



**2012 South African Triathlon Championships
2012 Port Elizabeth ITU Triathlon African Cup**



SUNDAY 18th March 2012

RACE SCHEDULE	Junior 12-15 Years		Junior 16-19 Years		Paratriathlon (Sprint)	Age Groupers 20+		ATU Cup	
	Males	Females	Males	Females		Males	Females	Males	Females
Bike Check-In	6:00 - 6:30	6:00 - 6:30	7:00 - 7:35	7:00 - 7:35	7:00 - 7:35	8:00 - 9:00	8:00 - 9:00	11:20 - 12:00	11:20 - 12:00
Official Opening & National Anthem: 6:45am									
Pre Race Briefing	06:50	06:50	07:45	07:45	07:45	09:10	09:10	(Saturday)	
Start Time	07:00	07:05	08:00	08:05	08:07	09:30	09:35	12:30	12:35
Swim Distance	400m	400m	750m	750m	750m	1500m	1500m	1500m	1500m
No. Of Laps	1	1	1	1	1	2	2	2	2
Cycle Distance	10km	10km	20km	20km	20km	40km	40km	40km	40km
No. Of Laps	1	1	1	1	1	2	2	4	4
Run Distance	2.5km	2.5km	5km	5km	5km	10km	10km	10km	10km
No. Of Laps	1	1	2	2	2	4	4	4	4
Estimated Finish	08:00	08:05	09:30	09:35	09:37	12:30	12:35	15:00	15:05
Medal Presentation	±10:15		±10:30		±10:45	±15:40		±15:15	