

**PROGRAM OF EVENTS**

DATE		TIME	ACTIVITY
<b>Thursday 22th February 2024</b>		14:00 - 19:00	Registration, Numbering, Race Briefings
		14:00 - 19:00	Help Desk at Hotel
		14:30 - 15:00	Bike Familiarization
		15:00 - 15:30	Run Familiarization
		15:30 - 16:00	Swim Familiarization
	Elite Triathlon	16:00 - 18:00	Registration & Uniform Check For Elite
		18:00 - 18:30	Elite Briefing
		18:30 - 20:00	Race Pack Collection
		17:00 - 18:00	Registration , Numbering, Uniform for the African Cup
	Super Sprint Aquathlon	18:00 - 18:30	Briefing the African Cup
		16:00 - 16:30	Registration
		16:30 - 17:00	Athlete Briefing
	Age-Group Super Sprint Triathlon	17:00 - 17:30	Race Pack Collection
		16:30 - 17:00	Registration
		17:00 - 17:30	Athlete Briefing
	Super Sprint Duathlon	17:30 - 18:30	Race Pack Collection
		16:30 - 17:00	Registration
		17:30 - 17:45	Athlete Briefing
	Youth	17:45 - 19:00	Race Pack Collection
		17:00 - 17:30	Registration
		17:30 - 18:00	Athlete Briefing
	Kids Duathlon	18:00 - 19:00	Race Pack Collection
17:00 - 17:30		Registration	
17:30 - 18:30		Race Pack Collection	
Kids Aquathlon	16:30 - 17:30	Registration For	
	17:30 - 18:30	Race Pack Collection	

<b>Friday 23th February 2024</b>	Youth	07:00 - 07:30	Bike Check
		7:00	Transition Area Open
		7:00	Swim Warm up Open
		7:20	Swim warm up Close
		7:20	Transition Area Close
		7:30	Youth Men START
		7:35	Youth Women START
		12:00	Medal Ceremony
	ELITE/U23 Triathlon	07:15 - 08:15	Athletes Lounge Open & Bike Check for Men
		7:15	Transition Area Open
		7:45	Swim Warm up Open
		8:15	Swim warm up Close
		8:15	Transition Area Close
		8:20	Athlete Line Up
		8:25	Athlete Introduction
		8:30	ELITE/U23 Men START
		11:30	Medal Ceremony
		08:15 - 09:15	Athletes Lounge Open & Bike Check for Women
		8:15	Transition Area Open
		8:30	Swim Warm up Open
		9:00	Swim warm up Close
		9:15	Transition Area Close
	9:20	Athlete Line Up	
	9:25	Athlete Introduction	
	9:30	ELITE/U23 Women START	
	11:45	Medal Ceremony	
	Age-Group Super Sprint Triathlon	11:00 - 11:25	Bike Check
		11:00	Transition Area Open
		11:10	Swim Warm up Open
		11:20	Swim warm up Close
		11:25	Transition Area Close
		11:30	Age-Group Super Sprint Triathlon Men START
		11:35	Age-Group Super Sprint Triathlon Women START
	12:45	Medal Ceremony	
	Kids Duathlon	11:50- 12:10	Bike Check
		11:50	Transition Area Open
		12:15	Kids Duathlon Boy START
		12:20	Kids Duathlon Girl START
	Super Sprint Duathlon	13:00	Medal Ceremony
		12:10- 12:35	Bike Check
		12:10	Transition Area Open
		12:15	Warm up Open
		12:25	Warm up Close
		12:30	Transition Area Close
		12:40	Super Sprint Duathlon Men START
	12:45	Super Sprint Duathlon Women START	
	Kids Aquathlon	14:00	Medal Ceremony
13:00		Transition Area Open	
13:30		Kids Aquathlon Boy START	
13:35		Kids Aquathlon Girl START	
Super Sprint Aquathlon	14:00	Medal Ceremony	
	13:40 - 14:25	Athletes Lounge Open & Bike Check	
	13:40	Transition Area Open	
	14:10	Swim Warm up Open	
	14:25	Swim warm up Close	
	14:20	Transition Area Close	
	14:30	Super Sprint Aquathlon Men START	
14:35	Super Sprint Aquathlon Women START		
15:00	Medal Ceremony		

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<b>Friday 23 February 2024</b>		14:00 - 19:00	Registration, Numbering, Race Briefings	
		14:00 - 19:00	Help Desk at Hotel	
		14:30 - 15:00	Bike Familiarization	
		15:00 - 15:30	Run Familiarization	
		15:30 - 16:00	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
			16:00 - 17:30	Registration & Uniform Check
			17:30 - 18:00	Athlete Briefing
			18:30 - 20:00	Race Pack Collection
	Junior Triathlon		16:00 - 18:00	Registration & Uniform Check
			18:00 - 18:30	Athlete Briefing
			18:30 - 20:00	Race Pack Collection
	Standard Aquathlon		16:30 - 18:30	Registration & Uniform Check
			18:30 - 19:00	Athlete Briefing
			19:00 - 19:30	Race Pack Collection
	Age-Group Sprint Triathlon		16:30 - 17:00	Registration
			16:30 - 17:00	Athlete Briefing
			17:00 - 17:30	Race Pack Collection
	Kids Triathlon		16:30 - 17:30	Registration
			17:30 - 18:30	Race Pack Collection
	Duathlon Sprint		15:30 - 16:00	Bike Familiarization
			16:00 - 16:30	Run Familiarization
			16:00 - 17:00	Registration & Uniform Check
			17:00 - 17:30	Athlete Briefing
			17:30 - 18:30	Race Pack Collection

<b>Saturday 24 February 2024</b>	Paratriathlon	06:00 - 06:45	Athletes Lounge Opens
		06:00 - 06:40	Transition Area Open
		06:10 - 06:40	Swim Warm up Open
		6:50	Athlete Line Up / Introduction
		7:00	PTVI 1 MALE
		07:02:41 +2:41	PTVI 2/3 MALE
		7:05	PTVI 1 FEMALE
		07:08:11 +3:11	PTVI 2/3 FEMALE
		7:15	PTS 2,3,4,5 MALE
		7:17	PTS 2,3,4,5 FEMALE
		7:45	PTWC1 MALE
		07:48 +3.00	PTWC 2/3 MALE
		7:50	PTWC1 FEMALE
		07:53 +3:38	PTWC 2/3 FEMALE
		12:00	Medal Ceremony
	Junior Triathlon	08:15 - 09:00	Athletes Lounge Open & Bike Check for Men
		8:15	Transition Area Open
		8:15	Swim Warm up Open
		8:45	Swim warm up Close
		9:00	Transition Area Close
		9:05	Athlete Line Up Athlete
		9:10	Introduction
		9:15	Junior Men START
		12:15	Medal Ceremony
		09:00 - 09:45	Athletes Lounge Open & Bike Check for
		9:00	Women Transition Area Open
		9:15	Swim Warm up Open
		9:45	Swim warm up Close
		9:45	Transition Area Close
		9:50	Athlete Line Up Athlete
	9:55	Introduction	
	10:00	Junior Women START	
	12:30	Medal Ceremony	
	Standard Aquathlon	10:30 - 10:50	Athletes Lounge Open
		10:30	Transition Area Open
		10:30	Swim Warm up Open
		10:50	Swim warm up Close
		10:50	Transition Area Close
		10:50	Athlete Line Up Athlete
		10:55	Introduction
		11:00	Elite Men START
		11:05	Elite Women START
	12:30	Medal Ceremony	
	Age-Group Sprint Triathlon	11:30	Transition Area Open
		11:50	Transition Area Close
		12:00	Age-Group Men START
		12:05	Age-Group Women START
		14:00	Medal Ceremony
	Kids Triathlon	12:30 - 12:55	Bike Check
		12:30	Transition Area Open
		13:00	Kids Triathlon Boy START
		13:05	Kids Triathlon Girl START
		14:00	Medal Ceremony
	Duathlon Sprint	13:00 - 13:25	Athletes Lounge Open & Bike Check for Men
		13:00	Transition Area Open
		13:25	Transition Area Close
		13:20	Athlete Line Up
		13:25	Athlete Introduction
13:30		Elite Men / U23 Men START	
13:35		Elite Women / U23 Women START	
14:30	Medal Ceremony		