



Superior Vehicle Tracking

2009 PRETORIA ITU TRIATHLON AFRICAN CUP

SPONSORED BY C-TRACK

(Including 2010 Youth Olympic Games Qualifier

and GNT Triathlon Championships)



DATE : SUNDAY 15 NOVEMBER 2009

LOCATION : PRETORIA WEST POWER STATION

PRIZE MONEY : R30 000 (AFRICAN CUP)

PRIZES UP FOR GRABS : GNT TRIATHLON CHAMPIONSHIPS

1. 2 X WETSUITS SPONSORED BY SAILFISH
2. PRODUCT HAMPER AND VOUCHERS FROM VARIOUS SPONSORS AND CASH

EVENTS: -2009 PRETORIA ITU TRIATHLON AFRICAN CUP – ELITE ATHLETES

-2010 YOUTH OLYMPIC GAMES QUALIFIER – 16/17 AGE GROUP

-2009 GNT PROVINCIAL TRIATHLON CHAMPIONSHIPS – OPEN TO ALL

DISTANCES:

AFRICAN CUP	-	1500M SWIM/ 40KM BIKE / 10KM RUN
YOUTH OLYMPIC QUALIFIER	-	750M SWIM/ 20KM BIKE / 5KM RUN
GNT PROVINCIAL CHAMPS	SENIORS	1500M SWIM/ 40KM BIKE/ 10KM RUN
GNT PROVINCIAL CHAMPS (incl CITIZENS RACE)	16 TO 19	750M SWIM/ 20KM BIKE / 5KM RUN
GNT PROVINCIAL CHAMPS	12 TO 15	400M SWIM/ 10KM BIKE / 2.5KM RUN

- All athletes to participate in the event branded swim caps supplied
- Elite athletes to enter by home federation /ITU
- All other athletes (including YOQ) to enter on www.entrytime.co.za
- All entries close on Thursday 12 November 2009 at 12h00
- Elite athletes to pay entry fee at Registration

ENTRY FEES:

AFRICAN CUP	-	R260
YOUTH OLYMPIC QUALIFIER	-	R180
GNT PROVINCIAL CHAMPS	-	R260 SENIORS & R180 JUNIORS
CITIZENS RACE	-	R100

TV COVERAGE

SS TIMING FOR RESULTS



EVENT PROGRAM

Saturday 14 November

14h00: Swim and Run Course open (2hrs)

15h00: Bike Course open– under traffic control (1hr)

15h30: GNT CHAMPS - Registration at Venue

(GNT athletes must be registered with TSA prior to the event to be considered for team selection)

16h15: Elite & YOQ Registration at Venue

16h45: YOQ Briefing at Venue

17h15: Elite Briefing at Venue

18h00: Welcoming Function

Sunday 15 November

	Start
Snr Age Group Briefing	07h15
Snr Age Group (GNT Champs)	07h30
African Cup Elite (Snr & U23)	10h15
Jun 16-17 (YOQ & GNT Champs)	11h30
Jun 18-19 (GNT Champs) Briefing	11h30
Jun 18-19 (GNT Champs & Citizens Race)	11h35
Jun 12-15 (GNT Champs) Briefing	12h40
Jun 12-13 (GNT Champs)	12h45
Jun 14-15 (GNT Champs)	12h50

AWARDS CEREMONY (Elite / YOQ) 13h30 Only athletes in national tracksuits allowed on podium

Event Entries: WWW.ENTRYTIME.CO.ZA

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