



RACE OFFICE CELL NUMBER: 067 198 6737 (Friday & Saturday 8am to 5pm)

**RACE DATE: SATURDAY 24th August 2019**

## **ATHLETE FINAL INSTRUCTIONS**

### **RACE REGISTRATION & LATE ENTRIES:**

SATURDAY ONLY: Conference room / Midmar Dam, 8:15am to 12pm - **LATE ENTRIES WILL BE AVAILABLE ON THE DAY at the same price.**

### **PARKING:**

Parking will be available above the registration venue at the top, not at the bottom by the transition area. Please ensure that no valuables are left exposed inside your vehicle.

**IMPORTANT:** Please arrive 2hrs early for your event, so as to assist with traffic congestion in the earlier events.

**\*MIDMAR GATE FEES:** Gate fees are payable at the entrance to Midmar Dam. R20 per child and R40 per Adult. This is not included in the entry fees, as per KZN Ezemvelo regulations.

**BIKE RACKING:** Open from 8:30am until 12pm

### **RACE NUMBERS & TIMING CHIPS:**

PLEASE ensure that your Race number given to you at registration is attached to the front of you (if pinned on) alternatively, you can utilize a Race Belt and move it to the front / back as required - Back - Bike and Front for the Run. TIMING CHIPS need to be securely fastened to your left ankle. You will be responsible for this chip, if it is lost you will need to pay for a replacement chip fee of R200.00.

**RACE BRIEFING:** Compulsory for all athletes - 15min before your start time at the Swim Start.

**ROAD CLOSURE:** There will be partial road closure for all events.

### **EVENTS:**

1. 9:15am Start – **Duathlon** – 2.5km Run / 5km Cycle / 1km Run
  - a. Briefing @ 9:10am at the Finish line – **(Min age: 8yrs old)**
2. 10:00am Start – **Mini Walk Triathlon** – 200m Swim / 5km Cycle / 2.5km Run
  - a. Briefing @ 9:50am at the Swim Start – **(Min age: 8yrs old)**
3. 10:45am Start – **Short Walk Triathlon** - 600m Swim / 20km Cycle / 5km Run
  - a. Briefing @ 10:35am at the Swim Start area – **(Min age 15yrs)**
4. 12:15pm Start – **Long Walk Triathlon** - 1.5km Swim / 40km Cycle / 10km Run
  - a. Briefing @ 12pm at the Transition area – **(Min age: 18yrs)**

**Olympic Race cut off:** 3:45pm (3hrs35min)



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**STARTS & FINISHES:**

The Duathlon event and the Mini & Sprint Triathlon events start and finish at Midmar Dam, while the Olympic Triathlon starts at Midmar Dam and the run finishes at the Mandela Capture Site.

**WETSUITS:** **It will more than likely be WETSUIT COMPULSARY.** A final decision on wetsuits and the swim routes will be made at 8am on race day by Triathlon SA Officials.

**TEAMS:** Teams change-over **MUST** take place at the Bike position inside the transition area.

**DRAFTING:** This event is Draft legal due to the Bike course. NO TRI-BIKE set up / Tri Bars or Time Trial Bikes are allowed under any circumstances. NO Tri Spokes or other will be allowed.

**CUT OFF TIMES:** Olympic Race (only) 3hrs35min @ 3:45pm at the capture site.

**SWIM CAPS:** These will be given out at registration and must be worn during the swim. **Please note that due to the late notice and payment from the UmDm Municipality, custom swim caps could not be imported in time and alternative caps will be given out to athletes.**

**TRANSITION & EQUIPMENT:** NO Equipment will be allowed to be kept inside the transition. You must remove your bag to your vehicle or with a friend.

**BIKE LAPS:** 1 x 5km lap for the Mini Duathlon & Triathlon / 2 x 10km laps for Sprint / 4 x 10km laps for Olympic

**WATER TABLES:** 1 x Water table on the 2.5km MINI Tri Run route / 2 on the 5km SPRINT TRI run route / 3 on the 10km Run route. There will be NO Water Tables on the Bike routes.

**PRIZE GIVING for ALL Races:** 3:35pm at the Mandela Capture site for ALL EVENTS. There is R70 000 in prize money to be won.

**NB:** ALL WINNERS WILL NEED TO BE PRESENT AT PRIZE GIVING. NO-ONE WILL BE ALLOWED TO COLLECT ANY PRIZES FOR ANOTHER PERSON. **R70 000 Prize money is available for overall race winners.**

Sanctioned by:

**KZN TRIATHLON**



Organized by:

