

Time	Action / Event
7:45	Participant Check-In Opens
7:50	Transition Opens
8:45	Participant Check-In Closes
8:50	Transition Closes
8:50	Athlete Pre-Race Meeting & Announcements
9:00	Race Start - long men
9:05	Race Start - long women
9:40	Race Start - short men
9:45	Race Start - short women
10:45	Race Start - kids course
11:00	Food, Drink and Social starts
11:15	Awards and Prizes
12:00	Wrap up and Take Down starts