



Schedule of Events

Saturday 10 February 2018

Start	End	Event	Location
1:00pm	4:00pm	Athlete Check-In & packet Pickup	Bar Crudo

Sunday 11 February 2018

Start	End	Event	Location
5:30am	10:00am	Volunteer Check-in	Ugland House (Maples car park)
5:45am		Transition Opens	Ugland House (Maples car park)
6:40am		Transition Closes	Ugland House (Maples car park)
6:45am		Athlete briefing	Eden Rock Car Park
7:00am**		Half Iron Distance Swim start - en mass	Eden Rock Car Park
7:00am		Duathlon Start	Eden Rock Car Park
7:30am		International Distance Swim start - en mass	Eden Rock Car Park
10:00am		First aquabike finisher expected	Finish Line - Bar Crudo
10:00am		First international finisher expected	Finish Line - Bar Crudo
11:15am		First Half Iron finisher expected	Finish Line - Bar Crudo
12:00pm		Post-race lunch commences	Bar Crudo
2:30pm		Course closes	
3:00pm		Awards	Bar Crudo

** We will start as close to sunrise as possible