

TIMES	SATURDAY 1ST APRIL - COMPETITION SCHEDULE - SUBJECT TO CHANGE
0615-0645	TRIATHLON & AQUABIKE AG STANDARD - INDIVIDUALS & TEAMS - CHECK IN - COLLECTION OF SWIM CAP & RACE TIMING CHIP - TRANSITION OPENS
0700	START - TRIATHLON & AQUABIKE AG STANDARD - INDIVIDUALS & TEAMS
0645 - 0715	OFF-ROAD TRIATHLON STANDARD & SPRINT - INDIVIDUALS & TEAMS - CHECK-IN - COLLECTION OF SWIM CAP & TIMING CHIP - TRANSITION OPENS - PRE-RACE BRIEFING 15 MINUTES BEFORE START OF RACES IN THE OFF-ROAD TRIATHLON TRANSITION ZONE
0700 - 0730	TRIATHLON & DUATHLON - AG SPRINT INDIVIDUALS & TEAMS - CHECK-IN - COLLECTION OF SWIM CAP & RACE TIMING CHIP - TRANSITION OPENS
0715 - 0745	MTB - ALL ATHLETES - ALL DISTANCES - TRANSITION OPENS - PRE-RACE BRIEFING 15 MINUTES BEFORE RACES START IN THE MTB TRANSITION ZONE
0730	START - OFF-ROAD TRIATHLON - STANDARD & SPRINT - INDIVIDUALS & TEAMS - MASS START
0745	START - TRIATHLON - AG SPRINT & DUATHLON AG SPRINT - ALL INDIVIDUALS & TEAM
0800	START - MTB - 40 KM / 28KM / 14.5KM - ALL ENTRIES - MASS START
0745-0815	TRIATHLON SUPERSPRINT - YOUTH BOYS/GIRLS/AG/CORPORATE TEAMS & DUATHLON SUPERSPRINT CORPORATE TEAMS - CHECK-IN - COLLECTION OF SWIM CAP & TIMING CHIP - TRANSITION OPENS
0815-0845	OPEN WATER SWIM - 5000M & 3000M CHECK-IN - COLLECTION OF SWIM CAP - RACE MARKING - RACE PACK COLLECTION - PRE-RACE BRIEFING 10 MINS. BEFORE START ** ALL OTHER DISTANCES CHECK IN 30 MINUTES BEFORE START - PRE-RACE BRIEFING 10 MINS BEFORE 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
0900	START - OPEN WATER SWIM - 5000M
0900	START - OPEN WATER SWIM - 3000M
0930-1000	YOUTH MINI - CHECK IN/TRANSITION OPENS - RACE BRIEFING 15 MINS. BEFORE RACE START
1015	START - YOUTH MINI
0950-1020	AQUATHLON - CHECK-IN/COLLECTION OF SWIM CAP/RACE MARKING - RACE BRIEFING 15 MINS. BEFORE RACE START
1000	NATIONAL ANTHEM
1025	MEDAL CEREMONY - ZIM NATIONALS - YOUTH SUPERSPRINT BOYS & GIRLS U13-U15
1030 - 1045	MEDAL CEREMONY - TRIATHLON ZIM NATIONALS AG SPRINT, NON CHAMPIONSHIP AG SUPERSPRINT, DUATHLON AG SPRINT & CORPORATE CHALLENGE TRIATHLON & DUATHLON
1030	JUNIOR MEN -AND 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 BIKE
1035	START - AQUATHLON
1100	MEDAL CEREMONY - OPEN WATER SWIM - 5000M & 3000M
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
1155	MEDAL CEREMONY - TRIATHLON ZIM NATIONALS AG STANDARD, NON CHAMPIONSHIP AG STANDARD TEAMS, AG AQUABIKE, YOUTH MINI, AQUATHLON
1200	START - OPEN WATER SWIM - 1500M
1200	ELITE/U23 - WOMEN - ATHLETE LOUNGE OPENS
1215	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 BIKE
1215	MEDAL CEREMONY - MTB & OFF-ROAD TRIATHLON SPRINT & STANDARD INDIVIDUALS & TEAMS
1230	START - OPEN WATER SWIM - 750M
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
1315	START - OPEN WATER SWIM - 4 x 500M RELAY
1330	MEDAL CEREMONY - TRIATHLON ZIM NATIONALS - JUNIOR WOMEN & MEN - U17-U19
1330	ELITE/U23 - MEN - ATHLETE LOUNGE OPENS
1345	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 BIKE
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
1445	MEDAL CEREMONY - OPEN WATER SWIM - 1500M, 750M & 4X500M RELAY
1600	MEDAL CEREMONY - JUNIOR AFRICA TRIATHLON CUP - WOMEN & MEN
1615	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