

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 09:00 Sat	Event Briefing 09:00 Sat	5 minute Stage Briefing 19:30 Sat	5 minute Stage Briefing 08:45 Sun	5 minute Stage Briefing 08:45 Sun
Start Time	10:00-10:30 Saturday	10:30-11:00 Saturday	Staggered 19:45-20:15 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 the option to take a break)</small>	300 + Break <small>(up to 300 minutes of activity plus the option to take a break)</small>	55-105 <small>(earn 1 pt for every whole minute not used between 55 & 105 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
Maximum Score <small>(realistically possible)</small>	1000 pts	800 pts	300 pts	700 pts	550 pts
Max. kayak time allowed <small>(kayak slot duration)</small>	100 minutes	90 minutes			