

## Tri Cheddar 2024 Competitor Timing

**ALL competitors must rack their bike before transition closes at 07:55 regardless of race start time**

**Please ensure you know which swim wave you are in and what time your briefing is**

**You should arrive at your briefing ready to start your race**

**As you enter the pool area you will be given your timing chip and coloured swim hat**

*(If you have long hair and need your own swim hat you may wear this under your race hat)*

**Waves 1 & 2 please note your race brief is at 07:40**

Time	What	Who	Where	Lead
06:15	Transition & Registration OPENS	Competitor	Main Hall Tennis Courts	
<b>07:40</b>	<b>Briefing</b>	<b>Wave 1 &amp; 2 Sprint</b>	<b>Pool Area</b>	<b>Margaret</b>
<b>08:00</b>	<b>Race STARTS</b>	Sprint Wave 1 Start	Pool	
<b>08:15</b>	<b>Briefing</b>	<b>Wave 3 &amp; 4 Sprint</b>	<b>Pool Area</b>	<b>Margaret</b>
08:25		Sprint Wave 2 Start	Pool	
08:40		Sprint Wave 3 Start	Pool	
<b>08:45</b>	<b>Briefing</b>	<b>Wave 5 &amp; 6 Sprint</b>	<b>Pool Area</b>	<b>Margaret</b>
08:55		Sprint Wave 4 Start	Pool	
09:10		Sprint Wave 5 Start	Pool	
<b>09:15</b>	<b>Briefing</b>	<b>Wave 7 &amp; 8 Sprint</b>	<b>Pool Area</b>	<b>Margaret</b>
09:25		Sprint Wave 6 Start	Pool	
<b>09:30</b>	<b>Briefing</b>	<b>Wave 9 &amp; 10 Sprint</b>	<b>Pool Area</b>	<b>Margaret</b>
09:40		Sprint Wave 7 Start	Pool	
09:50		Sprint Wave 8 Start	Pool	
10:00		Sprint Wave 9 Start	Pool	
10:10		Sprint Wave 10 Start	Pool	
<b>10:10</b>	<b>Briefing</b>	<b>ALL Super Sprint - Wave 1, 2, 3 &amp; 4</b>	<b>Pool Area</b>	<b>Margaret</b>
10:20		Super Sprint Wave 11 Start	Pool	
10:35		Super Sprint Wave 12 Start	Pool	
10:45		Super Sprint Wave 13 Start	Pool	
10:55		Super Sprint Wave 14 Start	Pool	