



## Australian Grand Prix Triathlon Canberra Super Sprint

<b>DATE: Friday 12<sup>th</sup> January 2024</b>	
<b>6.00pm</b>	Open Water Swim – Henry Rolland Park - Registration
<b>6.45pm</b>	Race Briefing (compulsory) – Henry Rolland Park
<b>6.55pm</b>	200m – Rookie – Male/Female
<b>7:00pm</b>	400m – Youth – Male/Female
<b>7:05pm</b>	600m – Junior – Male
<b>7:10pm</b>	600m – Junior – Female
<b>7:20pm</b>	600m – U23Elite – Male/Female

<b>DATE: Saturday 13<sup>th</sup> January 2024</b>	
<b>9.00am – 10.00am</b>	Bike Check-in – All Youth & Junior Female/Male
<b>10.15am</b>	Swim Warm-up & Briefing prior to start for H1
<b>10:15am</b>	Hyper Sprint Triathlon – Rookie – Female/Male
<b>10:30am</b>	Hyper Sprint Triathlon – Youth – Female H1
<b>10:40am</b>	Hyper Sprint Triathlon – Youth – Female H2
<b>10:50am</b>	Hyper Sprint Triathlon – Youth – Male H1
<b>11:00am</b>	Hyper Sprint Triathlon – Youth – Male H2
<b>11:10am</b>	Hyper Sprint Triathlon – Jnr Female H1
<b>11:20am</b>	Hyper Sprint Triathlon – Jnr Female H2
<b>11:30am</b>	Hyper Sprint Triathlon – Jnr Female H3
<b>11:40am</b>	Hyper Sprint Triathlon – Jnr Male H1
<b>11:50am</b>	Hyper Sprint Triathlon – Jnr Male H2
<b>12:00pm</b>	Hyper Sprint Triathlon – Jnr Male H3
<b>12:10pm</b>	Hyper Sprint Triathlon – Jnr Male H4

<b>12:20pm</b>	Hyper Sprint Triathlon – Jnr Male H5
<b>12:30pm</b>	Hyper Sprint Triathlon – U23Elite Female H1
<b>12:40pm</b>	Hyper Sprint Triathlon – U23Elite Male H1

<b>Le Mans Criterium</b>	
<b>1.00pm</b>	T2 Open all categories – Stromlo Forest Park Criterium Track
<b>1.20pm</b>	Race Briefing is prior to all events starting – be at start line 5min before your start time
<b>1:30pm</b>	Bike (Le mans Crits) – Youth – Female
<b>1:45pm</b>	Bike (Le mans Crits) – Youth – Male
<b>2:00pm</b>	Bike (Le mans Crits) – Junior – Female – H1
<b>2:30pm</b>	Bike (Le mans Crits) – Junior – Female – H2
<b>2:45pm</b>	Bike (Le mans Crits) – Junior – Male – H1
<b>3:00pm</b>	Bike (Le mans Crits) – Junior – Male – H2
<b>3:15pm</b>	Bike (Le mans Crits) – Junior – Male – H3
<b>3:30pm</b>	Bike (Le mans Crits) – U23Elite – Female
<b>3:45pm</b>	Bike (Le mans Crits) – U23Elite – Male

**Athletes are not allowed to wear spikes or waffles. Athletes must wear running shoes and trisuits or race swim suits. Females may wear shorts. Athletes must wear the same suit throughout the race weekend.**

**1500m**

<b>6:20pm</b>	Race Briefing (compulsory) – grass track finish line area
<b>6:30pm</b>	1000m – Rookie – Female/Male
<b>6:40pm</b>	1500m – Youth – Female
<b>6:47pm</b>	1500m – Youth – Male
<b>6:54pm</b>	1500m – Junior – Female H1
<b>7:01pm</b>	1500m – Junior – Female H2
<b>7:08pm</b>	1500m – Junior – Male H1
<b>7:15pm</b>	1500m – Junior – Male H2
<b>7:22pm</b>	1500m – Junior – Male H3
<b>7:29pm</b>	1500m – U23Elite – Female
<b>7:36pm</b>	1500m – U23Elite – Male

**DATE: Sunday 14<sup>th</sup> January 2024**

**Finals**

**Athletes can start their swim warm up immediately after the previous event has exited the pool. Athletes must be out of the pool ready for race briefing 5min before their start time. Athletes need to be ready to race as events will start when the previous heat is on their last lap of the bike.**

<b>7.00am</b>	T1/T2 Open for Rookie/Youth/Junior E,D,C
<b>7.30-8.00am</b>	Swim Warm-up for Rookie Male/Female and Youth
<b>8:15am</b>	Ultra Sprint Triathlon Final – Youth – Female B
<b>8:30am</b>	Ultra Sprint Triathlon Final – Youth – Female B
<b>8:45am</b>	Ultra Sprint Triathlon Final – Youth – Male B
<b>9:00am</b>	Ultra Sprint Triathlon Final – Youth – Female A
<b>9:15am</b>	Ultra Sprint Triathlon Final – Youth – Male A
<b>9:30am</b>	Super Sprint Triathlon Final – Jnr Male – E Final
<b>9:50am</b>	Super Sprint Triathlon Final – Jnr Male – D Final
<b>10:20am</b>	Super Sprint Triathlon Final – Jnr Female – C Final
<b>10:40am</b>	Super Sprint Triathlon Final – Jnr Male – C Final
<b>11:00am</b>	Super Sprint Triathlon Final – Jnr Female – B Final
<b>11:20am</b>	Super Sprint Triathlon Final – Jnr Male – B Final
<b>11:40am</b>	Super Sprint Triathlon Final – Jnr Female – A Final
<b>12:00pm</b>	Super Sprint Triathlon Final – Jnr Male – A Final
<b>12:20pm</b>	Super Sprint Triathlon Final – U23Elite Female – A Final
<b>12:40pm</b>	Super Sprint Triathlon Final – U23Elite Male – A Final
<b>1:15pm</b>	Presentation