

TIME	SATURDAY 1ST APRIL 2023 - EVENT START TIMES
0700	TRIATHLON AG STANDARD - INDIVIDUALS & TEAMS AQUABIKE AG STANDARD - INDIVIDUALS & TEAMS
0730	OFF-ROAD TRIATHLON - STANDARD - INDIVIDUALS & TEAMS - MASS START OFF-ROAD TRIATHLON - SPRINT - INDIVIDUALS & TEAMS - MASS START
0745	TRIATHLON - AG SPRINT - ALL INDIVIDUALS & TEAM DUATHLON AG SPRINT - ALL INDIVIDUALS & TEAM
0800	MTB - 40 KM / 28KM / 14.5KM - ALL ENTRIES - MASS START
0830	TRIATHLON - YOUTH BOYS SUPERSPRINT
0835	TRIATHLON - YOUTH GIRLS SUPERSPRINT & AG SUPERSPRINT
0840	TRIATHLON - CORPORATE CHALLENGE - SUPERSPRINT
0840	DUATHLON - CORPORATE CHALLENGE - SUPERSPRINT
0900	OPEN WATER SWIM - 5000M
0900	OPEN WATER SWIM - 3000M
1015	YOUTH MINI
1035	AQUATHLON
1130	JUNIOR MEN - AFRICA TRIATHLON JUNIOR CUP
1135	JUNIOR WOMEN - AFRICA TRIATHLON JUNIOR CUP
1200	OPEN WATER SWIM - 1500M
1230	OPEN WATER SWIM - 750M
1300	ELITE/U23 WOMEN AFRICA TRIATHLON CUP
1315	OPEN WATER SWIM - 4 x 500M RELAY
1430	ELITE/U23 MEN AFRICA TRIATHLON CUP