



SBR PORT STEPHENS 2023

START	FINISH	EVENT	LOCATION
FRIDAY 2nd June 2023			
6:45am		Health and Lifestyles Expo Opens	Shoal Bay Foreshore Reserve
6:45am	11:45am	Registration - (Swim / Bike / Run)	Shoal Bay Foreshore Reserve
6:45am	7:45am	Registration - 10km Swim	Shoal Bay Foreshore Reserve
7:50am		Race Briefing - 10km Swim	Shoal Bay Foreshore Reserve
8:00am	12.30pm	Race Start - 10km Swim	Shoal Bay Foreshore Reserve
8:45am	9:45am	Registration - 5km Swim	Shoal Bay Foreshore Reserve
9:45am		Race Briefing - 5km Swim	Shoal Bay Foreshore Reserve
10:00am		Race Start - 5km Swim	Shoal Bay Foreshore Reserve
9:45am	10:45am	Registration - 2.5km Swim	Shoal Bay Foreshore Reserve
10:15am	11:15am	Registration - 1.5km Swim	Shoal Bay Foreshore Reserve
10:45am		Race Briefing - 2.5km Swim	Shoal Bay Foreshore Reserve
11:00am		Race Start - 2.5km Swim	Shoal Bay Foreshore Reserve
11:15am		Race Briefing - 1.5km Swim	Shoal Bay Foreshore Reserve
11:30am		Race Start - 1.5km Swim	Shoal Bay Foreshore Reserve
10:45am	11:45am	Registration - 500m Swim	Shoal Bay Foreshore Reserve
11:45am		Race Briefing - 500m Swim	Shoal Bay Foreshore Reserve
12:00pm		Race Start - 500m Swim	Shoal Bay Foreshore Reserve
12:30pm		Cut off time for 10km Swim (4.5 hours)	Shoal Bay Foreshore Reserve
12:30pm		Presentation - (Swim)	Shoal Bay Foreshore Reserve
4:00pm	6:30pm	The Run Registration Opens	Nelson Bay Foreshore
SATURDAY 3rd June 2023			
6:00am		Health and Lifestyles Expo Opens	Nelson Bay Foreshore
6:00am	7:00am	Registration - 42.2km Run	Nelson Bay Foreshore
6:30am	7:30am	Registration - 21.1km Run	Nelson Bay Foreshore
7:20am		Race Briefing - 42.2km Run	Nelson Bay Foreshore - Start Line
7:30am	8:30am	Registration - 10km Run	Nelson Bay Foreshore
7:30am		Race Start - 42.2km Run	Nelson Bay Foreshore - Start Line
7:50am		Race Briefing - 21.1km Run	Nelson Bay Foreshore
8:00am		Race Start - 21.1km Run	Nelson Bay Foreshore
8:50am		Race Briefing - 10km Run	Nelson Bay Foreshore
9:00am		Race Start - 10km Run	Nelson Bay Foreshore
9:00am	10:00am	Registration - 5km Run	Nelson Bay Foreshore
10:20am		Race Briefing - 5km Run	Nelson Bay Foreshore
10:30am		Race Start - 5km Run	Nelson Bay Foreshore
9:30am	10:30am	Registration - 3km Run	Nelson Bay Foreshore
10:50am		Race Briefing - 3km Run	Nelson Bay Foreshore
11:00am		Race Start - 3km Run	Nelson Bay Foreshore
11:30am		Presentation - 21.1km, 10km, 5km, 3km	Nelson Bay Foreshore
1:30pm		Cut off time for 42.2km Run (6 hours)	Nelson Bay Foreshore
2:00pm		Presentation - 42.2km	Nelson Bay Foreshore
4:00pm	6:00pm	The Bike Registration Opens	Nelson Bay Foreshore
SUNDAY 4th June 2023			
6:30am	3:30pm	Health and Lifestyles Expo Opens	King Park Sports Complex
6:30am	7:30am	Registration Opens - 100km Ride	King Park Sports Complex
7:45am	8:30am	Registration Opens - 75km Ride	King Park Sports Complex
7:50am		Race Briefing - 100km Ride	King Park Sports Complex
8:00am		Race Start - 100km Ride	King Park Sports Complex - Start Line
8:45am	9:30am	Registration Opens - 50km Ride	King Park Sports Complex
8:50am		Race Briefing - 75km Ride	King Park Sports Complex - Start Line
9:00am		Race Start - 75km Ride	King Park Sports Complex - Start Line
9:45am	10:30am	Registration Opens - 25km Ride	King Park Sports Complex
9:50am		Race Briefing - 50km Ride	King Park Sports Complex - Start Line
10:00am		Race Start - 50km Ride	King Park Sports Complex - Start Line
10:50am		Race Briefing - 25km Ride	King Park Sports Complex - Start Line
11:00am		Race Start - 25km Ride	King Park Sports Complex - Start Line
3:00pm		Presentation - (Ride)	King Park Sports Complex