



2020 BONAQUA TROUTBECK ATU SPRINT TRIATHLON AFRICAN CUP

ATU JUNIOR TRIATHLON AFRICAN CUP

ZIMBABWE TRIATHLON NATIONAL CHAMPIONSHIPS & MULTISPORT FESTIVAL



SATURDAY 22ND FEBRUARY 2020

Troutbeck Inn Resort, Nyanga, Zimbabwe

EVENT & ATHLETE GUIDE



TABLE OF CONTENTS

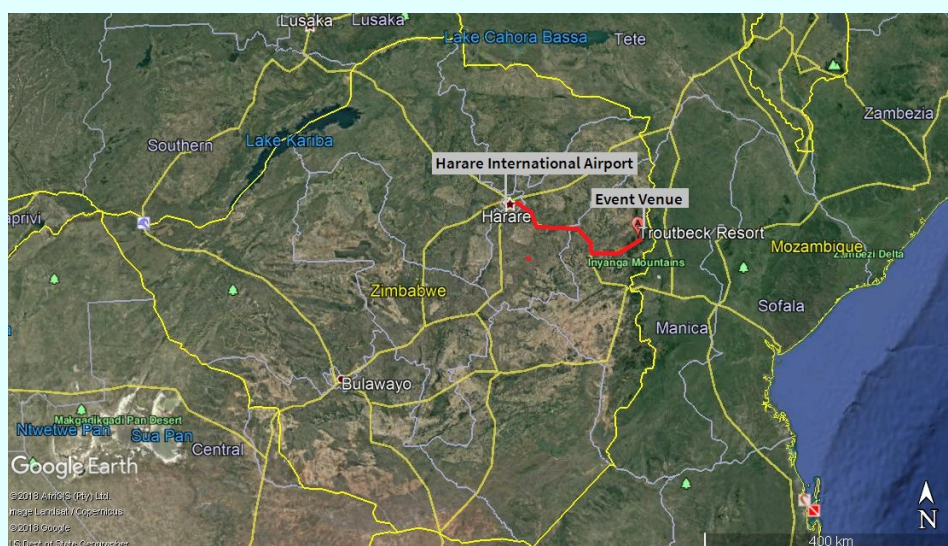
1. GENERAL INFORMATION
 - 1.1 PURPOSE OF THIS GUIDE
 - 1.2 INTRODUCTION & BACKGROUND TO THE TROUTBECK EVENT
 - 1.3 THE OBJECTIVE OF THE TROUTBECK EVENT
 - 1.4 THE VENUE & LOCATION – WHY TROUTBECK ?
2. KEY CONTACTS & CONTACT DETAILS
 - 2.1 ACCREDITATIONS
3. TRAVEL, VISA & ACCOMMODATION INFORMATION
 - 3.1 FLIGHT RECOMMENDATIONS – ARRIVALS
 - 3.2 FLIGHT RECOMMENDATIONS – DEPARTURES
 - 3.3 HOST HOTEL – TROUTBECK INN RESORT
 - 3.4 ELITE ATHLETE ACCOMMODATION & RATES
 - 3.5 JUNIOR ELITE ATHLETE ACCOMMODATION OPTIONS
 - 3.6 ALTERNATIVE ACCOMMODATION OPTIONS
 - 3.7 FUEL AVAILABILITY
4. EVENT KEY INFORMATION
 - 4.1 PRE-EVENT SCHEDULE
 - 4.2 RACE DAY SCHEDULE SATURDAY 22ND FEBRUARY
5. ATHLETES INFORMATION & SERVICES
 - 5.1 DOPING CONTROL
 - 5.2 MEDICAL
 - 5.3 BIKE TRANSPORTATION & MECHANICAL SERVICES
 - 5.4 ATHLETE’S LOUNGE
 - 5.5 COMPETITION RULES
 - 5.6 ATHLETE’S BRIEFINGS
 - 5.7 TIMING CHIPS & SWIM CAPS
 - 5.8 RESULTS
 - 5.9 PROTESTS & APPEALS
6. ATHLETES KEY INFORMATION
 - 6.1 ELITES
 - 6.2 JUNIORS
 - 6.3 TRIATHLON / CORPORATE TEAMS
 - 6.4 OFF-ROAD CROSS-TRIATHLON
 - 6.5 TRIKIDZ & TRISPORT
 - 6.6 AQUATHLON
7. ZIMBABWE NATIONAL OPEN WATER SWIM CHAMPIONSHIPS - TROUTBECK MILE OPEN WATER SWIM
 - 7.1 ENTRIES INFORMATION
 - 7.2 RACE DAY INFORMATION
8. 8.a WATER QUALITY ASSESSMENT TESTS
COURSE MAPS – ELITE & JUNIOR SPRINT / SUPER-SPRINT EVENTS
 - 8.1 SWIM
 - 8.2 BIKE
 - 8.3 RUN
 - 8.4 OFF-ROAD CROSS TRIATHLON BIKE
 - 8.5 OFF-ROAD CROSS TRIATHLON RUN
 - 8.6 AQUATHLON
 - 8.7 OPEN WATER SWIM
 - 8.8 TRI-KIDZ & TRISPORTS
9. ZIMBABWE – USEFUL INFORMATION
10. SOCIAL NETWORKS

1.1 THE PURPOSE OF THIS GUIDE

This Event and Athlete Guide has been prepared to ensure that all athletes, coaches, managers, Team Leaders, sponsors and spectators are kept informed on all procedures concerning the Event.

The LOC will be responsible for all the information contained in this Guide and ensure that it is correct and updated timeously.

All parties are advised to check with the LOC office regarding any changes in information or if there are any queries.



On arrival in Harare, expect a comfortable 4 hour bus trip to Troutbeck which is approximately 350km from the capital. All luggage and Bikes will be transported in convoy in a closed and secure vehicle

Troutbeck Resort is situated in the Eastern Highlands of Zimbabwe at an altitude of approximately 2000 m above sea level.

Expected air temperature by day 22 degrees C and 15 degrees C by night. Expect rain showers as February is the summer rainy season for Zimbabwe. Humidity levels therefore can be as high as 75%

1.2 INTRODUCTION & BACKGROUND TO THE TROUTBECK EVENT

Triathlon consists of swimming, cycling and running competed as one continuous event over a number of predetermined distances.

The **TROUTBECK ATU TRIATHLON AFRICAN CUP** is an International sanctioned event by the INTERNATIONAL TRIATHLON UNION (ITU) with a 13-year history of being staged in Zimbabwe. It is the longest running event of this level on the African Continent.

The event has grown to include local Triathlon events, such as National Championships, an Open Water Swim (The Troutbeck Mile), a Corporate Team Triathlon Relay Challenge, Aquathlon (swim-run-swim), in 2018, an extension of our popular entry level events, Tri-Kidz and in 2019, Off-Road (Cross-Triathlon) at the Nyanga event to capitalise on the Family element.

The event meets stringent ITU Event Organiser standards with regards to safety and athlete experience, and has a reputation of top-flight organisation combined with typical Zimbabwean hospitality. Troutbeck is selected owing to the requirement for:

A guaranteed clean, disease and animal free stretch of open water within Zimbabwe for the swim element. This water quality is critical to the ITU requirements for hosting International events and has to comply with specific health requirements for open water swimming.

A demanding event held at an altitude of 2000m and over hilly terrain. The close proximity of the venue to a good tar road for the cycle section. A central location for all aspects of the event for spectators and athletes alike.

This includes accommodation and full catering facilities on site and other alternative options close by in the form of cottages, time shares and other hotels - "Sport Tourism".

A close working relationship built up over thirteen previous events at the Resort with African Sun Hotels and the Local Authorities.



1.3 THE OBJECTIVE OF THE TROUTBECK EVENT

The event will consist of a variety of different distances to suit the targeted Athlete base. The primary function is to enable Elite and Under 23 Athletes gain valuable World (Olympic) Ranking Points.

Essentially these events are to assist African Athletes with their Qualification points, by hosting events on the Continent to avoid travelling further afield to compete at the same level. The event does not however exclude Non-African athletes and we have had athletes competing from a wide range of foreign countries.

The event is part of an International circuit, strictly sanctioned by the ITU, run across all of the Continents. These events are particularly important to athletes during the 2-year Olympic Qualification process (also points based) leading up to the Olympic Games competition- June 2018- May 2020.

In 2018, we realigned the ELITE event to a 750m swim/20km bike/5km run course owing to the scheduling of the event earlier on the International Calendar as well as taking into consideration the severity of the course based on the altitude and terrain.

It is important that the event is appealing to young Elite athletes for them to travel and gain valuable ranking points by finishing within 8% of the winner's time (to guarantee ranking points regardless of the finish position)- we believe this will swell this field significantly.

The event falls one week after the World Cup Cape Town, also an ITU sanctioned ranking event, raced over the same Sprint format. It is hoped to capitalise on some of these athletes travelling onto Troutbeck to compete while in "the Region" as was the case in 2018 and 2019.

2019-2020 are the Tokyo Olympic Qualification years and the event therefore falls within this cycle so points are extremely important for these Elite athletes.

The cycle and run courses will consist of multi laps through the Hotel complex which adds to spectator interest and involvement.

This course will then be used for other triathlons that will do distances proportionate to each other.

We use this occasion to host the **ZIMBABWE NATIONAL TRIATHLON CHAMPIONSHIPS** over the same course and venue.



1.4 THE VENUE & LOCATION – WHY TROUTBECK ?

Troutbeck is selected owing to the requirement for:

A guaranteed clean, disease and animal free stretch of open water within Zimbabwe for the swim element.

This water quality is critical to the ITU requirements for hosting International events and has to comply with specific health requirements for open water swimming.



A demanding event held at an altitude of 2000m and over hilly terrain. The close proximity of the venue to a good tar road for the cycle section.



A central location for all aspects of the event for spectators and athletes alike.

This includes accommodation and full catering facilities on site and other alternative options close by in the form of cottages, time shares and other hotels-“Sport Tourism”.

A close working relationship built up over twelve previous events at the Resort with African Sun Hotels and the Local Authorities.



2. KEY CONTACTS & CONTACT DETAILS

EVENT & LOC DIRECTOR

MR RICK FULTON

Email: fultonrickh@gmail.com

Mobile: + 263 772 573534

LOC EVENT ADMINISTRATION

All enquiries – Race entries, Registration enquiries, Hotel Bookings

MRS CAROL PAKENHAM

Email: troutbecktri-loc@zimtri.org

carol.pakenham47@gmail.com

Mobile: + 263 772 410344

TECHNICAL DELEGATE

MR MARTIN BIRTWHISTLE

Email: Martin.Birtwhistle@process-sales.co.za

ATHLETE SERVICES

MRS CATHERINE JENNINGS

Email: zudwa@yahoo.com

Mobile: + 263 772 353760

NATIONAL FEDERATION

Triathlon Zimbabwe

Secretary General – MRS CAROL PAKENHAM

Email: info@zimtri.org or triathlonzimbabwe@gmail.com

Mobile: + 263 772 410344

EVENT WEB PAGE

<https://www.zimtri.org/2020-atu-troutbeck-triathlon-african-cup/>

ITU EVENT PAGES

https://www.triathlon.org/events/event/2020_troutbeck_atu_sprint_triathlon_african_cup

https://www.triathlon.org/events/event/2020_troutbeck_atu_triathlon_junior_african_cup

2.1 ACCREDITATIONS

The LOC will provide an official Accreditation Card to all the Organizing Committee Members, ITU Technical Officials and Coaches, VIPs, Media and Medical Personnel.

Accreditation Cards provide access to specific areas of the competition areas.

All those accredited are requested to carry their Accreditation Cards with them at all times, and to show them upon request.

VIPS

All VIPS, Sponsors and specific sponsor guests will be issued with Accreditation Passes which allows entry into the specified VIP Comfort Zone. No entry will be permitted without accreditation. Accreditation cards are non-transferrable

FAN ZONE

A dedicated area will be designated for families and friends of athletes

COACHES

All coaches must be entered through the ITU System by their National Federation. Accreditation Cards will be issued by the LOC Administration at Athlete's Briefings

MEDIA

All media personnel will be required to register with the LOC who will issue Accreditation Cards. Press Conferences will be held at specific times, Media Personnel are requested to adhere to the schedule.



3. TRAVEL & VISA INFORMATION

Main Airport - Harare International (RG Mugabe International)

Transfers to Host Hotel & Venue and return to Harare – FREE OF CHARGE for athletes and coaches if arriving and departing on Wednesday 19th or Thursday 20th February 2020..

Please take note that it is a 4 hour journey by road – NO UNSUPERVISED ROAD TRAVEL ADVISED AFTER DARK.

VISA REQUIREMENTS

Please check <http://www.zim.gov.zw/Immigration-visas/immigration-and-visas> if you require a visa for entry into Zimbabwe

Visas may be obtained on arrival at Harare International Airport at a cost of US\$ 45 – subject to change - please bring correct note denominations

Visa applications can be done online – <https://www.evisa.gov.zw/home>

Contact LOC / Athlete Liaison for a Letter of Invitation if required



3.1 FLIGHT RECOMMENDATIONS - ARRIVALS

All flights arrive at **HARARE INTERNATIONAL (ROBERT GABRIEL MUGABE INTERNATIONAL) AIRPORT**

To coincide with arranged transfers to and from Troutbeck Inn Resort it is recommended that you plan your travel as follows –

EARLY ARRIVALS – WEDNESDAY 19TH FEBRUARY

For athletes who have no option but to arrive early, overnight accommodation in a local hotel or B&B can be arranged. **This will be for athletes account**

Please advise and request detail from Athlete Liaison Cath Jennings

Early arrival Athletes will be collected from their overnight lodgings at a time to be confirmed by Athlete Liaison on Thursday 20th February for onward transportation by Bus Transfer to Troutbeck Inn Resort free of charge.

Bikes and luggage will be transported by DHL to Troutbeck Inn Resort in closed, secure trucks that will travel in convoy with the Athlete Transfer Bus

AIRLINES OPERATING INTO HARARE – KEY

SA - South African Airways
KQ - Kenya Airways
EK – Emirates
WB - Rwandair

BA - British Airways
ET - Ethiopian Airlines
FN - Fastjet

FROM JOHANNESBURG -

1030 1205 @ SA 2	1525 1700 @ SA 28	1625 1815 @ SA8102
0645 1825 @ FN8336	1940 2115 @ SA 24	2110 2250 @ FN8338

FROM ADDIS-ABABA - 0925 1235 @ ET 873

FROM LUSAKA -

0955 1100 @ KQ 706	1220 1315 @ ET 34	1555 1700 @ EK 713
--------------------	-------------------	--------------------

FROM NAIROBI -

1340 1540 @ KQ 704	2255 0100 @ KQ 708	0715 1100 @ KQ 706
--------------------	--------------------	--------------------

FROM KIGALI –

0830 1115 @ WB 110	2120 0005 @ WB 112
--------------------	--------------------

FROM LILONGWE -

1030 1315 @ ET 34

ARRIVALS ON RECOMMENDED DATE – THURSDAY 20 FEBRUARY 2020

FROM JOHANNESBURG

0625 0815 @ SA8100	0830 1010 @ FN8332	0930 1105 @ BA6261
1030 1205 @ SA 22		

All Athletes will be met on arrival at Harare International Airport and assisted with Customs and Clearance procedures.

The transfer bus will depart from Harare International as soon as all athletes are on board and bikes and luggage are loaded. Departure must be no later than 3.00pm as no travel after darkness is recommended.

Bikes and luggage will be transported to Troutbeck Inn Resort in closed, secure trucks that will travel in convoy with the Athlete Transfer Bus

3.2 FLIGHT RECOMMENDATIONS - DEPARTURES

To ensure that all athletes arrive back at Harare International Airport with ample time to complete check in and departure procedures, the Transfer Bus will leave from Troutbeck Inn Resort extremely early on Sunday morning and will be determined by the earliest flight departure. Athlete Liaison Cath Jennings will advise specific time.

AIRLINES OPERATING OUT OF HARARE – KEY

SA - South African Airways	BA - British Airways
KQ - Kenya Airways	ET - Ethiopian Airlines
EK – Emirates	FN - Fastjet
WB - Rwandair	

ALL DEPARTURES – SUNDAY 23 FEBRUARY 2020

On flights to the following centres for onward connections to Europe

TO JOHANNESBURG -

1250 1430 @ SA 23	1430 1615 @ FN8335
1745 1925 @ SA 29	1845 2030 @ SA8103
1855 2040 @ FN8337	

TO ADDIS ABABA - 1340 2055 @ ET 873

TO LUSAKA -

1250 1335 @TC 212	1340 1440 @ ET 873
1630 1735 @KQ 704	1845 1950 @ EK 714

TO NAIROBI - 1630 2200 @ KQ 704

TO KIGALI - 2015 2300 @ WB 111

TO LILONGWE - 1350 1500 @ ET 34

Thanks to The Savvy Traveller for assistance in compiling these recommendations.

These details serve only as a guideline and are correct at time of this publication.

Please check with your own Travel Agents for reservations, routing and tickets.

3.3 HOST HOTEL – TROUTBECK INN RESORT



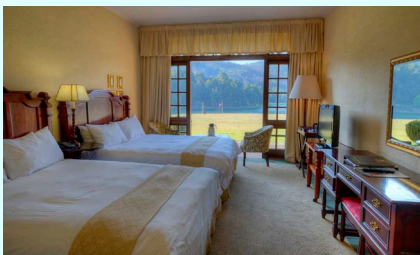
The host hotel is TROUTBECK INN RESORT. Nestled in the beautiful Eastern Highlands of Zimbabwe, the hotel is a 4 hour road journey by transfer bus from Harare International Airport.

Situated at the foot of ancient pine-treed hills, the resort was built and founded by Major Herbert MacIlwaine in 1947 and has undergone considerable changes over the years, however, its famous log fire has never been put out since it was lit at the resort opening. The resort is 6 500 feet (2 200m) above sea level, with the surrounding mountains climbing to 8 508 feet (2 593m) above sea level.



This inviting resort is perfectly positioned to explore the scenic beauty of Nyanga and savor the crisp mountain air Troutbeck Resort provides friendly and efficient service in one of Africa's finest countryside locations.

The hotel has a total of 70 well-appointed rooms with oil heaters, under-floor heating, wall-to-wall carpeting and hairdryers. All have satellite television, tea and coffee making facilities, en-suite bathrooms with shower and bath. The hotel also offers free Wi-fi.



Pre-payment for your reservation is not required. However, if you wish to make pre-payment directly to the hotel please advise LOC so that invoice and banking details can be sent to you.

ALL HOTEL ACCOUNTS MUST BE SETTLED PRIOR TO DEPARTURE ON SUNDAY 23RD FEBRUARY. VISA/MASTERCARD/CASH ACCEPTED



3.4 ELITE ATHLETE ACCOMMODATION

All accommodation reservations must be made through LOC email troutbecktri-loc@zimtri.org or via Athlete Liaison Cath Jennings email zudwa@yahoo.com

Options available – Limited Single occupancy or Twin Room sharing with another elite athlete.

Please advise LOC if you have specific room mate you wish to share with.

RATES – BED and BREAKFAST PER NIGHT

USD 65 PER PERSON PER NIGHT SHARING A TWIN ROOM (2 people)

USD 100 SINGLE PER PERSON PER NIGHT SINGLE OCCUPANCY

Coaches, Managers & Guests of travelling athletes will be required to pay the **full rates as follows -**

**USD 150 DOUBLE PER ROOM PER NIGHT BED & BREAKFAST
(2 people) (no twin rooms available)**

USD 110 SINGLE PER NIGHT BED & BREAKFAST

PAYMENT:

Pre-payment for your reservation is not required. However, if you wish to make pre-payment directly to the hotel please advise LOC so that invoice and banking details can be sent to you.

ALL HOTEL ACCOUNTS MUST BE SETTLED PRIOR TO DEPARTURE ON SUNDAY 23RD FEBRUARY. VISA/MASTERCARD/CASH ACCEPTED

LOCAL CURRENCY

The local currency of Zimbabwe is the ZWL Dollar. Under our current situation it is impossible to source any cash and it is strongly advised that you bring US\$ bank notes in small denominations (50, 20, 10). **All foreign visitors to Zimbabwe are required by law to settle all hotel bills in foreign currency.**



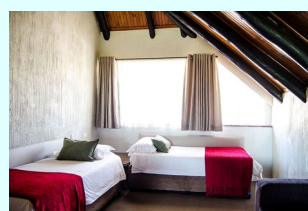
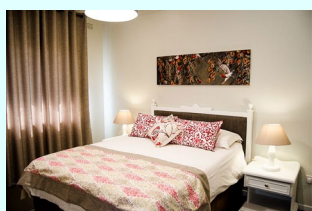
3.5 JUNIOR ELITE TEAMS ACCOMMODATION OPTION

FULL BOARD – BLUE SWALLOW TIMESHARE UNITS – CONTACT LOC FOR PRICING



For teams of Junior and Development athletes coming from South Africa, Egypt, Tunisia, Mauritius, Namibia etc., this is a more cost effective arrangement for accommodation on a Full Board basis is available.

Accommodation is in the TIMESHARE UNITS which are situated on site. Athletes from all countries will be accommodated in separate units i.e. FEMALE units and MALE units.. Coaches/Managers will also share a separate unit.



Each unit sleeps 6 people (maximum 8 sleeping on mattresses). There is 1 double bed room and 2 twin bedded rooms in each unit

CATERING

All meals are prepared and served by our dedicated caterers Jenny and Ryan Collett from Jen's Kitchen. Breakfast, mid morning tea time snacks, Lunch, afternoon tea time snacks, Dinner and all bottled water and juices are included.



Special dietary requirements are catered for i.e. lactose, gluten intolerance etc – please advise LOC in advance

The offer covers 3 nights accommodation plus all meals and snacks from Thursday night until departure on Sunday morning.

Please contact LOC on email troutbecktri-loc@zimtri.org for COSTS PER HEAD for this option.



3.6 ALTERNATIVE ACCOMMODATION OPTIONS

Alternative accommodation options – please contact service providers directly -

RHODES NYANGA HOTEL

Email: reservationsrhodesnyangahotel@gmail.com
Website: [www.http/redapplehotels.co.zw/Rhodes-nyanga-hotel/](http://www.redapplehotels.co.zw/Rhodes-nyanga-hotel/)
Facebook: www.facebook.com/RhodesNyangaHotel/
Mobile: +263 78 270 7837

DEPARTMENT OF NATIONAL PARKS & WILDLIFE MANAGEMENT - LODGES & COTTAGES

Email: bookings@zimparks.org
Website: <https://zimparks.org/>

MONTCLAIR HOTEL

Email: Nicola.sales@Montclair.co.zw
Website: [www.http://Montclair.co.zw](http://www.Montclair.co.zw)
Facebook: www.facebook.com/montclairhotelcasino/
Mobile: +263 77 806 6869

In addition, there are many delightful cottages in the Troutbeck area that could be available to hire.

Contact: Guy & Deb's Macilwaine
Box 27 Troutbeck
Zimbabwe
Mobile: +263 772264359 or 0712219339
+263 772333574
www.nyangatroutrours.com

Contact: June Weeks
+263 772 215601
Lindsay
+263 712 541943

3.7 FUEL AVAILABILITY

Are you undecided about coming to Troutbeck 2020 because of the fuel situation ???

DON'T STRESS – IN PARTNERSHIP WITH FLO PETROLEUM WE GOT HAVE THIS COVERED

There will be fuel reserves for ALL Sponsors, VIP's, Competitors & Spectators coming to the 2020 Troutbeck ATU Triathlon African Cup and Multi-Sport Weekend event.

Petrol & Diesel will be available at the ZUVA FUEL STATION opposite MONTCLAIR HOTEL. We cannot advise on the cost per litre at the moment but just be rest assured – THERE WILL BE FUEL AVAILABLE. Payment can be made by Ecocash or Swipe.

To reserve your allocation, please complete and submit the required form (go to our website link below) NO LATER THAN 7 FEBRUARY 2020

<https://www.zimtri.org/fuel-availability/>

ONLY THOSE LISTED ON THE STOCK RESERVATION LIST WILL BE SERVED BY THE FUEL ATTENDANTS.

(If you miss this deadline, never fear – there will also be fuel stocks at the Troutbeck Garage but only payment in USD will be accepted)



4. EVENT KEY INFORMATION

4.1 PRE-EVENT SCHEDULE



**2020 BONAQUA TROUTBECK ATU SPRINT TRIATHLON AFRICAN CUP,
ATU JUNIOR TRIATHLON AFRICAN CUP, ZIMBABWE NATIONAL
TRIATHLON CHAMPIONSHIPS, BONAQUA CORPORATE TEAM CHALLENGE, OFF-ROAD
CROSS-TRIATHLON CHAMPIONSHIPS, TRIKIDZ, TRISPORTS, AQUATHLON &
ZIMBABWE NATIONAL OPEN WATER SWIM CHAMPIONSHIPS - TROUTBECK MILE**

DAY	TIME	EVENT DETAIL
THUR 20 FEB	1100-1500	VISITING INTERNATIONAL ATHLETES ARRIVE HARARE INTL. AIRPORT & TRANSFER TO TROUTBECK RESORT
	1700	ONLINE AND EMAIL ENTRIES FOR ALL EVENTS CLOSE - LATE ENTRIES IN PERSON WILL BE ACCEPTED AT REGISTRATION & CHECK IN ON FRIDAY 21ST FEB - 1600 CUT OFF TIME
FRI 21 FEB	1900	ARRIVAL OF VISITING INTERNATIONAL ATHLETES AT TROUTBECK RESORT
		COURSE FAMILIARISATION
	0900-0930	SWIM FAMILIARISATION - ELITE/JUNIOR/AG TRIATHLON/OFF-ROAD CROSS-TRIATHLON
	0930-1030	OFF-ROAD CROSS-TRIATHLON BIKE FAMILIARISATION
	1000-1100	BIKE / RUN COURSE FAMILIARISATION - ELITE/JUNIOR
	1100-1130	OFF-ROAD CROSS-TRIATHLON RUN FAMILIARISATION
		REGISTRATION AND BRIEFINGS
	1200	ELITE/U23 - REGISTRATION / UNIFORM CHECK / PACKET COLLECTION
	1230	ELITE/U23 - BRIEFING
	1300	ELITE MEDIA CONFERENCE-CONFERENCE ROOM-TROUTBECK
	1330	JUNIOR AFRICAN CUP - REGISTRATION / UNIFORM CHECK / PACKET COLLECTION
	1400	JUNIOR AFRICAN CUP - BRIEFING
	1430	JUNIOR AFRICAN CUP MEDIA CONFERENCE-CONFERENCE ROOM-TROUTBECK
	1400 - 1600	CHECK-IN, REGISTRATION & PACKET COLLECTION - ALL ENTRIES - TRIATHLON / OFF-ROAD TRIATHLON / AQUATHLON / TRIKIDZ / TRISPORTS / OPEN WATER SWIM
		NO LATE ENTRIES WILL BE ACCEPTED AFTER 1600
	1600	MEDAL CEREMONY REHEARSAL
		RACE BRIEFINGS - CONFERENCE ROOM
	NOTES ***	*** RACE BRIEFING IS COMPULSORY - IF YOU ARE UNABLE TO ATTEND PLEASE ADVISE LOC
		*** TEAM ENTRIES - INCLUDING CORPORATE CHALLENGE TEAMS - AT LEAST 1 MEMBER OF YOUR TEAM MUST ATTEND THE BRIEFING
	1615	ALL TRIATHLON ENTRIES - AG / YOUTH / CORPORATE CHALLENGE
	1645	ALL OFF-ROAD CROSS-TRIATHLON ENTRIES
		AQUATHLON / TRIKIDZ / TRISPORTS / OPEN WATER SWIM ENTRIES
		RACE BRIEFING WILL TAKE PLACE PRIOR TO START OF THESE EVENTS ON SATURDAY 22 FEBRUARY - REFER TO RACE DAY SCHEDULE FOR TIMES
	1700	TECHNICAL OFFICIALS' & VOLUNTEER BRIEFING IN T.O ROOM

4.2 RACE DAY SCHEDULE SATURDAY 22ND FEBRUARY



2020 BONAQUA TROUTBECK ATU SPRINT TRIATHLON AFRICAN CUP,
ATU JUNIOR TRIATHLON AFRICAN CUP, ZIMBABWE NATIONAL
TRIATHLON CHAMPIONSHIPS, BONAQUA CORPORATE TEAM CHALLENGE, OFF-ROAD
CROSS-TRIATHLON CHAMPIONSHIPS, TRIKIDZ, TRISPORTS, AQUATHLON &
ZIMBABWE NATIONAL OPEN WATER SWIM CHAMPIONSHIPS - TROUTBECK MILE

PART 1 - 0600 – 1025

DAY	TIME	RACE DAY PROGRAMME
SATURDAY 22ND FEB	0600 - 0645	TRANSITION & BIKE CHECK - ALL AG STANDARD/SPRINT/MINI INDIVIDUALS & TEAMS - TRIATHLON & OFF-ROAD TRIATHLON
	0630-0645	SWIM WARM UP - ALL AG STANDARD/SPRINT/MINI - TRIATHLON & OFF-ROAD TRIATHLON INDIVIDUALS & TEAMS
	0700	START - STANDARD - AG TRIATHLON - MEN & WOMEN - INDIVIDUALS & TEAMS
	0715	START - STANDARD - AG OFF-ROAD - TRIATHLON - MEN & WOMEN
	0715	START - MINI DISTANCE - AG OFF-ROAD - TRIATHLON - MEN & WOMEN
	0735	START - SPRINT - OFF-ROAD TRIATHLON AG - MEN & WOMEN - INDIVIDUALS & TEAMS
	0745	START - SPRINT - AG TRIATHLON - MEN & WOMEN - INDIVIDUALS & TEAMS
	0700-0800	TRANSITION & BIKE CHECK - SUPER-SPRINT - YOUTH / AG INDIVIDUALS & TEAMS / CORPORATE CHALLENGE
	0815	START - SUPER-SPRINT YOUTH BOYS U13/U15
	0820	START - SUPER-SPRINT - YOUTH GIRLS U13/U15 AND AG INDIVIDUALS & TEAMS
	0825	START - SUPER-SPRINT - CORPORATE CHALLENGE
	0715 - 0800	OPEN WATER SWIM CHAMPIONSHIPS - REGISTRATION / PACKET COLLECTION / BODY MARKING - CUT-OFF TIME FOR LATE RELAY ENTRIES 0800
		ALL OPEN WATER SWIMMERS TO PRE-START BRIEFING
	0845	START - 5000M OPEN WATER SWIM CHAMPIONSHIPS
	0845	START - 3000M OPEN WATER SWIM CHAMPIONSHIPS
	0900	START - 1500M OPEN WATER SWIM CHAMPIONSHIPS
	0950	START - 4 X 500M OPEN WATER RELAY
	1125	MEDAL CEREMONY - OPEN WATER SWIM CHAMPIONSHIPS
	0930 - 1015	AQUATHLON - CHECK IN AND BODY MARKING
	1020	AQUATHLON - ATHLETES TO PRE-START BRIEFING
	1030	START - AQUATHLON
	0900 - 0945	TRIKIDZ & TRISPORT - CHECK IN AND BODY MARKING - SUN LOUNGE
	0945	TRIKIDZ & TRISPORT ATHLETES TO PRE-START BRIEFING
	1000	START - TRIKIDZ
	1025	START - TRISPORTS

4.2 RACE DAY SCHEDULE SATURDAY 22ND FEBRUARY



2020 BONAQUA TROUTBECK ATU SPRINT TRIATHLON AFRICAN CUP,
ATU JUNIOR TRIATHLON AFRICAN CUP, ZIMBABWE NATIONAL
TRIATHLON CHAMPIONSHIPS, BONAQUA CORPORATE TEAM CHALLENGE, OFF-ROAD
CROSS-TRIATHLON CHAMPIONSHIPS, TRIKIDZ, TRISPORTS, AQUATHLON &
ZIMBABWE NATIONAL OPEN WATER SWIM CHAMPIONSHIPS - TROUTBECK MILE

PART 2 – ATU SPRINT TRIATHLON AFRICAN CUP AND JUNIOR AFRICAN CUP

	0945-1030	ATU JUNIOR TRIATHLON AFRICAN CUP - TRANSITION & CHECK-IN OPENS - JUNIOR MEN
	1030 - 1040	JUNIOR MEN SWIM WARM UP
	1045	JUNIOR MEN - TRANSFER TO PRE-START TENT - LINE UP
	1050	NATIONAL ANTHEM
	1055	JUNIOR MEN - ATHLETE LINE UP & INTRODUCTION
	1100	START - ATU JUNIOR TRIATHLON AFRICAN CUP - MEN
	1100	ATU SPRINT TRIATHLON AFRICAN CUP ATHLETE LOUNGE OPENS - ELITE WOMEN AND JUNIOR WOMEN
	1115-1200	ELITE WOMEN & JUNIOR WOMEN - TRANSITION & BIKE CHECK
	1200-1215	ELITE WOMEN & JUNIOR WOMEN SWIM WARM UP
	1220	ELITE WOMEN & JUNIOR WOMEN - TRANSFER TO PRE-START TENT-LINE UP
	1225	ELITE WOMEN - ATHLETE INTRODUCTION
		JUNIOR WOMEN - ATHLETE INTRODUCTION
	1230	START - ATU SPRINT TRIATHLON AFRICAN CUP - ELITE WOMEN & JUNIOR WOMEN
	1230	ATU SPRINT TRIATHLON AFRICAN CUP ATHLETE LOUNGE OPENS - ELITE MEN
	1245 - 1330	ELITE MEN - TRANSITION & BIKE CHECK OPENS
	1330 - 1345	ELITE MEN SWIM WARM UP
	1350	ELITE MEN - TRANSFER TO PRE-START TENT-LINE UP
	1355	ELITE MEN - ATHLETE INTRODUCTION
	1400	START - ATU SPRINT TRIATHLON AFRICAN CUP - ELITE MEN
	1515	MEDAL CEREMONIES
		ATU JUNIOR AFRICAN CUP - MEN AND WOMEN
		ATU SPRINT TRIATHLON AFRICAN CUP - ELITE MEN & WOMEN
		TRIATHLON & OFF-ROAD TRIATHLON CHAMPIONSHIPS
		CORPORATE CHALLENGE / TRIKIDZ & TRISPORTS / AQUATHLON
	1545	MEDIA CONFERENCE
	1830	AWARDS DINNER FUNCTION - ARRIVALS - BY TICKET ONLY
	1845	WELCOME AND CALL TO ORDER - MC
	1850	SPONSOR ADDRESS
	1855	INTRODUCTION OF THE GUEST OF HONOUR
	1900	KEY NOTE ADDRESS - MINISTER OF YOUTH, SPORT, ARTS & RECREATION, HONORABLE DR KIRSTY COVENTRY
		PRESENTATION OF ELITE PRIZE MONEY
	1910	VOTES OF THANKS
		ANNOUNCEMENT OF TEAM SELECTION TO SA CHAMPS
	1920	DINNER SERVED
SUNDAY 23RD FEB	0430	DEPARTURE OF ATHLETES TO HARARE INTERNATIONAL AIRPORT
	0900	HAC WORLDS VIEW RUN

5 ATHLETE INFORMATION & SERVICES

5.1 DOPING CONTROL

Doping Control will be performed according to the ITU/WADA rules

5.2 MEDICAL

First Aid and Emergency Medical Services will be on-site during the race. The Medical Delegate will be on call at the Host Hotel. Medical personnel will be available throughout the race and ambulances will be available to provide emergency transfers to a nearby hospital. A medical area will be provided on site at the finish area.

Medical services at the venue are free of charge. Treatment in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance.

5.3 BIKE TRANSPORTATION & MECHANICAL SERVICES

Bikes will be transported in convoy with the Athlete Bus in secure, closed trucks from Harare International Airport to Venue. Please ensure that you bring with you, all specific items required for your bikes should these be unavailable in Zimbabwe

Bike Mechanic – Room Number 15 – Reception & Race HQ

5.4 ATHLETES LOUNGE

Will be located at race venue and open from Saturday 22nd February – refer to RACE DAY SCHEDULE for opening times

5.5 COMPETITION RULES

The event will follow the latest published Competitions Rules of the International Triathlon Union.

5.6 ATHLETE'S BRIEFINGS

The athletes briefing will take place on Friday 20 FEBRUARY – refer to PRE-EVENT SCHEDULE

5.7 TIMING CHIPS & SWIM CAPS

On race day athletes will be given a timing chip and Swim cap during the Check-In procedure. Timing chip is to be worn on the athletes' ankle

5.8 RESULTS

Results will be uploaded to the ITU official Event pages -

https://www.triathlon.org/events/event/2020_troutbeck_atu_sprint_triathlon_african_cup

https://www.triathlon.org/events/event/2020_troutbeck_atu_triathlon_junior_african_cup

All the Results information will be published on the Notice Board outside the LOC Office

5.9 PROTESTS & APPEALS

Standard procedures will be followed according to the ITU Competition Rules.

6. ATHLETE EVENT KEY INFORMATION

6.1 ELITES



PRIZE MONEY	:	USD 3000 total
Elite Men	:	USD 750 / USD 450 / USD 300
Elite Women	:	USD 750 / USD 450 / USD 300
ENTRIES	:	ALL ENTRIES MUST BE MADE THROUGH YOUR NATIONAL FEDERATION & ITU ENTRIES SYSTEM
ENTRY FEE	:	USD 50 cash payable at Registration

FRIDAY 21ST FEBRUARY

COURSE FAMILIARISATION –

See Section 8 for Course Maps – printed maps will be on display at venue - also available on website <https://www.zimtri.org/2020-atu-troutbeck-triathlon-african-cup/>

Swim	:	0900 – 0930
Bike/Run	:	1000 - 1100

CONFERENCE ROOM –

Registration/Uniform Check/Packet Collection	:	1200
Athlete Briefing	:	1230
Media Conference	:	1300

SATURDAY 22ND FEBRUARY

ELITE WOMEN

Athlete Lounge Opens	:	1130
Transition & Bike Check	:	1145 - 1215
Swim Warm Up	:	1215 - 1230
Transfer to pre-start tent/line up	:	1235
Athlete Introduction	:	1240
START	:	1245

ELITE MEN

Athlete Lounge Opens	:	1300
Transition & Bike Check	:	1315 - 1345
Swim Warm Up	:	1345 - 1400
Transfer to pre-start tent/line up	:	1405
Athlete Introduction	:	1410
START	:	1415

MEDAL CEREMONY	:	1530
----------------	---	------

MEDIA CONFERENCE	:	1630
------------------	---	------

EVENING FUNCTION	:	1830
------------------	---	------

SUNDAY 23RD FEBRUARY

HOTEL CHECK OUT – Please ensure Room accounts are settled with the hotel and your Room Keys are handed in prior to departure

BUS DEPARTURE TO HARARE : TBC

6.2 JUNIOR ELITE ATHLETES



ENTRIES : ALL ENTRIES MUST BE MADE THROUGH YOUR NATIONAL FEDERATION & ITU ENTRIES SYSTEM

ENTRY FEE : USD 50 cash payable at Registration

FRIDAY 21ST FEBRUARY

COURSE FAMILIARISATION –

See Section 8 for Course Maps – printed maps will be on display at venue and available on website <https://www.zimtri.org/2020-atu-troutbeck-triathlon-african-cup/>

Swim	:	0900 – 0930
Bike/Run	:	1000 - 1100

CONFERENCE ROOM –

Registration/Uniform Check/Package Collection	:	1330
Athlete Briefing	:	1400
Media Conference	:	1430

SATURDAY 22ND FEBRUARY

JUNIOR MEN

Transition & Bike Check opens	:	0945 -1030
Swim Warm Up	:	1030 - 1045
Transfer to pre-start tent/line up	:	1050
Athlete Introduction	:	1055
START	:	1100

JUNIOR WOMEN

Transition & Bike Check opens	:	0945 - 1030
Swim Warm Up	:	1030 - 1045
Transfer to pre-start tent/line up	:	1115
Athlete Introduction	:	1120
START	:	1125

MEDAL CEREMONY	:	1530
----------------	---	------

EVENING FUNCTION	:	1830
------------------	---	------

SUNDAY 23RD FEBRUARY

TIMESHARE CHECK OUT – Please check that you have packed all your belongings before leaving your Unit. Unit Keys to be left in the unit

BUS DEPARTURE TO HARARE : TBC

6.3 TRIATHLON / CORPORATE TEAMS KEY INFORMATION



ENTRIES

All entries must be made online via website <https://www.zimtri.org/2020-atu-troutbeck-triathlon-african-cup/> Or by email to troutbecktri-loc@zimtri.org

ENTRY FEE : ZWL equivalent of / or USD 20 PER PERSON

PAYMENT METHODS: By transfer at bank rate applicable at the time payable to –

TRIATHLON ZIMBABWE
CABS PLATINUM, NORTHRIDGE PARK,
ACCOUNT NUMBER 1003103898

or

ECOCASH to 0784 519937

ONLINE & EMAIL ENTRIES WILL CLOSE AT 1700 ON THURSDAY 20TH FEBRUARY

LATE ENTRIES IN PERSON MAY BE ACCEPTED UNTIL 1600 ON FRIDAY 21ST FEBRUARY – THEREAFTER ENTRIES WILL BE CLOSED AND FINAL START LISTS WILL BE PRODUCED.

FRIDAY 21ST FEBRUARY

COURSE FAMILIARISATION

See Section 8 for Course Maps – printed maps will be on display at venue and available on website <https://www.zimtri.org/2020-atu-troutbeck-triathlon-african-cup/>

Swim	:	0900 - 0930
Bike & Run	:	1000 - 1100

REGISTRATION & PACKET COLLECTION

Front Verandah	:	1400 - 1600
----------------	---	-------------

BRIEFING – COMPULSORY

Conference Room	:	1615
-----------------	---	------

TEAM ENTRIES – At least 1 member of the team must be present at briefing. Advise LOC if you are unable to attend briefing.

SATURDAY 22ND FEBRUARY

AG STANDARD & SPRINT INDIVIDUALS & TEAMS

CHECK IN & TRANSITION	:	0600 – 0645
SWIM WARM UP	:	0630 - 0645
AG STANDARD START MEN & WOMEN	:	0700
AG SPRINT START MEN & WOMEN	:	0745

SUPER-SPRINT – YOUTH/AG/CORPORATE TEAMS

CHECK IN & TRANSITION	:	0700 - 0800
YOUTH BOYS START	:	0815
YOUTH GIRLS START	:	0820
CORPORATE CHALLENGE START	:	0825
AG INDIVIDUALS & TEAMS START	:	0825

MEDAL CEREMONY	:	1530
----------------	---	------

EVENING FUNCTION	:	1830
------------------	---	------



6.4 OFF-ROAD CROSS TRIATHLON KEY INFORMATION



ENTRIES

All entries must be made online via website <https://www.zimtri.org/2020-atu-troutbeck-triathlon-african-cup/> Or by email to troutbecktri-loc@zimtri.org / alanwinterton@gmail.com

Please also contact Alan Winterton on email alanwinterton@gmail.com if you have any queries on the Off-Road Cross-Triathlon course and event

ENTRY FEE : ZWL equivalent of / or USD 20 PER PERSON

PAYMENT METHODS: By transfer at bank rate applicable at the time payable to –

TRIATHLON ZIMBABWE
CABS PLATINUM, NORTHRIDGE PARK,
ACCOUNT NUMBER 1003103898

or

ECOCASH to 0784 519937

ONLINE & EMAIL ENTRIES WILL CLOSE AT 1700 ON THURSDAY 20TH FEBRUARY

LATE ENTRIES IN PERSON MAY BE ACCEPTED UNTIL 1600 ON FRIDAY 21ST FEBRUARY – THEREAFTER ENTRIES WILL BE CLOSED AND FINAL START LISTS WILL BE PRODUCED.

FRIDAY 21ST FEBRUARY

COURSE FAMILIARISATION

See Section 8 for Course Maps – printed maps will be on display at venue and available on website <https://www.zimtri.org/2020-atu-troutbeck-triathlon-african-cup/> and www.activesports.co.zw

:
Bike : 0930 - 1030
Run : 1100 - 1130

REGISTRATION & PACKET COLLECTION

Front Verandah : 1400 - 1600

BRIEFING – COMPULSORY ATTENDANCE

Conference Room : 1645

TEAM ENTRIES – At least 1 member of the team must be present at briefing. Advise LOC if you are unable to attend briefing.

SATURDAY 22ND FEBRUARY

AG STANDARD / SPRINT & MINI DISTANCE INDIVIDUALS & TEAMS

CHECK IN & TRANSITION : 0600 - 0645
SWIM WARM UP : 0630 - 0645
AG STANDARD START MEN & WOMEN : 0715
AG SPRINT START MEN & WOMEN : 0735

MEDAL CEREMONY : 1530
EVENING FUNCTION : 1830



6.5 TRIKIDZ & TRISPORT KEY INFORMATION



ENTRIES:

FOR SAFETY REASONS THE MINIMUM AGE FOR ENTRY AT TROUTBECK EVENT IS **6 YEARS OLD** AS AT 31 DECEMBER 2020

TRIKIDZ ENTRIES – open to children aged 6 to 8 years old

TRISPORTS ENTRIES – open to children aged 9 to 11/12 years old

All entries must be made online via website <https://www.zimtri.org/2020-atu-troutbeck-triathlon-african-cup/> Or by email to troutbecktri-loc@zimtri.org

ENTRY FEE : ZWL equivalent of / or USD 10 PER PERSON

PAYMENT METHODS: By transfer at bank rate applicable at the time payable to –

TRIATHLON ZIMBABWE
CABS PLATINUM, NORTHRIDGE PARK,
ACCOUNT NUMBER 1003103898

or

ECOCASH to 0784 519937

ONLINE & EMAIL ENTRIES WILL CLOSE AT 1700 ON THURSDAY 20TH FEBRUARY

LATE ENTRIES IN PERSON MAY BE ACCEPTED UNTIL 1600 ON FRIDAY 21ST FEBRUARY AT TROUTBECK INN RESORT. EARLY ARRIVALS MAY COLLECT THEIR RACE PACKS ON FRIDAY 21ST BUT MUST STILL CHECK IN TO THE REGISTRATION TABLE ON SATURDAY 22ND

PLEASE GO TO THE DEDICATED TRIKIDZ CHECK IN AND REGISTRATION DESK. NO FURTHER LATE ENTRIES WILL BE ACCEPTED AS START LISTS WILL BE PRODUCED AT 1700

****** NO BRIEFINGS FOR TRIKIDZ & TRISPORTS ON FRIDAY 21ST FEBRUARY – RACE BRIEFING WILL TAKE PLACE PRIOR TO START OF THE RACES**

SATURDAY 22ND FEBRUARY – SUN LOUNGE

REGISTRATION, EVENT PACK COLLECTION
& BODY MARKING : 0900 – 0945

RACE BRIEFING – ALL ATHLETES : 0945

Competitors MUST listen carefully to the instructions given so that they do not take the wrong course

TRIKIDZ START : 1000

TRISPORTS START : 1025

MEDAL CEREMONY : 1530

See Section 8 for Course Maps – printed maps will be on display at venue and available on website <https://www.zimtri.org/2020-atu-troutbeck-triathlon-african-cup/>



6.6 AQUATHLON KEY INFORMATION



ENTRIES: OPEN TO INDIVIDUALS AND TEAMS

FOR SAFETY REASONS, MINIMUM AGE FOR OPEN WATER SWIMMER IS 12 YEARS OLD AS AT 31 DECEMBER 2020

All entries must be made online via website <https://www.zimtri.org/2020-atu-troutbeck-triathlon-african-cup/> Or by email to troutbecktri-loc@zimtri.org

ENTRY FEE : ZWL equivalent of / or USD 20 PER PERSON

PAYMENT METHODS: By transfer at bank rate applicable at the time payable to –

TRIATHLON ZIMBABWE
CABS PLATINUM, NORTHRIDGE PARK,
ACCOUNT NUMBER 1003103898

or

ECOCASH to 0784 519937

ONLINE & EMAIL ENTRIES WILL CLOSE AT 1700 ON THURSDAY 20TH FEBRUARY

LATE ENTRIES IN PERSON MAY BE ACCEPTED UNTIL 1600 ON FRIDAY 21ST FEBRUARY AT TROUTBECK INN RESORT. EARLY ARRIVALS MAY COLLECT THEIR RACE PACKS ON FRIDAY 21ST BUT MUST STILL CHECK IN TO THE REGISTRATION TABLE ON SATURDAY 22ND

PLEASE GO TO THE DEDICATED AQUATHLON CHECK IN AND REGISTRATION DESK. NO FURTHER LATE ENTRIES WILL BE ACCEPTED AS START LISTS WILL BE PRODUCED AT 1700

****** NO BRIEFINGS FOR AQUATHLON COMPETITORS WILL TAKE PLACE ON FRIDAY 21ST FEBRUARY – RACE BRIEFING WILL TAKE PLACE PRIOR TO START OF THE RACES**

SATURDAY 22ND FEBRUARY

FOLLOW DIRECTIONS TO DESIGNATED AREA FOR AQUATHLON

REGISTRATION, EVENT PACK COLLECTION
& BODY MARKING : 0930 - 1015

ALL ATHLETES TO PRE-START BRIEFING : 1020

Athletes MUST listen carefully to the instructions given so that they do not take the wrong course

AQUATHLON START : 1035

MEDAL CEREMONY : 1530

See Section 8 for Course Maps – printed maps will be on display at venue and available on website <https://www.zimtri.org/2020-atu-troutbeck-triathlon-african-cup/>



7. ZIMBABWE NATIONAL OPEN WATER SWIMMING CHAMPIONSHIPS - TROUTBECK MILE OPEN WATER SWIM KEY INFORMATION



FOR SAFETY REASONS, THE MINIMUM AGE FOR ENTRY FOR ANY OPEN WATER SWIM EVENT AT TROUTBECK IS 12 YEARS OLD AS AT 31 DECEMBER 2020 (14 YEARS OLD FOR THE 5000M EVENT)

For clarification on any issues regarding the Zimbabwe National Open Water Swim Championships please contact Tracey Doorman on email mtladoor@zol.co.zw cc zsbsecretary@gmail.com

Events on the program include –

4 x 500m Relay –

Age Groups 12-13 / 14-15 / 16-18 / 19-34 / 35+ - Can be single gender or Mixed Male + Female Teams

Individuals may enter and opt to be placed in a team by random draw or swim 500m individually in the last leg of the relay event as a Social Swimmer

1500m Open Water –

Open to Age Groups 12-13 / 14-15 / 16-18 / 19-34 / 35+ - No qualifying times apply

3000m Open Water –

Proof of completion of either a LC swim or an Open water swim (from 1 January 2019) as below must be provided – No qualifying times apply

Open to Age Groups 12 -13 / 14-15 / 16-18 / 19-34 / 35+

5000m Open Water – Minimum age for entry is 14 years old as at 31/12/2020

Proof of completion of either a LC swim or an Open water swim (from 1 January 2019) as below must be provided – No qualifying times apply

Open to Age Groups 14-15 / 16-18 / 19-34 / 35+

7.1 ZIMBABWE NATIONAL OPEN WATER SWIMMING CHAMPIONSHIPS - TROUTBECK MILE OPEN WATER SWIM

ENTRIES INFORMATION



All entries must be made online via website <https://www.zimtri.org/2020-atu-troutbeck-triathlon-african-cup/> Or by email to troutbecktri-loc@zimtri.org or mtladoor@zol.co.zw or zsbsecretary@gmail.com

ENTRY FEE : ZWL equivalent of / or USD 20 PER PERSON

PAYMENT METHODS: By transfer at bank rate applicable at the time payable to –

TRIATHLON ZIMBABWE
CABS PLATINUM, NORTHRIDGE PARK,
ACCOUNT NUMBER 1003103898

or

ECOCASH to 0784 519937

PLEASE NOTE –

ONLINE & EMAIL ENTRIES WILL CLOSE AT 1700 ON THURSDAY 20TH FEBRUARY.

LATE ENTRIES IN PERSON MAY BE ACCEPTED UNTIL **1600 ON FRIDAY 21ST FEBRUARY** – PLEASE VISIT THE ALLOCATED REGISTRATION DESK AT TROUTBECK INN RESORT

FINAL LATE ENTRIES WILL BE ACCEPTED IN PERSON UNTIL 0800 ON SATURDAY 22ND FEBRUARY - THEREAFTER ALL ENTRIES WILL BE CLOSED AND FINAL START LISTS WILL BE PRODUCED.

7.2 ZIMBABWE NATIONAL OPEN WATER SWIMMING CHAMPIONSHIPS - TROUTBECK MILE OPEN WATER SWIM KEY INFORMATION

RACE DAY INFORMATION



FRIDAY 21ST FEBRUARY

Check in and Registration for early arrivals at Troutbeck Inn Resort from 1400 – 1600 at allocated Open Water Swim Desk

SATURDAY 22ND FEBRUARY

**** **NO BRIEFINGS** FOR OPEN WATER SWIM COMPETITORS ON FRIDAY 21ST FEBRUARY – RACE BRIEFING WILL TAKE PLACE 45 MINUTES BEFORE START OF EACH RACE.

REGISTRATION, EVENT PACK COLLECTION
& BODY MARKING : 0700 - 0845

All entrants are required to be at registration desk at the Start at least 45 minutes prior to the start of their event for a briefing and body marking and must listen carefully to the instructions given.

START TIMES:

5000M START : 0845

3000M START : 0845

1500M START : 0920

4X500M RELAY START : 1000

MEDAL CEREMONY : 1145

Medal ceremony will take place on the Main Podium on the Front Lawn

See Section 8 for Course Maps – printed maps will be on display at venue and available on website <https://www.zimtri.org/2020-atu-troutbeck-triathlon-african-cup/>

8. WATER QUALITY ASSESSMENTS

a. TEST SAMPLE # 1

Water Quality Analysis - Enterococci

Date of Sample	Location A	Location B	Location C	Enterococci limit (NMP/100mL)
28-11-19	0	0	0	<200

Water Quality Analysis - E.coli

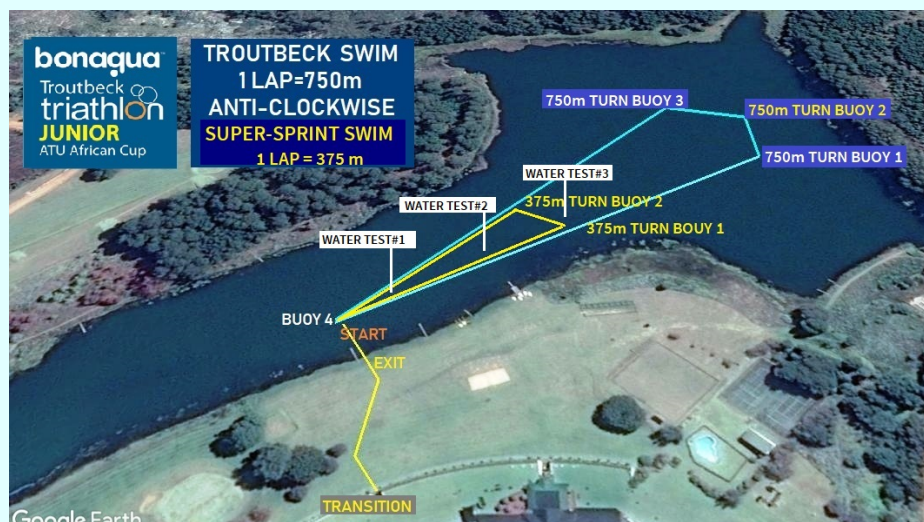
Date of Sample	Location A	Location B	Location C	E.Coli limit (NMP/100mL)
28-11-19	3	1	1	<500

Water Quality Analysis - pH

Date of Sample	Location A	Location B	Location C	PH limit
28-11-19	6.8	6.8	6.9	6 to 9

Weather report (on sample collection day and previous 2 days)

Day	Weather
28-11-19	FINE & DRY
27-11-19	FINE & DRY
26-11-19	LIGHT RAIN



COURSE MAPS -

ELITE & JUNIOR SPRINT / SUPER-SPRINT EVENTS

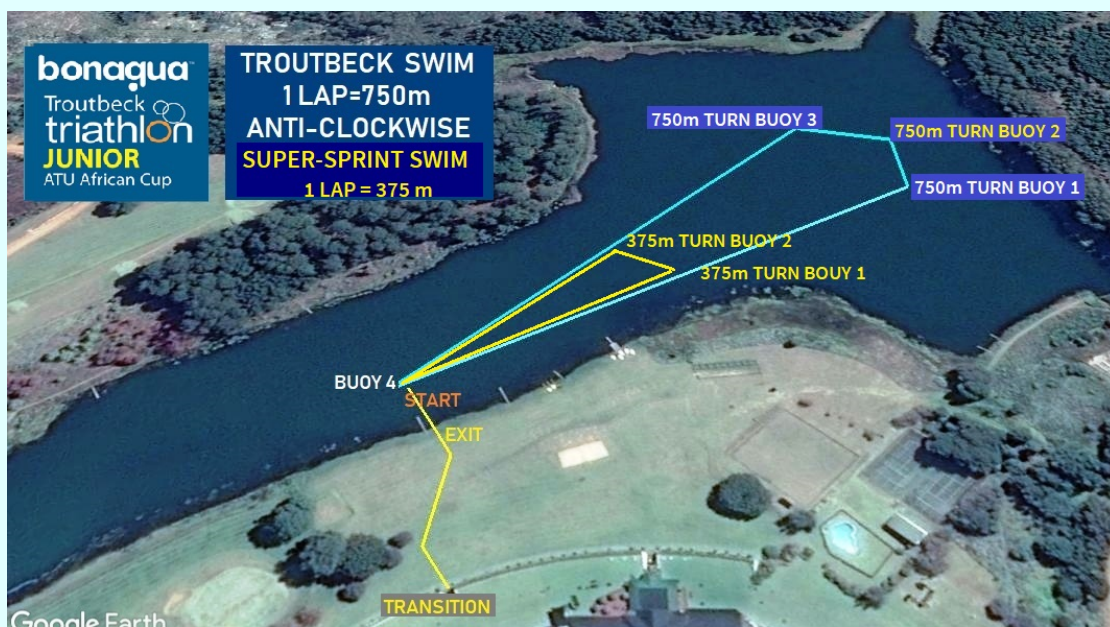
8.1 SWIM

Water temperature: Expect 20 degrees

Number of laps : SPRINT: 1 LAP x 750m
SUPER-SPRINT: 1 LAP x 375m

Start Mechanism : DEEP WATER

Conditions : LAKE-CLEAN, DISEASE
& ANIMAL FREE

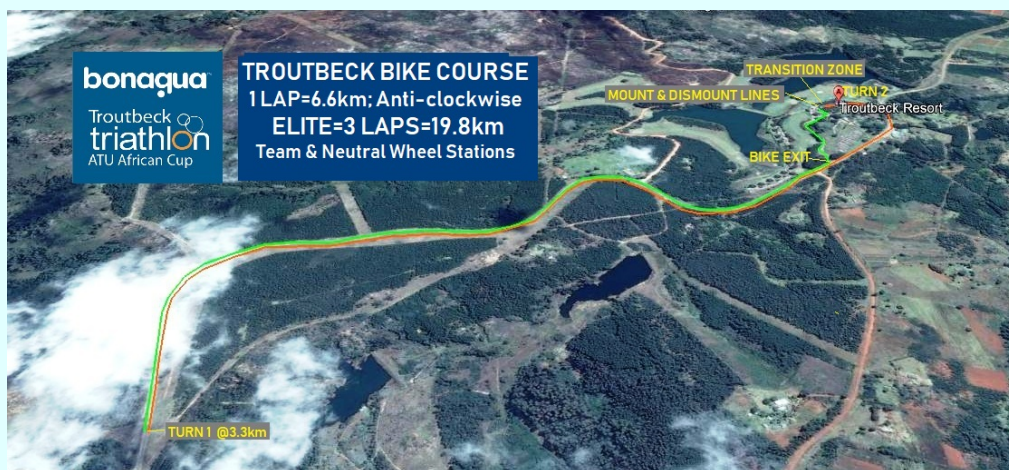


8.2 BIKE

SPRINT : 3 LAPS x 6.6km = 19.8km
SUPER-SPRINT : 1 LAP = 12km

Hilly and technical, no requirement though for gear/cassette changes - 16% gradient.

Road closure.



8.3 RUN

Number of laps:

SPRINT : 2 LAPS x 2.5km = 5.0km

SUPER-SPRINT : 1 LAP = 2.5km

Hilly, 19% gradient, 90% pavement, 10% grass



8.4 OFF-ROAD BIKE COURSE

STANDARD – 1000m swim / 28km bike / 7 km run

SPRINT - 375m swim / 14km bike / 3.5 km run

MINI – 375m swim / 6km bike / 3km run



8.5 OFF-ROAD RUN COURSE



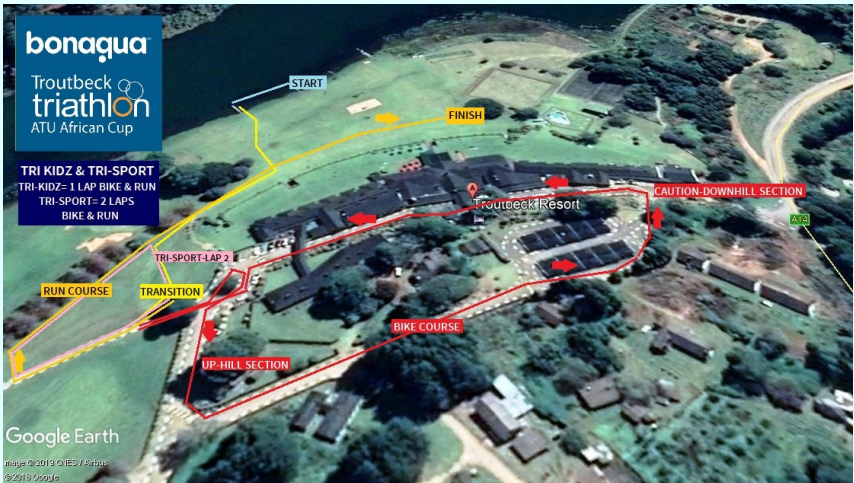
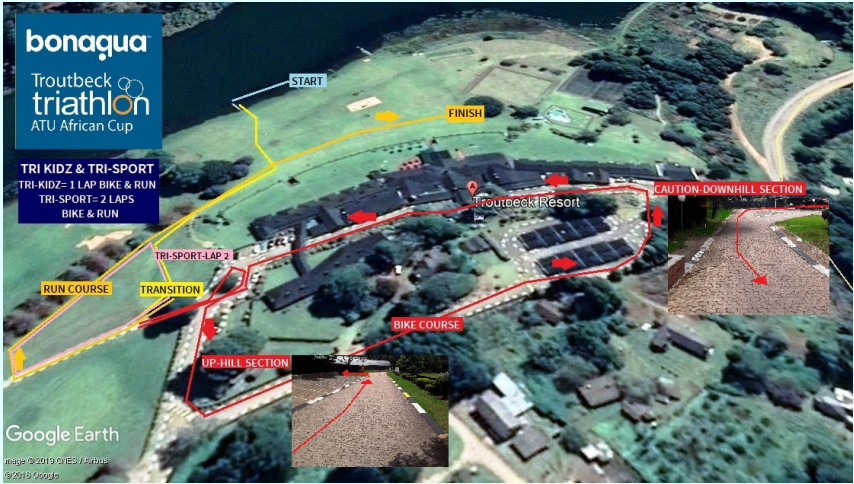
8.6 AQUATHLON COURSE



8.7 OPEN WATER SWIM COURSES



8.8 TRIKIDZ AND TRISPORTS COURSES



9. ZIMBABWE – USEFUL INFORMATION



- Languages : English, Shona, Ndebele
- Population : 2010 census 13 million
- Currency : ZWL DOLLAR
- Time Zone : Standard Time GMT+2
- Electricity : 220v. UK version square or SA version round. We recommend that you bring a universal adaptor as well as cell phone chargers, computer adaptors etc
- Telephone : International prefix +263
- Climate : Tropical, peak summer months & rain October – March

10. SOCIAL NETWORKS



Troutbecktri-loc@zimtri.org
info@zimtri.org



<https://www.zimtri.org/2020-atu-troutbeck-triathlon-african-cup/>

https://www.triathlon.org/events/event/2020_troutbeck_atu_sprint_triathlon_african_cup

https://www.triathlon.org/events/event/2020_troutbeck_atu_triathlon_junior_african_cup



www.facebook.com/groups/TriZim/



@triathlonzimbabwe



@TriathlonZimba1