



**XTERRA GRABOUW  
EVENT PROGRAMME 2019**

<b>SATURDAY 23 FEBRUARY</b>	05h30 – 13h00: Registration 06h30: Transition opens 07h45: Transition closes 07h45: XTERRA LITE race briefing 08h00: XTERRA LITE start – MALE WAVE 08h30: XTERRA LITE start – FEMALE & TEAMS WAVE 13h00: XTERRA LITE prize giving 13h30: XTERRA KIDS start 16h00: XTERRA KIDS end
<b>SUNDAY 24 FEBRUARY</b>	05h30: Registration opens 06h30: Transition opens 07h40: Transition closes 07h45: XTERRA FULL race briefing 08h00: XTERRA FULL start – ONE WAVE 12h00: XTERRA FULL prize giving