FRIDAY 16 AUGUST 2019

Registration: 14h00 – 20h00 (The Polokwane Room, Conference Centre)
Triathlon Shop – Troisport: 14h00 – 20h00 (The Polokwane Room)
Bike Workshop – Troisport: 14h00 – 20h00 (Gazebo outside Conference Centre)

SATURDAY 17 AUGUST 2019 (RACE DAY)

Registration: 07h00 – 09h45 (The Polokwane Room, Conference Centre)
Triathlon Shop – Troisport: 07h00 – 09h45 (The Polokwane Room, Conference Centre)
Bike Workshop – Troisport: 07h00 – 10h30 (Gazebo at the entrance to Transition)
Bike Check-In, incl Welcome: 09h00 – 10h30 (Transition Area)
Race Briefing (Compulsory for all): 10h30 (Outside Transition Area)

FUNTRI (minimum age 14 years on race day) : Individuals & Teams
Race Start - Teams: Wave 1
Race Start - Individuals: Wave 2

FUNTRI Distances:
- 400m Swim
- 20km Bike
- 5km Run

PLEASE NOTE : There are no cut-off times for the FUNTRI

5150 : (minimum age 18 years on race day)

Race Start : Wave 3 (Males 18-34 & 50+)* 11h30
Race Start : Wave 4 (Males 35-49)* 12h00
Race Start : Wave 5 (Females)* 12h30

*wave composition may change, depending on final distribution when race entries close

5150 Distances:
- 1500m Swim
- 40km Bike
- 10km Run

PLEASE NOTE : There are cut off times per 5150 discipline (i.e swim, bike, run)

Cut offs:
- Swim time : 1 hour 10 minutes
- Bike time : 2 hour 20 minutes
- Run time : 1 hour 20 minutes

TOTAL time: 4 hour 50 minutes from your swim start time.

FUNTRI & 5150 – Bike and Gear Check-Out:
FUNTRI ONLY: 13:15 – 14:15 (No Chip, No Bike)
5150: 16h15 – 17h45 (No Chip, No Bike)

NOTE: Bike & Gear must be checked-out before Awards
Awards Presentation: 17h45 onwards (Finish Line & Public tent)