


# ATHLETE EVENT GUIDE



**bonaqua™**  
Africa  
Triathlon  
Cup  
Troutbeck

**Troutbeck 1 April 2023!**

Take part in one of Africa's most established and toughest International Triathlons and Multi-sport Festivals, set in the magnificent Eastern Highlands of Zimbabwe.  
If it is a swim, a bike or a run, then do it!  
EVENTS ON OFFER - [www.zimtri.org](http://www.zimtri.org)

**CELEBRATING OUR 15th Anniversary**  
• 2008 - 2023 •

**bonaqua™**  
Multi-Sport  
Festival  
Troutbeck

**triathlon  
ZIMBABWE**

REGISTRATION, RACE PACK COLLECTION & BRIEFINGS: FRIDAY 31 MARCH  
EVENT SCHEDULE & ENTRY DETAIL: [www.zimtri.org](http://www.zimtri.org)  
ALL ACCOMMODATION ENQUIRIES FOR TROUTBECK RESORT, ATHLETE LIAISON FOR ALL  
VISITING ATHLETES, TRANSFERS, ARRIVALS, DEPARTURES and COVID procedures,  
contact Carol: [troutbecktri-loc@zimtri.org](mailto:troutbecktri-loc@zimtri.org)

**bonaqua™**  
water by design



**ROONEY'S**  
EVENT INFRASTRUCTURE

**cfao**  
MOTORS

**EcoCash**

**Simbisa Brands**  
ZIMBABWE

**AFRICAN SUN**  
HOTELS AND RESORTS

**Troutbeck**  
Resort

**Includes the**

**2023 BONAQUA AFRICA TRIATHLON JUNIOR CUP  
TROUTBECK**

**SATURDAY 1ST APRIL 2023 – TROUTBECK INN RESORT,  
NYANGA, ZIMBABWE**

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**ROONEY'S**  
THE EVENT SPECIALISTS  
EVENT INFRASTRUCTURE

**cfao**  
MOTORS

**EcoCash**

**Simbisa Brands**  
ZIMBABWE

**AFRICAN SUN**  
HOTELS AND RESORTS

**Troutbeck**  
Resort

**VISIT  
Zimbabwe**  
A World of Wonders



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## 1. GENERAL INFORMATION

### 1.1. INTRODUCTION

The purpose of the Athlete's Guide is to ensure that all athletes, coaches and Team Leaders are well informed about all procedures concerning the Event. The LOC ensures that the information contained in this Guide is correct and up-to-date as of the production date. However, athletes, coaches and Team Leaders are advised to check with the event office regarding any changes in information included in this guide.

### 1.2. KEY DATES

DAY	TIME	PRE AND POST EVENT SCHEDULE
Thursday 30/03/2023	TBC	Latest arrival day for visiting International Athletes at Harare International Airport and transfer for Troutbeck Inn Resort
Friday 31/03/2023		<b>COURSE FAMILIARISATION</b>
	0900-0945	Bike Course – Elite, Juniors, Individuals - escorted with road closures. Course maps can be viewed on World Triathlon event page and will be on display at venue
	1000-1030 1400-1430	Swim Course – Elite, Juniors, Individuals- with Water safety in place Swim Course – second session with Water Safety in place
		<b>ELITE/U23 ATHLETES</b>
	1130-1230	Registration & Packet collection
	1230	Athletes Briefing – Conference Room
	1300	Media Conference – Conference Room
		<b>JUNIOR MEN &amp; WOMEN</b>
	1330-1400	Registration & Packet collection
	1400	Athletes Briefing – Conference Room
	1430	Media Conference – Conference Room



## 1.2 KEY DATES – ELITE / JUNIORS - COMPETITION DAY – subject to change

TIME	SATURDAY 1ST APRIL COMPETITION SCHEDULE
1020	NATIONAL ANTHEM
1030	JUNIOR MEN & WOMEN – ATHLETE LOUNGE OPENS
1030-1045	PRE-TRANSITION BIKE CHECK – PROCEED TO UNIFORM, SHOE & RACE NUMBER CHECK-COLLECT SWIM CAP & TIMING CHIP-PROCEED TO ATHLETES LOUNGE SEATING AREA AND TRANSITION ZONE TO RACK BIKES
1100-1115	JUNIOR MEN & WOMEN - SWIM WARM UP
1120	JUNIOR MEN & WOMEN - TRANSFER TO PRE-START TENT-LINE UP
1125	JUNIOR MEN - ATHLETE INTRODUCTION
1130	START - MEN - JUNIOR AFRICA TRIATHLON CUP
1130	JUNIOR WOMEN - ATHLETE INTRODUCTION
1135	START - WOMEN - JUNIOR AFRICA TRIATHLON CUP
1200	ELITE/U23 WOMEN - ATHLETE LOUNGE OPENS
1215	ELITE/U23 WOMEN - PRE-TRANSITION BIKE CHECK – PROCEED TO UNIFORM, SHOE & RACE NUMBER CHECK-COLLECT SWIM CAP & TIMING CHIP-PROCEED TO ATHLETES LOUNGE SEATING AREA AND TRANSITION ZONE TO RACK BIKES
1230-1245	ELITE/U23 WOMEN - SWIM WARM UP
1250	ELITE/U23 WOMEN - TRANSFER TO PRE-START TENT-LINE UP
1255	ELITE/U23 WOMEN - ATHLETE INTRODUCTION
1300	START - ELITE/U23 WOMEN AFRICA TRIATHLON CUP
1330	ELITE/U23- MEN - ATHLETE LOUNGE OPENS
1345	ELITE/U23- MEN - PRE-TRANSITION BIKE CHECK – PROCEED TO UNIFORM, SHOE & RACE NUMBER CHECK-COLLECT SWIM CAP & TIMING CHIP-PROCEED TO ATHLETES LOUNGE SEATING AREA AND TRANSITION ZONE TO RACK BIKES
1400-1415	ELITE/U23 MEN - SWIM WARM UP
1420	ELITE/U23 MEN - TRANSFER TO PRE-START TENT-LINE UP
1425	ELITE/U23 MEN - ATHLETE INTRODUCTION
1430	START - ELITE/U23 MEN AFRICA TRIATHLON CUP
1600	MEDAL CEREMONY - JUNIOR AFRICA TRIATHLON CUP - MEN & WOMEN
1615	MEDAL CEREMONY - ELITES AFRICA TRIATHLON CUP - MEN & WOMEN
1630	MEDIA CONFERENCES
1830	EVENING FUNCTION
1900	KEY NOTE ADDRESS-GUEST OF HONOUR
1920	ELITE PRIZE MONEY PRESENTATION
1930	DINNER SERVED



### 1.3. KEY CONTACTS

EVENT & LOC DIRECTOR - MR RICK FULTON

Email: [fultonrickh@gmail.com](mailto: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](mailto:troutbecktri-loc@zimtri.org) / [triathlonzimbabwe@gmail.com](mailto:triathlonzimbabwe@gmail.com)

Mobile: + 263 772 410344

TECHNICAL DELEGATE - MRS BERYL CAMPBELL (RSA)

Email: [berylc@mweb.co.zw](mailto:berylc@mweb.co.zw)

ATHLETE LIASON & ATHLETE SERVICES - MRS CATHERINE JENNINGS

Email: [zudwa@yahoo.com](mailto:zudwa@yahoo.com) / Mobile: + 263 772 353760

#### NATIONAL FEDERATION

TRIATHLON ZIMBABWE - President – MR DAVID ELLIS

Email: [davidellis1910@gmail.com](mailto:davidellis1910@gmail.com)

Secretary General – MRS CAROL PAKENHAM

Email: [info@zimtri.org](mailto:info@zimtri.org) or [triathlonzimbabwe@gmail.com](mailto:triathlonzimbabwe@gmail.com) / Mobile: +263-772-410344

## 2. VENUE

### 2.1. RACE VENUE

TROUTBECK INN RESORT, NYANGA, ZIMBABWE - The venue meets stringent World Triathlon Event Organiser standards with regards to safety and athlete's experience. This will also apply to all relevant current Covid-19 National and World Triathlon Guidelines. Troutbeck Inn Resort is selected 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 World Triathlon 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.



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.

## 2.2 COURSE FAMILIARIZATION

Friday 30/03/2023	0900-0945	Bike Course – Elite, Juniors, Individuals - escorted with road closures. Any other time at your own risk. Course maps can be viewed on World Triathlon event page and will be on display at venue
	1000-1030 1400-1430	Swim Course – Elite, Juniors, Individuals- with Water safety in place Swim Course – second session with Water Safety in place Run Course – at any time, at athletes' risk

## 2.3. ATHLETE'S LOUNGE

LOCATION: At the race venue - open on Saturday 1<sup>st</sup> April

Junior Men & Women – 1030

Elite/U23 Women – 1200

Elite Men - 1330

Water, fruit and energy drinks provided, toilets in close proximity.

RECOVERY ZONE: Located at the Finish Area

## 2.4. ELITE & JUNIOR ELITE ATHLETES' REGISTRATION AND RACE PACK COLLECTION

FRIDAY 31/03/2023

ELITE/U23 MEN AND WOMEN – 1130-1230

JUNIOR MEN AND WOMEN – 1330-1400

## 2.5. DOPING CONTROL

Doping tests will be conducted according to WT/WADA rules.

## 2.6. SECURITY

On-site security will be in place and provided by event partner Safeguard Security, Zimbabwe



## 2.7. LOC OFFICE & MEDICAL DELEGATE

LOC Office is located at the front of the hotel. Opening hours 0700 – 1700  
Contact: Race Director Rick Fulton/LOC Administration Carol Pakenham  
Medical Delegate– Dr Austin Jeans +263 772 307848

## 2.8 PRIZE MONEY

Please refer to the World Triathlon Event Website for the Troutbeck event to access the most updated prize money allocation for Elite Men and Women

## 2.9 ENTRIES & ENTRY FEES

ALL ENTRIES MUST BE MADE THROUGH YOUR NATIONAL FEDERATION & THE WORLD TRIATHLON ENTRIES SYSTEM

ENTRY FEE: **USD 80** cash payable at Registration

# 3. ACCOMMODATION

Host hotel - Troutbeck Inn Resort, Nyanga, Zimbabwe.

ALL ACCOMMODATION requirements to be done through LOC Administrator contact Carol Pakenham [triathlonzimbabwe@gmail.com](mailto:triathlonzimbabwe@gmail.com) Homestays are not available.

### Option 1 - HOST HOTEL – TROUTBECK INN RESORT

**USD 150 double – 2 people sharing (equates to USD 75 per person per night)** a room on a Bed and Breakfast basis

**USD 120** per person per night **single** room occupancy on a Bed and Breakfast basis  
LIMITED SINGLE OCCUPANCY ROOMS AVAILABLE

PAYMENT: Pre-payment for your reservation is not required. 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 2nd APRIL - VISA/MASTERCARD/CASH ACCEPTED



## Option 2 - BLUE SWALLOW TIMESHARE UNITS – FULL BOARD

**COST PER PERSON:**      **Contact Carol Pakenham LOC Administrator for details**

The Blue Swallow Timeshare Units are situated on site at the race venue. This is a more cost-effective arrangement for accommodation.

Elite and Junior Athletes from all countries will be accommodated in separate units i.e. FEMALES SHARING and MALES SHARING.

Coaches/Managers may also make use of this option but will have to also share with other Male or Female Coaches/Managers in gender specific units.

Each unit sleeps **5 people** (can accommodate up to a maximum of 8 people but the 3 extra would have to sleep on mattresses). There is 1 double bed room and 2 twin bedded rooms in each unit

## **CATERING**

All meals will be 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 package price covers 3 nights' accommodation plus all meals and snacks from Thursday night until departure on Sunday morning.

## **PAYMENT**

Payment for Option 1 Blue Swallow Timeshares must be made in CASH and payable to Triathlon Zimbabwe.

Please contact LOC on email [triathlonzimbabwe@gmail.com](mailto:triathlonzimbabwe@gmail.com) to book and for banking details..



### Option 3 – BLUE SWALLOW TIMESHARE UNITS – **BED ONLY**

**COST PER PERSON:**            **Contact Carol Pakenham LOC Administrator for details**

The Blue Swallow Timeshare Units are situated on site at the race venue. This is a more cost-effective arrangement for accommodation.

Elite and Junior Athletes from all countries will be accommodated in separate units i.e. FEMALES SHARING and MALES SHARING.

Coaches/Managers may also make use of this option but will have to also share with other Male or Female Coaches/Managers in gender specific units.

Each unit sleeps **5 people** (can accommodate up to a maximum of 8 people but the 3 extra would have to sleep on mattresses). There is 1 double bed room and 2 twin bedded rooms in each unit

The package price covers 3 nights' accommodation ONLY.

**MEALS** - All meals – Breakfast, lunch, dinner will be taken in the Beck Restaurant at the Main Host Hotel Troutbeck Inn Resort and paid directly at the hotel.

Please contact LOC on email [triathlonzimbabwe@gmail.com](mailto:triathlonzimbabwe@gmail.com) for more details and to book.

### **ACCOMMODATION FOR EARLY ARRIVALS / LATE DEPARTURES**

If your flight arrives on Wednesday 29<sup>th</sup> March or departs on Monday 3<sup>rd</sup> April, you will have to book accommodation in HARARE for those nights. Please advise LOC Administrator or Athlete Liaison who can make the necessary reservations at one of the sponsor AFRICAN SUN HOTELS in Harare. Cost will be for Athlete/Coach/Manager account



#### 4. VISAS, AIR TRAVEL, LOCAL TRANSFERS & TRANSPORT

For entry into Zimbabwe, it is MANDATORY to provide either –

A Covid Vaccination Card if you have been vaccinated OR

A Negative PCR Test Certificate for test taken within 48 hours of arrival in Zimbabwe if you have not been vaccinated

YOU WILL BE ASKED TO PROVIDE EITHER DOCUMENTS BY OFFICIALS ON YOUR ARRIVAL IN HARARE

##### VISA REQUIREMENTS

It is the athlete's responsibility to check if a VISA is required for entry into Zimbabwe. Visas should be obtained WELL IN ADVANCE of your departure from your home country.

Check to establish if you can apply ONLINE or if you have to submit documents to the Embassy on your home country.

THIS IS IMPERATIVE IN ORDER TO AVOID DELAYS ON ARRIVAL AT HARARE INTERNATIONAL AIRPORT AND SUBSEQUENT TRANSFER TO TROUTBECK. **IF YOU ARE IN ANY DOUBT, PLEASE CONTACT THE LOC FOR CLARIFICATION.**

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\$ 50 – 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 AND Letter of Support for Visa Applications if required**



## AIR TRAVEL

All flights arrive/depart HARARE INTERNATIONAL (ROBERT GABRIEL MUGABE INTERNATIONAL) AIRPORT. Due to distance involved from Harare to Troutbeck Resort and Bus Owner's restrictions on travel after dark, it is recommended that you plan your travel as follows –

## ARRIVALS & DEPARTURES

Arrivals by latest 1300 on THURSDAY 30TH MARCH 2023

Departures after 1300 on SUNDAY 2ND APRIL 2023 or any time on MONDAY 3RD APRIL 2023

**\*\* EARLY ARRIVALS ON WEDNESDAY 29TH MARCH 2023** will necessitate an overnight stay in Harare, costs for which will be for athlete's account. You will be met on arrival and transferred to your overnight accommodation and collected on Thursday morning for transfer to Troutbeck Inn

Overnight accommodation in an African Sun Hotel can be arranged for early arrivals and late departures on Monday 3rd April. **This will be for athlete's account. Rates available on request from LOC Administrator.**

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

Transfers from airport to Troutbeck, return to Harare overnight B&B and back to RG Mugabe International Airport is FREE OF CHARGE. Bikes and luggage will be transported to race venue in closed, secure trucks that will travel in convoy with the Athlete Transfer Bus.

**AIRLINES OPERATING TO HARARE – ALL DETAILS GIVEN ARE SUBJECT TO CHANGE – schedules as at 10 JANUARY 2023**

**QATAR**– connections via Doha-Lusaka –Arrives Harare 1430

**ETHIOPIAN**– connections via Lusaka and Addis Ababa –Arrives Harare 1235

**EMIRATES**– connections via Dubai/Lusaka –Arrives Harare 1710\*\* will necessitate overnight stay in Harare

**SAA** - Dep JBG 1000 / Arr HRE 1135

**AIRLINK** - Dep JBG 0620 / Arr HRE 0800

**AIRLINK** - Dep JBG 1055 / Arr HRE 1235



## DEPARTURES – SUNDAY 2<sup>ND</sup> APRIL / MONDAY 3<sup>RD</sup> APRIL - recommendations -

The transfer from TROUTBECK leaves at approximately 7.00am and will arrive at Harare International Airport at approximately 11.00am – to be confirmed by Athlete Liaison

## RECOMMENDED FLIGHTS –

**QATAR** – connections via Doha-Lusaka – Departs 1835

**ETHIOPIAN** – connections via Lusaka and Addis Ababa– Departs 1535

**EMIRATES** – connections via Dubai/Lusaka – Departs 1850

**SAA** – to Johannesburg for onward connections – Departs 1235


**AIRLINK** – to Johannesburg for onward connections – Departs at 1325

**FASTJET** – to Johannesburg for onward connections – Departs 1615

## 5. ATHLETE'S SERVICES

### 5.1. TRAINING FACILITIES

 **SWIM** - Friday 31st March – from 1000-1030 & 1400 -1430 with water safety in place

 **BIKE** - Friday 31st March–from 0900 – 0945 - Escorted with road closure.  
Any other time at your own risk

 **RUN** - Running around venue at any time.

### 5.2. MEDICAL SERVICES

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. Treatments in private hospitals are to be paid by participants. Athletes / teams should make sure that they have appropriate medical insurance



### 5.3. BIKE MECHANICAL SERVICE

Bikes will be transported in convoy with the Athlete Bus in secure, closed trucks from Harare International Airport to Venue.

Please ensure that your bike has been serviced and in good working order prior to departure from your home country. Bring with you, all specific items required for your bikes should these be unavailable in Zimbabwe as there is NO BIKE SHOP available in the area.

A LIMITED selection of spares and equipment will be available from our Bike Mechanical partners ZIMCYCLES who will be on site at the venue to assist with any minor adjustments or repairs that might be necessary after air travel.

Bikes and bike bags/cases can be stored in the Brooke Trout Room at the hotel free of charge. Please ensure that all bike bags/cases are clearly labelled with your name



## 6. COMPETITION SCHEDULE

### 6.1. JUNIOR MEN

DAY	START	END	ACTIVITY	LOCATION
Fri 31/03	1330	1400	Race package distribution	Conference Room
	1330	1400	Athlete Registration	Conference Room
	1400	1430	Athlete Briefing	Conference Room
	1430		Press Conference	
Sat 01/04	1030		Athlete Lounge Opens	
	1045		Pre-transition bike check, uniform & shoe check, swim cap & timing chip collection	
	1100	1115	Swim warm-up	
	1120		Transfer to Pre-Start tent	
	1125		Athlete introduction	
	1130		Start	
	1600		Award Ceremony	

### 6.2. JUNIOR WOMEN

DAY	START	END	ACTIVITY	LOCATION
Fri 31/03	1330	1400	Race package distribution	Conference Room
	1330	1400	Athlete Registration	Conference Room
	1400	1430	Athlete Briefing	Conference Room
	1430		Press Conference	
Sat 01/04	1030		Athlete Lounge Opens	
	1045		Pre-transition bike check, uniform & shoe check, swim cap & timing chip collection	
	1115	1130	Swim warm-up	
	1140		Transfer to Pre-Start tent	
	1145		Athlete introduction	
	1150		Start	
	1600		Award Ceremony	



### 6.3, ELITE WOMEN

DAY	START	END	ACTIVITY	LOCATION
Fri 31/03	1130	1200	Race package distribution	Conference Room
	1130	1200	Athlete Registration	Conference Room
	1200	1300	Athlete Briefing	Conference Room
	1300	1330	Press Conference	
Sat 01/04	1200		Athlete Lounge Opens	
	1215		Pre-transition bike check, uniform & shoe check, swim cap & timing chip collection	
	1230	1245	Swim warm-up	
	1250		Transfer to Pre-Start tent	
	1255		Athlete introduction	
	1300		Start	
	1615		Award Ceremony	

### 6.4. ELITE MEN

DAY	START	END	ACTIVITY	LOCATION
Fri 31/03	1130	1200	Race package distribution	Conference Room
	1130	1200	Athlete Registration	Conference Room
	1200	1300	Athlete Briefing	Conference Room
	1300	1330	Press Conference	
Sat 02/04	1330		Athlete Lounge Opens	
	1345		Pre-transition bike check, uniform & shoe check, swim cap & timing chip collection	
	1400	1415	Swim warm-up	
	1420		Transfer to Pre-Start tent	
	1425		Athlete introduction	
	1430		Start	
	1615		Award Ceremony	



### 6.3. COMPETITION RULES

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

### 6.4. ATHLETE'S BRIEFING

The athletes briefing will be live and delivered by the Technical Delegate. The briefing will then be available via a link on the World Triathlon and Triathlon Zimbabwe website event pages.

### 6.5. SWIM CAPS AND TIMING CHIPS

On race day athletes will be given numbered swim cap and a timing chip, to be worn on the athletes' ankle. Athletes will pick up the swim cap and timing chips before the competition, during their check-in procedure.

### 6.6. RESULTS

Results will be uploaded on to the World Triathlon official website [www.triathlon.org](http://www.triathlon.org). All the Results information will be displayed on the Notice Board at the venue.

### 6.7. PROTEST & APPEALS

Standard procedures will be followed according to the World Triathlon Competition Rules

## 7. ACCREDITATION

The LOC will provide official Accreditation Cards to all the Organizing Committee Members, World Triathlon Technical Officials, VIPs, Media, technical staff, volunteers, etc.

All Athletes will receive a wrist band in their Race Pack for entry into FOP areas

Accreditations will be distributed on Friday 31<sup>st</sup> March 2023 at the LOC Office

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 Zone. No entry will be permitted without accreditation. Accreditation cards are non-transferrable



**COACHES** - All coaches must be entered through the World Triathlon System by their National Federation. Accreditation Cards will be issued by the LOC Administration.

**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.

## 8. OTHER USEFUL INFORMATION

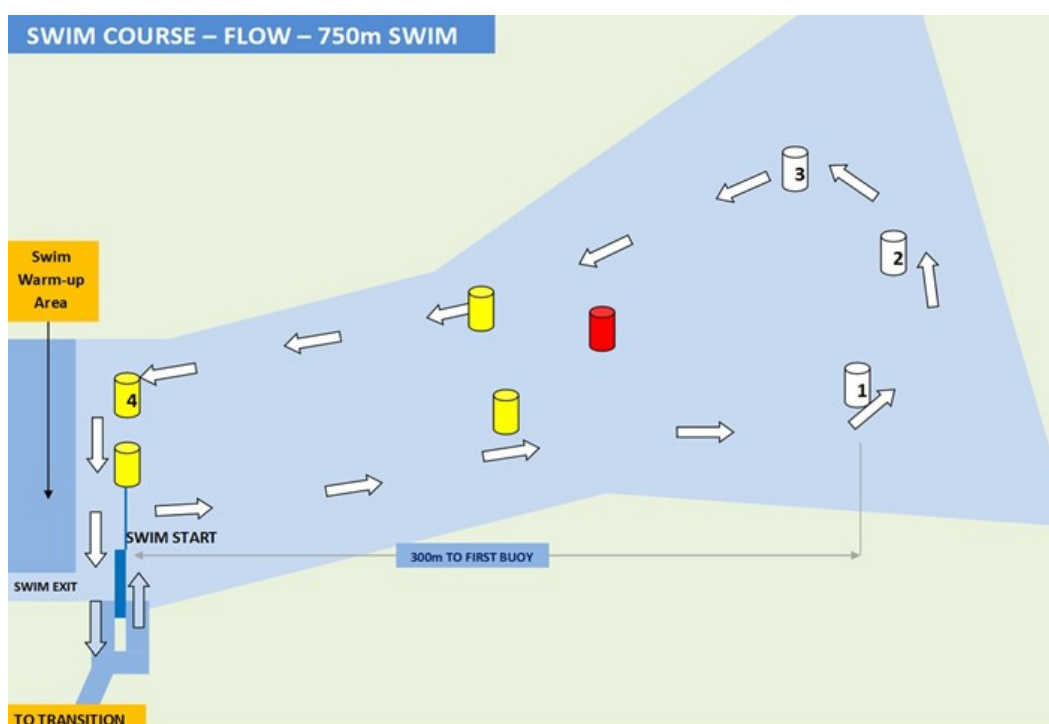
Languages	:	English, Shona, Ndebele
Population	:	2010 census 13 million
Currency	:	ZWL DOLLAR US\$ CASH is widely accepted and we recommend you bring small denomination notes (50, 20, 10, 5, 1)
Time Zone	:	Standard Time GMT+2
Electricity	:	220v. UK version square or SA version round. Recommend you bring a universal adaptor as well as cell phone chargers, computer adaptors etc
Telephone	:	International prefix +263
Climate	:	Tropical, peak summer months & rain October – March



## 9. COURSE MAPS

### SWIM COURSE

Water temperature	:	Expect 20 degrees
Number of laps	:	SPRINT: 1 LAP x 750m
Start Mechanism	:	DEEP WATER
Conditions	:	LAKE-CLEAN, DISEASE & ANIMAL FREE



### TRANSITION 1

A flow through transition has been developed to keep athletes moving forward. Athletes enter the transition and must deposit swim gear in a numbered bin placed beside the bike racks. Traditional bike racks will be used.

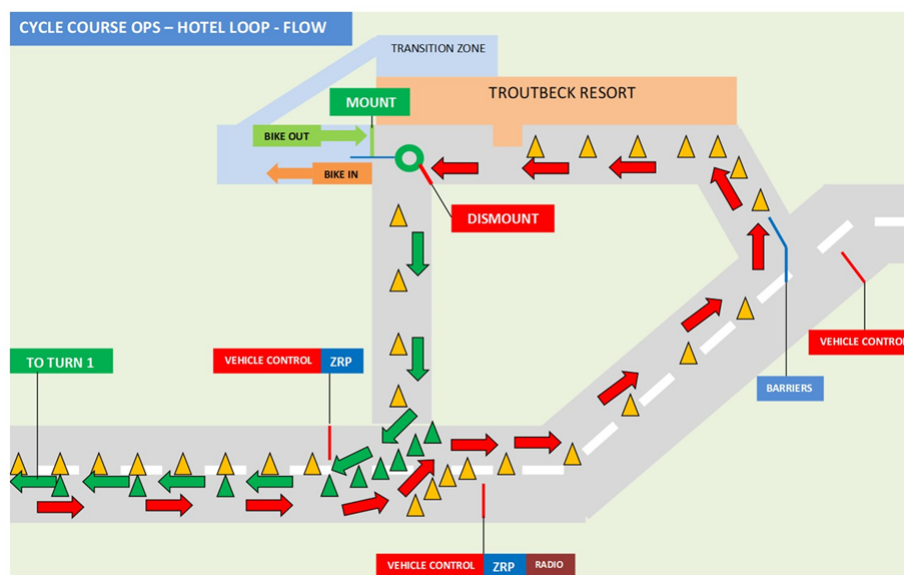
Athletes' names and/or numbers are displayed on the top of each bike rack. After the helmet is secured, athletes un-rack the bike by moving forward towards the mount line



## BIKE COURSE

3 LAPS x 6.6km = 19.8km

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





## RUN COURSE

Description: hilly, 90% asphalt and 10% grass





## 10. HEALTH SCREENING MEASURES FOR ATHLETES AND VISITORS

### 1. Travel

There are no longer any quarantine requirements on entry to Zimbabwe. It is MANDATORY to provide either a Covid-19 Vaccination Card if you have been vaccinated. If you have NOT been vaccinated you must provide a Negative PCR Test certificate taken within 48 hours of arrival on Zimbabwe. You will be asked to provide either of these documents by officials on arrival at Harare International Airport.

### 2. World Triathlon Pre-Participation Evaluation (PPE)

According to the World Triathlon Competition Rules para 2.4b, it is MANDATORY for all Elite, Youth, Junior and U23 triathletes to complete the Pre Participation Evaluation (PPE) prior to engaging in competitive sport. It is the responsibility of your National Federation to ensure that these pre-competition screening procedures have been performed. Your Federation is required to confirm to World Triathlon with the PPE Certification that all entered athletes have completed the screening. Athletes will not be admitted to any event until the PPE certification has been submitted.

Any Athlete or Official must pre-declare to the Medical Delegate/Covid Control Officer any high- risk conditions such as Heart Disease, High blood pressure, Obesity and Diabetes.

### 3. Spectators' access

The event will be open Free of Charge to spectators who will have to undertake hand sanitizing on entry to specific Spectator Pods.

### 4. Accreditations

The LOC will provide an official Accreditation Card to all the Organizing Committee Members, World Triathlon Technical Officials and Coaches, VIPs, Sponsors and specific sponsor guests, Media and Medical Personnel.

Athletes will receive a wrist band in their Race Packs for entry to FOP areas

Accreditation Cards provide access to specific areas of the competition areas. And are to be worn at all times. Accreditation cards are non-transferrable



COACHES - All coaches must be entered through the World Triathlon System by their National Federation. Accreditation Cards will be issued by the LOC Administration.

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.

## 5. COVID-19 medical protocols –

COVID Coordinator: For any questions related with COVID restrictions, travel or symptoms please contact Dr AUSTIN JEANS email: [jeansdoc86@gmail.com](mailto:jeansdoc86@gmail.com)

In the event of a COVID-19 positive test or a possible (suspicious) case at the event venue all close contacts identified as anyone who has been within 2 meters of the person within 24 hours shall be informed and be subject to a rapid antigen test. Any person testing positive on rapid antigen test will be advised to isolate in their room or the Isolation Room in the hotel until confirmatory PCR test results are evaluated.

Should hospitalization be deemed necessary the person will be transported by ambulance to Health Point hospital in Harare. Hospitalization and treatment costs are for the athlete or their insurance. If the medical insurance will not cover the upfront costs then the athlete is liable to pay and reclaim. Athletes can supply details of their medical insurance to the LOC if they wish to preview the acceptability of their insurance by Health Point hospital.

## 6. PCR TESTING

Should any visitor require a PCR Test to be undertaken for return to their home country, please advise the LOC so that the necessary arrangements can be made. This will be at their own cost.