

## **2024 Middle Creek Flyathlon Schedule**

### **Friday, August 2<sup>nd</sup>, 2024**

4:00 PM: Begin to arrive at the Upper Crossing Guard Station

5:00 – 7:30 PM: Check in, get schwag bags, eat dinner on your own, set up tents

7:30 PM: Pre-race briefing: Trail conditions, weather forecast, fishing report

8:00 – 10:00 PM: Drink craft beers around the campfire (a.k.a. carbo loading)

### **Saturday, August 3<sup>rd</sup>, 2024**

6:00 – 7:00 AM: Wake up, eat breakfast, stretch

7:00 – 8:00 AM: Carpool over to Middle Creek trailhead

8:00 – 8:30 AM: Get fish race ruler, apply sunscreen or rain. jacket

8:30 – 8:45 AM: Long winded race day briefing

9:00 AM: Sacrifice crappy beer to start Flyathlon

*In race time cut-offs:*

10:30 AM: WTF Hill Checkpoint Cut-Off- *Long Course*

1:00 PM: Cow Skull Hill Checkpoint Cut-Off- *Short and Long Courses*

2:00 PM: East Middle Creek Checkpoint Cut-Off- *Short and Long Courses*

3:00 PM: Race Finish (Canned beers at the Finish Line)

4:30 PM: BBQ at the Upper Crossing Guard Station

6:00 PM: Awards Ceremony, BB Rifle Shoot Out

7:30 PM: Campfire, Craft Beer, and Spirits with musical guest and open mic

### **Sunday, August 4<sup>th</sup>, 2024**

7:00 – 10:00 AM: Clean up Upper Crossing Guard Station, head home