



2024 RACE BRIEFING

RACE WEEK

CAPE TOWN REGISTRATION:

TUESDAY 6 FEB 12H00 TO 17H00

THE HELLENIC COMMUNITY CENTRE GREENPOINT



LANGEBAAN REGISTRATION:

FRIDAY 9 FEB 16H00 TO 19H00

ATHENE CENTER CLUB MYKONOS



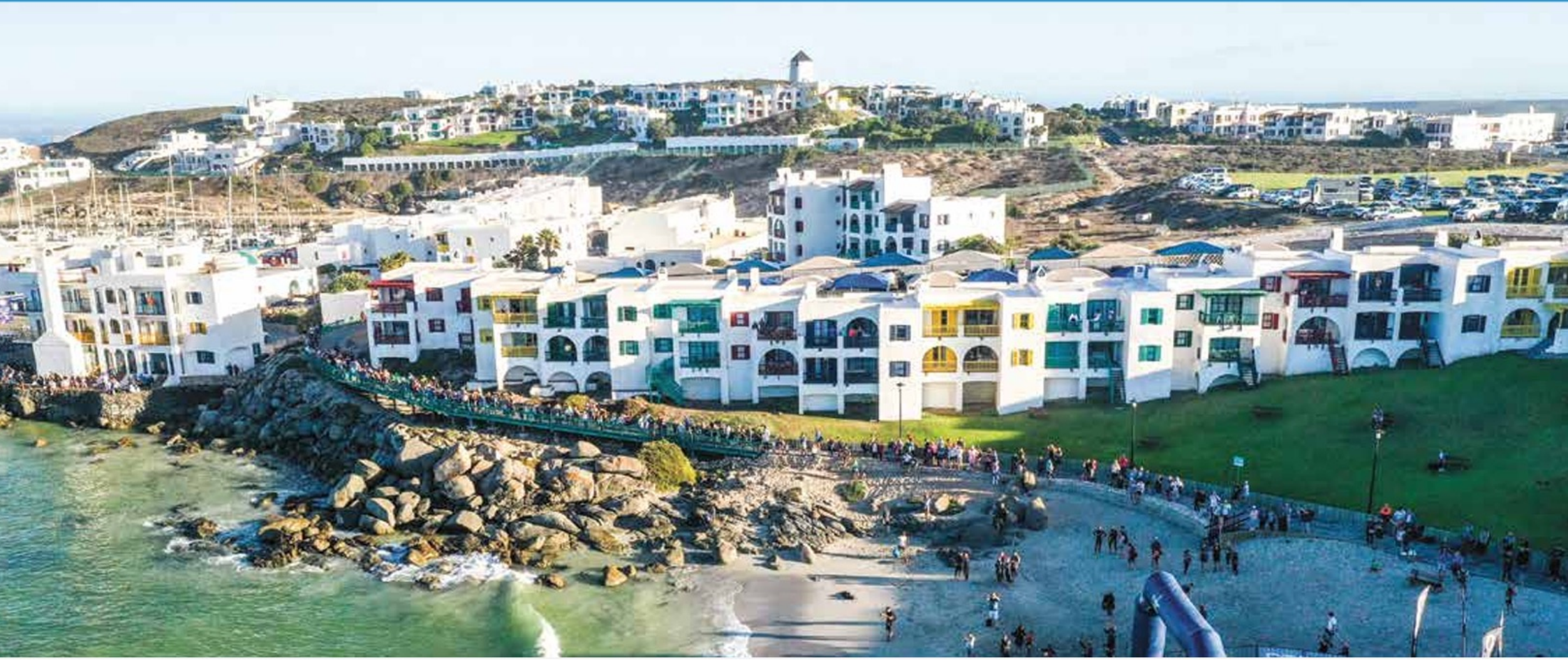
TRIATHLONS : SATURDAY 10 FEB

OPEN WATER SWIMS : SUNDAY 11 FEB





HOSTS OF
BLUE LAGOON TRI



ATHLETE ARRIVAL

START

PARKING 2

TO RACKING

TRANSITION

PARKING 1

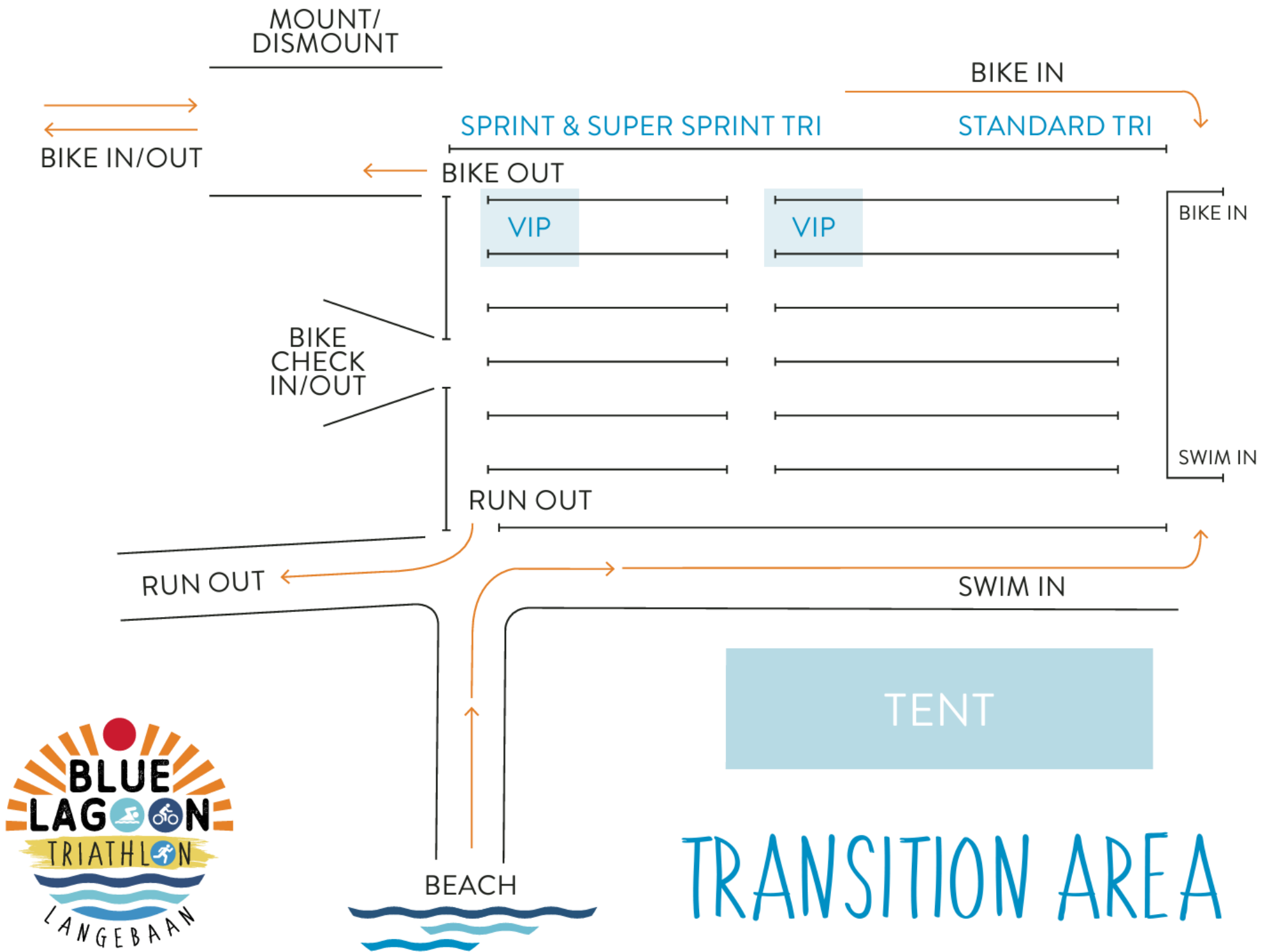
CAR ARRIVAL

PARKING 1 5:30-6AM

PARKING 2 6-7:00AM

MALL PARKING AFTER 7:15AM





TIMELINE



05H30-07H00	ON SITE PARKING OPENS
05H30	ALL TRANSITIONS OPEN
06H45	ALL TRANSITIONS CLOSE
07H00	STANDARD START
08H15	ALL TRANSITIONS REOPEN
09H00	ALL TRANSITIONS CLOSE
09H15	SUPER SPRINT START
09H30	SPRINT START
11H30	TRANSITION OPEN FOR BIKE CHECK OUT. CLOSES 13H00
13H00	PRIZE GIVING STARTS
15H30	KIDS SPLASH & DASH STARTS



RULES



NON DRAFTING SO TT BIKES ALLOWED

ONLY CTTA MEMBERS QUALIFY FOR TEAM SELECTION

BRING YOUR OWN TRANSITION BOX

NO GOOD CONDITION HELMET-NO RACE.
STRAPS IN GOOD CONDITION AND NO CRACKS



HAND IN TIMING CHIPS AT FINISH

RACKING AND START WAVES ARE IN AGE GROUPS



GEAR LIST

40 X 40 BOX, WITH OR WITHOUT A LID, NO STRAPS
(SIZE DOES NOT HAVE TO BE EXACT)

WETSUIT AND GOGGLES

BRIGHT SWIM CAP

CHIP SAFETY PIN / TAPE

RACE BELT

TT BIKE / BARS

CYCLING SHOES

ROAD RUNNING SHOES

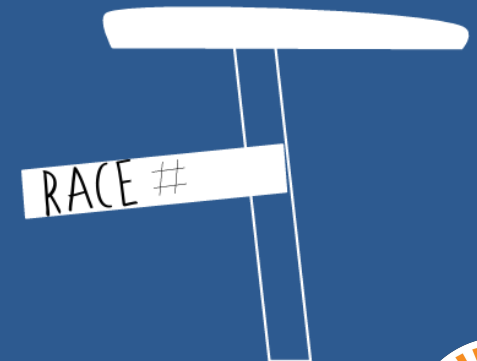
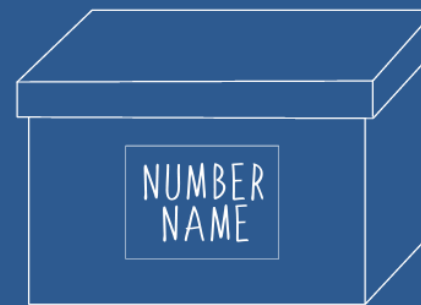
HELMET



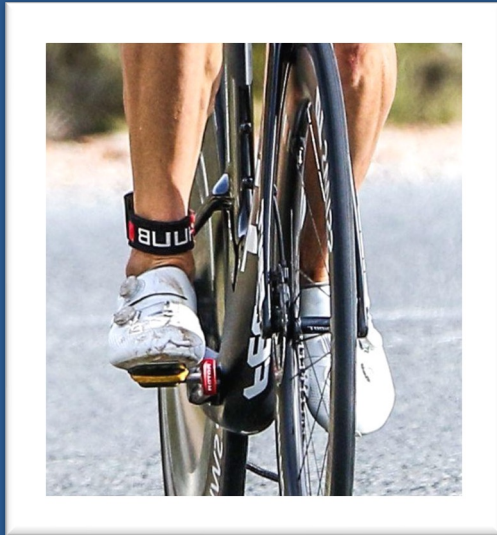
RACE PACK

TIMING CHIPS ONLY AT MYKONOS
TO BE COLLECTED ON FRIDAY EVENING AT REGISTRATION
OR ON SATURDAY MORNING PRE RACE (NO REGISTRATION
ON SATURDAY MORNING, ONLY TIMING CHIP COLLECTION)

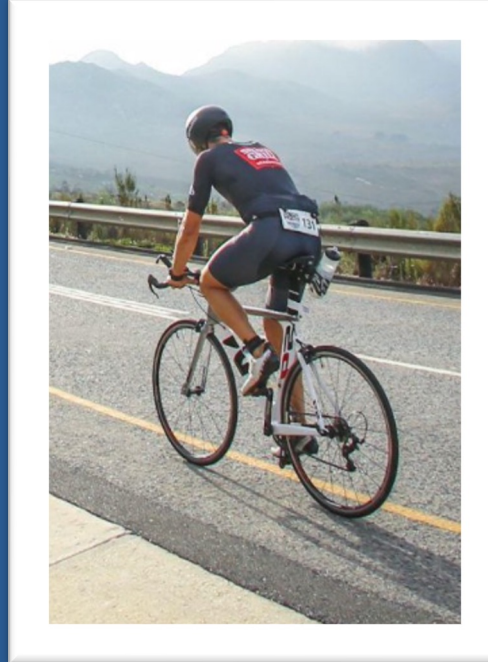
RACE NUMBER
BIKE STICKER
TRANSITION BOX STICKER



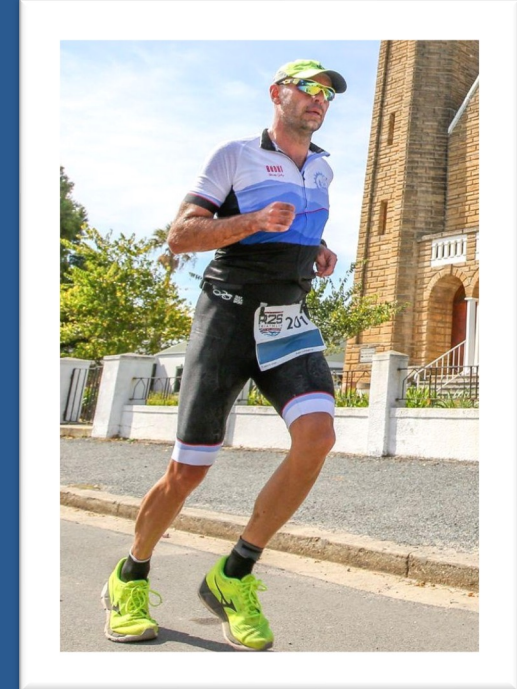
RACE CHIP ON LEFT ANKLE



BIB ON BACK FOR CYCLE



BIB ON FRONT FOR RUN



- You need to bring your own race belt and timing chip strap
- Please don't forget to hand back your CHIP at the finish. You will be charged if not returned.
- Keep your RACE NUMBER to collect equipment from transition when it opens.
- Security will check. NO NUMBER - NO BIKE.

START PROCEDURE





START

FINISH



1500m

STANDARD DISTANCE SWIM



START

FINISH



750m

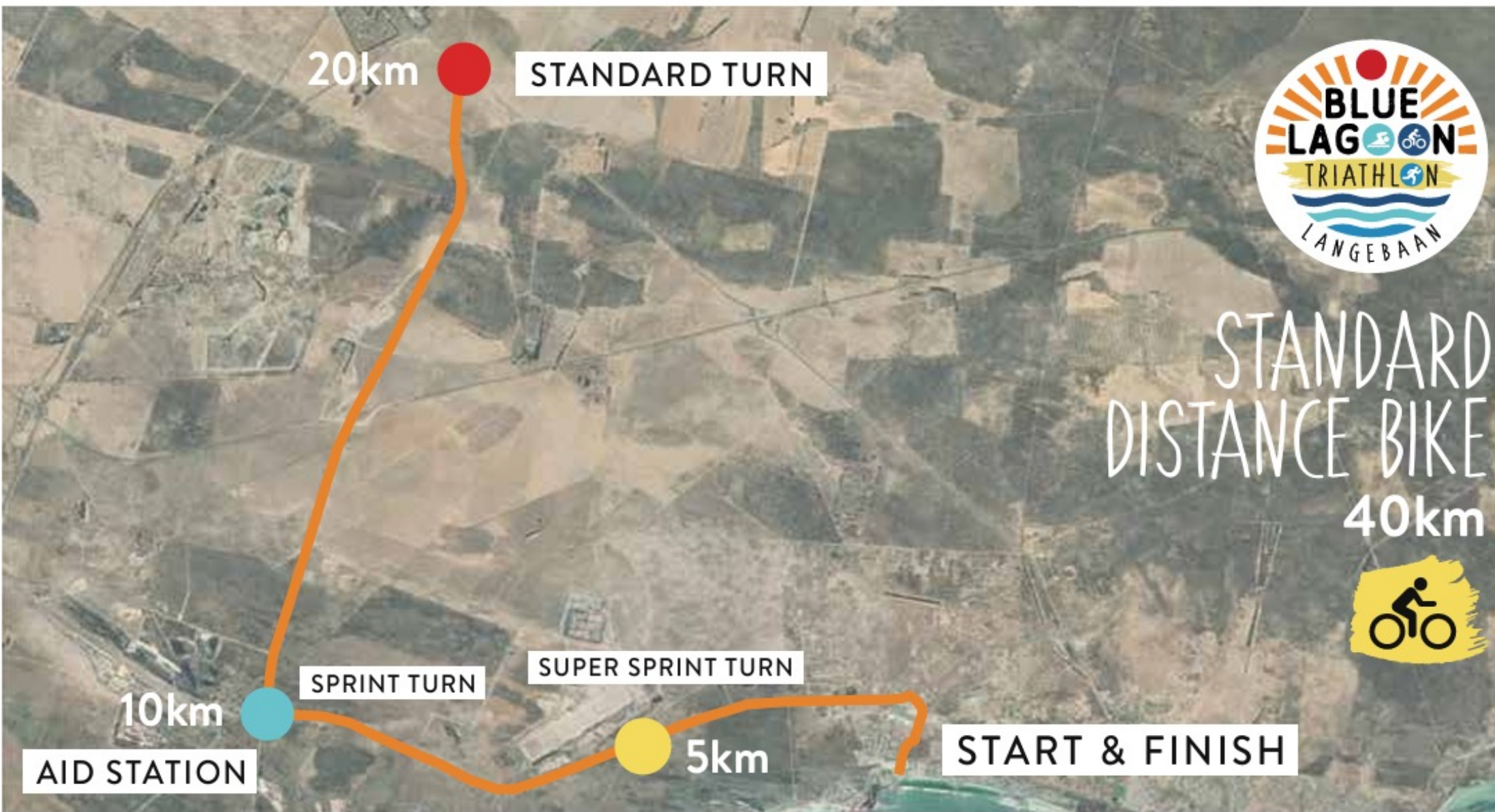
SPRINT DISTANCE SWIM

SUPER SPRINT DISTANCE SWIM





STANDARD DISTANCE BIKE 40km



SPRINT DISTANCE BIKE

20km



TURNAROUND



START & FINISH



SUPER SPRINT DISTANCE BIKE



10km



TURNAROUND

START & FINISH





START

FINISH

AID STATION



10.8km (4 laps of 2.7km)
STANDARD DISTANCE RUN





START

FINISH

AID STATION



SPRINT DISTANCE RUN
5.4km (2 laps of 2.7km)





START

FINISH

AID STATION



2.7km (1 lap)

SUPER SPRINT DISTANCE RUN

AQUABIKE

Athletes ride to transition to finish and then walk to finish line for a photo.



SUNDAY SWIMS



07H15-08H15

REGISTRATION AT CLUB MYKONOS

07H45 & 08H15

SHUTTLES TO STRANDLOOPER

08H00-09H00

KOFFIE & RUSKS AND SWIM BRIEF

09H00

3.8K ALBATROSS START

*09H30

1.6K CAPE GANNET START

*09H45

800M OYSTER CATCHER START

11H30

PRIZE GIVING

*APPROX

09h30 and 09h45 are the approximate timing for the Cape Gannet and Oyster catcher swims, the swims will start when the front of the 3.8km pack has passed the turn point. Athletes are able to walk along the beach from Die Strandlooper with the race starter following the front of the 3.8km pack until they get to their starting beach.



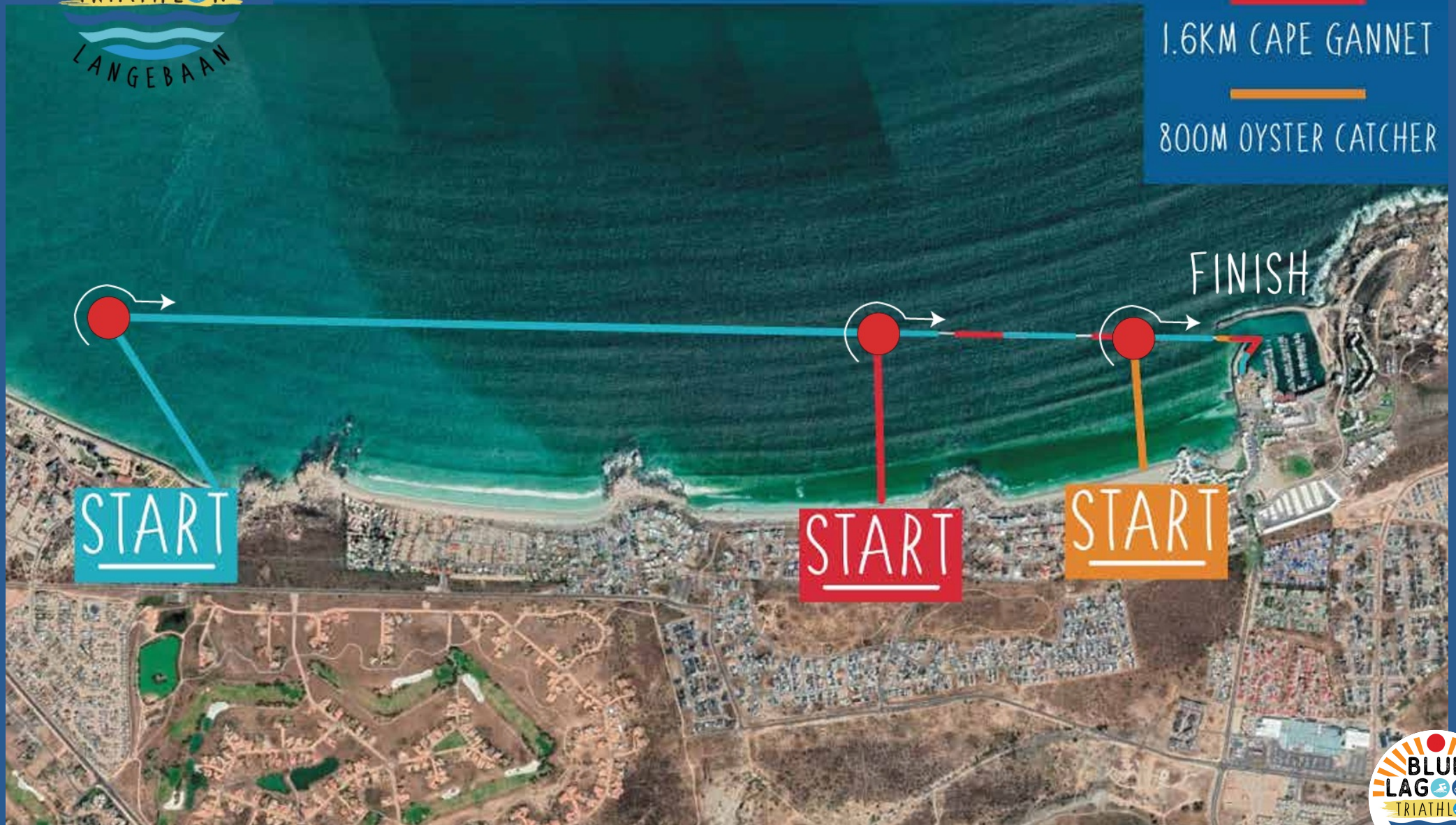


OPEN WATER SWIMS

3.8KM ALBATROSS

1.6KM CAPE GANNET

800M OYSTER CATCHER



WITH THANKS TO OUR PARTNERS



SANCTIONED BY CTTA TSA



THANK YOU!



CLUB MYKONOS
LANGEBAAN

