



Pre Race Briefings

Friday

- 5pm – 6pm: Professional triathlete Gerhard De Bruin will lead both the sprint and kid's triathlon briefings and provide race tips. Recommended but not mandatory.

Saturday

- 6:50am – mandatory briefing at swim start.
- 4pm – 5pm: Olympic triathlon briefing and race tips provided by pro triathlete Gerhard De Bruin. Recommended but not mandatory.

Sunday

- 6:50am – mandatory briefing at swim start.