



13 SEPTEMBER 2026 - RACE DAY PROGRAMME

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**

DISCIPLINE	CHECK IN AND COURSE	START TIME	REFER TO THE NEW COURSE MAPS ON THE WEBSITE & IN THE BRIEFING ROOM			
			SWIM / RUN	BIKE / SWIM	RUN	COURSE
TRITOTS	0715-0830	0845	1 width	1.5km	400m	TBA at briefing
TRIKIDZ	0715-0830	0845	1 width	1.5km	400m	TBA at briefing
TRISPORT	0715-0845	0900	2 widths	2.0km	700m	TBA at briefing
FIT DISTANCE	ABC COURSE					
TRIATHLON TRIFIT - ALL Individuals & Teams	0715-0915	0930	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	0715-0915	0930	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	0715-0915	0930	Run 1 x 1.25km short course lap	10 width Swim	Run - 2 x 1.25km short course laps	Run-Short Erskine loop
FUN DISTANCE	ABC COURSE					
TRIATHLON TRIFUN - ALL Individuals & Teams	0715-0930	0945	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	0715-0930	0945	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	0715-0930	0945	Run - 1 x 1.25km short course lap	6 width Swim	Run 1 x 1.25km short course lap	Run-Short Erskine loop

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