



2025 BONAQUA AFRICA TRIATHLON CUP, AFRICA TRIATHLON JUNIOR CUP AND MULTISPORT FESTIVAL
ZIMBABWE TRIATHLON NATIONAL CHAMPIONSHIPS, I-GO CORPORATE TEAM TRIATHLON & DUATHLON CHALLENGES, OFF-ROAD TRIATHLON, MOUNTAIN BIKE, YOUTH-MINI TRIATHLON & DUATHLON, AQUATHLON, DUATHLON, AQUABIKE, OPEN WATER SWIM, TRAIL RUN & CYCLE CRITERIUM

SATURDAY 8TH MARCH 2025

DISCIPLINE	WHAT	WHERE	ACTIVITY	TIME	REPORT TO ATHLETE CALL TENT	RACE START	MEDAL CEREMONY
TRIATHLON	AG STANDARD INDIVIDUALS & TEAMS	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0615-0645	0655	0700	1035
TRIATHLON	AG SPRINT INDIVIDUALS & TEAMS	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0700-0730	0740	0745	1035
TRIATHLON	YOUTH BOYS SUPERSPRINT	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0715-0800	0810	0815	1000
TRIATHLON	YOUTH GIRLS SUPERSPRINT	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0715-0800	0810	0820	1000
TRIATHLON	AG SUPERSPRINT INDIVIDUALS & TEAMS	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0715-0800	0810	0825	1000
TRIATHLON	YOUTH MINI	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0830-0900	0910	0930	1100
AQUABIKE	AG STANDARD	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0615-0645	0655	0700	1035
DUATHLON	AG SPRINT	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0700-0730	0740	0745	1035
DUATHLON	YOUTH MINI	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0830-0900	0910	0930	1100
CORPORATE CHALLENGE	TRIATHLON TEAMS	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0915-0945	1000	1005	1320
	DUATHLON TEAMS	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0915-0945	1000	1005	1320
AQUATHLON	ALL	Lower Level Aquathlon Transition Zone	Check In - Race Number marking - Collect Race Pack & Timing Chip	0915-0945	1000	1010	1100
MTB	ALL	Lower Level MTB Zone	Check In - Race Number marking - Collect Race Pack & Timing Chip	0715-0745	0755	0800	1150
OFF-ROAD TRIATHLON	ALL	Lower Level Off-Road Zone	Check In - Race Number marking - Collect Race Pack & Timing Chip	0645-0715	0725	0730	1150
OPEN WATER SWIM	5000M - 3000M	Lower Level - Open Water Swim Zone	Check In - Race Number marking - Collect Event Pack & Swim Cap	Open from 0900	1015	1020 MASS START	1200
	1500M - 750M						
	4 X 500M RELAY						
TRAIL RUN	20KM	Lower Level - Trail Run Zone	Check In - Race Number marking - Collect Race Pack & Timing Chip	0615-0700	0710	0715	1150
	10KM			0730-0815	0840	0845	1150
	5KM			0730-0815	0855	0900	1150
CYCLE CRITERIUM	30 MINUTES + 5 LAPS	Lower Level - MTB & Off-Road Zone	Check In - Race Number marking - Collect Race Pack & Timing Chip	1230-1330		1530	TBC

