

Men	Women	TO Run Sheet Sunday 9th November 2025	Who
5:30		TO's report on site for meeting	ALL
5:45		Radio Check	Chief Race Official
6:00	8:00	"This is Chief Swim, Provisional Water Temperature is __°C and air is _C"	Chief Swim
6:30	8:30	"This is Chief Registration "Athletes lounge is now open - including Bike check"	Chief Registration
6:30	8:45	"This is Chief Transition, Transition opens for check in"	Chief Transition
6:59	8:59	"This is Chief Swim, Official Water Temperature is __°C"	Chief Swim
7:00	9:00	"This is Chief Swim, Swim Course open for Warm Up"	Chief Swim
7:00	9:00	"This is Chief Race Official, Official Time is x:xx; 1 hour for the start"	Chief Race Official
7:30		Course lockdown confirmed	TD
7:40	9:40	"This is Chief Registration, All athletes except # now registered"	Chief Registration
7:40	9:40	"This is Chief Transition, Transition closed for check in"	Chief Transition
7:45	9:45	"This is Chief Swim, Swim Course closed for Warm Up"	Chief Swim
7:45	9:45	Swim & start officials in position, Transition personnel in position, Bike, Run in position, Lap auditors in position, Wheel stop personnel, Penalty Box personnel in position, Aid Station personnel in position	TD call to All
7:50	9:50	Athletes called for introductions	TD
7:59	9:59	Athletes on the start pontoon, 1 minute to go until start radio silence	TD
8:00	10:00	Race Start	TD
8:01	10:01	"This is the Head Referee, we have a [clean Start / False Start]"	Head Referee
8:05	10:05	Transition Officials in position / Mount Line ready	Chief Transition
8:09	10:09	"This is Chief Swim, Lead athlete completed swim course"	Chief Swim
8:10	10:10	"This is Chief Transition, Lead athlete in Transition"	Chief Transition
8:10	10:11	"This is Chief Lap Auditor, Lead athlete on Bike course"	Chief Lap Auditor
8:11	10:12	"This is Chief Swim, Last athlete completed swim course"	Chief Swim
8:12	10:13	"This is Chief Transition, Last athlete on Bike course"	Chief Transition
8:13	10:14	"This is Chief Lap Auditor, Last athlete on Bike course is number X"	Chief Lap Auditor
		Athlete's numbers __#, Penalty Box	Head Referee
8:16	10:18	This is Chief Lap Auditor - Lead Athlete Finishing Lap 1 - 3 laps to go"	Chief Lap Auditor
8:19	10:22	This is Chief Lap Auditor - Last Athlete Finishing Lap 1 - 3 laps to go"	Chief Lap Auditor
		Continue for each of the next 2 laps.	
		This is Chief Bike - Athlete number X has been lapped and is out of the race	Chief Bike
8:30	10:35	This is Chief Transition - transition is ready, dismount officials in position	Chief Transition
8:38	10:42	First athlete in Transition	Chief Transition
8:38	10:43	First athlete on run course	Chief Lap Auditor
		Athlete's numbers __#, Penalty Box	Head Referee
8:44	10:49	This is Chief Race Official we have a First Runner / Last Biker scenario	Chief Race Official
8:45	10:50	This is Chief Transition, Last Athlete number # is now on the run course	Chief Transition
8:46	10:51	This is Chief Lap Auditor Lead Athlete is Finishing Lap 1, 1 laps to go	Lap Auditor
		This is Chief Lap Auditor Last Athlete is Finishing Lap 1, 1 laps to go	Lap Auditor
		This is Chief Penalty "Athlete's numbers __#, Penalty Box"	Penalty box
8:50	10:55	This is Chief Finish - Officials in position, finish tape ready	Chief Finish
8:54	11:00	"This is Chief Finish, Lead athlete has completed the race"	Chief Finish
9:04	11:10	This is Chief Finish, Last athlete has completed the race	Chief Finish
9:10	11:15	Results signed off	Head Referee
9:15	11:15	Elite Medal Ceremony	Chief Protocol
	11:15	This is Chief Transition, Transition ready for check out"	Transition
	14:30	Officials Debrief	ALL