

2016 Schedule of Events



LAKE ALAN HENRY
OFF THE ROCK
TRIATHLON FESTIVAL

Thursday, July 28, 2016

5:30pm-6:30pm Late Registration and Packet Pickup in Lubbock
Nike Factory Store
12910 W Loop 289 #805
Lubbock, TX 79407

Saturday, July 30, 2016

3:30pm-5:00pm Late Registration and Packet Pickup
at Lake Alan Henry Private Boat Ramp

Sunday, July 31, 2016

5:00am Transition Opens, late packet pickup
6:45am Pre-race Meeting for Intermediate
7:00am Intermediate Distance Triathlon Swim Start
7:15am Sprint participants please watch for Intermediate swimmers entering transition area for bike transition.
7:35am Pre-race Meeting for Sprint
7:50am Sprint Distance Triathlon Swim Start
9:00am Transition area closed to all Sprint, and Intermediate athletes after completion of the bike. Once all adult athletes are on the run, the transition area will be open to Kids only.
9:45am Kids Pre-Race Meeting
10:00am Kids Triathlon Swim Start
11:00am AWARDS