



## Thursday May 5 - KAUA'I

Time	Duration	Activity
2:00 – 3:00a	1:00	Wake up, eat, pack
3:00 – 7:30a	4:30	Run
7:30 – 7:40a	0:10	Transition
7:40 – 9:40a	2:00	Swim
9:40 – 9:50a	0:10	Transition
9:50a – 5:20p	7:30	Bike
5:20 – 6:50p	1:30	Break down, pack up & travel to airport
6:50 – 7:52p	1:02	Check in at airport
7:52 – 8:22p	0:30	Flight to Oahu via Hawaiian Air

### Day 1

Start Thurs 3:00 am | Finish – 5:30 pm  
 Flight from LIH – HNL Thurs 7:52 pm  
 Hawaiian Air

## Friday May 6 – OAHU

Time	Duration	Activity
5:00 – 6:00a	1:00	Wake up, eat, pack
6:00 – 8:00a	2:00	Swim
8:00 – 8:10a	0:10	Transition
8:10a – 3:40p	7:30	Bike
3:40 – 3:50p	0:10	Transition
3:50 – 8:20p	4:30	Run
8:20 – 8:50p	0:30	Break down, pack up & travel to hotel

### Day 2

Sleep in Oahu Thursday & Friday night  
 Start Fri 6:00 am | Finish – open  
 Flight from HNL – MKK Sat 6:20 am  
 Island Air

## Saturday May 7 – MOLOKA'I

Time	Duration	Activity
6:20 – 6:45a	0:35	Flight to Molokai via Island Air
6:45 – 7:45a	1:00	Depart plane & travel to course start
7:45 – 9:45a	2:00	Swim
9:45 – 9:55a	0:10	Transition
9:55m – 5:25p	7:30	Bike
5:25 – 5:35p	0:10	Transition
5:35 – 10:05p	4:30	Run
10:05 – 10:35p	0:30	Break down, pack up & travel to hotel

### Day 3

Start Sat 7:45 am | Finish – open  
 Sleep in Moloka'i Saturday night  
 Flight from MKK – OGG Sun 7:46 am  
 Mokulele

## Sunday May 8 – MAUI

Time	Duration	Activity
7:46 – 8:10a	0:24	Flight to Maui via Mokulele
8:10 – 9:10a	1:00	Depart plane & travel to course start
9:10 – 11:10a	2:00	Swim
11:10 – 11:20a	0:10	Transition
11:20a – 6:50p	7:30	Bike
6:50 – 7:00p	0:10	Transition
7:00 – 11:30p	4:30	Run
11:30p – 12:00a	0:30	Break down, pack up & travel to hotel

### Day 4

Start Sun 9:10 am | Finish – open  
 Sleep in Maui Sunday night  
 Flight from OGG – KOA Mon 8:30 am  
 Mokulele

## Monday May 9 – BIG ISLAND

Time	Duration	Activity
8:30 – 9:12a	0:42	Flight to Kona via Mokulele
9:12 – 10:15a	1:03	Depart plane & travel to course start
10:15a – 12:15p	2:00	Swim
12:15 – 12:25p	0:10	Transition
12:25 – 7:55p	7:30	Bike
7:55 – 8:05p	0:10	Transition
8:05p – 12:35a	4:30	Run

### Day 5

Start Mon 10:15 am | Finish – open