

Raine & Horne®

TRI NOWRA

SWIM . BIKE . RUN

SUNDAY 21ST JANUARY 2018

TIME	EVENT	LOCATION
6.30am	Health & Lifestyles Expo Opens	Riverview Rd Reserve, Nowra
6.30am	Registration / Transition Opens - Standard Distance Triathlon	Registration Marquee Riverview Rd Reserve, Nowra
7:30am	Registration / Transition Closes - Standard Distance Triathlon	Registration Marquee Riverview Rd Reserve, Nowra
7:45am	Race Briefing - Standard	Riverview Rd Reserve, Nowra
8:00am	STANDARD DISTANCE RACE START	Shoalhaven River, (Nowra Sailing Club)
8:30am	Registration/Transition Opens Sprint Distance Triathlon	Registration Marquee Riverview Rd Reserve, Nowra
9:30am	Registration/Transition Closes Sprint Distance Triathlon	Registration Marquee Riverview Rd Reserve, Nowra
9:45am	Race Briefing Sprint	Riverview Rd Reserve, Nowra
10.00am	SPRINT RACE START	Shoalhaven River, (Nowra Sailing Club)
10.00am	Registration/Transition Opens Super Sprint + Buddy Up	Registration Marquee Riverview Rd Reserve, Nowra
11.00am	Registration/Transition Closes Super Sprint + Buddy Up	Registration Marquee Riverview Rd Reserve, Nowra
11.15am	Race Briefing Super Sprint + Buddy Up	Riverview Rd Reserve, Nowra
11.30am	SUPER SPRINT + BUDDY UP RACE START	Shoalhaven River, (Nowra Sailing Club)
12.30pm	Presentation	Riverview Rd Reserve, Nowra
12.30pm	Lifestyle Expo Closes	Riverview Rd Reserve, Nowra