



Event Programme

24 November 2018 – Lake Karāpiro

Time	Triathlon / Run Events	Domain Area
5.45am	Parking opens	
6.00am	Registrations opens Transition opens	Stalls setting up
7.00am	Karakia/Raising of Flag – Ngāti Korokī Kahukura	
7.45am	Registrations & Transition close	
8.00am	Whakataū Olympic Tri Debrief	Stalls Open / Bouncy Castles Up
8.30am	Olympic Tri Swim Starts	
8.40am	5k and 10k Walk/Run Debrief	Health Services commence
8.45am	5k and 10k Walk/Run Starts	
9.30am	Sprint Tri Debrief	Young Engineers (1)
9.45am	Sprint Tri Swim Starts	
10.00am		Les Mills Demo
10.15am	3:9:3 Tri Debrief	
10.30am	3:9:3 Swim Starts	
11.00am		Band Starts (until 12pm) Young Engineers (2)
11.20am	Colour Run Debrief	
12.00pm	Final Triathlon Finishers Arrive	Tau Ora Dance Fit
12.30pm	Prize Giving	Stalls Close
1.30pm	Karakia – Clean Up – Depart for Home	