

Central Gauteng Triathlon News

2014-01-21 CGT 2 of 13/14

Entries are now open for CGT Champs/Fun Triathlon

IMPORTANT INFORMATION IN THIS EMAIL

1. All Duathletes please take note of information regarding Duathlon
2. All Triathletes take note of Event on the 9th February 2014, being the CGT Champs and which is also open to fun/other TSA Provincial competitors

A) CGT SELECTION FOR CENTRAL GAUTENG DUATHLON TEAM

- a. Due to the fact that the Duathlon World Championships is being held so early this year, CGT will not have the opportunity to stage a selection event to select our CGT (Central Gauteng) Team before the South African Duathlon Championships to be held on the 8 March 2014.
- b. Note - All athletes wanting to be considered have to submit an application **before the 9th February 2014** and selections will be done on the information as detailed below.
- c. For full details and requirements – [Click here](#)

B) CENTRAL GAUTENG TRIATHLON CHAMPIONSHIPS - Incorporating North West Triathlon Championships/Selection

9th February 2014

This Event is the selection event for our Central Gauteng Triathlon team BUT IS ALSO OPEN to all non-registered athletes as detailed in the race descriptions below.

- a. **DATE AND VENUE** –
 - i. Date Of Event – **9th FEBRUARY 2014**
 - ii. Venue – Germiston Aquatics Club, Germiston Lake (GAC)
 - iii. Directions To Venue Parking – [Click Here](#)
 - iv. Sanctioned by - Central Gauteng Triathlon / Triathlon South Africa
 - v. Timed by: Protime

b. VOLUNTEERS –

We request that any Persons interested in assisting with Marshalling duties on race day to ensure safety at the event, to send an email with their details to cgtriathlon@webmail.co.za with the header “CGT Tri Champs – Marshall volunteer”. All help will be appreciated.

c. PRODUCT SPONSERS –

Any Companies or Persons interested in assisting with Product or other Sponsorship for this event are requested to send an email with their details to cgtriathlon@webmail.co.za with the header “CGT Tri Champs – Sponsor”. All help will be appreciated.

d. GENERAL INFORMATION FOR ALL ATHLETES

- i. THIS EVENT CATERS FOR THOSE WHO ARE SERIOUS AND THOSE WHO JUST WANT TO HAVE A BIT OF FUN OR NEW TO THE SPORT.
- ii. Races for all athletes REGISTERED OR COMPETING FOR FUN with a Fun Sprint Distance Event and a “CGT Young Triathlon” for our under 12’s.
- iii. Note - This is a Central Gauteng Triathlon Provincial Championship event and as such only medals to CGT/TSA registered athletes will be presented for the 1st, 2nd

and 3rd competitor in each age group competing as detailed below. These medals will be presented at the Provincial CGT team Kit and Medal awards evening to be confirmed after the event.

- iv. As our **CGT (Central Gauteng Triathlon) Championships**. (it also incorporates the North West Triathlon Championships/Selection for their team) our Central Gauteng Provincial Triathlon Team 2014 as well as our 2014 CGT Provincial Champions are determined in both male and female age groups at this event as follows – (note your age is at 31 December 2014 and for those competing in CGT Championships you **must register as a CGT/TSA athlete before entering** - To Register with CGT/TSA - [Click Here](#)
- v. The Central Gauteng Provincial Triathlon Team is chosen who will represent our Province at the 2014 South African National Triathlon Championships that will take place East London on the 23th March 2014. (CGT Team Selection Criteria – [Click Here](#))
- vi. Selections for the following Age Group Categories will be made,

JUNIORS - 12-13 / 14-15 / 16-17 / 18-19

**SENIORS – 20-24 / 25-29 / 30-34 / 35-39
40-44 / 45-49**

and so on in 5 year Age Groups up to whatever Age..

ARE YOU READY TO COMPETE ???

- vii. Remember if you want to be eligible for our Championships and Selection to the CGT Provincial Triathlon Team representing us at the SA Tri Champs in East London where Triathlon South Africa Teams are selected to compete at the World Championships, then you need to Register with CGT via TSA **before entering** the CGT Championships to be eligible. Your registration is valid till the 31 August 2014 and incorporates the Duathlon Season and selection for the CGT Provincial Duathlon Team as well.
- e. **ENTRY INFORMATION AND CLOSING DATES** -
- Note - when a race is full, the entry for the particular event will be closed.**
- i. on-line entry close Thursday night **6TH FEBRUARY 2014**
 - ii. **NOTE - no manual or late entries** will be accepted after the 6th February – no exceptions so enter before the closing date.
 - iii. **Before Entering**, make sure you have registered with Central Gauteng Triathlon to be eligible for selection to the CGT Provincial Triathlon Team
 - iv. Juniors **11 years and younger** as at 31 December **2014**, can register with CGT for **free** on the TSA Website but are not eligible for Provincial selection.
- f. **REGISTRATION AND NUMBER COLLECTION** -
- i. Saturday 8 February 2014, from 09:00 - 16:00
 - ii. At Victoria Lake Club (VLC) Refinery Road - GPS Coordinates : 26° 14.067'S and 28° 09.283'E.
 - iii. **This is opposite the Race location** of GAC.
 - iv. **NOTES:**
 - 1. Every athlete entered (individual or as part of a team) must register for the event in person, produce proof of identification and provide the required signed indemnity form, which will be provided at registration.
 - 2. No exceptions i.e. No registration/race number to friends or family or to any one member of a team.
 - 3. Junior Athlete Parents or Guardians need to comply with the above.

g. **EVENT PROTOCOL / RULES / RACE PROTESTS –**

Note: - All Athletes Must Read This Section

All athletes are required to understand and abide to all rules and regulations as laid down by The Event Organiser / TSA / CGT AND ITU. All details – [Read here](#)

h. **EVENT CONTACTS**

CGT Event Liaison contact

Japie Boonzaaier – Cell - 084 501 2712 Email - Trinitysportsza@gmail.com

CGT Provincial Selection or registration queries

Craig Thyse - Secretary General - Central Gauteng Triathlon

Telephone: 0861 123 333 Email - cgtriathlon@webmail.co.za

i. **WATER QUALITY QUERIES**

Trinity Sports and Central Gauteng Triathlon (CGT) adhere to the highest safety standards and always have athlete's safety as a top priority.

The water quality is closely monitored by Central Gauteng Triathlon, Trinity Sports, Germiston Aquatics Club (GAC), Swimming SA, VLC and the Ekurhuleni Municipality through numerous on-going independent laboratory tests.

Water tests are conducted to meet the ITU specifications to ensure athletes are swimming in safe water and tests are furthermore carried out in the week preceding the Event to ensure compliance on race day. Barring any major last minute upsets all will be fine on race day.

j. **ADDITIONAL COSTS FOR ATHLETES -**

All prices quoted for the various races at this event are for athletes registered with their Province via TSA and who have a valid TSA number.

Should you not be a registered athlete you can either register with your Province ([Click Here](#)) or **ALTERNATIVELY** a Day Licence fee is payable in addition to the entry fee, per individual athlete competing irrespective, as an individual or as a team, with day licence costs as follows,

- i. R100 per athlete for the Olympic distance and,
- ii. R30 for all other distances. No Day Licence fee for Under 12 Event.

TIMING CHIPS – (Applicable to all athletes competing) - Timing chips are provided free of charge to athletes for use at this event, however in the event of an athlete losing or not returning a timing chip, the athlete will be charged R300 replacement fee.

k. **EVENT RACE SCHEDULE DETAILS AND PRICING –**

The Event Pricing Excludes the costs of Day Licence fees for Unregistered Athletes (see details in “Additional Costs for Athletes” in the Event information).

Per the Race Schedules as detailed **ENTER NOW**

Race 1 - 08:00 am **Olympic Distance:**

THIS IS THE CGT SENIOR SELECTION RACE AND IS ALSO OPEN TO NON CGT/TSA REGISTERED ATHLETES. Athletes compete in their age Group 20 to 24, 25 to 29, 30 to 34, and so on

**1.5km Swim / 40km Cycle / 10km Run
(non-drafting & age as at 31 December 2014)**

Teams can also participate in the above event.

(R475 Individuals, R780 Team, Excludes Day licence fees if unregistered)

[Click to Enter Event](#)

Race 2 - 09:00 am **Young Tryathlon Kids FUN Triathlon Event:**

ALL JUNIORS Age 9 – 11 – No Timing Chips – Fun Event

(Closed Age Group Event – Only for ALL JUNIORS – REGISTERED OR NOT - **Not a CGT Junior Championship race**)

**150m Swim / 2km Cycle / 1.25km Run
(draft legal & age 9 to 11 as at 31 December 2014)**

(R100 Individuals, R150 Team)

Remember Kids U12 can register for free with CGT/TSA.

[Click to Enter Event](#)

Race 3 - 10:15 am **Sprint Championship Para Triathlon Event:**

ALL PARA TRIATHLETES

(Closed Para Triathlete selection race for CGT Registered Para-athletes)

750m Swim / 20km Cycle / 5km Run

(R350 Senior Para tri Athletes, R200 Juniors Para tri Athletes, Excludes Day licence fees if unregistered)

[Click to Enter Event](#)

Race 4 - 10:15 am **Sprint Championship Triathlon Event:**

ALL JUNIORS Age 18 – 19

(Closed Age Group selection race for CGT Registered athletes although any unregistered Junior of this age can compete here)

**750m Swim / 20km Cycle / 5km Run
(draft legal & age 18 or 19 as at 31 December 2014)**

Teams can also participate in the above event.

(R200 Individual Juniors, R400 Team, Excludes Day licence fees if unregistered)

Note -Junior Teams (all Team Members must be within this event's age Group)

[Click to Enter Event](#)

Race 5 - 10:15 am Sprint Championship Triathlon Event:

ALL JUNIORS Age 16 – 17

(Closed Age Group selection race for CGT Registered athletes although any unregistered Junior of this age can compete here)

**750m Swim / 20km Cycle / 5km Run
(draft legal & age 16 or 17 as at 31 December 2014)**

Teams can also participate in the above event.

(R200 Individual Juniors, R400 Team, Excludes Day licence fees if unregistered)

Note -Junior Teams (all Team Members must be within this event's age Group)

[Click to Enter Event](#)

Race 6 - 10:30 am Mini Championship Triathlon Event:

ALL JUNIORS Age 14 – 15

(Closed Age Group selection race for CGT although any unregistered Junior of this age can compete here)

**400m Swim / 10km Cycle / 2.5km Run
(draft legal & min age 14 or 15 as at 31 December 2014)**

Teams can also participate in the above event.

(R180 Individual Juniors, R350 Team, Excludes Day licence fees if unregistered)

Note -Junior Teams (all Team Members must be within this event's age Group)

[Click to Enter Event](#)

Race 7 - 10:30 am Mini Championship Triathlon Event:

ALL JUNIORS Age 12 – 13

(Closed Age Group selection race for CGT although any unregistered junior of this age can compete here)

**400m Swim / 10km Cycle / 2.5km Run
(draft legal & min age 12 or 13 as at 31 December 2014)**

Teams can also participate in the above event.

(R180 Individual Juniors, R350 Team, Excludes Day licence fees if unregistered)

Note -Junior Teams (all Team Members must be within this event's age Group)

[Click to Enter Event](#)

Race 8 - 11:30 am Sprint FUN Triathlon Event :

FUN EVENT - All Ages can compete

**750m Swim / 20km Cycle / 5km Run
(draft legal & min individual entry age 16 as at 31 December 2014)**

Teams can also participate in the above event

(R350 Seniors, R200 Juniors, R500 Team, Excludes Day licence fees if unregistered)

[Click to Enter Event](#)

C) WHY SHOULD I REGISTER

Is CGT / TSA MEMBERSHIP WORTHWHILE ???

Yes, of course and why ...

- **Provincial / National Teams** - As a registered CGT Athlete you are eligible for selection to our Provincial Triathlon and Duathlon Teams who compete at the SA Triathlon and SA

Duathlon Championships. This in turn also makes you eligible for selection to the TSA Teams selected to go to World Championships.

- **Day Licences** - Day Licences will apply to all un-registered Athletes at all events i.e. Local Tri and Duathlon events, Ironman, 70.3, 5150 and so on and as such the amount paid for registration would ultimately be the same as the amount you would spend on Day Licences without consideration of the other benefits one gets as a registered member.
- **Communication** – numerous CGT email Newsletters were sent to all CGT registered Athletes in 2012/2013 keeping them updated of events and relevant information in the course of the year. In addition, those registered Athletes who had queries were professionally assisted by our offices. Information is regularly posted on the TSA website and a new CGT website with additional information is currently being updated.
- **Administration and Support** – Athletes receive professional assistance from the CGT and TSA offices and all CGT Team members receive our support at National Championships where from the Membership funds, allocation is made for the management support of our CGT Provincial Teams travelling to the SA Triathlon Championships and the SA Duathlon Championships. Once again any Athlete who has been involved in our Teams, will tell you of the fantastic support and professional manner in which our Teams handled and dealt with.
- **Quality Events** - CGT and TSA ensure quality events ensuring that races that are held according to the highest ITU technical principles and competition rules, by sanctioning an event in our borders.
- **Development** – your registration assists both CGT and TSA to administer and develop the sport, officials and athletes.
- **International event participation** – Athletes participating in events overseas will need to provide proof of their affiliation to the National Body i.e. your CGT/TSA registration.
- **Elite Athletes** – you would need to be a registered Athlete should you qualify and want to participate as an elite athlete on the national or international circuit.
- **Athlete Representation** - Your Province CGT acts as the communication/ representation between yourself and the national body, Triathlon South Africa via our Provincial representation on the Board. A large, well organised province like CGT, is obviously a louder and clearer voice to be heard, so we need your support to be heard.
- **Sponsorship and Support** – Your registration is important as the more registered Athletes there are, the bigger the bargaining power of CGT/TSA to negotiate sponsorship and other support agreements for the benefit of the Athlete in our sport in particular with reference to the staging of events and training courses.
- **Athlete Insurance** - All registered members of CGT/TSA Athletes automatically get cover by way of the TSA Athlete Insurance. The cover applies to all athletes between the ages of 12 and 75 years of age whilst participating in official events held under the auspices of the TSA including TSA Official Training activities. Full details can be obtained from the TSA Offices but a brief overview of cover to TSA registered athletes for death, personal injury and disability cover is as detailed below,

- Accidental Death **R50 000**, but for athletes aged between 12 & 16 years of age **R30,000**
- Permanent total disablement for the particular disability Such percentage of **R50,000** as is specified
- Temporary total disablement (Refer Memorandum 1) **R2,000** per week not **exceeding 52 weeks**, excluding the **first seven days** of each and every claim.
(Only applicable if insured person is gainfully employed and cannot exceed 75% of that persons average weekly earnings) No cover for athletes aged between 12 & 16 years of age
- Medical Expenses **R20,000** per Insured Person excluding the **first R300** of each and every claim

▪ **IMPORTANT**

- (1) Insurers maximum liability / accumulation limit per accident is R10, 000, 000.
- (2) Medical expenses cover is only applicable if there is no other cover in place (including medical aid)

- **Social Network** - As a registered CGT / TSA athlete you will meet other athletes from all over South Africa and the World who are passionate about the sport of Triathlon, Duathlon and Aquathlon. Your CGT /TSA membership affiliates you to this global family of like-minded people. Go and have a look on www.triathlon.org to see what the ITU keep themselves busy with. They were the people that did all the work to get triathlon into the Olympics.

A new system has been implemented which allows for Registration fees to be paid by way of Master Card which results in the immediate issue of your Registration / membership number via email. If you are doing an EFT then be warned that registration could take up to **10** working days.

DON'T DELAY - REGISTER NOW...go to -----

> <http://www.triathlonsa.co.za/Registrations/Registration.aspx>

Should you have any further queries, then in that event please do not hesitate in contacting the undersigned.

Kind Regards

For and behalf of the CGT Committee

Craig Thyse

Secretary General

Central Gauteng Triathlon

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