

# COMPETITION SCHEDULE: 13 FEBRUARY 2022



## 2022 AFRICA TRIATHLON CUP MASELSPOORT 2022 AFRICA TRIATHLON JUNIOR CUP MASELSPOORT 2022 SOUTH AFRICA SPRINT TRIATHLON CHAMPIONSHIPS 2022 SOUTH AFRICA TRIATHLON YOUTH CHAMPIONSHIPS 2022 SOUTH AFRICA SPRINT TRIATHLON AGE GROUP CHAMPIONSHIPS PARA TRIATHLON INVITATIONAL EVENT

Venue: Maselspoort Resort  
Bloemfontein  
South Africa

Hosted by:



Directions: Maselspoort: <https://www.maselspoort.co.za/contact/directions>  
Kopana Nokeng: <https://g.page/KopanoNokeng?share>

FRIDAY 4 FEBRUARY 2021						
Time			Action	Competition Category	Location	
Start	Finish	Duration				
From 14:00			Virtual Race Briefing <i>(Any queries may be directed to TD in writing)</i>	All categories	PowerPoint Presentation on FST Website ( <a href="https://fstriathlon.co.za">https://fstriathlon.co.za</a> )	
SATURDAY 12 FEBRUARY 2021						
Time			Action	Competition Category	Location	
Start	Finish	Duration				
<b>05h54 Sunrise</b>						
13h00	13h45	45min	Cycle course familiarisation	ATU Sprint African Cup (Junior & Elite) Age Group Sprint & Para-athletes	Maselspoort	
13h45	14h15	30min	Run course familiarisation	ATU Sprint African Cup (Junior & Elite) Age Group Sprint & Para-athletes	Maselspoort	
14h15	14h30	15min	Swim course familiarisation	ATU Sprint African Cup (Junior & Elite) Age Group Sprint & Para-athletes	Maselspoort	
13h00	14h00	1h00	Meeting	LOC, Life guards, Medical, Traffic	Waterbuck, Maselspoort	
14h00	14h30	30min	Registration South African Championships <i>(Supersprint: 12 - 15)</i>	Provincial Team Managers	Waterbuck, Maselspoort	
14h30	15h15	45min	Registration South African Championships <i>(AG Sprint and Para-athletes)</i>	Provincial Team Managers	Waterbuck, Maselspoort	
16h00	17h15	1h15	Registration Africa Sprint Cup <i>(Juniors and Elites)</i>	Athletes <i>(Uniform and entry fee payment)</i>	Kopana Nokeng	
17h15	17h55	0h40	Non-compulsory Race Briefing clarification for Africa Sprint Cup only	Athletes (Junior and Elite only)	Kopana Nokeng	
18h00	19h00	1h00	Drug Free Sport Presentation	For all athlete, coaches and parents. Compulsory attendance for SA Junior and U23 Athletes	Kopana Nokeng	
19h00	19h30	0h30	Technical Meeting	Technical Officials	Kopana Nokeng	
<b>19h04 Sunset</b>						
SUNDAY 13 FEBRUARY 2021						
Time			Action	Competition Category	Location	
Start	Finish	Duration				
<b>05h54 Sunrise</b>						
06h30	06h55	25min	Technical Meeting	Technical Officials	Waterbuck, Maselspoort	
07:00	08:00	1h00	Bike check in	Youth, Para-athletes; AG Sprint	Transition, Maselspoort	
08h05	09h00	55min	Supersprint Distance Youth <i>(400m swim, 10km bike, 2.5km run)</i>	SA Youth Supersprint Triathlon Championships	Female 12 - 15	Maselspoort
08h05	08h55	50min		Male 12 - 15		
09:00	11h40	2h40	Sprint Distance Para-athletes <i>(750m swim, 20km bike, 5km run)</i>	SA Paratriathlon Invitational	Male / Female	Maselspoort
09h00	11h30	2h30	Age Group Sprint Distance (Male and Female 45 to 70+) <i>(750m swim, 20km bike, 5km run)</i>	SA Age Group Sprint Triathlon Championships	AG Female 45 - 70+	Maselspoort
09h15	11h15	2h00			AG Male 45 - 70+	
09h30	11h30	2h00			AG Female 20 - 44	
09h45	11h15	1h30			AG Male 20 - 44	
11h00	12h00	1h00	*Bike check out	Youth, Para; Age Group	Transition, Maselspoort	
10h45	11h15	30min	Swim warm up	Junior Athletes		
10h50	11h30	40min	Bike check in, Athlete lounge opens	Junior and Elite Athletes	Transition, Maselspoort	
11h20	12h00	40min	Medal ceremonies	Youth, Para; Age Group	Finish area Maselspoort	
11h35	11h40	5min	Junior Male Athlete Introduction	Africa Junior Sprint Triathlon Cup	Male 16 - 19	Maselspoort
11h40	13h10	1h30	Sprint Distance <i>(750m swim, 20km bike, 5km run)</i>			
11h50	11h55	5min	Junior Female Athlete Introduction		Female 16 - 19	
11h55	13h35	1h40	Sprint Distance <i>(750m swim, 20km bike, 5km run)</i>			
13h10	13h15	5min	Elite Male Athlete Introduction	Africa Elite Sprint Triathlon Cup and SA Elite Sprint Championships	Elite Male	Maselspoort
13h15	14h30	1h15	Sprint Distance <i>(750m swim, 20km bike, 5km run)</i>			
13h25	13h30	5min	Elite Female Athlete Introduction		Elite Female	
13h30	14h50	1h20	Sprint Distance <i>(750m swim, 20km bike, 5km run)</i>			
14h35	15h15	40min	Bike check out	Junior and Elite Athletes	Transition, Maselspoort	
15h30	15h50	20min	Medal ceremonies	Junior and Elite Athletes	Finish area Maselspoort	
16h00	16h15	15min	Technical Official Debriefing	Technical Officials	Waterbuck, Maselspoort	
<b>19h03 Sunset</b>						

Notes: 1. Bike check out will only be allowed at the scheduled times.  
2. \*Road to exit resort will be closed within 15min after the check out time closes.

