



# ATHLETE GUIDE 2023

STANDARD: 1500M-40KM-10KM  
SPRINT 750M-20KM-5KM



Just by reading this you have taken your first step towards the tri of the year on 29 October 2023! In this doc you will find all the info you need to know to make the most of your big day out.

## RACE DAY TIMELINE

**06:00** T2 opens (run gear drop off)

**06:30** T1 opens (bike racking)

**08:00** Standard race start

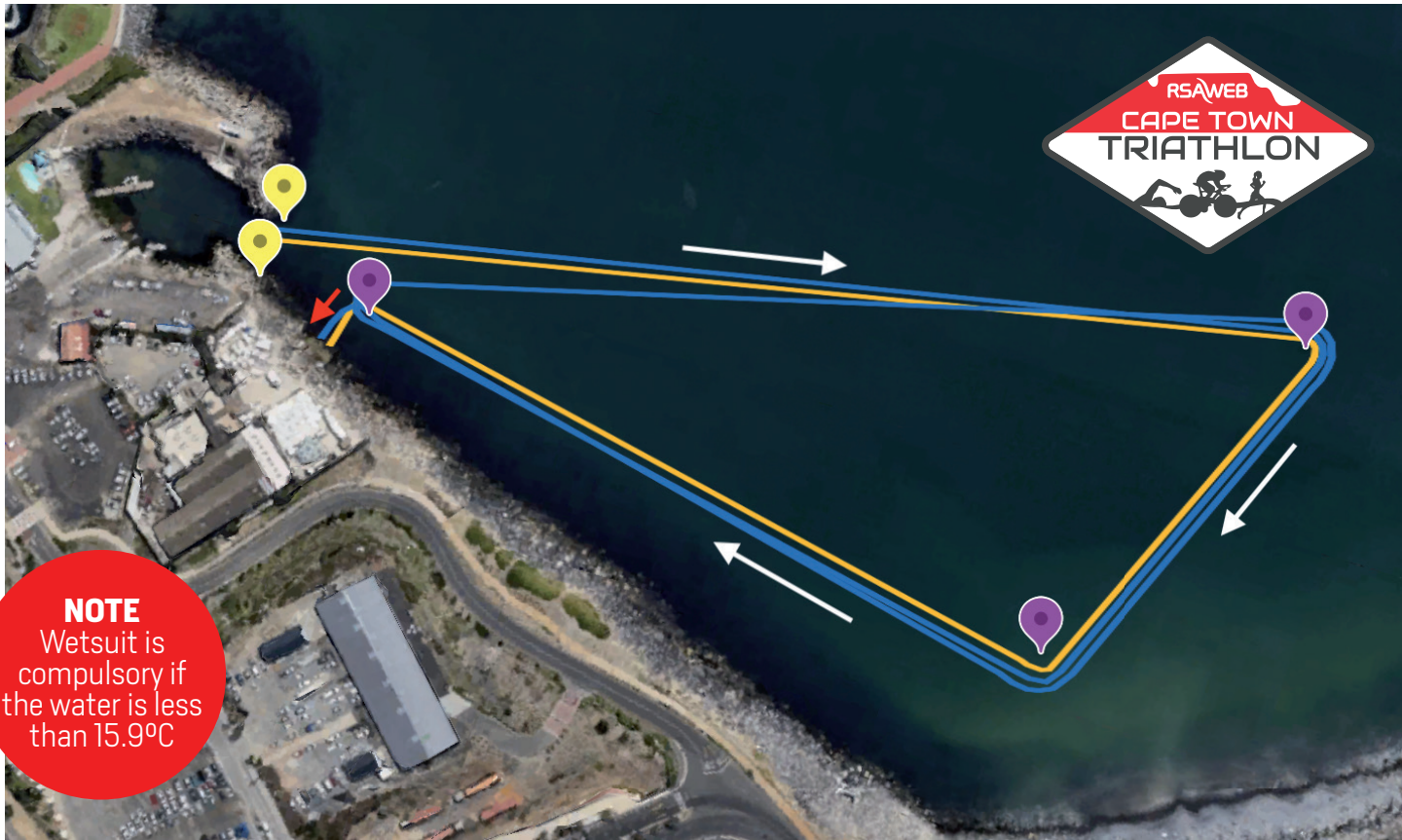
**09:00** Sprint race start

**11:00** Kids Fun cross country

**13:00** Prizegiving at the Greenpoint A-Track

**12:30 - 15:00** Transitions open for gear checkout

NOTE: SWIM STARTS WILL BE IN WAVES



**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**  
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.



## RULES

- No spectators in transition zone.
- No medal unless you hand in your timing chip.
- If you don't finish the event, please report to a ref otherwise we will send a search party out for you.
- This a no litter event. Stash in your pocket until you see a bin.
- Transition zones can accommodate one plastic container/crate. No bags or anything with straps.
- Bike check out times will be strict. You need to show your matching race bib number to your matching bike sticker.
- Marshals are there to keep the route safe, not to give you directions.
- Attend / Watch the streamed race briefing. Study the route maps.
- TT bikes and bars are not allowed (as the race is draft legal).
- Mountain bikes are allowed.

## GEAR LIST

- Transition box
- Wetsuit
- Safety pins to secure race number to race belt and timing chip velcro
- Race belt
- Road running shoes

# TRANSITION

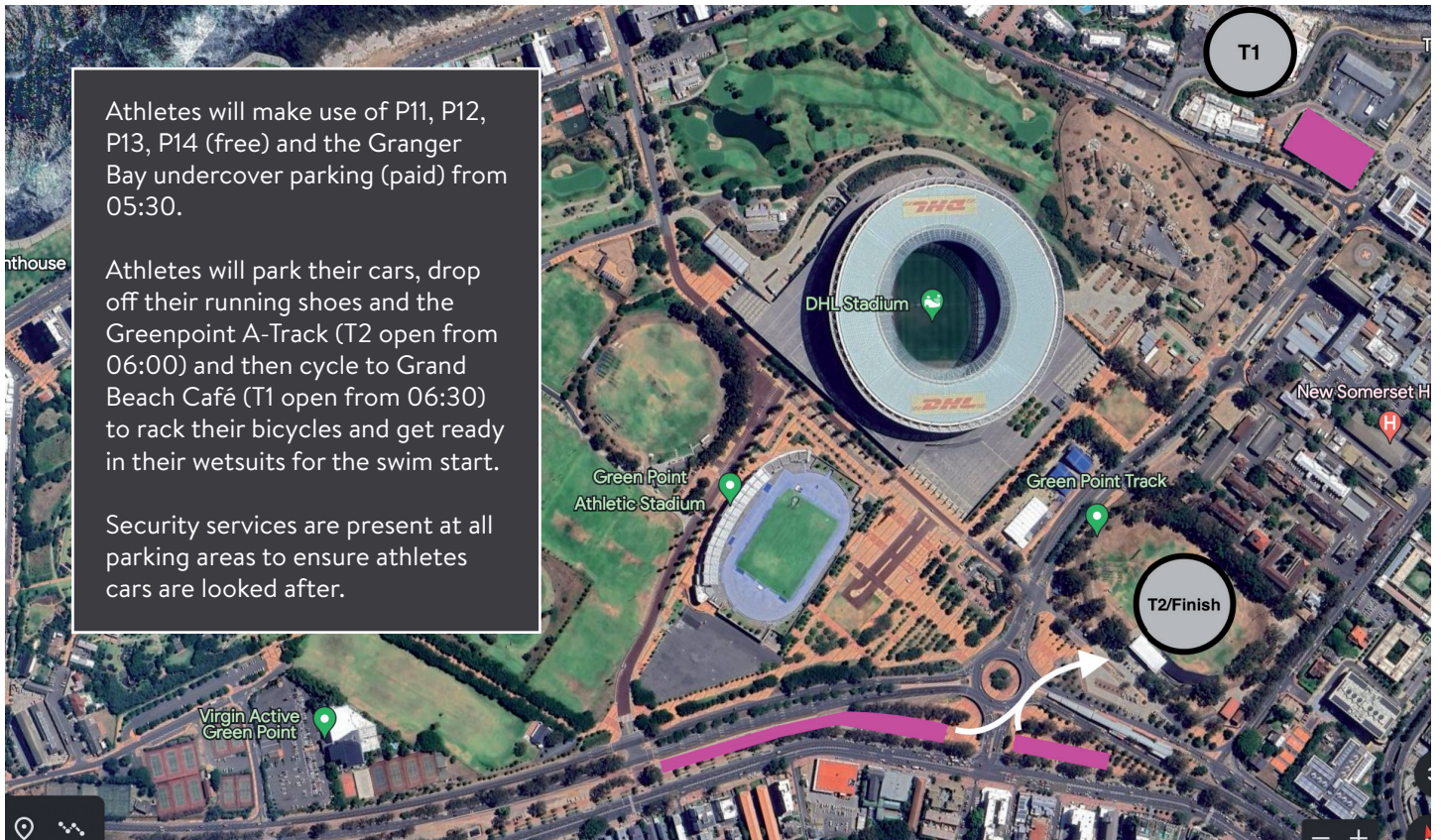
T1



T2



# ATHLETE PARKING



## FAQ'S

### When is registration and race briefing?

Race Briefing: 18h00 on Wednesday 25 October 2023. Zoom Link: <https://us02web.zoom.us/j/81865140021#success>

Registration: Grand Beach Cafe at 10h00 - 16h30 on 28 October 2023

### Can someone register for me?

Yes, they must bring your race number that would have been sms'd to you.

### How do I substitute my entry?

Unfortunately, substitutions have closed.

### Can I change between Sprint and Standard?

Unfortunately we have past the date to allow transfers, refunds and any changes.

### Are there race medals?

Yes, everyone will receive one when you hand in your timing chip.

### How do the Teams work? Do we get multiple chips? How do we hand them over?

You get one chip and you pass it as the relay baton. You need to stand at the entry to transition (T1) and exit at (T2).

### When will I get my timing chip?

This will be in your registration pack. But if you don't race, you need to return it to avoid a R300 penalty.

### I have a timing query, who do I contact?

Please email [mike@finishtime.co.za](mailto:mike@finishtime.co.za)

## ENJOY YOUR RACE!

For any other queries, please email [capetowntri@electricink.co.za](mailto:capetowntri@electricink.co.za)