



SUNDAY 13 NOVEMBER
7:15am - ATHLETE BRIEFING



Time	Clean Ladder	
	Mens Bars	Womens Bars
8:00am	Male Heat 1	Female Heat 1
8:10am	Male Heat 2	Female Heat 2
8:20am	Male Heat 3	Female Heat 3
8:30am	Male Heat 4	Female Heat 4
8:40am	Male Heat 5	Female Heat 5
8:50am	Male Heat 6	Female Heat 6
9:00am	Male Heat 7	Female Heat 7
9:10am	Male Heat 8	Female Heat 8
9:20am	Male Heat 9	Female Pairs H1
9:30am	Male Heat 10	Female Pairs H2
9:40am	Male Pairs H1	Mix Pairs H1
9:50am	Male Pairs H2	Mix Pairs H2
10:00am		Mix Pairs H3

NOTE: HEAT TIMES ARE APPROXIMATE ONLY.
IT IS THE ATHLETES RESPONSIBILITY TO
ENSURE THEY ARE AT THEIR HEAT AT THE
CORRECT TIME. MARSHALLING WILL OCCUR
IN THE BUNKER 2 HEATS IN ADVANCE.

Time	Triplet	Triplet
10:14am	Female Heat 1	
10:26am	Female Heat 2	Male Heat 1
10:38am	Female Heat 3	Male Heat 2
10:50am	Female Heat 4	Male Heat 3
11:02am	Female Heat 5	Male Heat 4
11:14am	Female Heat 6	Male Heat 5
11:26am	Female Heat 7	Male Heat 6
11:38am	Female Heat 8	Male Heat 7
11:50pm		Male Heat 8
12:02pm		Male Heat 9
12:14pm		Male Heat 10
12:26pm		Female Pairs H1
12:38pm		Female Pairs H2
12:50pm		Male Pairs H1
1:02pm		Male Pairs H2
1:14pm		Mix Pairs H1
1:26pm		Mix Pairs H2
1:38pm		Mix Pairs H3

Time	Swim Run Dead
11:50pm	Female Heat 1
12:00pm	Female Heat 2
12:10pm	Female Heat 3
12:20pm	Female Heat 4
12:30pm	Female Heat 5
12:40pm	Female Heat 6
12:50pm	Female Heat 7
1:00pm	Female Heat 8
1:10pm	Male Heat 1
1:20pm	Male Heat 2
1:30pm	Male Heat 3
1:40pm	Male Heat 4
1:50pm	Male Heat 5
2:00pm	Male Heat 6
2:10pm	Male Heat 7
2:20pm	Male Heat 8
2:30pm	Male Heat 9
2:40pm	Male Heat 10
2:50pm	Female Pairs H1
3:00pm	Female Pairs H2
3:10pm	Male Pairs H1
3:20pm	Male Pairs H2
3:30pm	Mix Pairs H1
3:40pm	Mix Pairs H2
3:50pm	Mix Pairs H3