



Schedule of Events

5:00am	Parking Opens
5:00am	Packet Pick up
5:00am	Transition Opens
5:30am	Body Marking
5:30am	Chip Pickup
6:15am	Race Briefing – Near Swim Start (optional)
6:30am	Swim Warm-up Starts
6:45am	Swim Warm-up Ends
6:50am	Transition Closes
7:00am	Ohio High School Boys Championship Starts
7:05am	Ohio High School Girls Championship Starts
7:10am	Sprint Triathlon Starts Including Relay Participants will enter the water one at a time approximately every 5 seconds. Please line up based on your estimated swim time, fastest to slowest. Your time will not start until you enter the water.
7:30am	Olympic Triathlon Starts Including Relay Participants will enter the water one at a time approximately every 5 seconds. Please line up based on your estimated swim time, fastest to slowest. Your time will not start until you enter the water.
9:00am	High School Championship Awards (Approximate time)
10:00am	Sprint Awards (Approximate time)
12:00pm	Olympic Awards ((Approximate time)

1:00pm Course Closes

1:15pm All Bikes And Gear removed From Transition

Race Cut-Off Times

Sprint

Swim - 50 minutes from when you enter the water

Bike - 1 hour and 40 minutes

Run - 1 hour

Olympic

Swim - 1 hour from when you enter the water

Bike - 2 hours and 30 minutes

Run - 1 hour and 30 minutes