

# SCHEDULE OF EVENTS

## FRIDAY, AUGUST 19

START	END	EVENT	LOCATION
3:30 PM	7 PM	Packet Pickup	Race Site—Modern Woodmen Shelter
4:30 PM	5:30 PM	Optional Transitions Clinic and Race Q&A	Race Site—Start Area
5 PM	6 PM	Optional Open Water Swim Practice	Race Site—Start Area

## SATURDAY, AUGUST 20

START	END	EVENT	LOCATION
6 AM	7:30 AM	International Packet Pickup	Race Site—Modern Woodmen Shelter
6 AM	7:45 AM	International Bike Check-in	Race Site—Transition Area
7:50 AM	7:55 AM	Pre-race Safety Briefing	Race Site—Start Area
8:12 AM		International Duathlon Race Starts (see wave assignment for your start time)	Race Site—Start
12 PM	12:45 PM	*International Awards Ceremony	Race Site—Race Announcer
3:30 PM	6 PM	Sprint Packet Pickup	Race Site—Modern Woodmen Shelter
4:30 PM	5:30 PM	Optional Transitions Clinic and Race Q&A	Race Site—Start Area
5 PM	6 PM	Optional Open Water Swim Practice	Race Site—Start Area

## SUNDAY, AUGUST 21

START	END	EVENT	LOCATION
6 AM	7:30 AM	Sprint Packet Pickup	Race Site—Modern Woodmen Shelter
6 AM	7:45 AM	Sprint Bike Check-in	Race Site—Transition Area
7:50 AM	7:55 AM	Pre-race Safety Briefing	Race Site—Start Area
8:12 AM		Sprint Duathlon Race Starts (see wave assignment for your start time)	Race Site—Start
11:30 AM	12:15 PM	*Sprint Awards Ceremony	Race Site—Race Announcer

➔ You have the option of picking up your Sprint race packet on Friday night when checking in for the International Race for those of you doing the double.

\*Awards ceremony times are approximate and will depend on our finishing athletes.