Mini Triathlon – Piranha TC

Date: Sunday 26th April

Time: 09:00 Sharp

Transition: Open 8am Closes 8:45 pm

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Swim: 400 Meters

Rules:

Be on deck 8:50

Warm up until 8:55

Female Start: 9 am Male Start: 9:10

Swim Clockwise

Touch Wall move to next lane

Remember position gives advantage

On completion of Swim, exit pool through emergency exit, (you will need runners to get to T1)

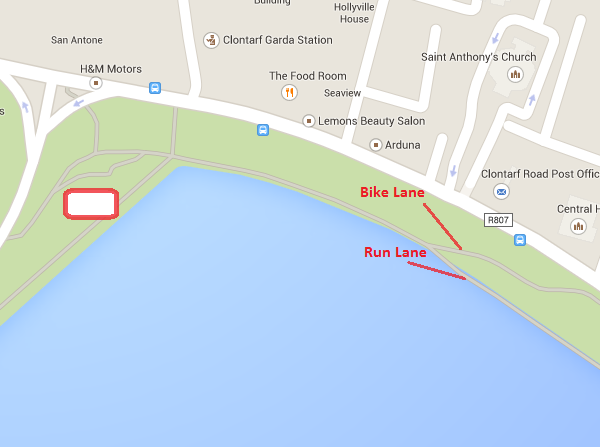
Start: Exit

Transition (T1 / T2 )

Enter transition at In and Exit on footpath (Out)



Bike 10.8 KM ( Out to Wooden Bridge and Back x 2 )



RUN 5 Km

After dropping your Bike in T1 progress to the run. Enter Transition at (IN) and Exit again at (Out)



Marshals Required at

1. Pool (2)
2. Traffic Lights (2)
3. Transition (2)
4. Half way Point (1)
5. Turn Point (1)

I would estimate a minimum of 6-8 Marshals / Volunteers.