



2023 JOBURG TINMAN FINAL RACE - RACE INSTRUCTIONS

@ PRIME VIEW

Dear 2023 Competitors

Thank you for entering the **JOBURG TINMAN** event at the beautiful new PRIME VIEW venue. We are looking forward to having you race on Sunday and we wish you the best of luck for the event.

A SPECIAL welcome to all the TINMAN newbies. We are so happy to have you competing in your first TINMAN race, please just relax, have fun and we know you will enjoy it!

Please read the important info below:

REGISTRATION @ PRIME VIEW ON SUNDAY: 5:30AM TO 7:30AM

ALL ATHLETES WILL GET A RACE NUMBER AT REGISTRATION. NO GOODIE BAGS ARE PROVIDED FOR THE TINMAN SERIES.

Registration Times:

- 10km Run & Challenge Duathlon & Challenge Tri: 5:45am to 6:30am
- Sprint :6:30am to 7:30am
- MiniTri: 6:30am to 7:30am

TIMING:

BOUT Timing will be doing your timing. You will **receive** a Race number at registration. Please pin it on for the Bike and the Run. You will get overall Times (Start & Finish) Please make sure you wear your Race number for identification and hand your race number in at the finish.

RACE NUMBERS: Due to the continuous pollution of our beautiful Planet, we use reusable race numbers for our TinMan Series. **SO PLEASE REMEMBER TO HAND IT IN AT THE FINISH.**

RACE BRIEFING – 5min before your Race start at your race start area

SWIM START: All Triathletes will be swimming in the dam from the swim start area.

START TIMES:

- 6:50am: 10km Run & Challenge Triathlon & Duathlon
- 7:40am: Sprint Triathlon
- 8:15am: Mini Triathlon

WETSUITS: A decision by Triathlon SA will be made at 6am on wetsuits depending on the water temperature.

DRAFT LEGAL:

- All events are Draft legal. NO Time Trial Bikes are allowed for these events.
- Road and MTB Bikes are allowed.



CUT OFF TIME: Cut off applies to the two CHALLENGE Races only: 3.5hrs (10:30am)

SWIM CAPS: Competitors must provide their own swim caps.

TEAMS: Teams will need to hand over their race number to the next person in their team. This must take place at the Bike position in the Transition area. All team members get medal and an ice cold aQuelle.

TRANSITION BAGS & EQUIPMENT: Equipment will be allowed to be kept in the transition. Please keep it neatly next to your bike.

BIKE LAPS: To be briefed on at Race briefing / As per Route maps.

WATER TABLES: There will be no Water Tables on the Bike route. There will be 1 water table on the Run route every 2.5km.

32GI WATER TABLES & FINISH: There will be 32Gi Sachets and Water sachets for competitors during the Run route. There will be ice cold aQuelle at the finish for all competitors.

PRIZE GIVING: Prize Giving will be at 10:30am. The Top 3 Per event (male and Female) will get prizes and be called up to the Podium. The Championships will also have prize giving for the TSA registered members.

SOCIAL MEDIA : We LOVE seeing your race pictures, so please tag us on Instagram: [@tinman_triseries](https://www.instagram.com/tinman_triseries)

Good luck, have fun and see you on the finish-line!