FRIDAY 14 AUGUST 2020

Registration: 14:00 – 20:00 (The Polokwane Room, Conference Centre)
Triathlon Shop – Troisport: 14:00 – 20:00 (The Polokwane Room)
Bike Workshop – Troisport: 14:00 – 20:00 (Gazebo outside Conference Centre)

SATURDAY 15 AUGUST 2020 (RACE DAY)

Registration: 07:00 – 09:45 (The Polokwane Room, Conference Centre)
Triathlon Shop – Troisport: 07:00 – 09:45 (The Polokwane Room, Conference Centre)
Bike Workshop – Troisport: 07:00 – 10:30 (Gazebo at the entrance to Transition)
Bike Check-In, incl Welcome 09:00 – 10:30 (Transition Area)
Race Briefing (Compulsory for all) 10:30 (Outside Transition Area)

FUNTRI: Individuals & Teams
Race Start - Teams: Wave 1 11:00
Race Start - Individuals: Wave 2 11:05

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

5150:
Race Start: Wave 3 (Males 18-34 & 50+) * 11:30
Race Start: Wave 4 (Males 35-49) * 12:00
Race Start: Wave 5 (Females) * 12:30
*wave composition may change, depending on final distribution when race entries close

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

Bike and Gear Check-Out:
FUNTRI ONLY: 13:15 – 14:15 (No Chip, No Bike)
5150: 16:15 – 17:45 (No Chip, No Bike)
NOTE: Bike & Gear must be checked-out before Awards
Awards Presentation: 17:45 onwards (Finish Line & Public tent)