



Australian Grand Prix Triathlon Canberra Super Sprint

DATE: Friday 12 th January 2024	
6.00pm	Open Water Swim – Henry Rolland Park - Registration
6.40pm	Race Briefing (compulsory) – Henry Rolland Park
6.50pm	200m – Rookie – Male/Female
7:00pm	400m – Youth – Male/Female
7:10pm	600m – Junior – Male H1
7:20pm	600m – Junior – Male H2
7:30pm	600m – JuniorU23Elite – Female
7:40pm	600m – U23Elite – Male

DATE: Saturday 13 th January 2024	
9.00am – 10.00am	Bike Check-in – All Youth & Junior Female/Male
10.15am	Swim Warm-up & Briefing prior to start of each race
10:15am	Hyper Sprint Triathlon – Rookie – Female/Male
10:30am	Hyper Sprint Triathlon – Youth – Female
10:40am	Hyper Sprint Triathlon – Youth – Male
11:00am	Hyper Sprint Triathlon – JnrU23Elite Female
11:10am	Hyper Sprint Triathlon – Jnr Male H1
11:20am	Hyper Sprint Triathlon – Jnr Male H2
11:30pm	Hyper Sprint Triathlon – U23Elite Male

Le Mans Criterium	
1.00pm	T2 Open all categories – Stromlo Forest Park Criterium Track
1.20pm	Race Briefing is prior to all events starting – be at start line 5min before your start time
1:30pm	Bike (Le mans Crits) – Youth – Female
1:45pm	Bike (Le mans Crits) – Youth – Male
2:00pm	Bike (Le mans Crits) – JuniorU23Elite – Female
2:15pm	Bike (Le mans Crits) – Junior – Male – H1
2:30pm	Bike (Le mans Crits) – Junior – Male – H2
2:45pm	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	
Race Briefing prior to each race (compulsory) – grass track finish line area	
4:30pm	1000m – Rookie – Female/Male
4:40pm	1500m – Youth – Female/Male
4:50pm	1500m – JuniorU23Elite – Female
5:00pm	1500m – Junior – Male H1
5:10pm	1500m – Junior – Male H2
5:20pm	1500m – U23Elite – Male

DATE: Sunday 14th 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.

7.00am	T1/T2 Open for all categories
7.30-8.00am	Swim Warm-up for Rookie Male/Female and Youth
8:15am	Ultra Sprint Triathlon Final – Rookie – Female/Male
8:30am	Ultra Sprint Triathlon Final – Youth – Female
8:45am	Ultra Sprint Triathlon Final – Youth – Male
9:00am	Super Sprint Triathlon Final – Jnr Male – B Final
9:20am	Super Sprint Triathlon Final – JnrU23Elite Female
9:40am	Super Sprint Triathlon Final – Jnr Male – A Final
10:00am	Super Sprint Triathlon Final – U23Elite Male
11:00am	Presentation