



**2011 South African Triathlon Championships**  
**2011 Port Elizabeth ITU Triathlon African Cup**

Sunday 20th March 2011



RACE SCHEDULE	Junior 12-15 Years		Junior 16-19 Years		Age Groupers 20+ years		ATU Cup (U23 & Elites)	
	Males	Females	Males	Females	Males	Females	Males	Females
Bike Check-In Time	6:30 - 7:00	6:30 - 7:00	7:30 - 8:00	7:30 - 8:00	8:30 - 9:30	8:30 - 9:30	12:30 - 13:15	12:30 - 13:15
Pre Race Briefing	07:15	07:15	08:15	08:15	09:45	09:45	Saturday 16:30	Saturday 16:30
Start Time	07:30	07:35	08:30	08:35	10:00	10:15	13:30	13:35
Swim Distance	400m	400m	750m	750m	1500m	1500m	1500m	1500m
No. Of Laps	1	1	1	1	1	1	2	2
Cycle Distance	10km	10km	20km	20km	40km	40km	40km	40km
No. Of Laps	1	1	1	1	2	2	3	3
Run Distance	2.5km	2.5km	5km	5km	10km	10km	10km	10km
No. Of Laps	1	1	2	2	3	3	3	3
Estimated Event Finish	08:30	08:35	10	10:05	13:00	13:15	15:40	15:45
Medal Presentation	±11:00		±11:00		±14:00		±16:15	