



## Race Schedule 19 January 2020

(updated on 6 January 2020)



**sport & recreation**

Department:  
Sport and Recreation South Africa  
REPUBLIC OF SOUTH AFRICA

Event	Ages	Bike Check in Time	Pre Race Briefing	Event Start Time	Swim Distance	Swim Laps	1st Run	1st Run Laps	Cycle Distance	Cycle Laps	Run Distance	Run Laps	2nd Run	2nd Run Laps
<b>Race 1</b>														
Young Juniors Triathlon	Juniors 8-11 (wave 1)	05:45-06:00	6:00	6:15	120m	1	-	-	5km	2	500m	1	-	-
Young Juniors Duathlon					-	-	500m	1	5km	2	-	-	500m	1
<b>Race 2</b>														
Standard Triathlon	Senior Males wave 2 (20+)	05:30-06:30	6:40	7:00	1.5km	2	-	-	40km	4	10km	4	-	-
Standard Duathlon	Senior Females wave 3 (20+)			7:02										
	Senior Males wave 2 (20+)			7:00										
	Senior Females wave 2 (20+)													
	ALL TEAMS wave 3 (20+)													
<b>Race 3</b>														
Mini Triathlon (ages 12-15)	All males wave 4 (12-15)	05:30-06:30	7:40	8:15	400m	1	-	-	10km	1	2.5km	1	-	-
Mini Duathlon (ages 12-15)	All females wave 4 (12-15)				-	-	2.5km	1	10km	1	-	-	1.25km	0.5
<b>Race 4</b>														
Sprint Triathlon (incl. Juniors & Para)	All males wave 5 (16+)	05:30-06:30	8:00	8:25	750m	1	-	-	20km	2	5km	2	-	-
Sprint Duathlon (incl. Juniors & Para)	All females wave 5 (16+)				-	-	5km	2	20km	2	-	-	2.5km	1
	All males wave 5 (20+)													
	ALL TEAMS wave 5 (20+)													