

TRIATHLE – SATURDAY 29TH MAY 2021

PROVISIONAL TIMETABLE

8am	Registration Opens	Course / Comment
8:30am	Technical Delegate Briefing	Relaxed, encouraging and supportive briefing to answer any question any athletes may have and to brief you all on the organisation of the course and competition
8:40am	Walk the course / Warm Up	<ul style="list-style-type: none"> ➤ Pool only open for swim warm-up from 8:10 - 8:40am ➤ Athletes are required to have their ID number on both shoulders ➤ The upper body must be covered for Men and Women. ➤ Footwear: a) must not be worn in the Swimming but b) must be worn when running. ➤ Athletes need to ensure all their belongings (shoes, goggles, cap etc.) go IN the corresponding transition box at each transition.
9am	Race # 1 U15	4x400 run + 4x25 swim + 4x5 hits
9:30am	Race # 2 U11 & U 13	2x400 run + 2x50 swim + 2x5 hits U11 Running the U 13 Distance
10am	Race # 3 U17 & Masters	4x600 run + 4x50 swim + 4x5 hits
10:45am	Race # 4 U19 / Juniors / Seniors	4x800 run + 4x50 swim + 4x5 hits
11:30am	Presentation	

Timetable subject to changes

TRIATHLE ENTRANTS LIST

9am Race # 1 U15	9:30 Race # 2 U11 & U 13	10am Race # 3 U17 & Masters	10:45am Race #4 U19 / Juniors / Seniors
Kleinschafer, Ted	Kleinschafer, Henry	Egan, Ed	Watt, Tully
CLARE, MURRAY	Rae, Chad	Bury, Matt	Nicholls, Lachlan
Clarke, Max	Wills, Adam	Bury, Eva	Ashworth, Jessica
Murphy, Analiese	Lee, Peyton	Witt, Renee	Young, Emily
Mason, Matilda	Clarke, Finnley	Miller, Mal	Langdon Macmillan, Tom
Hembling, Holly	Rae, Millie	Temesi, Zara	Myszka, Sophia
Addinsall, Zoe	Bell, Vince	Witt, Madison	Yarrow, Maddison
	Bell, Pippa	Wardrop-Brown, Saffron	Vagg, Amos
	Hembling, Martin	Leen, Chloe	Marks, Mia
	Kleinschafer, Wilfred	Michell, Chloe	Rossini, Taine
		Wills, Luke	

This is an entrant list only, this is NOT the lane draw



LASER RUN – SUNDAY 30TH MAY 2021

PROVISIONAL TIMETABLE

8am	Registration Opens	Course / Comment
8:30am	Warm-up & shooting range area open Will remain open for the duration of the event.	Relaxed, encouraging and supportive briefing to answer any question any athletes may have and to brief you all on the organisation of the course and competition
8:40am	400m & 800m course open	Access to the competition shooting range as soon as Race 1 is complete.
9am	Race # 1 U11 & U 13	2X400m & 3X400m Run the U11 &13 together U11 on 2 laps!
9:25am	Race # 2 U15 & U17 & Masters	4X400,
9:45am	Walk the 800m course - Short walk	Practice shooting range and running area open for warm-up. 5-10 mins on the competition shooting range before competition start for Race 3
10am	Race # 3 U19 / Juniors / Seniors	4X800m
10:30am	Presentation	

Timetable subject to changes

LASER RUN ENTRANTS LIST

9am Race # 1 U11 & U 13 2X400 & 3X400m	9:25am Race # 2 U15, U17 & Masters 4X400m	10am Race # 3 U19 / Juniors / Seniors 4X800m
Kleinschafer, Henry	Addinsall, Zoe	Watt, Tully
Egan, Hazel	Kleinschafer, Ted	Nicholls, Lachlan
Ringuet, Ella	Wills, Luke	Langdon Macmillan, Tom
Wills, Adam	Michell, Chloe	Myszka, Sophia
Lee, Peyton	Clare, Murray	Fernon, Ed
Clarke, Finnley	Clarke, Max	Carrier, Marina
Egan, Leo	Murphy, Analiese	Vagg, Amos
Ringuet, Greer	Mason, Matilda	Cathal Brennan - Invitational (pacer)
Kleinschafer, Wilfred	Wardrop-Brown, Saffron	Hannah Cox - Invitational (pacer)
	Leen, Chloe	
	Temesi, Zara	
	Egan, Ed	
	Ringuet, Annette	

This is an entrant list, this is NOT the lane draw

