22nd NOVEMBER 2026

SCHOOLS SERIES # 2 - HOSTED BY ABBEYS PREPARATORY SCHOOL

SEASON SERIES / CORPORATE CHALLENGE # 4 / SELECTION # 5

VENUE OPENS FROM 0630 - REPORT TO REGISTRATION & CHECK IN DESK EVEN IF YOU HAVE PRE-REGISTERED - PROCEED TO BIKE CHECK AND TRANSITION. HELMETS ARE COMPULSORY / I-PODS/EARPHONES/MUSIC DEVICES ARE NOT PERMITTED ON THE BIKE AND RUN COURSES. DO NOT BE LATE FOR CHECK IN. YOU WILL BE CALLED FOR RACE BRIEFINGS 5 MINUTES BEFORE THE START OF EACH EVENT

** SCHOOLS SERIES ATHLETES TO CHECK IN AT THE DEDICATED REGISTRATION DESK	CHECK IN TIMES & COURSE	START TIME	REFER TO THE NEW COURSE MAPS ON THE WEBSITE & IN THE BRIEFING ROOM			
			SWIM / RUN	BIKE / SWIM	RUN	COURSE
STANDARD DISTANCE	NORFOLK					
TRIATHLON AG/AQUA-BIKE - AG Individuals & Teams	0645 - 0715	0730	65 widths	40 km = 6 laps long Norfolk course	Run - 2 x 5km laps-Long-Chase loop	Bike- Long-Norfolk/Run-Long-Chase loop
SPRINT DISTANCE	NORFOLK					
TRIATHLON AG/AQUA-BIKE - AG Individuals & Teams	0645 - 0715	0730	33 widths	20 km=3 laps long Norfolk course	1 x 5km long course lap	Bike- Long-new Norfolk/Run-Long-new Chase loop
DUATHLON - AG Individuals & Teams	0645-0715	0730	Run - 2 x 1.25km short course laps	20 km=3 laps long Norfolk course	1 x 5km long course lap	Run-Short-Erskine loop / Bike- Long-new Norfolk/Run-Long-new Chase loop
JUNIOR SPRINT SELECTION	0645 - 0730	0745	Run - 2 x 1.25km short course laps	20 km=3 laps long Norfolk course	1 x 5km long course lap	Run-Short-Erskine loop / Bike- Long-new Norfolk/Run-Long-new Chase loop
TOTS, KIDZ & SPORT	ERSKINE					
TRITOTS	0715 - 0815	0845	1 width	1.5km	400m	TBA at briefing
TRIKIDZ	0715 - 0815	0845	1 width	1.5km	400m	TBA at briefing
TRISPORT	0715 - 0845	0915	2 widths	2.0km	700m	TBA at briefing
SCHOOLS SERIES TRISPORT * see note above for schools registration	0715-0845	0915	2 widths	2.0km	700m	TBA at briefing
FUN DISTANCE	ABC					
TRI-FUN SCHOOLS SERIES * see note above for schools registration	0715-0845	0945	5 widths	5km=1 lap short course	Run 1 x 1.25km short course lap	Bike - Short ABC/Run Short-Erskine loop
TRIATHLON TRIFUN - ALL Individuals & Teams	0915 - 0915	1000	5 widths	5km=1 lap short course	Run 1 x 1.25km short course lap	Bike - Short ABC/Run Short-Erskine loop
DUATHLON DUFUN - ALL Individuals & Teams	0715 - 0915	1000	Run - 1 x 1.25km short course lap	5km=1 lap short course	Run 1 x 1.25km short course lap	Run-Short-Erskine loop/ Bike-Short ABC/Run Short-Erskine loop
AQUATHLON AQUAFUN - ALL Individuals & Teams	0715 - 0915	1000	Run - 1 x 1.25km short course lap	6 width Swim	Run 1 x 1.25km short course lap	Run-Short Erskine loop
SUPERSPRINT DISTANCE	ABC					
YOUTH SELECTION	0715 - 0930	1015	17 widths	10km=2 laps ABC short course	2.5km- 2 x 1.25km short course laps	Bike - Short ABC/Run Short-Erskine loop
AG Individuals & Teams	0715 - 0930	1015	17 widths	10km=2 laps ABC short course	2.5km- 2 x 1.25km short course laps	Bike - Short ABC/Run Short-Erskine loop
FIT DISTANCE	ABC					
TRIATHLON TRIFIT - ALL Individuals, Teams & CORPORATE CHALLENGE TEAMS	0715 - 0945	1030	9 widths	10km=2 laps ABC short course	Run - 2 x 1.25km short course laps	Bike - Short ABC/Run Short-Erskine loop
DUATHLON DUFIT - ALL Individuals, Teams & CORPORATE CHALLENGE TEAMS	0715-0945	1030	Run 1 x 1.25km short course lap	10km=2 laps ABC short course	Run - 2 x 1.25km short course laps	Run-Short-Erskine loop / Bike-short ABC /Run-Short Erskine loop
AQUATHLON AQUAFIT - ALL Individuals & Teams	0715-0945	1030	Run 1 x 1.25km short course lap	10 width Swim	Run - 2 x 1.25km short course laps	Run-Short Erskine loop

PLEASE BEAR WITH US IF THERE ARE ANY UNFORESEEN DELAYS DURING THE COURSE OF THE MORNING

Sincere thanks and appreciation to ABBEYS PREPARATORY SCHOOL for hosting this event