

STAGE SUMMARY

	Stage 1 & 2 Masters	Stage 1 & 2 Novices	Stage 3 Masters Novices	Stage 4 Masters	Stage 4 Novices
Pre-Stage Information & advice	Event Briefing 09:00 Sat	Event Briefing 09:00 Sat	5 minute Stage Briefing 19:40 Sat	5 minute Stage Briefing 08:40 Sun	5 minute Stage Briefing 08:40 Sun
Start Time	10:00-10:45 Saturday	10:00-10:45 Saturday	Staggered 20:00-20:30 Saturday	Staggered 09:00-09:15 Sunday	Staggered 09:15-09:30 Sunday
Maximum Stage Length (minutes)	360 + Break <small>(up to 360 minutes of activity plus one timed out break)</small>	300 + Break <small>(up to 300 minutes of activity plus one timed out break)</small>	70-90 <small>(earn 2 pts for every whole minute not used between 70 & 90 min)</small>	240 <small>(earn 1 pt for every whole minute not used between 180-240 min)</small>	210 <small>(earn 2 pts for every whole minute not used between 180-210 min)</small>
Stage Closes <small>(latest finish time)</small>	17:30 Saturday	17:00 Saturday	22:00 Saturday	13:15 Sunday	13:00 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
Disciplines Involved <small>main / key disciplines</small>	<ul style="list-style-type: none"> • Kayaking • Trail Run • Mt Biking 	<ul style="list-style-type: none"> • Kayaking • Trail Run • Mt Biking 	<ul style="list-style-type: none"> • Night Nav • Trail Run 	<ul style="list-style-type: none"> • Mt Biking • Trail Run 	<ul style="list-style-type: none"> • Mt Biking • Trail Run
Points Available <small>(excludes time bonuses)</small>	1000 pts	800 pts	300 pts	700 pts	500 pts
Max. kayak time allowed <small>(kayak slot duration)</small>	115 minutes	115 minutes	-	-	-