



**2016 Buffalo City South African Triathlon Championships**  
**2016 Buffalo City ATU Triathlon African Championships**  
**2016 Buffalo City ITU World Paratriathlon Event**

**Sunday 20th March 2016**



	ITU Paratriathlon	SA Champs Age Groupers		ATU Championships	
		Males	Females	Females	Males
Bike Check and Check-In	Saturday 16:30 - 18:00				
Transition Open	5:45 - 6:30	8:00 - 8:45		11:35 - 12:05	12:55 - 13:25

**Official Opening & National Anthem: 6:40am**

Introductions	6:45 - 7:00	8:45 - 9:00		12:15	13:40
Start Time	7:00 - 7:15	8:55	9:00	12:20	13:45
Swim Distance	750m	1500m	1500m	1500m	1500m
No. Of Laps	1	2	2	2	2
Cycle Distance	20km	40km	40km	40km	40km
No. Of Laps	2	3	3	4	4
Run Distance	5km	10km	10km	10km	10km
No. Of Laps	2	4	4	4	4
Estimated Finish	9:10	12:20	12:40	14:45	15:55
Medal Presentation	9:30	13:00		14:50	16:00
Bike Check out	9:40-10:30	12:45 - 13:40		15:55 - 16:25	

**Sunrise**                   **6h11**  
**Sunset**                   **18h19**  
**Low Tide**               **8h34**  
**Hi Tide**                 **14h41**