

ATHLETE GUIDE – 10 DECEMBER 2023

PLEASE READ AND UNDERSTAND ALL THE INFORMATION PROVIDED BELOW.

Race Address: Lake Avenue (M37), Germiston Lake (closest corner William Hills Avenue)

Important Information:

- **Race #:** You will receive your race number via email & SMS on Wednesday 6 December 2023
- **Identification:** Please bring identification with you to collect your race pack. Acceptable forms of identification are: driver's licence, barcoded green ID book, ID card, passport or birth certificate. We *may* ask to verify your identity and we can't verify who you are, you won't be able to collect your race pack and will be removed from the race entry list
- **Race Pack:** Your race pack will contain a race bib (all), race goodies (all) & timing chip (Super sprint triathlon (12+) & Sprint triathlon (16+) only). The use of a race belt is highly recommended as we do not provide safety pins or elastic in the race pack
- **Race Chip:** all athletes aged 12+ must wear a race chip. It's also the only way to get an official race time. Chips are charged at R50 per chip. You own the chip, please don't hand it in after the race (so that you can use it for future races). If you lose/forget your chip before the race, there will be replacement chips on sale at registration on race day at **R100 cash** per chip.
- **Swimming caps are NOT provided.** Please ensure you have a **brightly coloured swimming cap** for the race
- **Race Finisher Medals:** Every athlete that completes the race within the allotted time will receive a finisher's medal

Race Registration:

- Registration must be done in person and identification must be provided if requested
- Registration times will be strictly adhered to; no late registration will be accommodated
- **If you miss registration, you will be removed from the entry list**
- Times:
 - Pre-Race Venue:** Troisport, Shop10, Merrow Down Plaza, Troupant Avenue, Magaliesview
 - Telephone number:** (010 476 0160)
 - Thursday 7 December: 11:00-19:00 at Troisport ONLY
 - Friday 8 December: 09:00-19:00 at Troisport ONLY
 - Saturday 9 December: 09:00-13:00 at Troisport ONLY
 - Race Day at race venue:**
 - Sunday 10 December: 05:00-06:00 at Ekurhuleni Metropolitan Municipal Park entrance (near the fountain)

Parking Information:

- Parking area: Victoria Hall parking lot (**GPS coordinates 26°14'13.2"S & 28°09'28.6"E**)
- Parking address: Lake Avenue, just off Rand Airport Road (next to Germiston High School)
- **Please note: there is NO parking at the registration/race venue.** Parking is available at the lot next to the Victoria Hall at the Municipal Park which is about 500m away from registration, next to Germiston High School. Please follow the signs to the parking lot. Athletes must park there and walk to the venue to register and check in their bikes.

Other Important Information:

- **Race Distances:** As per the race schedule (available to download from our website)
- **Bag Drop-Off:** There is a designated bag drop-off area permanently manned by staff. This area is located close to registration and food vendors. We will treat your bag as if it were our own, but Trinity Sports will not be held liable for any potential/actual damages to or items missing from your bag or loss of your bag

- **Race Briefing:** It is compulsory for all athletes to attend race briefing
- **Race Start Times:** As per the race schedule (available to download from our website)
- **Course Routes:** As per the course routes document (available to download from our website)
- **Wetsuits:** Race referee will make a decision on race day
- **Swimwear:** There are no change facilities available in transition after the swim leg of a race. Athletes are advised to either wear a tri suit or swim in their cycling pants
- **Bike Check-in Times:** As per the race schedule (available to download from our website)
- **Bikes & Drafting:** Note that TT bikes (time trial bikes) are allowed in CERTAIN races only:
TT bikes allowed: Super standard triathlon/Super standard duathlon/Standard triathlon/Standard duathlon
TT bikes NOT allowed: Sprint triathlon, sprint duathlon, Super sprint triathlon, Super sprint duathlon, Youth triathlon, Youth duathlon
- **Handle Bars & Clip-On Bars (Tri Bars):** handle bars must be plugged at the ends. Tri bars/aero bars/clip-on bars are allowed in CERTAIN races only:
Tri bars/aero bars/clip-on bars allowed: Super standard triathlon/Super standard duathlon/Standard triathlon/Standard duathlon
Tri bars/aero bars/clip-on bars NOT allowed: Sprint triathlon, sprint duathlon, Super sprint triathlon, Super sprint duathlon, Youth triathlon, Youth duathlon
- **Cut-off times:** Athletes will be allowed to continue racing as long as they are not a safety risk to themselves or other athletes. If the race referee deems any athlete to be a danger to themselves or other athletes, the athlete will be stopped and not allowed to continue racing.
- **Transition:** Only athletes and officials are allowed in transition. Athletes may only use race essential items in transition (i.e. what you will need to finish the race). Bicycles must be racked one up (black tape), one down (white tape). The front of the saddle must rest on the marked tape segment, with athletes taking care not to encroach to the left or right of the tape since it will affect the amount of space available to another athlete. Please follow the instructions of the officials in transition regarding racking. No tog bags are allowed in transition
- **Timing:** Athletes must buy a timing chip, charged at R50. The chip will be in their race pack. The chip must be worn on an athlete's wrist. Timing pods are used on the course, and athletes need to tap & go the pods at certain points. The pods will be at: swim start, transition entry, transition exit. If your chip is lost we will have no times or results for you. Replacement chips will be for sale on race day at a cost of **R100 cash** per chip
- **Bike Check-Out:** The Race Referee will determine when transition may be opened so that athletes can remove their bikes and is purely at his/her discretion. This will be announced on race day. Provisionally the bike park will open at 12:00 on Sunday 10 December 2023
- **Free Prize Draw:** Open to all athletes racing on the day, please deposit your "draw tab" provided in your race pack, into the prize draw box (at registration until 7:30 and then at the announcer's table until the draw). The draw will take place at 11:45 on Sunday 10 December 2023; an athlete must be present to collect his/her prize if his/her number is drawn

RACE RULES & RACE PROTOCOLS

Your race briefing is compulsory. Please consult the race schedule for briefing times.

Please take note:

- Triathletes must swim in a brightly coloured cap
- For the cycle and run legs of each race, athletes must wear shoes and the top half of the body must be covered

- c) As a general rule for cycling and running, please keep right and pass left on the cycle; keep left and pass right on the run;
- d) Helmets must be worn throughout the bike leg and must be in good condition (i.e. no cracks or damage)
- e) Most importantly, remember to have fun!