



Maitland Triathlon, Country Fun and River Swim Event Schedule of Activities 10-11 Oct 2009

Day	TIME	<i>Event activity</i>
Sat	8.00	Compound tent and admin construction completed
Sat	14.00	Race office open and late entries and race registrations are accepted for all races.
Sat	14.25	Late entries for Swim Race Close
Sat	15.00	Swim Race Starts – approx 45mins to finish
Sat	16.15	Swim Race presentation
Sat	16.30	Finish Rego and late entries
Sat	17.30	Pasta Dinner at Commercial Hotel
Sunday	5.30	Rego and transition opens
Sunday	6.30	Final Race Crew briefing and deployment
Sunday	6.45	Rego and transition closes
Sunday	6.50	Race Briefing Triathlons
Sunday	7.00	Start Mid Distance Triathlon (2 waves, then Club Distance in 3 waves approx 3 – 5 min apart)
Sunday	7.20	First 1500m Swimmers Finished – Cycle Leg Begins
Sunday	8.15	First Cyclist Finished 30km course – Run Leg Begins
Sunday	8.40	First Club Distance Runners Finishing
Sunday	9.30	First Mid Distance Runners Finishing
Sunday	9.40	Last Mid Distance Cyclists Finishing
Sunday	9.50	Last Club Distance Runners Finishing
Sunday	9.55	Fun Run Race Briefing in park next to Bridge (Main Street)
Sunday	10.00	Fun Run Race Starts 8km, then 2 minutes to 4km
Sunday	10.30	First Fun Runner to Finish
Sunday	10.45	Last Mid Distance Runner Finishing
Sunday	10.55	Last Fun Runner to Finish
Sunday	11.45	Presentation of prizes and Raffle Draw for Erox Wet Suit
Sunday	12.30	Post race chit chat and Fit ROK open mic concert begins
Sunday	14.30	Crowd disperses, race compound is dismantled