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PL SWIM T1 BIKE T2 RUN TIME Jan 5th, 2024

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Approximate Race Times The First Wave Will Start Promptly At 11.00am With Tri Star Start, Supersprint, Sprint, T1, T2 And T3. Juniors And Youths Wave Start Times Will Be On Display At Registration And We Will Make Every Effort To Adhere To These. Provisional Timetable – Subject To Chang Feb 8th, 2024

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