



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

**Sunday 20th March 2016**



	ITU Paratriathlon	SA Champs Age Groupers		ATU Cup	
		Males	Females	Females	Males
<b>Bike Check and Check-In</b>	Saturday 16:30 - 18:00	8:15 - 8:45		11:35 - 12:05	12:55 - 13:25
<b>Official Opening &amp; National Anthem: 6:40am</b>					
<b>Introductions</b>	6:40 - 7:00	8:45 - 9:00		12:15	13:40
<b>Start Time</b>	7:00 - 7:15	08:55	09:00	12:20	13:45
<b>Swim Distance</b>	750m	1500m	1500m	1500m	1500m
<b>No. Of Laps</b>	1	2	2	2	2
<b>Cycle Distance</b>	20km	40km	40km	40km	40km
<b>No. Of Laps</b>	2	3	3	4	4
<b>Run Distance</b>	5km	10km	10km	10km	10km
<b>No. Of Laps</b>	2	4	4	4	4
<b>Estimated Finish</b>	09:10	12:20	12:40	14:45	15:55
<b>Medal Presentation</b>	09:30	13:00		14:50	16:00
<b>Bike Check out</b>	9h40-10h15	12h45 - 13h40		15h55 - 16h25	

**Sunrise**                   06h11  
**Sunset**                    18h19  
**Low Tide**                 08h34  
**Hi Tide**                    14h41