



**2024 BONAQUA AFRICA TRIATHLON CUP, AFRICA TRIATHLON JUNIOR CUP,  
ZIMBABWE NATIONAL TRIATHLON CHAMPIONSHIPS, BONAQUA CIMAS I-GO  
CORPORATE TEAM TRIATHLON & DUATHLON CHALLENGES, OFF-ROAD TRIATHLON,  
MOUNTAIN BIKE, YOUTH-MINI TRIATHLON, AQUATHLON, DUATHLON, AQUABIKE,  
OPEN WATER SWIM & TRAIL RUN**

<b>TIMES</b>	<b>SATURDAY 17th FEBRUARY 2024 - COMPETITION SCHEDULE</b>
0615-0645	TRIATHLON / AQUABIKE AG STANDARD - INDIVIDUALS & TEAMS - UPPER LEVEL TRANSITION ZONE OPENS - CHECK IN - RACE NUMBER MARKING - COLLECT SWIM CAP & RACE TIMING CHIP
0700	START - TRIATHLON & AQUABIKE AG STANDARD - INDIVIDUALS & TEAMS
0630 - 0700	TRAIL RUN - 20KM - INDIVIDUALS - TRAIL RUN ZONE LOWER LEVEL TRANSITION OPENS - CHECK IN - RACE NUMBER MARKING - INSPECTION OF KIT - COLLECT RACE PACK & TIMING CHIP - BRIEFING
0715	START - TRAIL RUN 20KM
0645 - 0715	OFF-ROAD TRIATHLON SPRINT & SUPERSPRINT - INDIVIDUALS & TEAMS - OFF-ROAD TRANSITION ZONE LOWER LEVEL OPENS - CHECK IN - RACE NUMBER MARKING - COLLECT RACE PACK, SWIM CAP & TIMING CHIP - BRIEFING
0700-0730	TRIATHLON & DUATHLON - AG SPRINT INDIVIDUALS & TEAMS - UPPER LEVEL TRANSITION ZONE OPENS - CHECK IN - RACE NUMBER MARKING - COLLECT SWIM CAP & RACE TIMING CHIP
0715 - 0745	MTB TRANSITION ZONE LOWER LEVEL OPENS - CHECK IN - RACE NUMBER MARKING - COLLECT RACE PACK & TIMING CHIP - BRIEFING
0730	START (Mass Start) - OFF-ROAD TRIATHLON - SPRINT & SUPERSPRINT - INDIVIDUALS & TEAMS
0745	START - TRIATHLON - AG SPRINT & DUATHLON AG SPRINT - ALL INDIVIDUALS & TEAMS
0800	START - MTB - 40 KM / 28KM / 14.5KM - ALL ENTRIES - MASS START
0745-0815	TRIATHLON SUPERSPRINT - CORPORATE TEAMS / YOUTH BOYS/ YOUTH GIRLS/ AG INDIVIDUALS & TEAMS - UPPER LEVEL TRANSITION ZONE OPENS - CHECK-IN - RACE NUMBER MARKING - COLLECT SWIM CAP & TIMING CHIP
0800- 0830	TRAIL RUN - 10KM - INDIVIDUALS - TRAIL RUN TRANSITION ZONE LOWER LEVEL OPENS - CHECK IN - RACE NUMBER MARKING - INSPECTION OF KIT - COLLECT RACE PACK & TIMING CHIP - BRIEFING
0815-	OPEN WATER SWIM TRANSITION ZONE LOWER LEVEL OPENS - CHECK IN ALL DISTANCES - RACE NUMBER MARKING - RACE PACK COLLECTION - BRIEFINGS FOR ALL EVENTS TAKE PLACE 10 MINS. BEFORE EACH START
0830	START - TRIATHLON - YOUTH BOYS SUPERSPRINT
0835	START - TRIATHLON - YOUTH GIRLS SUPERSPRINT & AG SUPERSPRINT
0840	START - TRIATHLON - CORPORATE CHALLENGE - SUPERSPRINT
0840	START - DUATHLON - CORPORATE CHALLENGE - SUPERSPRINT
0845	START - TRAIL RUN 10KM
0900	START - OPEN WATER SWIM - 5000M
0900	START - OPEN WATER SWIM - 3000M
0930-1000	YOUTH MINI TRIATHLON - UPPER LEVEL TRANSITION OPENS - CHECK IN - RACE NUMBER MARKING - COLLECT SWIM CAP & TIMING CHIP - BRIEFING 15 MINS. BEFORE RACE START
1015	START - YOUTH MINI
0935-1025	AQUATHLON TRANSITION ZONE LOWER LEVEL OPENS - CHECK-IN - RACE NUMBER MARKING - COLLECT SWIM CAP & TIMING CHIP - BRIEFING 15 MINS. BEFORE RACE START
0955	NATIONAL ANTHEM
1000	MEDAL CEREMONY - NATIONAL CHAMPIONSHIPS - U13-U15 YOUTH SUPERSPRINT BOYS & GIRLS
1030	MEDAL CEREMONY - NATIONAL CHAMPIONSHIPS - AG SPRINT / NON-CHAMPIONSHIPS - AG SUPERSPRINT, DUATHLON SPRINT INDIVIDUALS & TEAMS / CORPORATE TEAM CHALLENGE TRIATHLON & DUATHLON



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MOUNTAIN BIKE, YOUTH-MINI TRIATHLON, AQUATHLON, DUATHLON, AQUABIKE,  
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1030	JUNIOR MEN & WOMEN - ATHLETE LOUNGE OPENS
1030 - 1045	JUNIOR MEN & WOMEN - UPPER LEVEL TRANSITION ZONE OPENS - PRE-TRANSITION BIKE CHECK - UNIFORM, SHOE & RACE NUMBER CHECK - COLLECT SWIM CAP & TIMING CHIP - PROCEED TO ATHLETE LOUNGE - RACK BIKE
1035	START - OPEN WATER SWIM - 1500M
1035	START - OPEN WATER SWIM - 750M
1040	START - AQUATHLON
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 - JUNIOR MEN - AFRICA TRIATHLON JUNIOR CUP
1130	JUNIOR WOMEN - ATHLETE INTRODUCTION
1135	START - JUNIOR WOMEN - AFRICA TRIATHLON JUNIOR CUP
1140	MEDAL CEREMONY - NATIONAL CHAMPIONSHIPS AG STANDARD / NON CHAMPIONSHIPS - AG STANDARD TEAMS, AG AQUABIKE / YOUTH MINI TRIATHLON
1150	START - OPEN WATER SWIM - 4 X 500M RELAY
1220	MEDAL CEREMONY - AQUATHLON
1215	ELITE/U23 MEN - ATHLETE LOUNGE OPENS
1225	ELITE/U23 WOMEN - ATHLETE LOUNGE OPENS
1215-1235	ELITE/U23 MEN - UPPER LEVEL TRANSITION ZONE OPENS - PRE-TRANSITION BIKE CHECK - UNIFORM, SHOE & RACE NUMBER CHECK - COLLECT SWIM CAP & TIMING CHIP - PROCEED TO ATHLETE LOUNGE - RACK BIKE
1225-1245	ELITE/U23 WOMEN - UPPER LEVEL TRANSITION ZONE OPENS - PRE-TRANSITION BIKE CHECK - UNIFORM, SHOE & RACE NUMBER CHECK - COLLECT SWIM CAP & TIMING CHIP - PROCEED TO ATHLETE LOUNGE - RACK BIKE
1245-1300	ELITE/U23 MEN - SWIM WARM UP
1255-1310	ELITE/U23 WOMEN - SWIM WARM UP
1305	ELITE/U23 MEN - TRANSFER TO PRE-START TENT-LINE UP
1310	ELITE/U23 MEN - ATHLETE INTRODUCTION
1315	START - ELITE/U23 MEN AFRICA TRIATHLON CUP
1315	ELITE/U23 WOMEN - TRANSFER TO PRE-START TENT-LINE UP
1320	ELITE/U23 WOMEN - ATHLETE INTRODUCTION
1325	START - ELITE/U23 WOMEN AFRICA TRIATHLON CUP
1330	MEDAL CEREMONY - MTB & OFF-ROAD TRIATHLON
1345	MEDAL CEREMONY - OPEN WATER SWIM - ALL DISTANCES
1400	MEDAL CEREMONY - TRAIL RUN
1500	MEDAL CEREMONY - JUNIOR AFRICA TRIATHLON CUP - WOMEN & MEN
1515	MEDAL CEREMONY - ELITES AFRICA TRIATHLON CUP - WOMEN & MEN
1830	EVENING FUNCTION
1900	KEY NOTE ADDRESS-GUEST OF HONOUR
1920	ELITE PRIZE MONEY PRESENTATION
1930	DINNER SERVED