RUN
STANDARD	720	730	1500m	40km	10km
SPRINT - SELECTION JUNIOR MEN & WOMEN	750	800	750m	20km	5km
SPRINT - AGE GROUP	750	800	750m	20km	5km
SUPERSPRINT - SELECTION YOUTH BOYS & GIRLS	850	900	375m	10km	2.5km
SUPERSPRINT - AGE GROUP	905	915	375m	10km	2.5km
TRIFIT - ALL AGES	905	915	250m	10km	2.5km
TRIFUN - ALL AGES	950	1000	125m	5km	1.25km
TRISPORT - AGES 7 - 12 - competent swimmers only	1020	1030	50m	2km	1km
DUATHLON - RUN-BIKE-RUN	Pre-Start Briefing	START TIME	RUN	BIKE	RUN
SPRINT - AGE GROUP	750	800	5km	20km	2.5km
SUPERSPRINT - ALL AGES	905	915	2.5km	10km	1.25km
AQUABIKE - SWIM-BIKE	Pre-Start Briefing	START TIME	SWIM	BIKE	
SPRINT - AGE GROUP	750	800	750m	20km	
SUPERSPRINT - ALL AGES	905	915	375m	10km	
TRIRUN	Pre-Start Briefing	START TIME			RUN
ALL AGES	750	800			5km
OPEN WATER SWIM	Pre-Start Briefing	START TIME			
1500m	1115	1130			
750m	1115	1130			
4 x 500m RELAY	1230	1245			



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