



# **TRIATHLON**

## **RAS AL KHAIMAH**

### **RACE DAY PROGRAM**

06h30: Race Check In Opens, Transition Set Up and Warm Up

07h45: Race Briefing for ALL on beach.

08h00: Start –Super Sprint 13+ years Individual & Relay, Male & Female together

08h05: Start –Junior Super Sprint: Under 13 years Individual & Relay, Male & Female together

08h15: Start –Olympic Male Individual

08h20: Start –Sprint Male Individual

08h25: Start –Olympic & Sprint Female Individual and Olympic & Sprint Relay Teams

10h00: Junior Super Sprint & Super Sprint Prize Giving

#### **10h30: TRANSITION OPENS**

10h30: Sprint Prize Giving

11h00: Race Cut off Time for Olympic Prize Giving

11h05: Olympic Prize Giving

11h30: Official Race Cut Off Time for all distances

