

Course Summary - August

Here is a quick summary of the **course options** available in August, for further details please study the relevant detailed course descriptions.

Transition opens	7:30am
Registration	7:30am – 8:30 am
Late entries accepted	7:30am – 8:00 am
Verbal Event Briefing	8:45am
Transition closes	8:55am

	Medium	Short	Novice
Start time – ALL	9:00am	9:15am	9:15am
Basic Summary	Run 2k, Cycle 12k, Run 2k, Cycle 12k, Run 2k	Run 1.2k, Cycle 6k, Run 1.2k, Cycle 6k, Run 1.2k	Run 1.2k, Cycle 6k, Run 1.2k
Opening run goes where?	Run south, to Karaka Bay Wharf & back	Run south, to opposite 465 Karaka Bay Road & back	
Opening run is?	1 lap (2k)	1 lap (1.2k)	1 lap (1.2k)
First Cycle – what course /where to?	Head north around coastline to Burnham Wharf	Head north around coastline to Shelly Bay	
First Cycle – How many laps?	1 lap (12k)	1 lap (6k)	1 lap (6k)
Second run – where to?	Run south, to Karaka Bay Wharf & back	Run south, to opposite 465 Karaka Bay Road & back	
Second run – How many laps?	1 lap (2k)	1 lap (1.2k)	1 lap (1.2k)
Second Cycle – what course /where to?	Head north around coastline to Burnham Wharf	Head north around coastline to Shelly Bay	
Second Cycle – How many laps?	1 lap (12k)	1 lap (6k)	Not applicable
Third run – where to?	Run south, to Karaka Bay Wharf & back	Run south, to opposite 465 Karaka Bay Road & back	
Third run – How many laps?	1 lap (2k)	1 lap (1.2k)	Not applicable

Prizegiving :	11:30 am
This is an approximate time, but is dependant on when the last participant finishes, we will attempt to not start before then!) Prizegiving will be near the finish line.	