

SPRINT TRIATHLON SERIES @ VAAL MARINA

Race Schedule

06 October 2024



Race	Bike Check in Time	Pre Race Briefing	Event Start Time	Race Distances
Youth triathlon (ages 8-11)	7:00-7:30	07:45	08:00	60m swim / 2km bike / 600m run
Sprint triathlon (ages 16+)	7:00-8:00	08:15	08:30	750 m swim / 24km bike / 5km run