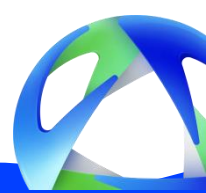


## PROGRAM OF EVENTS

DATE		TIME	ACTIVITY	
Thursday, April 18, 2024		17:00 - 21:00	Registration, Numbering, Race Briefings	
		17:00 - 21:00	Help Desk at Hotel	
		15:30 - 16:00	Bike Familiarization	
		16:00 - 16:30	Run Familiarization	
		16:30 - 17:00	Swim Familiarization	
	Youth		17:00 - 18:30	Registration
			18:30 - 18:45	<b>Athlete Briefing</b>
			18:30 - 20:00	Race Pack Collection
	Elite Triathlon		17:00 - 18:00	<b>Registration &amp; Uniform Check For Elite</b>
			18:00 - 18:30	<b>Elite Briefing</b>
			18:30 - 20:00	Race Pack Collection
	Age-Group Super Sprint Triathlon		18:30 - 20:00	Registration , Numbering, Uniform for the African Cup
			17:00 - 18:30	Registration
			18:45 - 19:00	<b>Athlete Briefing</b>
	Kids Triathlon		18:30 - 20:00	Race Pack Collection
			17:00 - 18:30	Registration
			19:00 - 19:15	<b>Athlete Briefing</b>
	Super Sprint Duathlon		19:00 - 21:00	Race Pack Collection
			17:00 - 18:30	Registration
			18:45 - 19:00	<b>Athlete Briefing</b>
Kids Duathlon		19:00 - 21:00	Race Pack Collection	
		17:00 - 18:30	Registration	
		19:00 - 19:15	<b>Athlete Briefing</b>	
Friday, April 19, 2024	ELITE/U23 Triathlon	05:50 - 06:25	Athletes Lounge Open & Bike Check in for Men	
		06:00	Transition Area Open	
		06:05	Swim Warm up Open	
		06:20	Swim warm up Close	
		06:25	Transition Area Close	
		06:25	Athlete Line Up	
		06:25	Athlete Introduction	
		06:30	<b>ELITE/U23 Men START</b>	
		12:00	Medal Ceremony	
		07:50 - 08:25	Athletes Lounge Open & Bike Check in for Women	
		08:00	Transition Area Open	
		08:05	Swim Warm up Open	
		08:20	Swim warm up Close	
		08:25	Transition Area Close	
		08:25	Athlete Line Up	
		08:25	Athlete Introduction	
		08:30	<b>ELITE/U23 Women START</b>	
		12:00	Medal Ceremony	
	Youth	10:00 - 10:25	Bike Check in	
		10:00	Transition Area Open	
		10:05	Swim Warm up Open	
		10:20	Swim warm up Close	
		10:25	Transition Area Close	
		10:30	<b>Youth Men START</b>	
		10:35	<b>Youth Women START</b>	
	12:30	Medal Ceremony		
	Age-Group Super Sprint Triathlon	11:00 - 11:25	Bike Check in	
		11:00	Transition Area Open	
		11:05	Swim Warm up Open	
		11:20	Swim warm up Close	
		11:25	Transition Area Close	
		11:30	<b>Age-Group Super Sprint Triathlon Men START</b>	
		11:35	<b>Age-Group Super Sprint Triathlon Women START</b>	
	13:00	Medal Ceremony		
	Kids Triathlon	11:45 - 12:10	Bike Check in	
		11:45	Transition Area Open	
		11:50	Swim Warm up Open	
		12:10	Swim warm up Close	
		12:10	Transition Area Close	
		12:15	<b>Kids Triathlon Boys START</b>	
		12:20	<b>Kids Triathlon Girls START</b>	
	13:30	Medal Ceremony		
	Super Sprint Duathlon	12:15 - 12:55	Bike Check in	
		12:15	Transition Area Open	
		12:40	Warm up Open	
12:50		Warm up Close		
12:55		Transition Area Close		
13:00		<b>Super Sprint Duathlon U17-U15-U13 Men START</b>		
13:02		<b>Super Sprint Duathlon Age-Group Men START</b>		
13:05		<b>Super Sprint Duathlon U17-U15-U13 Women START</b>		
13:07		<b>Super Sprint Duathlon Age-Group Women START</b>		
14:15	Medal Ceremony			
Kids Duathlon	13:00 - 13:40	Bike Check in		
	13:00	Transition Area Open		
	13:10	Swim Warm up Open		
	13:35	Swim warm up Close		
	13:40	Transition Area Close		
	13:45	<b>Kids Duathlon Boys START</b>		
	13:50	<b>Kids Duathlon Girls START</b>		
14:30	Medal Ceremony			



**PROGRAM OF EVENTS**

DATE		TIME	ACTIVITY	
Friday, April 19, 2024		17:00 - 21:00	Registration, Numbering, Race Briefings	
		17:00 - 21:00	Help Desk at Hotel	
		15:30 - 16:00	Bike Familiarization	
		16:00 - 16:30	Run Familiarization	
		16:30 - 17:00	Swim Familiarization	
	Paratriathlon		13:30 - 14:00	Swim exit handler training
			14:00 - 14:30	Swim Familiarization
			14:30 - 15:00	Bike Familiarization
			15:30 - 16:00	Bike check for W/C Athletes
			16:30 - 17:30	Registration & Uniform Check
			17:30 - 18:00	<b>Athlete Briefing</b>
	Junior Triathlon		18:00 - 18:30	Registration & Uniform Check
			18:00 - 18:30	<b>Athlete Briefing</b>
			18:30 - 20:30	Race Pack Collection
	Standard Aquathlon		17:00 - 18:30	Registration & Uniform Check
			18:30 - 18:45	<b>Athlete Briefing</b>
	Kids Aquathlon		18:00 - 20:00	Race Pack Collection
			17:00 - 18:30	Registration
			18:45 - 19:00	<b>Athlete Briefing</b>
	Super Sprint Aquathlon		19:00 - 21:00	Race Pack Collection
			17:00 - 18:30	Registration
	Age-Group Standard Triathlon		19:00 - 19:15	<b>Athlete Briefing</b>
			19:00 - 21:00	Race Pack Collection
		17:00 - 18:30	Registration	
		19:15 - 19:30	<b>Athlete Briefing</b>	
		18:30 - 21:00	Race Pack Collection	
Saturday, April 20, 2024	Paratriathlon	06:00 - 06:45	Athletes Lounge Opens	
		06:15 - 06:40	Transition Area Open	
		06:20 - 06:40	Swim Warm up Open	
		06:50	Athlete Line Up / Introduction	
			START	
		07:00	PTVI 1 MALE	
		07:02:41 +2:41	PTVI 2/3 MALE	
		07:05	PTVI 1 FEMALE	
		07:08:11 +3:11	PTVI 2/3 FEMALE	
		07:15	PTS 2,3,4,5 MALE	
		07:17	PTS 2,3,4,5 FEMALE	
		07:45	PTWC1 MALE	
		07:48	PTWC 2/3 MALE	
		07:50	PTWC1 FEMALE	
	07:53	PTWC 2/3 FEMALE		
	12:00	Medal Ceremony		
	Junior Triathlon	08:30 - 09:10	Athletes Lounge Open & Bike Check in for Men	
		08:30	Transition Area Open	
		08:50	Swim Warm up Open	
		09:05	Swim warm up Close	
		09:05	Transition Area Close	
		09:10	Athlete Line Up	
		09:10	Athlete Introduction	
09:15		<b>Junior Men START</b>		
12:45		Medal Ceremony		
08:30 - 09:55		Athletes Lounge Open & Bike Check in for Women		
09:00		Transition Area Open		
09:35		Swim Warm up Open		
09:50		Swim warm up Close		
09:50		Transition Area Close		
09:55	Athlete Line Up			
09:55	Athlete Introduction			
10:00	<b>Junior Women START</b>			
12:45	Medal Ceremony			
Standard Triathlon	10:30 - 10:55	Athletes Lounge Open & Check in		
	10:30	Transition Area Open		
	10:40	Swim Warm up Open		
	10:50	Swim warm up Close		
	10:55	Transition Area Close		
	11:00	<b>Age Group Standard Men START</b>		
	11:05	<b>Age Group Standard Women START</b>		
15:30	Medal Ceremony			
Standard Aquathlon	11:00 - 11:25	Athletes Lounge Open & Check in		
	11:00	Transition Area Open		
	11:05	Swim Warm up Open		
	11:15	Swim warm up Close		
	11:20	Transition Area Close		
	11:20	Athlete Line Up		
	11:25	Athlete Introduction		
	11:30	<b>Elite Men / U23 Men / Junior Men / Youth Men START</b>		
	11:32	<b>Age Group Men START</b>		
	11:35	<b>Elite Women / U23 Women / Junior Women / Youth Women START</b>		
11:37	<b>Age Group Women START</b>			
13:00	Medal Ceremony			
Kids Aquathlon	13:00 - 13:25	Check in		
	13:00	Transition Area Open		
	13:10	Swim Warm up Open		
	13:20	Swim warm up Close		
	13:25	Transition Area Close		
	13:30	<b>Kids Aquathlon Boys START</b>		
	13:35	<b>Kids Aquathlon Girls START</b>		
15:00	Medal Ceremony			
Super Sprint Aquathlon	13:45 - 14:10	Check in		
	13:45	Transition Area Open		
	14:00	Swim Warm up Open		
	14:10	Swim warm up Close		
	14:10	Transition Area Close		
	14:15	<b>Super Sprint Aquathlon U15-U13 Men START</b>		
	14:17	<b>Super Sprint Age-Group Men START</b>		
	14:15	<b>Super Sprint Aquathlon U15-U13 Women START</b>		
	14:20	<b>Super Sprint Age-Group Women START</b>		
15:15	Medal Ceremony			



**PROGRAM OF EVENTS**

DATE		TIME	ACTIVITY	
<b>Saturday, April 20, 2024</b>		14:00 - 19:00	Registration, Numbering, Race Briefings	
		14:00 - 19:00	Help Desk at Hotel	
		15:30 - 16:00	Bike Familiarization	
		16:00 - 16:30	Run Familiarization	
		16:30 - 17:00	Swim Familiarization	
	Age-Group Sprint Triathlon		17:30 - 18:30	Registration & Uniform Check
			18:30 - 18:45	<b>Athlete Briefing</b>
			18:00 - 20:00	Race Pack Collection
	Mixed Relay		17:00 - 18:00	Registration & Uniform Check
			18:00 - 18:30	<b>Athlete Briefing</b>
			18:30 - 20:00	Race Pack Collection
	Duathlon Sprint		16:30 - 17:00	Registration & Uniform Check
			17:00 - 17:15	<b>Athlete Briefing</b>
		18:00 - 20:00	Race Pack Collection	
<b>Sunday, April 21, 2024</b>	Age-Group Sprint Triathlon	06:15 – 06:55	Check in	
		06:15	Transition Area Open	
		06:30	Swim Warm up Open	
		06:45	Swim warm up Close	
		06:50	Transition Area Close	
		06:55	Athlete Line Up	
		07:00	<b>Age-Group Men START</b>	
		07:05	<b>Age-Group Women START</b>	
		12:00	Medal Ceremony	
	Mixed Relay	09:10 - 09:25	Bike Check in	
		09:10	Transition Area Open	
		09:15	Swim Warm up Open	
		09:25	Swim warm up Close	
		09:25	Transition Area Close	
		09:30	<b>Mixed Relay START</b>	
		12:00	Medal Ceremony	
	Duathlon Sprint	10:00 – 10:50	Athletes Lounge Open & Bike Check in	
		10:00	Transition Area Open	
		10:30	Warm up Open	
		10:40	warm up Close	
		10:45	Transition Area Close	
		10:50	Athlete Line Up	
		10:55	Athlete Introduction	
		11:00	<b>Elite Men / U23 Men / Junior Men START</b>	
		11:02	<b>Age Group Men START</b>	
		11:05	<b>Elite Women / U23 Women / Junior Women START</b>	
		11:07	<b>Age Group Women START</b>	
		12:30	Medal Ceremony	

