



RACE BRIEFING

RACE WEEK

CAPE TOWN REGISTRATION:

11 FEB 12H00 TO 17H00

HAMILTONS RUGBY CLUB GREENPOINT



LANGEBAAN REGISTRATION:

14 FEB 16H00 TO 19H30

ATHENE CENTER CLUB MYKONOS



TRIATHLON: 15 FEB 2025

OPEN WATER SWIMS: 16 FEB 2025





HOSTS OF
BLUE LAGOON TRIATHLON
MYKONOS



ATHLETE ARRIVAL

START

PARKING 2

TO RACKING

TRANSITION

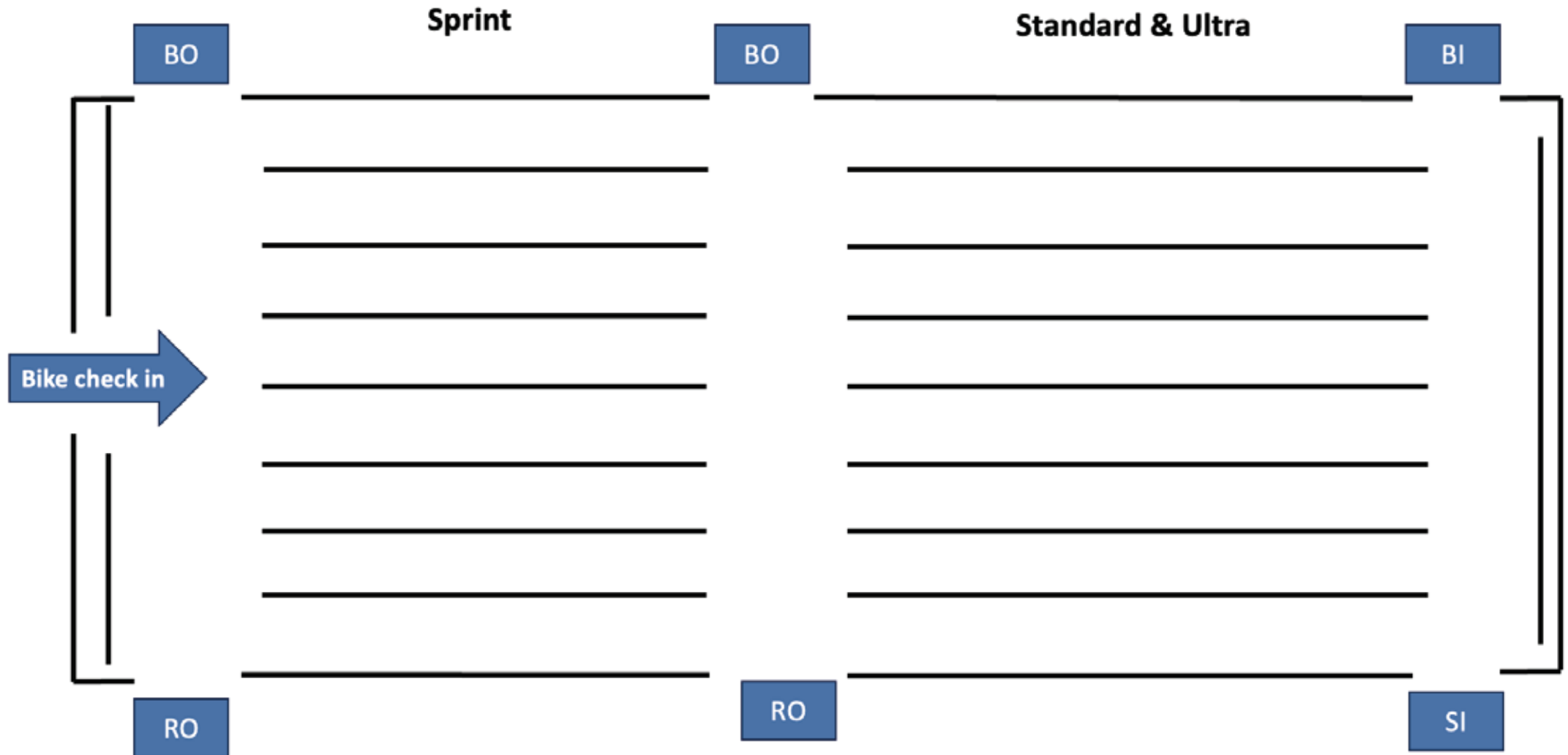
PARKING 1

CAR ARRIVAL

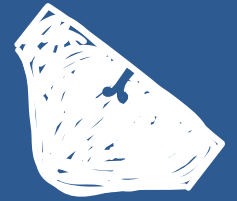
PARKING 1: 05H00-06H00
PARKING 2: 06H00-07H00
MALL PARKING AFTER 07H00



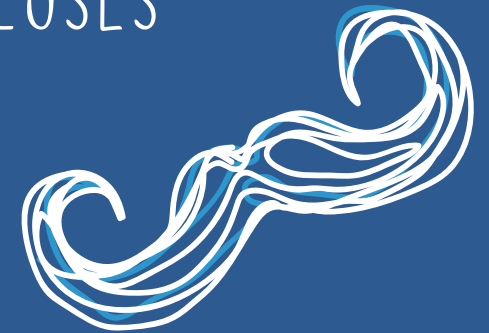
TRANSITION



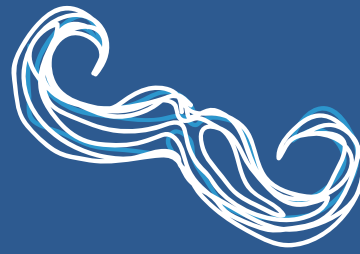
TIMELINE



05H00	ON SITE PARKING OPEN
05H15	TRANSITIONS OPEN
06H15	ULTRA TRANSITION CLOSES
06H30	ULTRA TRIATHLON STARTS
06H50	STANDARD AND SPRINT TRANSITION CLOSES
07H30	STANDARD TRIATHLON STARTS
08H00	SPRINT TRANSITION REOPENS
09H00	SPRINT TRANSITION CLOSES
09H15	SPRINT TRIATHLON STARTS
12H15	TRANSITION OPEN FOR GEAR CHECK OUT. CLOSES 15H15
15H00	PRIZE GIVING STARTS
16H30	KIDS SPLASH AND DASH



RULES



NON DRAFTING - TT BIKES ALLOWED

ONLY CTTA MEMBERS QUALIFY FOR TEAM SELECTION

BRING YOUR OWN TRANSITION BOX

NO HELMET - NO RACE

HAND IN TIMING CHIPS AT FINISH



GEAR LIST

40X40CM TRANSITION BOX (NO STRAPS)

WETSUIT AND GOGGLES

BRIGHT SWIM CAP

CHIP SAFETY PIN / TAPE

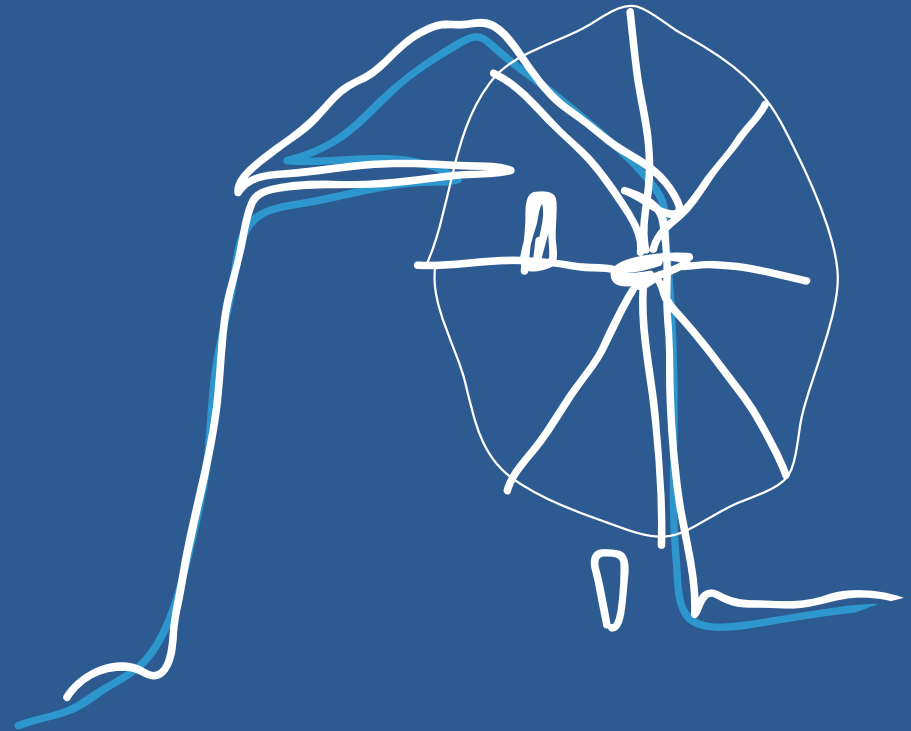
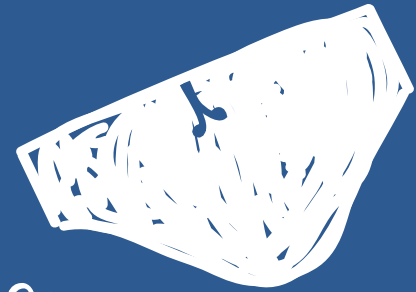
RACE BELT

TT BIKE / BARS

CYCLING SHOES

ROAD RUNNING SHOES

HELMET



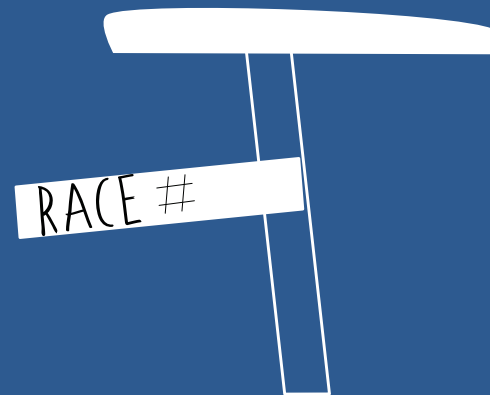
RACE PACK

TIMING CHIP ONLY AT MYKONOS

RACE NUMBER

BIKE STICKER

TRANSITION BOX STICKER



START PROCEDURE



TRANSITION

CHIP
COLLECT

WARMUP

STRANDLOPER SWIM ATHLETE ARRIVAL

REGISTRATION AND
BUS COLLECTION POINT

TO ATHENE
BUS COLLECTION POINT

PARKING 2

PARKING 1

CAR ARRIVAL

FIRST BUS LEAVES ATHENE 07H45
SECOND BUS LEAVES ATHENE 08H05
OR FAMILY OR FRIENDS TO DROP OFF ATHLETES AT
STRANDLOPER BY 08H30 FOR RACE BRIEFING AND
COFFEE AND RUSKS FOR FIRST START AT 09H00



START

FINISH



1500m

STANDARD DISTANCE SWIM



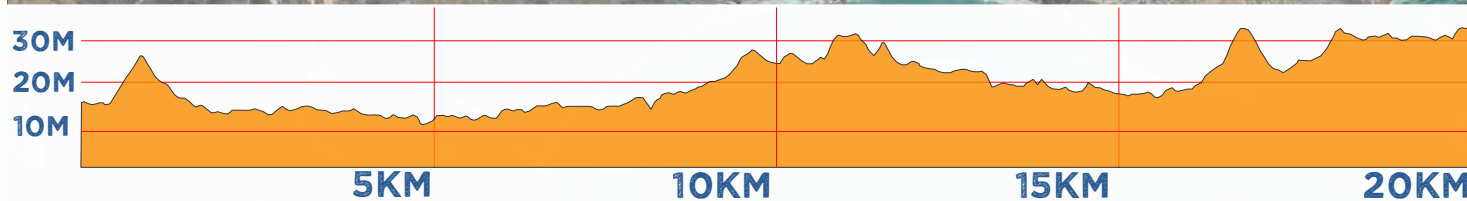
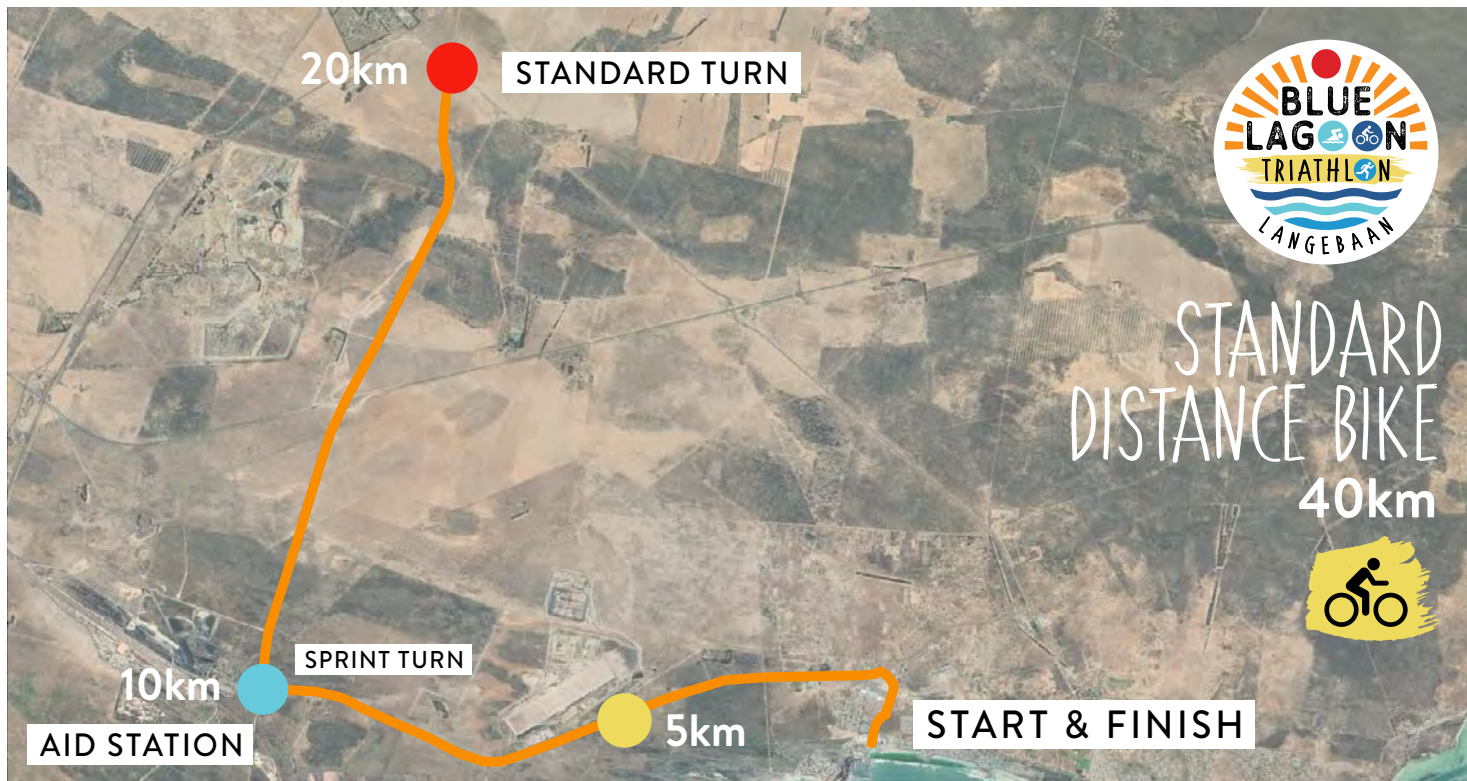
START

FINISH



750m

SPRINT DISTANCE SWIM



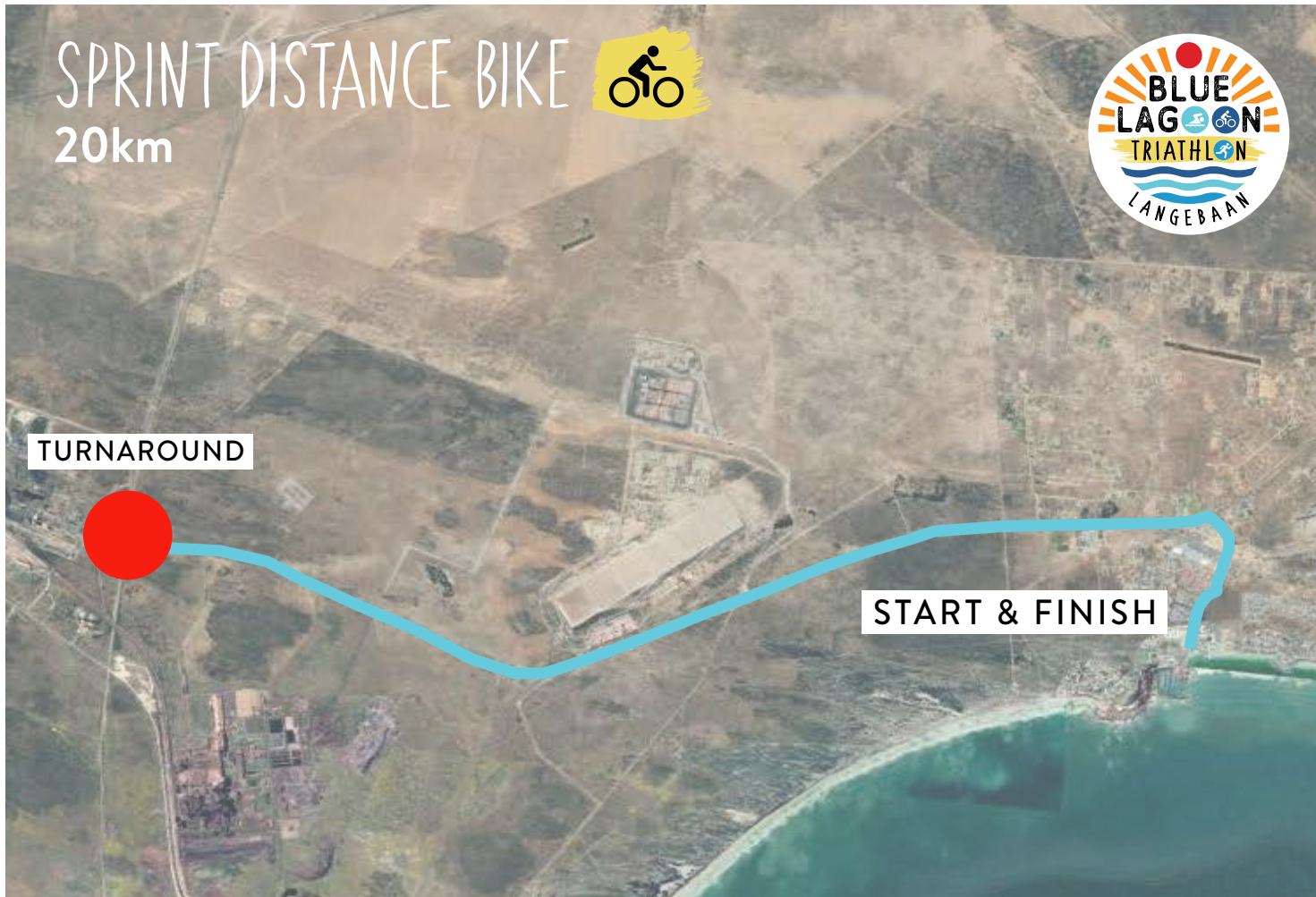
SPRINT DISTANCE BIKE

20km



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)

AQUABIKE

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





START

FINISH

2km



ULTRA DISTANCE SWIM



20km

STANDARD & ULTRA TURN

ULTRA DISTANCE BIKE 78km

(2x loops of the bike route, starting the 2nd lap at the Mykonos access road intersection)



SPRINT TURN

10km

AID STATION

5km

ULTRA U-TURN FOR 2ND LAP

START & FINISH



START

FINISH

AID STATION



16.2km (6 laps of 2.7km)
ULTRA DISTANCE RUN

TRAFFIC NOTICE



SATURDAY 15 FEBRUARY 2025
05H00-12H30

The following roads will be impacted between 05h00 – 12h30.

- 1) Mykonos access road
- 2) MR559
- 3) OP538
- 4) TR8501

NOTE: THESE ROAD CLOSURES WILL NOT AFFECT YOUR ACCESS TO CLUB MYKONOS FOR THE EVENT

SUNDAY SWIMS



07H15 08H15
07H00-08H00
07H45 & 08H15
08H00-09H00
09H00
*09H30
*09H45
12H00
13H00

BODY MARKING AT ATHENE
REGISTRATION AT MYKONOS
SHUTTLES TO STRANDLOOPER
KOFFIE & RUSKS AND SWIM BRIEF
3.8K ALBATROSS START
1.6K CAPE GANNET START
800M OYSTER CATCHER START
PRIZE GIVING
LUNCH & LIVE MUSIC

*APPROX





OPEN WATER SWIMS

3.8KM ALBATROSS

1.6KM CAPE GANNET

800M OYSTER CATCHER

START

START

START