

# COMPETITION SCHEDULE: 26 FEBRUARY 2023



**2023 AFRICA TRIATHLON CUP MASELSPOORT**  
**2023 AFRICA TRIATHLON JUNIOR CUP MASELSPOORT**  
**2023 SOUTH AFRICA SPRINT TRIATHLON CHAMPIONSHIPS**  
**2023 SOUTH AFRICA TRIATHLON YOUTH CHAMPIONSHIPS**  
**2023 SOUTH AFRICA SPRINT TRIATHLON AGE GROUP CHAMPIONSHIPS**  
**PARA TRIATHLON INVITATIONAL EVENT**

Venue: Maselspoort Resort  
Bloemfontein  
South Africa

Hosted by:



Directions: Maselspoort: <https://www.maselspoort.co.za/contact/directions>

Kopana Nokeng: <https://g.page/KopanoNokeng?share>

FRIDAY 18 FEBRUARY 2023						
Time			Action	Competition Category	Location	
Start	Finish	Duration				
From 14:00			Virtual Race Briefing <i>(Any queries may be directed to TD in writing)</i>	Age Group Athletes	PowerPoint Presentation on FST Website ( <a href="https://fstriathlon.co.za">https://fstriathlon.co.za</a> )	
SATURDAY 25 FEBRUARY 2023						
Time			Action	Competition Category	Location	
Start	Finish	Duration				
05h54 Sunrise						
13h00	13h45	45min	Cycle course familiarisation	ATU Sprint African Cup (Junior & Elite) Age Group Sprint & Para-athletes	Maselspoort	
13h45	14h15	30min	Run course familiarisation	ATU Sprint African Cup (Junior & Elite) Age Group Sprint & Para-athletes	Maselspoort	
14h15	14h30	15min	Swim course familiarisation	ATU Sprint African Cup (Junior & Elite) Age Group Sprint & Para-athletes	Maselspoort	
13h00	14h00	1h00	Meeting	LOC, Life guards, Medical, Traffic	Waterbuck, Maselspoort	
14h00	14h30	30min	Registration South African Championships <i>(Supersprint: 12 - 15)</i>	Provincial Team Managers	Waterbuck, Maselspoort	
14h30	15h15	45min	Registration South African Championships <i>(AG Sprint and Para-athletes)</i>	Provincial Team Managers	Waterbuck, Maselspoort	
17h15	17h55	0h40	Registration Africa Sprint Cup <i>(Juniors and Elites)</i>	Athletes <i>(Uniform and entry fee payment)</i>	Waterbuck, Maselspoort	
18h00	19h00	1h00	Compulsory Race Briefing clarification for Africa Sprint Cup only	Athletes (Junior and Elite only)	Waterbuck, Maselspoort	
19h00	19h30	0h30	Technical Meeting	Technical Officials	Waterbuck, Maselspoort	
19h04 Sunset						
SUNDAY 26 FEBRUARY 2023						
Time			Action	Competition Category	Location	
Start	Finish	Duration				
05h54 Sunrise						
06h30	06h55	25min	Technical Meeting	Technical Officials	Waterbuck, Maselspoort	
07:00	07:45	1h00	Bike check in	Para-athletes; AG Sprint	Transition, Maselspoort	
08h00	10h30	2h30	Age Group Sprint Distance <i>(Male and Female 45 to 70+)</i> <i>(750m swim, 20km bike, 5km run)</i>	SA Age Group Sprint Triathlon Championships	AG Female 45 - 70+	Maselspoort
08h15	10h45	2h30			AG Male 45 - 70+	
08h30	10h30	2h00			AG Female 20 - 44	
08h45	10h15	1h30			AG Male 20 - 44	
08:50	11h30	2h40	Sprint Distance Para-athletes <i>(750m swim, 20km bike, 5km run)</i>	SA Paratriathlon Invitational	Male / Female	Maselspoort
09h30	10h20	50min	Bike check in, Athlete lounge opens	Junior and Elite Athletes	Transition, Maselspoort	
10h25	10h30	5min	Junior Male Athlete Introduction	Africa Junior Sprint Triathlon Cup	Male 16 - 19	Maselspoort
10h30	12h00	1h30	Sprint Distance <i>(750m swim, 20km bike, 5km run)</i>			
10h40	10h45	5min	Junior Female Athlete Introduction		Female 16 - 19	
10h45	12h15	1h30	Sprint Distance <i>(750m swim, 20km bike, 5km run)</i>			
12h25	12h30	5min	Elite Male Athlete Introduction	Africa Elite Sprint Triathlon Cup and SA Elite Sprint Championships	Elite Male	Maselspoort
12h30	13h45	1h15	Sprint Distance <i>(750m swim, 20km bike, 5km run)</i>			
12h40	12h45	5min	Elite Female Athlete Introduction		Elite Female	
12h45	14h00	1h15	Sprint Distance <i>(750m swim, 20km bike, 5km run)</i>			
13h30	14h00	30min	Bike check Out	Para-athletes; AG Sprint; Junior and Elites	Maselspoort	
14h00	14h55	55min	Supersprint Distance Youth <i>(400m swim, 10km bike, 2.5km run)</i>	SA Youth Supersprint Triathlon Championships	Male 12 - 15	Maselspoort
14h05	15h00	50min			Female 12 - 15	
15h00	15h30	30min	Bike check Out	Youth	Maselspoort	
15h15	16h00	20min	Medal ceremonies	All Age Categories	Finish area Maselspoort	
16h00	16h15	15min	Technical Official Debriefing	Technical Officials	Waterbuck, Maselspoort	
19h03 Sunset						

- Notes:
1. Bike check out will only be allowed at the scheduled times.
  2. Medal ceremonies will be restricted to athletes only.
  3. No earlier release of bikes will be allowed. Please arrange all travelling accordingly