

Stage Summary

	Stage 1 & 2	Stage 1 & 2	Stage 3	Stage 4	Stage 4
	Masters	Novices	Masters & Novices	Masters	Novices
Pre Stage Information & advice	Event Briefing 0900 Saturday	Event Briefing 0900 Saturday	Q&A's in marquee 1945	Q&A's in marquee 0815	Q&A's in marquee 0900
Start Time	Staggered from 1000 Saturday	1030 Saturday	Staggered from 2030 Saturday	Staggered from 0900 Sunday	0945 Sunday
Maximum Stage Length (minutes)	360-420 <small>(up to 360 minutes of activity plus 60 minute compulsory break)</small>	300-360 <small>(up to 300 minutes of activity plus 60 minute compulsory break)</small>	100	270	210
Latest Finish Time (Stage closes)	1730 Saturday	1730 Saturday	2230 Saturday	1345 Sunday	1330 Sunday
Stage Notes issued at:	Start Stage 1 & 2	Start Stage 1 & 2	End Stage 1 & 2	End Stage 3	End Stage 3
Stage Map(s) issued at:	Registration	Registration	Start Stage 3	Start Stage 4	Start Stage 4
Key disciplines involved:	<ul style="list-style-type: none"> • Mt Biking • Kayaking • Trail Run 	<ul style="list-style-type: none"> • Mt Biking • Kayaking • Trail Run 	<ul style="list-style-type: none"> • Night Trail Run • Kayaking 	<ul style="list-style-type: none"> • Mt Biking • Kayaking • Trail Run 	<ul style="list-style-type: none"> • Mt Biking • Kayaking • Trail Run
Maximum kayak time allowed (within your kayak slot)	90 minutes	90 minutes	As long as it takes you!	120 minutes	120 minutes