

Time	Event	Location
<b>SATURDAY 20th APRIL 2024</b>		
<b>2km SWIM</b>		
7:00 AM	Registration Opens	Registration Marquee - Lang Park
7:30 AM	Registration Closes	Registration Marquee - Lang Park
7:45 AM	Race Briefing	Start line - Wollongong Harbour
<b>8:00 AM</b>	<b>RACE START</b>	<b>Start Line - Wollongong Harbour</b>
<b>1km SWIM</b>		
7:00 AM	Registration Opens	Registration Marquee - Lang Park
8:00 AM	Registration Closes	Registration Marquee - Lang Park
8:15 AM	Race Briefing	Start line - North Wollongong Beach
<b>8:30 AM</b>	<b>RACE START</b>	<b>Start Line, North Wollongong Beach</b>
<b>400m SWIM</b>		
7:00 AM	Registration Opens	Registration Marquee - Lang Park
8:45 AM	Registration Closes	Registration Marquee - Lang Park
9:00 AM	Race Briefing	Start line - North Wollongong Beach
<b>9:15 AM</b>	<b>RACE START</b>	<b>Start Line, North Wollongong Beach</b>
<b>5km RUN Elite and FITNESS 5</b>		
7:30 AM	Registration Opens	Registration Marquee - WA Lang Park
8:30 AM	Registration Closes	Registration Marquee - WA Lang Park
8:45 AM	Race Briefing	Start Line - Endeavour Drive
<b>9:00 AM</b>	<b>RACE START - Elite</b>	<b>Start Line - Endeavour Drive</b>
<b>9:03 AM</b>	<b>RACE START - Fitness 5</b>	<b>Start Line - Endeavour Drive</b>
<b>TURBO 2K</b>		
7:30 AM	Registration Open	Registration Marquee - WA Lang Park
8:50 AM	Registration Closes	Registration Marquee - WA Lang Park
9:05 AM	Race Briefing	Start line- Endeavour Drive
<b>9:20 AM</b>	<b>RACE START</b>	<b>Start Line - Endeavour Drive</b>
<b>Nation Para &amp; II Champs &amp; Juniors</b>		
6:00 AM	Nation Para & II Champs Triathlon Transition Open	
7:00 AM	Nation Para & II Champs Triathlon Transition Closes	
<b>7:30 AM</b>	<b>Nation Para &amp; II Champs Triathlon EVENT START</b>	
8:30 AM	Australian Junior Registration Open / Pick Up	
9:00 AM	Australian Junior Mens and Women Transition Open	
9:45 AM	Australian Junior Mens and Women Registration Closes	
9:45 AM	Australian Junior Mens and Women Transition Closes	
<b>10:00 AM</b>	<b>Australian Junior Mens RACE START</b>	
<b>10:45 AM</b>	<b>Australian Junior Women RACE START</b>	
12:00 PM	Australian Junior, Para & II Presentations	
1:00 PM	Australian Junior, Para & II Presentations Finishes	
<b>2024 Wollongong WT World Cup – Elite Women</b>		
11:30 AM	2024 Wollongong WT Triathlon World Cup Athlete Lounge Open (Uniform & Wheel Check Applies)	
12:00 PM	2024 Wollongong WT World Cup Transition Open	
12:00 PM	2024 Wollongong WT Triathlon World Cup Swim Warm Up	
12:30 PM	2024 Wollongong WT Triathlon World Cup Athlete Lounge Closes (Uniform & Wheel Check Applies)	
12:45 AM	2024 Wollongong WT World Cup Transition Closes	
12:45 PM	2024 Wollongong WT Triathlon World Cup Swim Warm Up Finishes	
12:50 PM	2024 Wollongong WT Triathlon World Cup Athlete Line Up & Introduction	
<b>1:00 PM</b>	<b>2024 Wollongong WT Triathlon World Cup RACE START</b>	
2:15 PM	2024 Wollongong WT Triathlon World Cup Medal Ceremony	
<b>2024 Wollongong WT World Cup – Elite Men</b>		
1:30 PM	2024 Wollongong WT Triathlon World Cup Athlete Lounge Open (Uniform & Wheel Check Applies)	
2:00 PM	2024 Wollongong WT World Cup Transition Open	
2:00 PM	2024 Wollongong WT Triathlon World Cup Swim Warm Up	
2:30 PM	2024 Wollongong WT Triathlon World Cup Athlete Lounge Closes (Uniform & Wheel Check Applies)	
2:45 PM	2024 Wollongong WT World Cup Transition Closes	
2:45 PM	2024 Wollongong WT Triathlon World Cup Swim Warm Up Closes	
2:50 PM	2024 Wollongong WT Triathlon World Cup Athlete Line Up & Introduction	
<b>3:00PM</b>	<b>2024 Wollongong WT Triathlon World Cup RACE START</b>	
4:10 PM	2024 Wollongong WT Triathlon World Cup Medal Ceremony	
<b>ALL RACES</b>		
4:00 PM	Registration Opens - All races	Registration Marquee - Lang Park
5:30 PM	Transition Walk Through	Transition Area - Lang Park
6:00 PM	Registration Closes - All races	Registration Marquee - Lang Park

Time	Event	Location
<b>SUNDAY 21st APRIL 2024</b>		
<b>Womens STANDARD</b>		
5:30 AM	Registration/Transition Opens	Registration/Transition - Lang Park
6:40 AM	Registration/Transition Closes	Registration/Transition - Lang Park
6:45 AM	Race Briefing	Start line - Wollongong Harbour
<b>7:00 AM</b>	<b>RACE START</b>	<b>Start Line - Wollongong Harbour</b>
<b>Mens / Teams / Race Ya Mates / Aquabike STANDARD</b>		
7:00 AM	Registration/Transition Opens	Registration/Transition - Lang Park
8:00 AM	Registration/Transition Closes	Registration/Transition - Lang Park
8:00 AM	Race Briefing	Start line - Wollongong Harbour
<b>8:15 AM</b>	<b>RACE START</b>	<b>Start Line - Wollongong Lang</b>
<b>Womens SPRINT</b>		
8:30 AM	Registration / Transition Opens	Registration/Transition - Lang Park
9:45 AM	Registration / Transition Closes	Registration/Transition - Lang Park
10:00 AM	Race Briefing	Start line - Wollongong Harbour
<b>10:15 AM</b>	<b>RACE START</b>	<b>Start Line - Wollongong Harbour</b>
<b>Mens / Teams / Race Ya Mates SPRINT</b>		
9:55 AM	Registration / Transition Opens	Registration/Transition - Lang Park
10:55 AM	Registration / Transition Closes	Registration/Transition - Lang Park
11:00 AM	Race Briefing	Start line - Wollongong Harbour
<b>11:15 AM</b>	<b>RACE START</b>	<b>Start Line - Wollongong Harbour</b>
<b>SUPER SPRINT &amp; TRY-A-TRI</b>		
11:10 AM	Registration / Transition Opens	Registration/Transition - Lang Park
12:10 PM	Registration / Transition Closes	Registration/Transition - Lang Park
12:10 PM	Race Briefing	Start line - Wollongong Harbour
<b>12:20 PM</b>	<b>RACE START</b>	<b>Start Line - Wollongong Harbour</b>
<b>TriKidz AQUATHON</b>		
11:10 AM	Registration Opens	Registration Marquee - Lang Park
12:30 PM	Registration Closes	Registration Marquee - Lang Park
12:40 PM	Race Briefing	Start Line - Wollongong Harbour
<b>12:50 PM</b>	<b>RACE START - TRIKIDZ AQUATHON Ages 10-11</b>	<b>Start Line - Wollongong Harbour</b>
<b>1:30 PM</b>	<b>RACE START - TRIKIDZ AQUATHON Ages 7-9</b>	<b>Start Line - Wollongong Harbour</b>
<b>2:00 PM</b>	<b>Presentation</b>	<b>Event HQ - Lang Park</b>