

Time					
08:00	Registration Open				
08:15					
08:30					
08:45					
09:00		Acclimitisation	Swimmers in the water		
09:15					
09:30		09:30 Race Start Age Group • 5km Boys & Girls • 2&3km Boys & Girls			
09:45					
10:00					
10:15					
10:30					
10:45					
11:00					
11:15		Acclimitisation	Swimmers in the water		
11:30					
11:45	11:45 Race Start GB Masters Championship 3km *Waves* Men then Women				
12:00					
12:15					
12:30					
12:45					
13:00					
13:15					
13:30	Acclimitisation	Swimmers in the water			
13:45					
14:00	14:00 Race Start 5km, 3km Open then 1km Open				
14:15					
14:30					
14:45					
15:00					
15:15					
15:30					
15:45	Acclimitisation	Swimmers in the water			
16:00					
16:15	16:15 Race Start 2km Team Relay				
16:30					
16:45					
17:00					
17:15					
17:30					
17:45					
18:00					