



SSA Triathlon and Aquathlon Program – 2024

Championship Program

The DRAFT Championship Program is outlined below. *This is still subject to final Traffic Management and Police Approval*

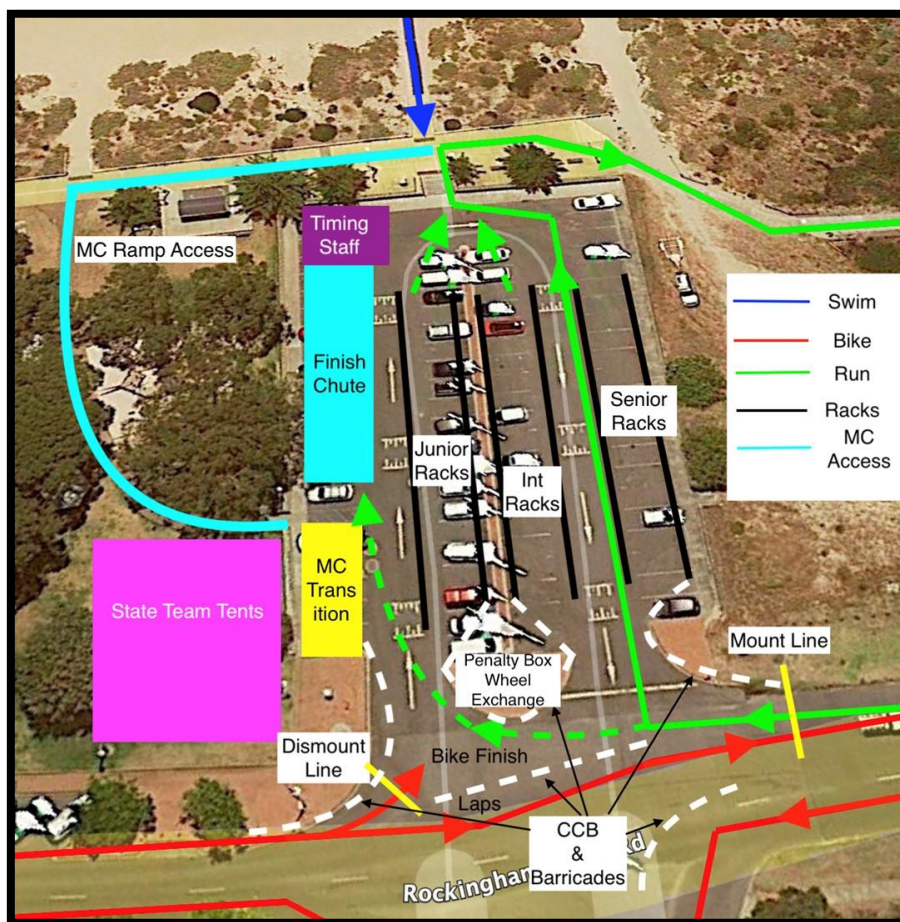
Tuesday 12 th March	
7:00am – 1:00pm	Visiting teams arrive at Airport and travel to Rockingham
2:00pm – 4:00pm	Bike assembly and bikes to lock up at Event Precinct (if required)
4.00pm	Pre-Championship Meeting & Australian Triathlon Meeting
Wednesday 13 th March	
9.00am - 9.30am	Championship Team Experience Group 1
9.40am – 10.10am	Championship Team Experience Group 2
10.20am -10.50am	Championship Team Experience Group 3
11.00am -11.30am	Championship Team Experience Group 4
11.40am – 12.10pm	Championship Team Experience Group 5
12.20pm -12.50pm	Championship Team Experience Group 6
1.00pm -1.30pm	Championship Team Experience Group 7
2.30pm -3.15pm	Opening Ceremony
3:30pm – 4:30pm	Course Familiarisation for Athletes (no road closures)
Thursday 14 th March	
6:00am	Transition opens (Senior / Intermediate / Junior)
6:45am	Transition closes (Senior / Intermediate / Junior)
7:00am – 12:00pm	Individual Events – Senior / Intermediate / Junior
12:10pm	Transition opens (MC & Aquathlon)
12:30pm	Transition closes (MC & Aquathlon)
12:45pm – 2:00pm	Individual Event – MC Triathlon / Aquathlon / MC Aquathlon
4:00pm – 4.45pm	Championship Presentation
5:00pm – 6:00pm	Post Championship Meeting
Friday 15 th March	
6:30am	Transition opens (Junior / All Ages/ MC / Intermediate / Senior)
7:10am	Transition closes (Junior / All Ages/ MC/ Intermediate / Senior)
7:15am	Race Briefing – Junior / All Ages / MC / Intermediate / Senior
7:30am – 10:50am	Relay Events – Junior / All Ages / MC / Intermediate / Senior
10:50am	Transition opens (MC Triathlon / MC Aquathlon / Aquathlon)
11:00am	Transition closes (MC Triathlon / MC Aquathlon / Aquathlon)
11:00am	Race Briefing – MC Triathlon / MC Aquathlon / Aquathlon
11:10am – 12:00pm	Relay Events – MC Triathlon / MC Aquathlon / Aquathlon
No later than 1.00pm	Presentations & Closing Ceremony
No later than 2.00pm	Athletes & Officials depart for Airport

RACE SCHEDULES

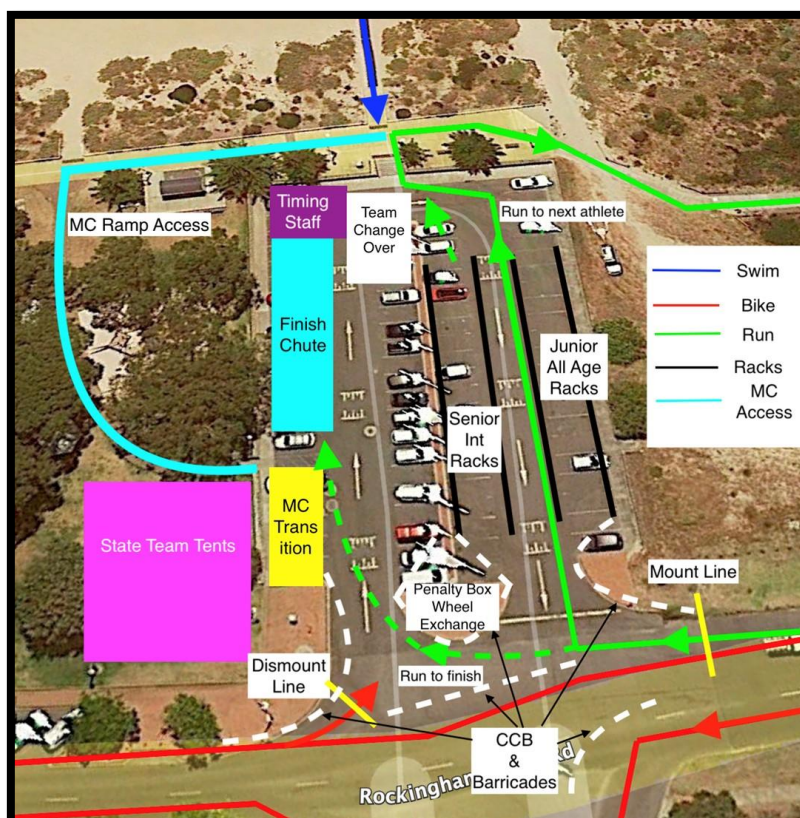
Thursday 14th March 2024			
GROUP	DISTANCE	BRIEFING	START
Senior Girls	Swim 750m : Ride 20km : Run 5km	6:45am	7:00am
Senior Boys	Swim 750m : Ride 20km : Run 5km	7:45am	8:00am
Intermediate Girls	Swim 500m : Ride 15km : Run 4km	8:45am	9:00am
Intermediate Boys	Swim 500m : Ride 15km : Run 4km	9:35am	9:50am
Junior Girls	Swim 300m : Ride 10km : Run 2km	10:25am	10:40am
Junior Boys	Swim 300m : Ride 10km : Run 2km	11:15am	11:25am
Multi Class Triathlon Girls	Swim 300m : Ride 10km : Run 2km	11:55am	12:10pm
Multi Class Triathlon Boys	Swim 300m : Ride 10km : Run 2km		12:12pm
Aquathlon Girls	Run 1km : Swim 200m : Run 1km	12:45pm	1.00pm
Aquathlon Boys	Run 1km : Swim 200m : Run 1km		1.02pm
Multi Class Aquathlon Girls	Run 1km : Swim 200m : Run 1km		1:05pm
Multi Class Aquathlon Boys	Run 1km : Swim 200m : Run 1km		1:07pm

Friday 15 th March 2024			
GROUP	DISTANCE	BRIEFING	TIME
Junior Relay	Swim 200m : Ride 5km : Run 1.5km	7:15am	7:30am
All Ages Relay	Swim 200m : Ride 5km : Run 1.5km		7:35am
MC Triathlon Relay	Swim 200m : Ride 5km : Run 1.5km		7.40am
Intermediate Relay	Swim 200m : Ride 5km : Run 1.5km	9:00am	9:15am
Senior Relay	Swim 200m : Ride 5km : Run 1.5km		9:20am
Aquathlon Relay	Run 500m : Swim 100m : Run 500m	11:00am	11:10am
MC Aquathlon Relay	Run 500m : Swim 100m : Run 500m		11:15am

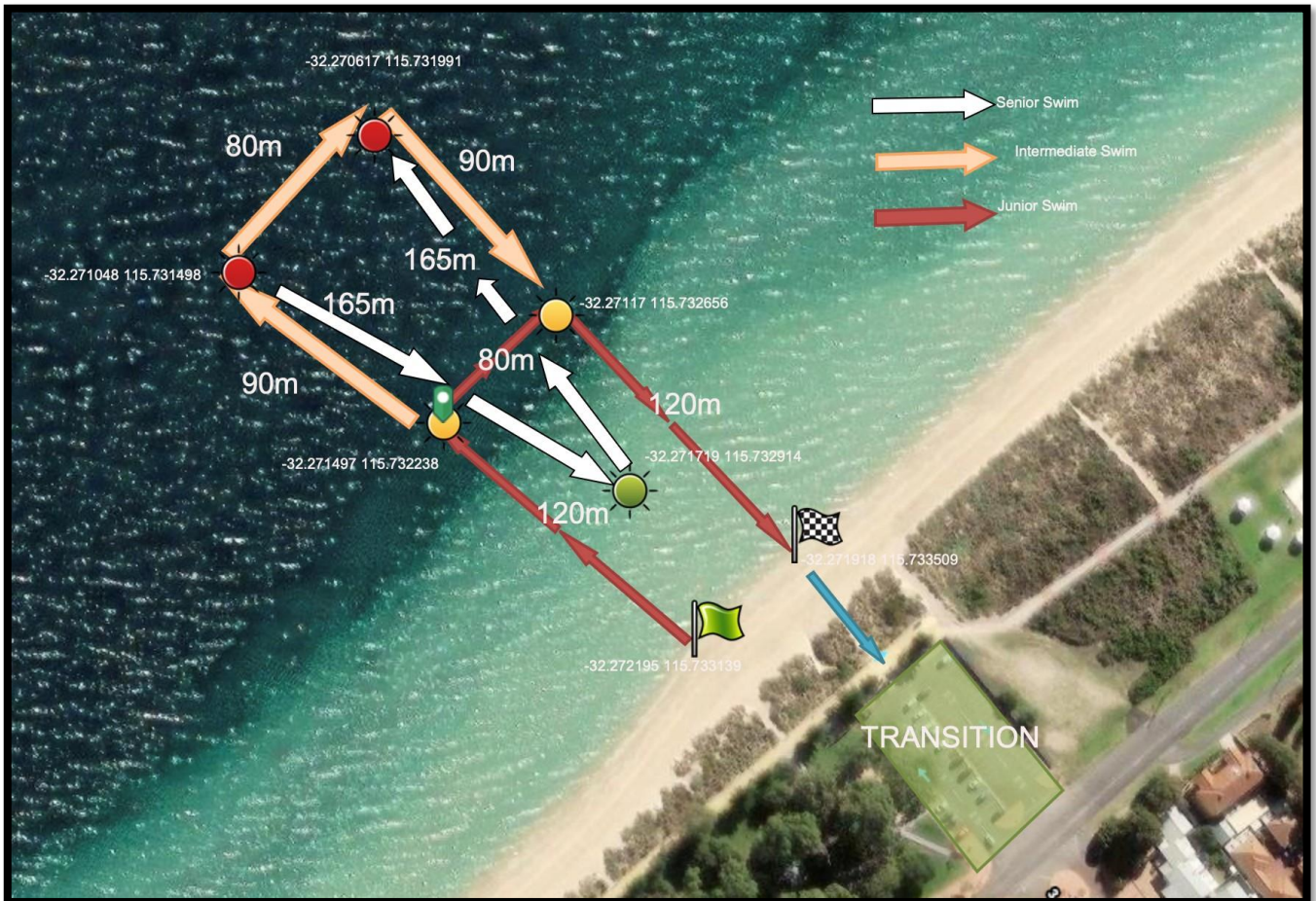
Event Precinct Individual Race Day



Event Precinct – Relay Race Day



Individual Triathlon Swim Course



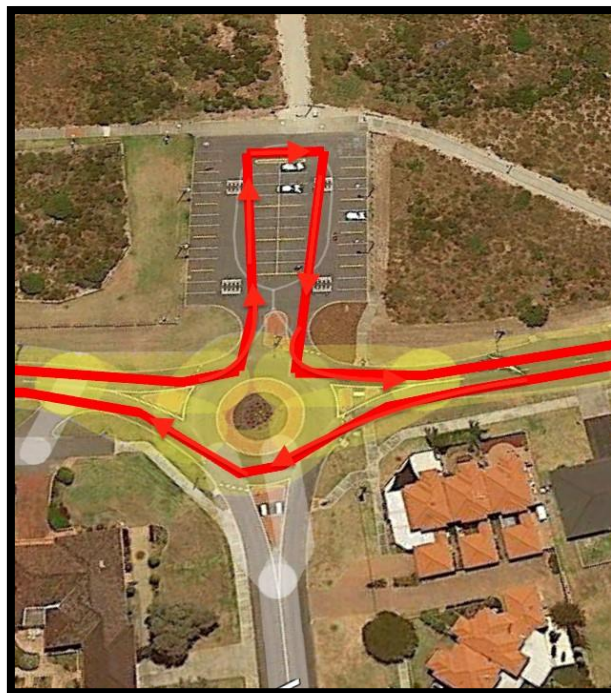
Aquathlon and Relay Swim Course



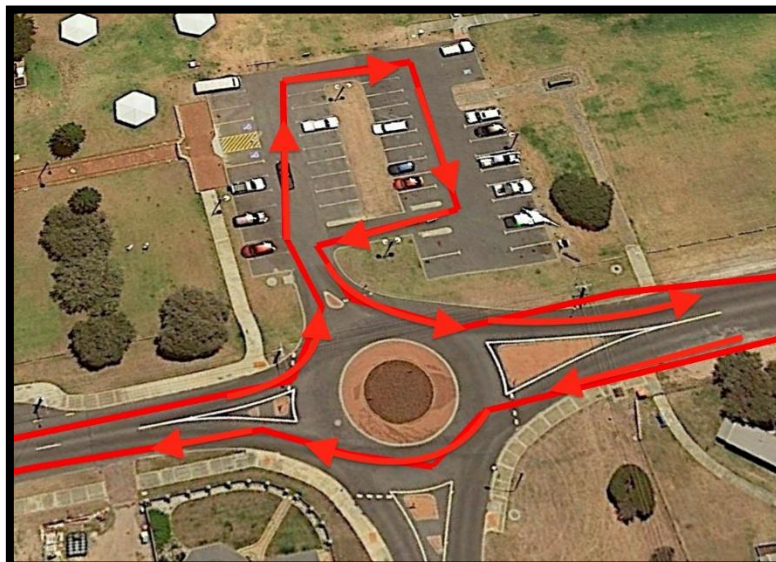
Bike Course



First Roundabout Bike Course



Second Roundabout Bike Course



Individual Triathlon Run Course



Relay Run Course



Aquathlon & MC Relay Run Course

