

| Sprint Triathlon | | | |
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| Friday 5th April 2024 | | | |
| START | FINISH | EVENT | LOCATION |
| 5:00pm | 7:00pm | Optional Registration | Penrith Panthers |
| Saturday 6th April 2024 | | | |
| START | FINISH | EVENT | LOCATION |
| 6:30am | 7:45am | Sprint Triathlon - Registration and Transition | Village Green - Sydney International Regatta Centre |
| 7:45am | | Sprint Triathlon Under 40's - Race Briefing | P1 - Sydney International Regatta Centre |
| 8:00am | | Sprint Triathlon Under 40's - Race Start | Warm Up Lake - Sydney International Regatta Centre |
| 8:30am | 9:15am | Sprint Triathlon - Registration and Transition | Village Green - Sydney International Regatta Centre |
| 9:15am | | Sprint Triathlon Over 40's - Race Briefing | P1 - Sydney International Regatta Centre |
| 9:30am | | Sprint Triathlon Over 40's - Race Start | Warm Up Lake - Sydney International Regatta Centre |
| 11:30am | | Presentation | Village Green - Sydney International Regatta Centre |

| Enticer Triathlon | | | |
|-------------------------|---------|---|---|
| Friday 5th April 2024 | | | |
| START | FINISH | EVENT | LOCATION |
| 5:00pm | 7:00pm | Optional Registration | Penrith Panthers |
| Saturday 6th April 2024 | | | |
| START | FINISH | EVENT | LOCATION |
| 9:00am | 10:15am | Enticer Triathlon - Registration and Transition | Village Green - Sydney International Regatta Centre |
| 10:15am | | Enticer Triathlon - Race Briefing | P1 - Sydney International Regatta Centre |
| 10:30am | | Enticer Triathlon - Race Start | Warm Up Lake - Sydney International Regatta Centre |
| 11:30am | | Presentation | Village Green - Sydney International Regatta Centre |

| Tweens Triathlon | | | |
|-------------------------|---------|--|---|
| Friday 5th April 2024 | | | |
| START | FINISH | EVENT | LOCATION |
| 5:00pm | 7:00pm | Optional Registration | Penrith Panthers |
| Saturday 6th April 2024 | | | |
| START | FINISH | EVENT | LOCATION |
| 11:00am | 11:45am | Tweens Triathlon - Registration and Transition | Village Green - Sydney International Regatta Centre |
| 12:15am | | Tweens Triathlon - Race Briefing | P1 - Sydney International Regatta Centre |
| 1:00pm | | Tween Triathlon - Race Start | Warm Up Lake - Sydney International Regatta Centre |
| 1:30pm | | Presentation | Village Green - Sydney International Regatta Centre |

| Kids Triathlon | | | |
|-------------------------|---------|--|---|
| Friday 5th April 2024 | | | |
| START | FINISH | EVENT | LOCATION |
| 5:00pm | 7:00pm | Optional Registration | Penrith Panthers |
| Saturday 6th April 2024 | | | |
| START | FINISH | EVENT | LOCATION |
| 12:15pm | 14:45pm | Kids Triathlon - Registration and Transition | Village Green - Sydney International Regatta Centre |
| 12:45pm | | Kids Triathlon - Race Briefing | P1 - Sydney International Regatta Centre |
| 1:30pm | | Kids Triathlon - Race Start | Warm Up Lake - Sydney International Regatta Centre |

| Nepean Triathlon | | | |
|-------------------------|--------|--|---|
| Saturday 6th April 2024 | | | |
| START | FINISH | EVENT | LOCATION |
| 5:00pm | 7:00pm | Optional Registration | Penrith Panthers |
| Sunday 7th April 2024 | | | |
| START | FINISH | EVENT | LOCATION |
| 7:15am | 9:00am | Nepean Triathlon - Registration and Transition | Village Green - Sydney International Regatta Centre |
| 9:00am | | Nepean Triathlon - Race Briefing | P1 - Sydney International Regatta Centre |
| 9:15am | | Nepean Triathlon - Race Start 1km/30km/10km | Warm Up Lake - Sydney International Regatta Centre |
| 3:00pm | | Presentation - Nepean Triathlon | Village Green - Sydney International Regatta Centre |

| Classic Triathlon | | | |
|-------------------------|--------|---|---|
| Saturday 6th April 2024 | | | |
| START | FINISH | EVENT | LOCATION |
| 5:00pm | 7:00pm | Optional Registration | Penrith Panthers |
| Sunday 7th April 2024 | | | |
| START | FINISH | EVENT | LOCATION |
| 8:30am | 9:30am | Classic Triathlon - Registration and Transition | Village Green - Sydney International Regatta Centre |
| 9:30am | | Classic Triathlon - Race Briefing | P1 - Sydney International Regatta Centre |
| 9:45am | | Classic Triathlon - Race Start - 2km/60km/15km | Warm Up Lake - Sydney International Regatta Centre |
| 3:00pm | | Presentation - Classic Triathlon | Village Green - Sydney International Regatta Centre |

| Aquabike | | | |
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| Saturday 6th April 2024 | | | |
| START | FINISH | EVENT | LOCATION |
| 5:00pm | 7:00pm | Optional Registration | Penrith Panthers |
| Sunday 7th April 2024 | | | |
| START | FINISH | EVENT | LOCATION |
| 9:00am | 10:00am | Aquabike - Registration and Transition | Village Green - Sydney International Regatta Centre |
| 10:00am | | Aquabike - Race Briefing | P1 - Sydney International Regatta Centre |
| 10:00am | | Aquabike - Race Start - 2km/60km | Warm Up Lake - Sydney International Regatta Centre |
| 3:00pm | | Presentation - Aquabike | Village Green - Sydney International Regatta Centre |