



2020 Durban ATU Triathlon African Cup
2020 Durban ATU Triathlon Junior African Cup

Saturday 21 March 2020



Time:	What:	Where:
0700	Elite Bike Course Familiarisation	Suncoast Sundeck
0715	Age Group Bike Course Familiarisation	Suncoast Sundeck
0715	Elite Swim Course Familiarisation	Suncoast Sundeck
0730	Youth / Junior Bike Course Familiarisation	Suncoast Sundeck
0745	Youth / Junior Age Group Swim Course Familiarisation	Suncoast Sundeck
0730	Elite Run Course Familiarisation	Suncoast Sundeck
0845	Youth / Junior Age Group Run Course Familiarisation	Suncoast Sundeck
0900	Meeting: LOC, TD, HR & Chief TO's	Suncoast Sundeck
1000-1100	TO Briefing	Suncoast Sundeck
1100	Meeting: Race Commentator / TD / HR / LOC	Suncoast Sundeck
1200 - 1500	Age Group Registration: Team Managers Only	Registration Marquee @ Suncoast Sundeck
1500 - 1530	Race Briefing Youth (12 - 15 years) Super Sprint	Registration Marquee @ Suncoast Sundeck
1530 - 1600	Race Briefing Juniors (16 - 19 years) Sprint, Junior Africa Cup	Registration Marquee @ Suncoast Sundeck
1600-1630	Race Briefing: Age Groupers	Registration Marquee @ Suncoast Sundeck
1630 - 1730	Elite Registration and Race pack pick-up	Registration Marquee @ Suncoast Sundeck
1730	Elite Race Briefing	Registration Marquee @ Suncoast Sundeck



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 2020 SA National Triathlon Championships



Sunday 22nd March 2020	Race Schedule
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		12-15 Years		16-19 Years		AGE GROUP		AFRICAN CUP ELITE: STANDARD	
		Super Sprint		Sprint		Standard Distance			
Transition open:		9:15am		10:05am		5:40am		1140	1225
Transition closes:		9:45am		10:45am		6:40am		1210	1255
OFFICIAL OPENING - FLAG AND NATIONAL ANTHEM: 0640									
		MEN	LADIES	MEN	LADIES	MEN	LADIES	MEN	LADIES
Athlete Introduction								1220	1305
Start Time		1000	1002	1100	1110	0700	0705	1230	1315
Swim Distance		400m		750M		1500M		1500M	
No of Laps		1		1		1		1	
Cycle Distance		10km		20KM		40 KM		40KM	
No. of Laps		2		4		4		8	
Run Distance		2.5km		5KM		10KM		10KM	
No. of Laps		1		2		4		4	
Estimated Finish		1050	1100	1205	1220	1000	1050	1440	1535
Medal Presentation		12h00 onwards						1600	
Bike Check out		1130		1245		1130		1600	