

<b>TIME</b>	<b>FRIDAY 1ST APRIL - COMPETITION SCHEDULE - SUBJECT TO CHANGE</b>
<b>1000</b>	<b>AT CLAREMONT - REGISTRATION FOR NYANGA MTB EVENT STAGE 1 +/- 25km or +/- 35km GPS Navigation (&amp; SATURDAY STAGE 2 EVENT IF DOING BOTH)</b>
<b>1200</b>	START NYANGA MTB RIDE AT CLAREMONT
	<b>SATURDAY 2ND APRIL - COMPETITION SCHEDULE - SUBJECT TO CHANGE</b>
<b>0615-0700</b>	TRIATHLON AG STANDARD CHECK IN - COLLECTION OF SWIM CAP & RACE TIMING CHIP - TRANSITION OPENS
<b>0700</b>	START - AG STANDARD - INDIVIDUALS & TEAMS
<b>0645 - 0730</b>	TRIATHLON AG SPRINT INDIVIDUALS & TEAMS - CHECK-IN - COLLECTION OF SWIM CAP & RACE TIMING CHIP - TRANSITION OPENS
<b>0645 - 0730</b>	MTB / OFF-ROAD TRIATHLON SPRINT & STANDARD - INDIVIDUALS & TEAMS - ALL ATHLETES - CHECK-IN - TRANSITION OPENS
<b>0730</b>	START - OFF-ROAD TRIATHLON - SPRINT & STANDARD - INDIVIDUALS & TEAMS - MASS START
<b>0745</b>	START - TRIATHLON - AG SPRINT INDIVIDUALS & TEAMS
<b>0800</b>	START - MTB - 40 KM / 25KM / 14.5KM - ALL ENTRIES - MASS START
<b>0745-0825</b>	TRIATHLON SUPER-SPRINT - YOUTH / AG / CORPORATE TEAMS CHECK-IN - COLLECTION OF SWIM CAP & TIMING CHIP - TRANSITION OPENS
<b>0815-0845</b>	OPEN WATER SWIM - 5000M & 3000M CHECK-IN - COLLECTION OF SWIM CAP - RACE MARKING - RACE PACK COLLECTION - PRE-RACE BRIEFING ** ALL OTHER DISTANCES CHECK IN 30 MINUTES BEFORE START
<b>0830</b>	START - TRIATHLON - YOUTH BOYS SUPERSPRINT
<b>0835</b>	START - TRIATHLON - YOUTH GIRLS SUPERSPRINT AND AG SUPERSPRINT
<b>0840</b>	START - TRIATHLON - CORPORATE CHALLENGE
<b>0900</b>	START - OPEN WATER SWIM CHAMPS - 5000M
<b>0900</b>	START - OPEN WATER SWIM CHAMPS - 3000M
<b>1000</b>	AQUATHLON - CHECK-IN - COLLECTION OF SWIM CAP-RACE MARKING - PRE-RACE BRIEFING
<b>1000-1025</b>	YOUTH MINI - CHECK IN - TRANSITION OPENS - PRE-RACE BRIEFING
<b>1005</b>	MEDAL CEREMONY - YOUTH SUPERSPRINT BOYS & GIRLS
<b>1015</b>	START - YOUTH MINI
<b>1025</b>	<b>NATIONAL ANTHEM</b>
<b>1030</b>	MEDAL CEREMONY - AG SUPERSPRINT & CORPORATE CHALLENGE
<b>1035</b>	START - AQUATHLON
<b>1030</b>	JUNIOR AFRICA TRIATHLON CUP - JUNIOR MEN - ATHLETE LOUNGE OPENS
<b>1045</b>	JUNIOR MEN - SWIM CAP & TIMING CHIP COLLECTION - TRANSITION OPENS
<b>1100</b>	MEDAL CEREMONY - OPEN WATER SWIM - 5000M & 3000M
<b>1100-1115</b>	JUNIOR MEN - SWIM WARM UP
<b>1120</b>	JUNIOR MEN - TRANSFER TO PRE-START TENT-LINE UP
<b>1125</b>	JUNIOR MEN - ATHLETE INTRODUCTION
<b>1130</b>	<b>START - JUNIOR MEN - AFRICA TRIATHLON JUNIOR CUP</b>
<b>1130</b>	MEDAL CEREMONY - TRIATHLON AG STANDARD, SPRINT, YOUTH-MINI
<b>1145</b>	START - OPEN WATER SWIM CHAMPS - 1500M
<b>1200</b>	MEDAL CEREMONY - AQUATHLON
<b>1200</b>	ELITE/U23- WOMEN AND JUNIOR WOMEN - ATHLETE LOUNGE OPENS
<b>1215</b>	ELITE/U23- WOMEN AND JUNIOR WOMEN - SWIM CAP & TIMING CHIP COLLECTION - TRANSITION OPENS
<b>1215</b>	START - OPEN WATER SWIM CHAMPS - 750M
<b>1220</b>	MEDAL CEREMONY - MTB & OFF-ROAD TRIATHLON SPRINT & STANDARD
<b>1230-1245</b>	ELITE/U23 WOMEN AND JUNIOR WOMEN - SWIM WARM UP
<b>1250</b>	ELITE/U23 WOMEN AND JUNIOR WOMEN - TRANSFER TO PRE-START TENT-LINE UP
<b>1255</b>	ELITE/U23 WOMEN AND JUNIOR WOMEN - ATHLETE INTRODUCTION
<b>1300</b>	<b>START - WOMEN - ELITE/U23 AFRICA TRIATHLON CUP &amp; WOMEN JUNIOR AFRICA TRIATHLON CUP</b>
<b>1315</b>	START - OPEN WATER SWIM CHAMPS - 4 x 500M RELAY
<b>1330</b>	ELITE/U23- MEN - ATHLETE LOUNGE OPENS
<b>1345</b>	ELITE/U23- MEN - SWIM CAP & TIMING CHIP COLLECTION - TRANSITION OPENS
<b>1400-1415</b>	ELITE/U23 MEN - SWIM WARM UP
<b>1420</b>	ELITE/U23 MEN - TRANSFER TO PRE-START TENT-LINE UP
<b>1425</b>	ELITE/U23 MEN - ATHLETE INTRODUCTION
<b>1430</b>	<b>START - ELITE/U23 MEN AFRICA TRIATHLON CUP</b>
<b>1445</b>	MEDAL CEREMONY - OPEN WATER SWIM - 1500M, 750M & 4X500M RELAY
<b>1600</b>	MEDAL CEREMONY - JUNIOR AFRICA TRIATHLON CUP - MEN & WOMEN
<b>1615</b>	MEDAL CEREMONY - ELITES AFRICA TRIATHLON CUP - MEN & WOMEN
<b>1830</b>	EVENING FUNCTION
<b>1900</b>	KEY NOTE ADDRESS-GUEST OF HONOUR
<b>1920</b>	ELITE PRIZE MONEY PRESENTATION
<b>1930</b>	DINNER SERVED