

<u>OVERALL SCHEDULE (SUBJECT TO CHANGE)</u>		
<u>Date and Times</u>	<u>Event</u>	<u>Location</u>
Wed 9 Nov & Thurs 10 Nov	Teams Arrive	L.F. Wade International Airport
Thursday 10 November		
5.00 pm to 7.00 pm	Athlete Registration & Race Packet Pick up (By arrangement for teams arriving on AA from Miami on Thursday 10 November)	Grotto Bay Hotel – The Buttery (near reception) - Team Managers only
Friday 11 November	Course familiarisation	Clearwater Beach, Southside
1.30 pm	Transport from Grotto Bay to Clearwater	
1.30 pm	Athletes leave Grotto Bay to cycle to Clearwater	
1.45 pm to 2.15 pm	Bike Course familiarisation	Bike course
2.15 pm to 2.45 pm	Swim Course familiarisation	Swim course
2.45 pm to 3.15 pm	Run Course familiarisation	Run course
3.15 pm to 3.45 pm	Bike storage in secure containers	Near Transition Zone - Clearwater
4.00 pm	Transport from Clearwater back to Grotto Bay	
Friday 11 November	Technical Meetings/Opening Ceremony/Dinner	
3.30 pm to 4.30 pm	Technical Meeting – TD and TOs	Grotto Bay (Hisbiscus East Room)
4.30 pm to 5.30 pm	Technical Meeting – TD and Coaches	Grotto Bay (Hisbiscus East Room)
6.00 pm to 6.30 pm	Opening Ceremony	Grotto Bay Hotel (Room TBA)
6.30 pm to 7.30 pm	Dinner (all athletes and official delegations)	Grotto Bay Hotel (Room TBA)
Saturday 12 November	Triathlon Events	Clearwater Beach, Southside
6.45 am	Transport from Grotto Bay to Clearwater (1)	
8.00 am	Transport from Grotto Bay to Clearwater (2)	
8.30 am	16-19 & 20-21 Males Start	
8.32 am	16-19 & 20-21 Females Start	
10.00 am	13-15 Males Start	
10.02 am	13-15 Females Start	
10.45 am	11-12 Males Start	
10.47 am	11-12 Females Start	
11.45 am	Triathlon Awards Ceremony	
12.30 pm	Transport from Clearwater back to Grotto Bay	
Saturday 12 November	CARIFTA Congress/MTR Selection	Grotto Bay (Hisbiscus East Room)
3.00 pm to 4.00 pm	CARIFTA Congress (NF Delegations)	
4.00 pm to 5.00 pm	Mixed team Relay selections	
Sunday 13 November	Aquathlon Events	Clearwater Beach, Southside
7.00 am	Transport from Grotto Bay to Clearwater (1)	

7.45 am	Transport from Grotto Bay to Clearwater (2)	
8.00 am	16-19 & 20-21 Males Start	
8.02 am	16-19 & 20-21 Females Start	
9.00 am	13-15 Males Start	
9.02 am	13-15 Females Start	
9.45 am	11-12 Males Start	
9.47 am	11-12 Females Start	
Sunday 13 November	Mixed Team Relay	Clearwater Beach, Southside
11.30 am	MTR Start	
2.00 pm	Aquathlon, MTR and Overall Awards Ceremony	Clearwater Beach, Southside
After Awards Ceremony	BBQ	Clearwater Beach, Southside
3.30 pm onwards	Transport from Clearwater to Grotto Bay	
Monday 14 Nov - various	Departure	LF Wade International Airport

INDIVIDUAL TRIATHLON EVENTS SCHEDULES
(SUBJECT TO CHANGE)

16-21 Triathlon Events	Saturday 12 November 2022
6.45 am	Transport from Grotto Bay to Clearwater Race Site
7.15 am	Athlete Check-in/Transition Open (Males and Females)
7.45 am	Swim Course open for warm-up
8.05 am	Swim Course closed/Transition closed
8.15 am	Athletes pick-up timing chips (on beach near swim start)
8.20 am	Athletes staged for Start (Males and Females)
8.30 am	16-19 & 20-21 Male Start
8.32 am	16-19 & 20-21 Female Start
13-15 Triathlon Events	Saturday 12 November 2022
8.00 am	Transport from Grotto Bay to Clearwater Race Site
8.45 am	Athlete Check-in/Transition Open (Males and Females)
9.15 am	Swim Course open for warm-up
9.35 am	Swim Course closed/Transition closed
9.45 am	Athletes pick-up timing chips (on beach near swim start)
9.50 am	Athletes staged for Start (Males and Females)
10.00 am	13-15 Male Start
10.02 am	13-15 Female Start
11-12 Triathlon Events	Saturday 12 November 2022
8.00 am	Transport from Grotto Bay to Clearwater Race Site
9.30 am	Athlete Check-in/Transition Open (Males and Females)
10.00 am	Swim Course open for warm-up
10.20 am	Swim Course closed/Transition closed
10.30 am	Athletes pick-up timing chips (on beach near swim start)
10.35 am	Athletes staged for Start (Males and Females)
10.45 am	11-12 Male Start
10.47 am	11-12 Female Start

INDIVIDUAL AQUATHLON EVENTS SCHEDULES
(SUBJECT TO CHANGE)

16-21 Aquathlon Events	Sunday 13 November 2022
7.00 am	Transport from Grotto Bay to Clearwater Race Site
7.15 am	Athlete Check-in/Transition Open (Males and Females)
7.25 am	Swim Course open for warm-up
7.40 am	Swim Course closed/Transition closed
7.45 am	Athletes pick-up timing chips (on beach near swim start)
7.50 am	Athletes staged for Start (Males and Females)
8.00 am	16-19 & 20-21 Male Start
8.02 am	16-19 & 20-21 Female Start
13-15 Aquathlon Events	Sunday 13 November 2022
7.45 am	Transport from Grotto Bay to Clearwater Race Site
8.15 am	Athlete Check-in/Transition Open (Males and Females)
8.25 am	Swim Course open for warm-up
8.40 am	Swim Course closed/Transition closed
8.45 am	Athletes pick-up timing chips (on beach near swim start)
8.50 am	Athletes staged for Start (Males and Females)
9.00 am	13-15 Male Start
9.02 am	13-15 Female Start
11-12 Aquathlon Events	Sunday 13 November 2022
7.45 am	Transport from Grotto Bay to Clearwater Race Site
9.00 am	Athlete Check-in/Transition Open (Males and Females)
9.10 am	Swim Course open for warm-up
9.25 am	Swim Course closed/Transition closed
9.30 am	Athletes pick-up timing chips (on beach near swim start)
9.35 am	Athletes staged for Start (Males and Females)
9.45 am	11-12 Male Start
9.47 am	11-12 Female Start

**MIXED TEAM RELAY SCHEDULE
(SUBJECT TO CHANGE)**

Mixed Team Relay	Sunday 13 November 2022
10.15 am	Transition Opens
11.00 am	Transition Closed
11.10 am	Athletes marshalled at Handover Point
11.15 am	Athletes pick-up timing chips (on beach near swim start)
11.20 am	First team members marshalled at Swim Start
11.30 am	Mixed Team Relay Start – first team members