

## STAGE SUMMARY

	Stage 1	Stage 2	Stage 3	Stage 4
<b>Pre-Stage Information &amp; advice</b>	Event Briefing 09:00 Sat		5 minute Stage Briefing 19:00 Sat	5 minute Stage Briefing 08:15 Sun
<b>Start Time</b>	10:00-10:30 Saturday		Staggered 19:30-20:00 Saturday	Staggered 08:45-09:15 Sunday
<b>Maximum Stage Length (minutes)</b>	300-360 <small>(earn 1 pt for every whole minute not used between 300-360 minutes)</small>		90-120 <small>(earn 2 pts for every whole minute not used between 90 &amp; 120 minutes)</small>	210-240 <small>(earn 2 pts for every whole minute not used between 210-240 min)</small>
<b>Stage Closes</b> <small>(latest finish time)</small>	16:30 Saturday		22:00 Saturday	13:15 Sunday
<b>Stage Notes</b> issued at:	Start Stage 1 & 2		End Stage 1 & 2	End Stage 3
<b>Stage Map(s)</b> issued at:	Registration	Start Stage 1	Start Stage 3	Start Stage 4
<b>Disciplines Involved</b> <small>main / key disciplines</small>	Mt Biking	Trail Run	Night Nav Trail Run Kayaking	Trail Run Kayaking
<b>Points Available</b> <small>(excludes time bonuses and optional activities)</small>	1000 pts		350 pts	650 pts
<b>Special Kit Notes</b> <small>additional requirements</small>	Light / head torch required for one of the Trail Run checkpoints  Carry running shoes with you on the bike		Head torch & wind/waterproof top required  Compass needed for CPs high up	Wind/waterproof top required (mountain trail run)  Compass needed if cloud is low  Carry 2-3 hours water with you