

Saturday 23rd Event Timetable

Senior, Junior, U19 Athletes Saturday 23 rd April, 2022	
Estimated Times	
	Athletes will have access to all facilities for their warm up Personalised boxes will be available at the Laser Run transition station. Athletes can save precious transition minutes by leaving their pistols and other laser run equipment in the transition boxes at the shooting range after they finish general warm up.
9:20am	
10:20am	Warm up closes
10:30am	Fencing Bonus Round Commences
11:20am	Fencing Bonus Round Concludes / Transition Time
11:30am	Swimming Commences - Heats known
11:45am	Swimming Concludes / Transition Time. 12 mins warm up available on the shooting range
12:00pm	Laser Run Commences - Lane number and handicap time will be provided by the LR Director (or delegate) at the shooting range to athletes as promptly as possible.

Youth U17, U15, U13 Saturday 23 rd April, 2022	
Estimated Times	
8:00am	Roll Call - Technical Briefing
8:30am	Fencing Warm up Commences
9:00am	Fencing Ranking Round Commences
11:20am	Fencing Ranking Round Concludes / Transition Time
11:50am	General Warm Up Commences - Athletes can save precious transition minutes by leaving their pistols and other laser run equipment in the transition boxes at the shooting range after they finish general warm up.
12:50pm	General Warm Up Concludes
1:00pm	Swimming Commences - Heats known
1:30pm	Swimming Concludes / Transition Time. 12 mins warm up available on the shooting range for U17's
1:45pm	Laser Run Commences with U17's - Lane number and handicap time will be provided by the LR Director (or delegate) at the shooting range to athletes as promptly as possible.
2:05pm	Laser Run Commences with U15's & U13's
2:30pm	Presentations

NO running spikes allowed