



2018 Free State South African Triathlon Championships

2018 Free State ATU Triathlon African Cup



RACE SCHEDULE

Saturday 17 March 2018



	SUPER SPRINT 12-15 Years		SPRINT 16-19 Years		SPRINT AGE GROUP 20+		PARATRIATHLON	
Transition opens:	10:20		10:20		11:20		13:00	
Transition closes:	11:00		11:00		12:00		13:40	
OFFICIAL OPENING AND NATIONAL ANTHEM: 11:50								
Start Time	MEN 11:30	LADIES 11:40	MEN 12:10	LADIES 12:20	MEN 13:15	LADIES 13:25	MEN 14:10	LADIES 14:15
Swim Distance	400m		750m		750m		750m	
No. of Laps	1		1		1		1	
Cycle Distance	10km		20km		20km		20km	
No. of Laps	1		2		2		2	
Run Distance	2.5km		5km		5km		5km	
No. of Laps	1		2		2		2	
Estimated Finish:	12.30	12.45	13.45	13.55	15.00	15.15	16.40	16.50
Medal Presentation	From 13:00		From 14:30		From 16:00		From 17:00	
Bike Check out	13:00		15:00		17:00		17:00	



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RACE SCHEDULE

Sunday 18 March 2018



	STANDARD AGE GROUP 20+	
Transition opens:	07:10	
Transition closes:	08:00	
Start time	MEN 8:30	LADIES 8:35
Swim Distance	1500m	
No. of Laps	2	
Cycle Distance	40km	
No. of Laps	4	
Run Distance	10km	
No. of Laps	4	
Estimated Finish	11:30	11:50
Medal Presentation	from 12:00	
Bike check out	12:00	

	AFRICAN CUP ELITE STANDARD	
	11:15	
	12:00	
	MEN 12:30	LADIES 12:40
	1500m	
	2	
	40km	
	4	
	10km	
	4	
	15:00	15:15
	15:00	
	15:00	