

# COMPETITION SCHEDULE 2020

Hosted by:



**ATU Elite Sprint Triathlon Cup**  
**ATU Junior African Triathlon Cup**

**South African Sprint Age Group Triathlon Championships**  
**South African Para Triathlon Championships**  
**South African Mixed Team Relay Triathlon Championships**



Venue: Maselspoort Resort  
Bloemfontein  
South Africa

Directions: <https://www.maselspoort.co.za/contact/directions>

## FRIDAY 7 FEBRUARY 2020

Times	Action	Competition Category	Location
15h00	Meeting	LOC, Life guards, Medical, Traffic	Waterbuck, Maselspoort
16h00 – 17h30	Swim training	All	Modder River, Maselspoort

## SATURDAY 8 FEBRUARY 2020

Times	Action	Competition Category	Location
05h53	Sunrise		
12h00 – 13h00	Registration	Juniors (12 -15) Mixed Team Relay	Water Buck, Maselspoort
13h00	Technical Meeting	Officials	Waterbuck, Maselspoort
13h00 – 14h00	Bike check in	Juniors (12 -15) Mixed Team Relay	Transition, Maselspoort
13h00 – 13h30	Swim course familiarisation	ATU Sprint African Cup (Junior & Elite) Age Group Sprint & Para Athletes	Maselspoort
13h30 – 14h15	Cycle course familiarisation	ATU Sprint African Cup (Junior & Elite) Age Group Sprint & Para Athletes	
14h15 - 14h30	Run course familiarisation	ATU Sprint African Cup (Junior & Elite) Age Group Sprint & Para Athletes	
15h00	Start	Juniors (12 -15)	Maselspoort
15h10		Mixed Team Relay	
15h40	Finish	Juniors (12 -15)	Transition, Maselspoort
16h10		Mixed Team Relay	
16h15 - 17h45	Bike check out	Juniors (12 -15) Mixed Team Relay	Transition, Maselspoort
16h30	Medal ceremony	Juniors (12 -15) Mixed Team Relay	Finish Area, Maselspoort
17h00 – 18h00	Registration	ATU Sprint African Cup (Junior & Elite)	Venue: Slightly Nutty
18h00 – 19h00	Race briefing		
19h00 – 20h00	Registration	Provincial Team Managers	Directions: <a href="http://slightlynutty.co.za/">http://slightlynutty.co.za/</a>
19h04	Race briefing	Age Group Sprint & Para Athletes	
19h04	Sunset		

## SUNDAY 9 FEBRUARY 2020

Times	Action	Competition Category	Location
05h54	Sunrise		
07h00 - 08h00	Bike check in	Para-athletes Age Groupers	Transition, Maselspoort
07h00 - 07h45	Swim warm-up	Para-athletes Age Groupers	Modder River, Maselspoort
08h00	Start	SA Paratriathlon Triathlon Championships	Maselspoort
08h30	Start	SA Sprint Age Group Triathlon Championships	Women 20 - 44
08h40			Women 45 - 70+
08h55			Men 20 - 44
09h10			Men 45 - 70+
10h25	Finish	SA Sprint Age Group Triathlon Championships	Men 20 - 44
10h30			Women 20 - 44
11h10			Women 45 - 70+
11h10			Men 45 - 70+
11h15	Finish	SA Paratriathlon Triathlon Championships	Maselspoort
11h00 - 12h00	Bike check out	Para-athletes Age Groupers	Transition, Maselspoort
11h45	Medal ceremonies	Para-athletes Age Groupers	Finish Area, Maselspoort
11h45 - 12h30	Athlete lounge	ATU Sprint African Cup (Junior & Elite)	Water buck, Maselspoort
12h00 - 12h45	Bike check in	ATU Sprint African Cup (Junior & Elite)	Transition, Maselspoort
12h00 - 12h45	Swim warm-up	ATU Sprint African Cup (Junior & Elite)	
12h55	Athlete introduction	ATU Junior African Cup	Maselspoort
13h00	Start		
13h10	Athlete introduction	ATU Junior African Cup	Junior women
13h15	Start		
13h55	Athlete introduction	ATU Elite Sprint Triathlon Cup	Maselspoort
14h00	Start		
14h10	Athlete introduction	ATU Elite Sprint Triathlon Cup	Elite women
14h45	Start		
14h15	Finish	ATU Cup	Junior men
14h45			Junior women
15h00			Elite men
16h15			Elite women
16h15	Bike Check out	ATU Junior African Cup ATU Elite Sprint Triathlon Cup	Transition, Maselspoort
16h30	Medal ceremonies	ATU Junior African Cup ATU Elite Sprint Triathlon Cup	Finish Area, Maselspoort
19h03	Sunset		

