



Duck 'n' Dash 2026 – Key timings

Juniors

Saturday 5th September

16:30 registration opens - please come along to Letchworth Outdoor Pool to register

18:00 registration closes

Sunday 6th September

07:00 registration for juniors and junior transition opens

08:15 registration for juniors closes

08:30 junior transition closes

08:45 junior race briefing at poolside – ALL JUNIOR / YOUTH MUST BE ON THE GRASS POOLSIDE AT THIS TIME

09:00 first junior in the pool

Note: we will open junior transition for collection of kit as soon as the last junior competitor has left transition.

Adults

Saturday 5th September

16:30 registration opens - please come along to Letchworth Outdoor Pool to register

18:00 registration closes

Sunday 6th September

08:30 registration and transition area opens for adults

09:45 registration for adults closes

10:00 adult transition closes

10:05 adult race briefing at poolside

10:15 first adult in the pool

Junior prize giving will be at 11am on Norton Common by the finish line

Adult prize giving will be at 11.45am at poolside