

<b>Thursday July 30th</b>	<b>ACTIVITY</b>	<b>LOCATION</b>
12:00-5:00pm	Teams may drop off tents & gear in pre-designated (signed) areas ONLY Cox Road Gate is OPEN for Entry & Departure Liberty Way & Butler Warren gate will be CLOSED	Team Tent Area

**Friday July 31st**

<b>DATE/ TIME</b>	<b>ACTIVITY</b>	<b>Cap Color</b>	<b>LOCATION</b>
7:30 - 9:30am	Draft Legal Swim Course Familiarization		VOA Lake
8:00 - 8:30am	Adaptive Triathlon Athlete Clinic Check-In & Instructions		Pre Transition Area
9:00am - 4:00pm	Packet Pickup/ EXPO *Mandatory for Youth Ages 13-18 & Draft Legal		VOA LODGE
9:30 - 10:00am	Adaptive Triathlon Swim Familiarization		VOA Lake
9:30am	Draft Legal Bike Course Familiarization Group 1		VOA Park Bike Out
10:00am	Draft Legal Bike Course Familiarization Group 2		VOA Park Bike Out
10:00 - 10:40am	Youth Age Group Swim Familiarization (Ages 13-18 only)		VOA Lake
10:00 - 10:30am	Adaptive Triathlon Transition Walk Through & Equipment Check		Transition Area
10:30 - 11:00am	Adaptive Triathlon Course Preview & Paratriathlon Q&A		Transition Area
4:00pm	USAT Press Event		VOA Finish Line Area
5:00pm	PASTA DINNER		VOA Finish Line Area
VIRTUAL	Youth Elite & Junior Elite Race Briefing		Briefing Online
VIRTUAL	Mixed Relay Race Briefing		Briefing Online
VIRTUAL	Youth Age Group Briefing		Briefing Online

**Saturday August 1st**

<b>DATE/ TIME</b>	<b>ACTIVITY</b>	<b>Cap Color</b>	<b>LOCATION</b>
5:50am	Junior Draft Legal Female Age 16-19 Transition Opens		Transition
6:40-7:00am	Junior Draft Legal Female Age 16-19 Swim Warmup		VOA Lake
7:00am	Junior Draft Legal Female Age 16-19 Transition Closes		Transition
7:10am	<b>Junior Draft Legal Female Age 16-19 RACE START</b>	Neon Pink	VOA Lake
7:35am	Junior Draft Legal Male Age 16-19 Transition Opens		Transition
8:40-9:00am	Junior Draft Legal Male Age 16-19 Swim Warmup		VOA Lake
9:00am	<b>Junior Draft Legal Female Age 16-19 COURSE CLOSED</b>		VOA Park
9:00am	Junior Draft Legal Male Age 16-19 Transition Closes		Transition
9:10am	<b>Junior Draft Legal Male Age 16-19 RACE START</b>	Red	VOA Lake
10:40am	<b>Junior Draft Legal Male Age 16-19 COURSE CLOSED</b>		VOA Park
10:00am	Youth Draft Legal Female Age 13-15 Transition Opens		Transition
10:45 - 11:05am	Youth Draft Legal Female Age 13-15 Swim Warmup		VOA Lake
11:05am	Youth Draft Legal Female Age 13-15 Transition Closes		Transition
11:15am	<b>Youth Draft Legal Female Age 13-15 RACE START</b>	Purple	VOA Lake
11:00am	Youth Draft Legal Male Age 13-15 Transition Opens		Transition
11:45 - 12:05pm	Youth Draft Legal Male Age 13-15 Swim Warmup		VOA Lake
12:05pm	Youth Draft Legal Male Age 13-15 Transition Closes		Transition
12:15pm	<b>Youth Draft Legal Male Age 13-15 RACE START</b>	White	VOA Lake
12:00 - 6:00pm	Youth Age Group Late Packet Pickup (Ages 7-12)		VOA Lodge
12:20pm	<b>Youth Draft Legal Female Age 13-15 COURSE CLOSED</b>		VOA Park
1:20pm	<b>Youth Draft Legal Male Age 13-15 COURSE CLOSED</b>		VOA Park
2:00pm	<b>AWARDS Ceremony - Youth &amp; Junior Draft Legal</b>		VOA Park
1:30pm	Youth Age Group Transition Open Ages 13-18		Transition
2:30pm	Youth Age Group Transition Closes Ages 13-18		Transition
2:40pm	<b>Boys 16-18 RACE START (Mass Start)</b>	Orange	VOA Lake
2:45pm	<b>GIRLS 16-18 RACE START (Mass Start)</b>	Neon Green	VOA Lake

2:50pm	Boys 13-15 RACE START (Mass Start)	Red	VOA Lake
2:55pm	Girls 13-15 RACE START (Mass Start)	Neon Pink	VOA Lake
2:58pm	Non-Binary 13-18 RACE START (Mass Start)	White	VOA Lake
3:00pm	Mixed Relay Substitution Deadline - report to Timer's Tent by 3:00pm		VOA Park
4:00pm	COURSE CLOSES Ages 13-18		
4:30-4:55pm	Youth Age Group Swim Course Familiarization Ages 7-9		VOA Lake
4:55-5:20pm	Youth Age Group Swim Course Familiarization Ages 10-12		VOA Lake
5:00pm	AWARDS Ceremony - Age Group 13-18		VOA Park

### Sunday August 2nd

DATE/ TIME	ACTIVITY	Cap Color	LOCATION
5:45am	Mixed Relay (13-19 Draft Legal) Transition Opens *all athletes MUST check-in together		Transition
6:40-6:55am	Relay Swim Warmup		VOA Lake
6:55am	Relay Transition Closes		Transition
7:00am	Mixed Relay Start (13-19 Draft Legal)(250m swim / 5k bike / 1.2k run)	Powder Blue	VOA Lake
8:30am	Relay Course Closes		VOA Park
10:00am	Mixed Relay Awards Ceremony		VOA Park
9:00am	Youth Age Group Transition Opens		Transition
10:00am	Youth Age Group Transition Closes		Transition
10:10am	Boys 11-12 Race Start (Time Trial) (200m swim / 10k bike / 2k run)	Orange	VOA Lake
10:13am	Girls 11-12 Race Start (Time Trial) (200m swim / 10k bike / 2k run)	Neon Pink	VOA Lake
10:16am	Non Binary Ages 11-12 Race Start (Time Trial)	White	VOA Lake
10:25am	ATD1 Race Start	White	VOA Lake
10:28am	ATD2 Race Start	White	VOA Lake
11:15am	Girls/ Boys 11-12 COURSE CLOSED		VOA Park
11:25am	Boys 9-10 Race Start (Time Trial) (100m swim / 5k bike / 1k run)	Red	VOA Lake
11:28am	Girls 9-10 Race Start (Time Trial) (100m swim / 5k bike / 1k run)	Neon Green	VOA Lake
11:33am	Boys 7-8 Race Start (Time Trial) (100m swim / 5k bike / 1k run)	White	VOA Lake
11:36am	Girls 7-8 Race Start (Time Trial) (100m swim / 5k bike / 1k run)	Neon Pink	VOA Lake
11:39am	Non Binary Ages 7-10 Race Start (Time Trial)	White	VOA Lake
12:40pm	Boys/ Girls 7-10 Course Closed		VOA Park
1:30pm	Youth Age Group 7-12 & PC Open Awards Ceremony		VOA Park