



momentum
health

tankwa
TREK

PRESENTED BY **BIOMEN**

STARTING TIMES - 2019

STAGE 1

Chutes open at 14:30

15:00	AAM
15:02	AAF
15:10	A
15:15	B
15:20	C
15:25	D

STAGE 2 & 3

Chutes open at 06:00

6:30	AAM
6:32	AAF
6:40	A
6:45	B
6:50	C
6:55	D