



# RACE BRIEFING

# Registration

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Venue: The Grand Beach Cafe  
Time: Saturday 10:00 - 16:00  
Date: 28<sup>th</sup> October 2023

**\*Please bring your own bag to registration, we are doing our bit to limit single use plastic bags.**

**\*You can register for a friend, bring their race number & ID number**



**\*There is NO registration on race day (Sunday 29 October)**



# Order of Events

- 06:00** T2 Opens at A Track for run gear drop off (across the road from McDonalds)
- 06:30** T1 Opens for bike racking (At Grand Beach)
- 08:00** Standard Wave starts by Race number
- 08:40** Sprint Wave starts by race number
- 11:00** Kids fun cross country mtb and run starts in age groups
- 13:00** Prize giving at Greenpoint A Track
- 12:30 – 15:00** Transitions are open for gear checkout



WAVE  
STARTS  
BY RACE  
NUMBER

# Gear Check

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- Wetsuit
- Goggles
- SMG event Swim Cap
- Bike
- Race number
- Timing chip
- Bike Sticker
- Box sticker

No TT bikes or Tri bars

- Timing chip strap
- Helmet with no cracks
- Road Running Shoes
- Hat/cap/sunnies
- T1 transition box (no straps)  
with sticker (+/-40x40cm)



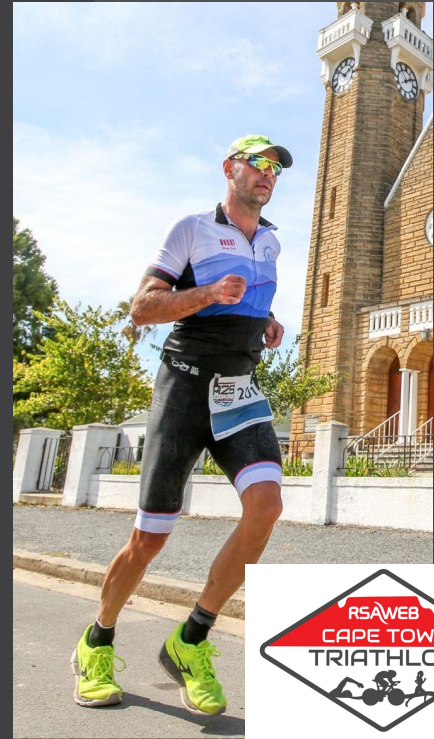
# Race Numbers



AT BACK FOR CYCLE



IN FRONT FOR RUN



# Race Numbers

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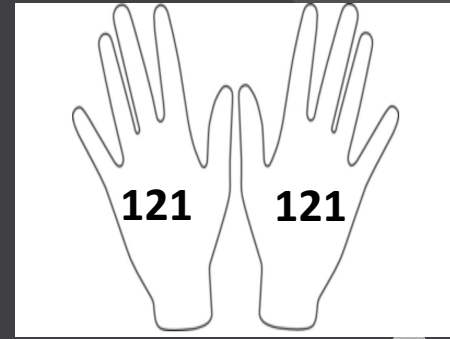


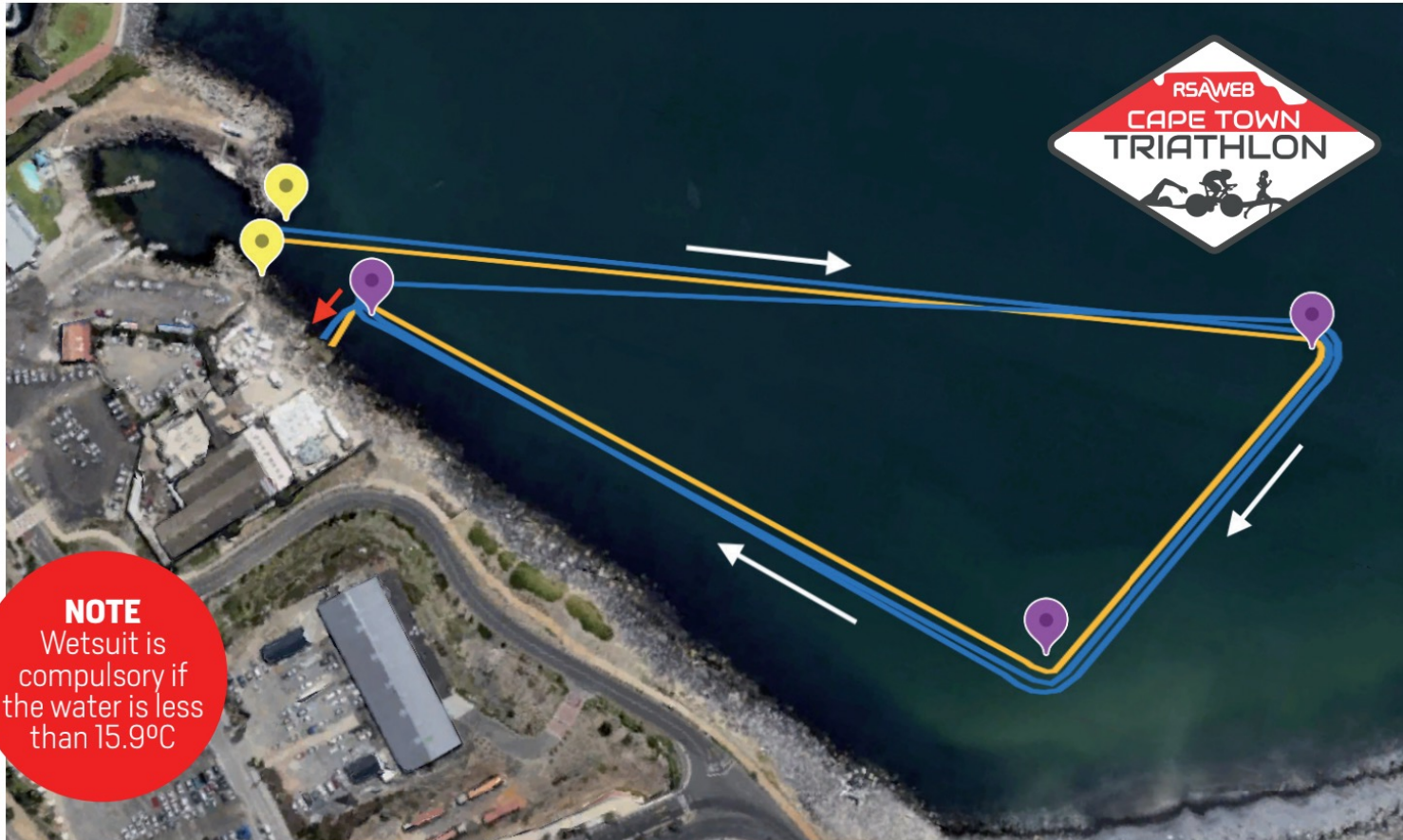
STICKER AROUND POST

PLACE RACE CHIP ON LEFT ANKLE



SELF BODY MARK – BOTH HANDS





**NOTE**  
Write your own race number on the back of your hands in black koki before you sweat or put on sunscreen

**NOTE**  
Wetsuit is compulsory if the water is less than 15.9°C

**SWIM** ■ Standard: 1.5km (2 laps) ■ Sprint: 750m





# BIKE

**Sprint:** 2 laps, turning right at the yellow arrow on 2nd loop.

**Standard:** 4 laps, turning right at the yellow arrow on 4th loop.

## NOTE

Immediate disqualification if you cross the white line past the Raddison



**NOTE**  
Drafting is legal but stick to your gender







# RUN

**Sprint:** 1 LAP  
finishing after the  
white arrow.

**Standard:** 2 LAPS.  
Enter the track,  
around the lap  
and back out  
stadium for last  
loop. Finish after  
the white arrow  
after 2nd lap.



**NOTE**  
Stay on the  
marked pavement  
around the golf  
course, not  
the road

**NOTE**  
Keep off the  
roads until Vlei  
Road crossing



# TRANSITION

T1



- Infinity Coffee
- Pedestrian access
- Fencing
- Cones
- Mount line
- Security
- Bike route Marshal
- Pedestrian crossing marshal
- Pedestrian ramp
- Sanitech Toilets

**NOTE:**  
Place numbered sticker on your transition box. No bags allowed into Transition 1





NOTE  
Run kit placed by Race Number.  
No towels or other markers to be used.

Neutral section on bike from under the flyover to dismount outside A track

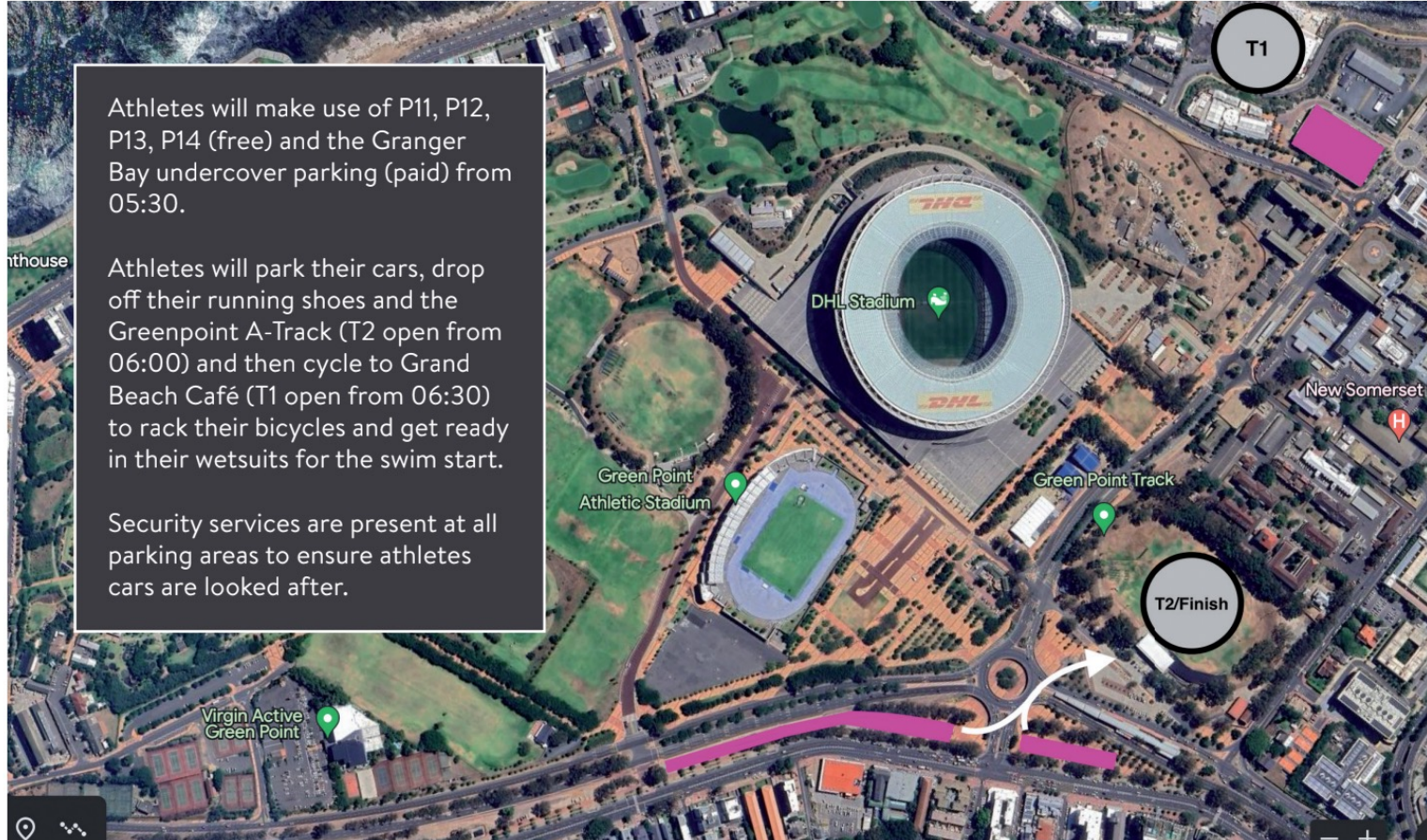



# ATHLETE PARKING

Athletes will make use of P11, P12, P13, P14 (free) and the Granger Bay undercover parking (paid) from 05:30.

Athletes will park their cars, drop off their running shoes and the Greenpoint A-Track (T2 open from 06:00) and then cycle to Grand Beach Café (T1 open from 06:30) to rack their bicycles and get ready in their wetsuits for the swim start.

Security services are present at all parking areas to ensure athletes cars are looked after.



-  Parking
-  T1 Grand Beach.
-  T2 A Track

NOTE  
Waterfront  
roof parking  
an option too



# Our Registration Partners

**32Gi** will have a full range of race supplements for pre-work out, endure, race, hydration and recover range. These will be at event special prices so don't miss out.

**TRISHOP SA** will be have a stocked stand with those items you need like velcro ankle straps for your timing chip, wetsuits, goggles, helmets, laces and more.



# RSANWEB



CITY OF CAPE TOWN  
ISIXEKO SASEKAPA  
STAD KAAPSTAD



RSAWEB CAPE TOWN TRIATHLON

FINISH



★ LEKKER TJOMMIE,  
★ YOU MADE IT!

CHILL OUT  
BRA  
IT



370



Thank You!