2018 Mariental Namibia ATU Triathlon African Cup

Athletes Briefing:
Friday, November 16th, 2018

17:00:00 - 17:30:00 - Elite Briefing Check In (NBL Athlete Briefing Tent)

17:00:00 - 18:00:00 - Elite Race Packet Distribution (NBL Athlete Briefing Tent)
18:00:00 - 18:30:00 - Elite Briefing (NBL Athlete Briefing Tent)
18:30:00 - 19:00:00 - Elite Press Conference (OUTSIDE - Briefing Tent)
19:00:00 - 20:30:00 - Athlete Pasta Dinner (NBL Athlete Lounge Tent)

Media notes:

Contact: Contact Namibia Triathlon Communications Manager Brigitte Liebenberg at briglieb@iway.na or 081 248 8679 with any questions or interview/photo requests.

**Event Schedule**

**All activities located at Hardap Dam – Mariental Namibia**

**Friday, November 16th, 2018**

10:00:00 Onwards Elite Check in to Accommodation
 Elite Bike Familiarization (NBL Elite Athlete Transition)
 Elite Swim Familiarization (NBL Elite Athlete Swim Start)
 Coaches Run Course Measurement (NBL Briefing Tent)

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**Saturday, November 17th, 2018**

05:30:00 - 06:15:00 Elite Male Transition Open (Swim Elite Athlete Transition 1 & Bike Elite Athlete Transition 2)

05:30:00 - 06:15:00 Elite Women Transition Open (Swim Elite Athlete Transition 1 & Bike Elite Athlete Transition 2)

06:15:00-06:45:00 Elite Male Swim Warm Up (Swim Elite Start)

06:15:00-06:45:00 Elite Women Swim Warm Up (06:15:00-06:45:00

07:00:00 – Elite Male START

07:15:00 – Elite Women START

09:00:00- Age Group NON-Draft Legal Races START in 10min. increments

12:00:00 - 12:30:00 - Elite Awards Ceremony (NBL Awards Stage in Tent)

12:30:00-13:00:00 – Age Group Awards Ceremony (NBL Awards Stage in Tent)

13:30:00 Awards Ceremony Lunch Start - All Athletes