

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	5 minute Stage Briefing 1945 Saturday	5 minute Stage Briefing 0845 Sunday	5 minute Stage Briefing 0845 Sunday
Start Time	Staggered 1000-1030 Saturday	Staggered 1000-1030 Saturday	Staggered 2000-2030 Saturday	Staggered 0900-0915 Sunday	Staggered 0915-0930 Sunday
Maximum Stage Length (minutes)	360 + 60 <small>(up to 360 minutes of activity plus 60 minute compulsory break)</small>	300 + 60 <small>(up to 300 minutes of activity plus 60 minute compulsory break)</small>	60-120 <small>(earn 1 pt for every whole minute not used between 60 & 120 min)</small>	240	210
Latest Finish Time (Stage closes)	1730 Saturday	1630 Saturday	2230 Saturday	1315 Sunday	1300 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 discipline top)</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 Trail Run 	<ul style="list-style-type: none"> • Mt Biking • Trail Run 	<ul style="list-style-type: none"> • Mt Biking • Trail Run
Max. kayak time allowed <small>(kayak slot duration)</small>	120 minutes	120 minutes			
Maximum Score <small>(realistically possible)</small>	1000 pts	800 pts	350 pts	650 pts	550 pts