



Rapidgrid Gower Triathlon Weekend Itinerary

Friday 01/08/08

- *Pasta party* - Food available from 6-9pm - South Gower Sports Club.
- *Registration* - 6-9pm - South Gower Sports Club.

Saturday 02/08/08

- *Registration* - 5-6.15am - Port Eynon village hall, drive through the village until you see the signs for registration.
- *Transition Open* - 5-6.20am - Port Eynon beach front.
- *Marshalls Meeting* - 6am - Port Eynon beach front.
- *Mandatory Race Briefing* - 6.30am - Port Eynon beach front.
- *Water Safety Available* For warm up - 6.45am.
- *Race Start* - 7am.
- *Prize Giving* - 15 minuets after the last athlete finishes (approximately 11am) - Beach front or South Gower Sports Club an announcement will be made on the day.
- *Showering Facilities* - Available from 9am onwards - South Gower Sports Club.
- *Live band & BBQ* - 5pm - last man (or woman) standing. Shuttle buses from the campsite will be available until 12pm. 'Fun children's races 5.30pm (approx.)