

Time	Description
Friday, 21 February 2025	
Location	
Time	
Details	
18:00	Athlete Briefing
	Napier War Memorial Centre
Saturday, 22 February 2025	
Location	
Time	
Details	
7:00	Elite Bike Familiarisation
	Transition Area
12:30	Elite Swim Familiarisation
	Spriggs Park
Sunday, 23 February 2025	
Time	
Details	
9:45	Elite Women Athlete lounge open
10:15	Elite Women Transition open
10:15	Elite Swim warm up open
10:45	Elite Women Athlete lounge closes
11:00	Elite Women transition closes

Time	Description
11:00	
	Elite Women Athlete lineup
11:05	
	Elite Women Athlete introductions
11:15	
	Elite Women Start
11:45	
	Elite Men Athlete lounge open
12:20	
	Elite Men Transition open
12:00	
	Elite Men Swim warm up open
12:45	
	Elite Men Athlete lounge closes
13:00	
	Elite Men transition closes
13:00	
	Elite Men Athlete lineup
13:05	
	Elite Men Athlete introductions
13:15	
	Elite Men Start
14:30	
	Elite Medal Ceremony