



# Central Gauteng Triathlon Championships

on 9th February 2014



sport & recreation

Department:  
Sport and Recreation South Africa  
REPUBLIC OF SOUTH AFRICA

## Race Schedule - rev 1 (as at 2014-01-30) for Sunday 9th February 2014

Race Registration - Saturday 8th February 2014 at VLC - see event details -

[Click here](#)

Event	Event	Bike Check in Time	Water clear	Pre Race Briefing	Event Start Time	Swim Distance	No of Laps	Swim cut -off time	Cycle Distance	Cycle laps	Run Distance	Run Laps	Estimated event finish time (last athlete)
<b>Race 1</b>	Senior Female	06:30 - 07:30	07:45	07:45	08:00	1500m	2	09:10*	40km	4	10km	4	11:20
<b>Olympic Distance</b>	Senior Men	06:30 - 07:30	07:45	07:45	08:05	1500m	2		40km	4	10km	4	11:25
Championship + Fun Event	<i>Elites compete in the above Event</i>												
<b>Race 2</b>								09:20*					
<b>Young Tryathlon</b>	Junior 7 - 11	08:15 - 08:45	09:10	09:00	09:15	150m	1		1.5km	1	1.25km	1	09:50
Kids FUN Triathlon Event													
<b>Race 3</b>								10:45*					
<b>Para Tri Sprint Event</b>	Para Triathlon Event	07:40 - 08:10	09:45	10:00	10:15	750m	1		20km	2	5km	2	11:55
Championship + Para Tri Fun Event													
<b>Race 4 and 5</b>	Junior 16 - 19 Females	07:40 - 08:10	09:45	10:00	10:20	750m	1	10:45*	20km	2	5km	2	12:00
<b>Junior Sprint 16 - 19 Event</b>	Junior 16 - 19 Males	07:40 - 08:10	09:45	10:00	10:25	750m	1		20km	2	5km	2	12:05
Championship + Junior Fun Event													
<b>Race 6 and 7</b>	Junior 12 - 15 females	07:40 - 08:10	09:45	10:00	10:30	400m	1	10:55*	10km	1	2,5km	1	11:45
<b>Junior Mini 12 - 15</b>	Junior 12 - 15 males	07:40 - 08:10	09:45	10:00	10:35	400m	1		10km	1	2,5km	1	11:50
Championship + Junior Fun Event													
<b>Race 8</b>								12:00*					
<b>Open Fun Sprint Event</b>	Open Fun Sprint	09:15 - 09:45	10:55	11:15	11:30	750m	1		20km	2	5km	2	13:10
Age limits apply													

### NOTES -

- (1) No Late Bike Check-in will be allowed. Make sure you are at the event on time.
- (2) On arrival and when walking to and around the venue, please take note and be aware of the athletes competing on the course. Do not walk on race routes at all (use crossover points safely with athletes in mind) - Penalties will apply for non compliance.
- (3) **WET SUITS:** -
  - a) Wetsuit criteria being utilised - per the ITU Rules (Wetsuit use is unlikely on basis of current conditions)
  - b) Wet suit ruling will be made on the day prior to the event and announced at the pre-race briefing.
- (4) \* Times shown above are an indication only and will be determined by the TD on the day. Slow swimmers to be given an opportunity to complete the swim within reason and will be removed if experiencing difficulty or at risk of injury / hyperthermia. In Addition - RACE TIME LIMITATIONS – applicable to each leg of each race taking place on the day,- Time limitations will be enforced and should the Chief Race Referee determine that any athlete has not completed any leg of the event in a time which would compromise the race schedules advertised and/or the safety of the other competitors, such athlete will be removed from the event and not allowed to compete further.
- (5) \*\* Start gap will be determined according to size of field to avoid overlapping by the two waves