

bonaquaAfrica
Triathlon
Cup
Troutbeck**2025 BONAQUA AFRICA TRIATHLON CUP, AFRICA TRIATHLON
JUNIOR CUP & 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**

TIMES	SATURDAY 8TH MARCH 2025 - COMPETITION SCHEDULE
0615 - 0645	STANDARD DISTANCE - TRIATHLON / AQUABIKE - INDIVIDUALS & TEAMS - Check In & Transition Zones open on Upper Level - Race number marking - collect timing chip
0655	STANDARD DISTANCE - TRIATHLON / AQUABIKE - INDIVIDUALS & TEAMS - REPORT TO ATHLETE CALL TENT LOWER LEVEL
0700	START - TRIATHLON & AQUABIKE AG STANDARD - INDIVIDUALS & TEAMS
0615 - 0700	TRAIL RUN - 20KM PARTICIPANTS - Check In Zone opens on Lower Level - Race number marking, inspection of kit, collect race pack & bib - pre-race briefing
0715	START - TRAIL RUN 20KM
0645 - 0715	OFF-ROAD TRIATHLON STANDARD & SPRINT - INDIVIDUALS & TEAMS - Check In & Transition Zone opens on Lower Level - Race number marking, collect race pack & timing chip - pre-race briefing
0730	START - OFF-ROAD TRIATHLON - STANDARD & SPRINT - INDIVIDUALS & TEAMS * MASS START
0700 - 0730	SPRINT DISTANCE - TRIATHLON / DUATHLON - AG INDIVIDUALS & TEAMS - Check In & Transition Zone opens on Upper Level - Race number marking - collect timing chip
0740	SPRINT DISTANCE - TRIATHLON / DUATHLON - AG INDIVIDUALS & TEAMS - REPORT TO ATHLETE CALL TENT LOWER LEVEL
0745	START - TRIATHLON - AG SPRINT & DUATHLON AG SPRINT - ALL INDIVIDUALS & TEAMS
0715 - 0745	MTB - ALL ENTRIES - Check In & Transition Zone opens on Lower Level - Race number marking, collect race pack & timing chip - pre-race briefing
0800	START - MTB - 14KM / 28KM - ALL ENTRIES - * MASS START
0715 - 0800	SUPERSPRINT - TRIATHLON - YOUTH BOYS/ YOUTH GIRLS/ AG INDIVIDUALS & TEAMS - Check In & Transition Zone Opens on Upper Level - Race number marking, collect timing chip
0810	SUPERSPRINT - TRIATHLON - YOUTH BOYS/ YOUTH GIRLS/ AG INDIVIDUALS & TEAMS - REPORT TO ATHLETE CALL TENT LOWER LEVEL
0815	START - TRIATHLON - YOUTH BOYS SUPERSPRINT
0820	START - TRIATHLON - YOUTH GIRLS SUPERSPRINT
0825	START - TRIATHLON - AG SUPERSPRINT
0730 - 0815	TRAIL RUN - 10KM & 5KM PARTICIPANTS - Check In Zone opens on Lower Level - Race number marking, inspection of kit, collect race pack & bin - pre-race briefing
0845	START - TRAIL RUN 10KM
0900	START - TRAIL RUN 5KM
0830 - 0900	YOUTH MINI TRIATHLON & YOUTH MINI DUATHLON - Check In & Transition opens on Upper Level - Race number marking, collect timing chip - PRE-RACE BRIEFING will take place 15 MINS. BEFORE RACE START
0900 - 1000	OPEN WATER SWIM - ALL PARTICIPANTS - Check in & Transition Zone opens on the Lower Level - Race number marking, race pack collection - pre-race briefing will take place 10 mins. before MASS START
0910	YOUTH MINI TRIATHLON & YOUTH MINI DUATHLON - REPORT TO YOUTH MINI ZONE FOR FINAL CHECK AND PRE-RACE BRIEFING
0915 - 0945	CORPORATE CHALLENGE TEAMS - TRIATHLON & DUATHLON - ALL TEAM MEMBERS TO CHECK IN TOGETHER - Check in & Transition Zone opens on Upper Level - Race number marking, collect & timing chip
0915 - 0945	AQUATHLON - Check In & Transition Zone opens on Lower Level - ALL TEAM MEMBERS TO CHECK IN TOGETHER - Race number marking, collect timing chip - RACE BRIEFING WILL TAKE PLACE 15 MINS. BEFORE RACE START
0930	START - YOUTH MINI TRIATHLON & YOUTH MINI DUATHLON
0955	NATIONAL ANTHEM

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water by design**EcoCash****Simbisa Brands**
LIMITED**cfao**
MOBILITY**MCM**
LEGAL**ROONEY'S**
THE HANG-OUT SPECIALISTS**AFRICAN SUN**
Feel Special**Troutbeck**
RESORT

 Africa Triathlon Cup Troutbeck	2025 BONAQUA AFRICA TRIATHLON CUP, AFRICA TRIATHLON JUNIOR CUP & 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 - COMPETITION SCHEDULE continued
1000	JUNIOR MEN & WOMEN - Athlete Lounge Opens
1000	MEDAL CEREMONY - TRIATHLON NATIONAL CHAMPIONSHIPS - U13-U15 YOUTH SUPERSPRINT BOYS & GIRLS
1000	MEDAL CEREMONY - NON CHAMPIONSHIP - AG SUPERSPRINT INDIVIDUALS & TEAMS
1000	CORPORATE CHALLENGE TEAMS - TRIATHLON & DUATHLON - ALL TEAM MEMBERS TO REPORT TO ATHLETE CALL TENT LOWER LEVEL
1005	START - TRIATHLON - CORPORATE CHALLENGE
1005	START - DUATHLON - CORPORATE CHALLENGE
1010	START - AQUATHLON
1020	START - OPEN WATER SWIM MASS START - 5000M / 3000M / 1500M / 750M
1030	JUNIOR MEN & WOMEN - Transition Zone opens on Upper Level - pre-transition Bike Check, uniform, shoe and race number check - collect swim cap & timing chip
1035	MEDAL CEREMONY - TRIATHLON NATIONAL CHAMPIONSHIPS - AG STANDARD / AG SPRINT
1035	MEDAL CEREMONY - NON CHAMPIONSHIP - AG TRIATHLON STANDARD & SPRINT TEAMS / AQUABIKE STANDARD / DUATHLON SPRINT INDIVIDUALS
1100	MEDAL CEREMONY - NON CHAMPIONSHIP - YOUTH MINI TRIATHLON / YOUTH MINI DUATHLON / AQUATHLON INDIVIDUALS & TEAMS
1100	JUNIOR MEN & WOMEN - SWIM WARM UP
1115	JUNIOR MEN - TRANSFER TO PRE-START TENT-LINE UP
1120	JUNIOR WOMEN - TRANSFER TO PRE-START TENT-LINE UP
1125	JUNIOR MEN - ATHLETE INTRODUCTION
1130	START - JUNIOR MEN - AFRICA TRIATHLON JUNIOR CUP
1130	JUNIOR WOMEN - ATHLETE INTRODUCTION
1135	START - JUNIOR WOMEN - AFRICA TRIATHLON JUNIOR CUP
1150	MEDAL CEREMONY - NON CHAMPIONSHIP - ALL DISTANCES - OFF-ROAD TRIATHLON / TRAIL RUN / MTB
1200	ELITE/U23 WOMEN - Athlete Lounge Opens
1200	MEDAL CEREMONY - OPEN WATER SWIM - 5000m / 3000m / 1500m / 750m
1230 - 1330	CYCLE CRITERIUM CHECK IN, REGISTRATION & RACE PACK COLLECTION AT MTB TRANSITION AREA LOWER LEVEL
1215	ELITE/U23 WOMEN - Transition Zone opens on Upper Level - pre-transition Bike Check, uniform, shoe and race number check - collect swim cap & timing chip
1230-1240	ELITE/U23 WOMEN - SWIM WARM UP
1250	ELITE/U23 WOMEN - TRANSFER TO PRE-START TENT-LINE UP
1255	ELITE/U23 WOMEN - ATHLETE INTRODUCTION ** ALTERNATIVE FOR JUNIOR WOMEN
1300	START - ELITE/U23 WOMEN AFRICA TRIATHLON CUP ** ALTERNATIVE START FOR JUNIOR WOMEN
1315	START - OPEN WATER SWIM - 4 X 500M RELAY
1320	MEDAL CEREMONY - CORPORATE CHALLENGE TRIATHLON & DUATHLON
1330	ELITE/U23 MEN - Athlete Lounge Opens
1345	ELITE/U23 MEN - Transition Zone opens on Upper Level - pre-transition Bike Check, uniform, shoe and race number check - collect swim cap & timing chip
1400-1410	ELITE/U23 MEN - SWIM WARM UP
1420	ELITE/U23 MEN - TRANSFER TO PRE-START TENT-LINE UP
1425	ELITE/U23 MEN - ATHLETE INTRODUCTION
1430	START - ELITE/U23 MEN AFRICA TRIATHLON CUP
1445	MEDAL CEREMONY - OPEN WATER SWIM - 4 X 500M RELAY
1500	MEDAL CEREMONY - NATIONAL CHAMPIONSHIPS U17/19 JUNIOR MEN & WOMEN
1530	START - CYCLE CRITERIUM
1600	MEDAL CEREMONY - JUNIOR AFRICA TRIATHLON CUP - WOMEN & MEN
1600	MEDAL CEREMONY - ELITES AFRICA TRIATHLON CUP - WOMEN & MEN
1645	MEDAL CEREMONY - CYCLE CRITERIUM
1830	EVENING FUNCTION
1900	KEY NOTE ADDRESS-GUEST OF HONOUR
1920	ELITE PRIZE MONEY PRESENTATION
1930	DINNER SERVED

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