

TIME	SATURDAY 25TH SEPTEMBER RACE DAY EVENT SCHEDULE
0600-0645	TRIATHLON AG STANDARD / OFF-ROAD-TRI STANDARD/MINI - ALL ATHLETES - CHECK-IN - COLLECTION OF SWIM CAP & RACE TIMING CHIP - TRANSITION OPENS
0700	START - AG MEN/WOMEN TRIATHLON STANDARD
0715	START - AG MEN/WOMEN-OFF-ROAD-TRI-STANDARD
0715	START - AG/TEAMS MINI OFF-ROAD TRI
0650 - 0720	TRIATHLON AG SPRINT ALL ATHLETES & OFF-ROAD-TRI SPRINT - ALL ATHLETES - CHECK-IN - COLLECTION OF SWIM CAP & RACE TIMING CHIP - TRANSITION OPENS
0735	START - AG/TEAMS-OFF-ROAD-TRI SPRINT
0745	START - AG/TEAMS SPRINT TRIATHLON
0730 - 0800	TRIATHLON SUPER-SPRINT - YOUTH / AG / CORPORATE TEAMS CHECK-IN - COLLECTION OF SWIM CAP & TIMING CHIP - TRANSITION OPENS
0815	START - YOUTH SUPER-SPRINT TRIATHLON-BOYS
0820	START - YOUTH SUPER-SPRINT TRIATHLON-GIRLS
0820	START - AG SUPER SPRINT TRIATHLON MEN/WOMEN
0825	START - CORPORATE CHALLENGE-SUPER-SPRINT
0800-0830	OPEN WATER SWIM - CHECK-IN - COLLECTION OF SWIM CAP - RACE MARKING - RACE PACK COLLECTION - PRE-RACE BRIEFING
0845	START - OPEN WATER SWIM SERIES - 5000m
0845	START - OPEN WATER SWIM SERIES - 3000m
0900	START - OPEN WATER SWIM SERIES - 1500m
0950	START - OPEN WATER SWIM SERIES - 4 x 500m Relay
0930	<b>MEDAL CEREMONY - YOUTH SUPERSPRINT</b>
1000	YOUTH-MINI - CHECK-IN - COLLECTION OF SWIM CAP-RACE MARKING - PRE-RACE BRIEFING
1035	START - YOUTH-MINI
1000	AQUATHLON - CHECK-IN - COLLECTION OF SWIM CAP-RACE MARKING - PRE-RACE BRIEFING
1035	START - AQUATHLON
1055	NATIONAL ANTHEM
1100	<b>MEDAL CEREMONY - YOUTH-MINI</b>
1030	JUNIOR AFRICA TRIATHLON CUP - JUNIOR MEN - ATHLETE LOUNGE OPENS
1045	JUNIOR MEN - SWIM CAP & TIMING CHIP COLLECTION - TRANSITION OPENS
1100-1115	JUNIOR MEN - SWIM WARM UP
1120	JUNIOR MEN - TRANSFER TO PRE-START TENT-LINE UP
1125	JUNIOR MEN - ATHLETE INTRODUCTION
1130	START - MEN - JUNIOR AFRICA TRIATHLON CUP
1130	<b>MEDAL CEREMONY - AQUATHLON</b>
1150	<b>MEDAL CEREMONY - OPEN WATER SWIM</b>
1130	ELITE/U23- WOMEN / JUNIOR WOMEN - ATHLETE LOUNGE OPENS
1145	ELITE/U23- WOMEN / JUNIOR WOMEN - SWIM CAP & TIMING CHIP COLLECTION - TRANSITION OPENS
1215-1230	ELITE/U23 WOMEN / JUNIOR WOMEN - SWIM WARM UP
1250	ELITE/U23 WOMEN / JUNIOR WOMEN - TRANSFER TO PRE-START TENT-LINE UP
1255	ELITE/U23 WOMEN / JUNIOR WOMEN - ATHLETE INTRODUCTION
1300	START - ELITE/U23 WOMEN AFRICA TRIATHLON CUP / WOMEN JUNIOR AFRICA TRIATHLON CUP
1315	<b>MEDAL CEREMONY - TRIATHLON AG STANDARD &amp; SPRINT &amp; OFF-ROAD CROSS-TRIATHLON</b>
1300	ELITE/U23- MEN - ATHLETE LOUNGE OPENS
1315	ELITE/U23- MEN - SWIM CAP & TIMING CHIP COLLECTION - TRANSITION OPENS
1345-1400	ELITE/U23 MEN - SWIM WARM UP
1415	ELITE/U23 MEN - TRANSFER TO PRE-START TENT-LINE UP
1425	ELITE/U23 MEN - ATHLETE INTRODUCTION
1430	START - ELITE/U23 MEN AFRICA TRIATHLON CUP
1600	<b>MEDAL CEREMONY - JUNIOR AFRICA TRIATHLON CUP - MEN &amp; WOMEN</b>
1615	<b>MEDAL CEREMONY - ELITES AFRICA TRIATHLON CUP - MEN &amp; WOMEN</b>
1830	EVENING FUNCTION
1900	KEY NOTE ADDRESS-GUEST OF HONOUR
1920	ELITE PRIZE MONEY PRESENTATION
1930	DINNER SERVED