

Scorching Bay Course Summary - October

Here is a quick summary of the **course options** available, 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

	Long	Medium	Short	Novice
Start time – ALL	9:00am	9:10am	9:20am	9:30am
Basic Summary	Run 8k, Cycle 36k, Run 4k	Run 4k, Cycle 24k, Run 2k	Run 2k, Cycle 12k, Run 2k	Run 1.2k, Cycle 6k, Run 1.2k
Opening run goes where?	Run south, to Worser Bay & back, Twice	Run south, to Worser Bay & back	Run south, to Karaka Bay Wharf & back	Run south, to opposite 465 Karaka Bay Road & back
Opening run is?	2 laps (8k)	1 lap (4k)	1 lap (2k)	1 lap (1.2k)
Cycle – what course /where to?	Head north around coastline to Burnham Wharf	Head north around coastline to Burnham Wharf	Head north around coastline to Burnham Wharf	Head north around coastline to Shelly Bay
Cycle – How many laps?	3 laps (36k)	2 laps (24k)	1 lap (12k)	1 lap (6k)
Closing run – where to?	Run south, to Worser Bay & back	Run south, to Karaka Bay Wharf & back	Run south, to Karaka Bay Wharf & back	Run south, to opposite 465 Karaka Bay Road & back
Closing run – How many laps?	1 lap (4k)	1 lap (2k)	1 lap (2k)	1 lap (1.2k)

Prizegiving :	11:30 am
---------------	----------