



2018 Free State ATU Triathlon African Cup



RACE SCHEDULE

Sunday 18 March 2018



	AFRICAN CUP ELITE STANDARD	
Transition opens	11:15	
Transition closes	12:00	
Start time	MEN 12:30	WOMEN 12:40
Swim Distance	1500m	
No. of Laps	2	
Cycle Distance	40km	
No. of Laps	4	
Run Distance	10km	
No. of Laps	4	
Estimated Finish	15:00	15:15
Medal Presentation	15:00	
Bike check out	15:00	

EVENT SCHEDULE

Friday 16th	Route familiarisation	17h00-18h00	Maselspoort Resort 29.0333° S, 26.4000° E
	Elite race briefing and registration	18h00	Bagamoya Wild Life 28.9841° S, 26.3830° E
Saturday 17th	Elite swim familiarization	08h00-09h00	Maselspoort Resort 29.0333° S, 26.4000° E