

**bonaqua**Africa  
Triathlon  
Cup  
Troutbeck

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

| DAY                  | TIME        | PRE AND POST EVENT SCHEDULE   |
|----------------------|-------------|---|
| Friday 28th February | 5.00PM      | <b>ENTRIES CLOSE - DEADLINE FOR PAYMENT OF ENTRY FEE</b>  |
| Thursday 6th March   |             | Visiting international athletes arrive RGM International, transfer to Troutbeck Inn Resort  |
| Friday 7th March     |             | <b>COURSE FAMILIARISATION</b>   |
|                      | 0900-0945   | CYCLE COURSE FAMILIARISATION - ELITE, JUNIORS   |
|                      | 1000-1030   | SWIM COURSE FAMILIARISATION - ELITE, JUNIORS  |
|                      | 1400-1430   | SECOND SESSION SWIM COURSE FAMILIARISATION  |
|                      |             | <b>ELITE/U23 ATHLETES</b>   |
|                      | 1130-1230   | REGISTRATION & RACE PACK COLLECTION   |
|                      | 1230        | ATHLETES BRIEFING - CONFERENCE ROOM   |
|                      | 1300-1330   | MEDIA CONFERENCE - CONFERENCE ROOM  |
|                      |             | <b>JUNIOR MEN &amp; WOMEN</b>   |
|                      | 1330-1400   | REGISTRATION & RACE PACK COLLECTION   |
|                      | 1400        | ATHLETES BRIEFING - CONFERENCE ROOM   |
|                      | 1430        | MEDIA CONFERENCE-CONFERENCE ROOM  |
|                      |             | <b>ALL OTHER PARTICIPANTS</b>   |
|                      | 1400 - 1600 | REGISTRATION ZONE - LATE ENTRY FEE PAYMENTS - LATE ENTRIES ACCEPTED<br>RACE PACK COLLECTIONS - REPORT TO SPECIFIC DISCIPLINE DESK - TRIATHLON & YOUTH<br>MINI / DUATHLON / AQUATHLON / AQUABIKE / CORPORATE TEAMS / OFF-ROAD / MTB /<br>OPEN WATER SWIM / TRAIL RUN |
|                      | 1500        | <b>ALL ENTRIES CLOSE</b>  |
|                      |             | <b>RACE BRIEFINGS</b>   |
|                      | 1615        | CONFERENCE ROOM - ONLY FOR TRIATHLON, AQUABIKE & DUATHLON PARTICIPANTS -<br>includes AG Standard, Sprint, Supersprint, Youth Supersprint, Corporate Team Challenge - all<br>Teams - at least 1 team member must attend  |
|                      |             | ** FOR ALL EVENTS - COURSE MAPS WILL BE DISPLAYED AT THE VENUE, THEY ARE ALSO<br>AVAILABLE TO VIEW ON WEBSITE <a href="http://www.zimtri.org">www.zimtri.org</a> - TAKE THE TIME TO STUDY THEM AND<br>UNDERSTAND YOUR COURSE  |
|                      |             | <b>BRIEFINGS FOR FOR ALL OTHER EVENTS : YOUTH MINI, OFF-ROAD TRIATHLON, MTB,<br/>AQUATHLON, OPEN WATER SWIM, TRAIL RUN - Briefings will be done prior to the start of your<br/>race on Saturday morning.</b>  |
|                      | 1800        | 5KM NIGHT WALK/RUN AROUND THE RESORT TBC  |
|                      | 1800        | TECHNICAL OFFICIALS & VOLUNTEERS BRIEFING   |
| Saturday 8th March   |             | <b>COMPETITION DAY</b>  |
|                      |             | <b>REPORT TO CHECK-IN AT YOUR SPECIFIC TRANSITION ZONE AT THE CORRECT TIME. YOU WILL<br/>NOT BE PERMITTED TO CHECK IN TO TRANSITION EARLIER THAN YOUR ALLOCATED TIME<br/>SLOT.</b>  |
|                      | 1800        | TECHNICAL OFFICIALS & VOLUNTEERS POST-EVENT BRIEFING  |
| Sunday 9th March     | TBC         | DEPARTURES TO HARARE  |

**bonaqua**  
water by design



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LIMITED

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MOBILITY

THINK  
**ROONEY'S**  
THE HIRING SPECIALISTS

**MCM**  
LEGAL

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Feel Special

**Troutbeck**  
RESORT