## **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

		Manage Malana				
FRIDAY	4 FEBF	Kopana Nokeng: RUARY 2021	https://g.page/KopanoNokeng?share			
Time Action		Competition Category		Location		
Start			Virtual Race Briefing	All categories		PowerPoint Presentation on FST
		(Any queries may be directed to TD in writing)		All catego	nies	Website (https://fstriathlon.co.za)
SATUR		FEBRUARY 202	21			
Stort		ne Duration	Action	Competition (	Category	Location
Start   Finish   Duration   Start   St						
				ATU Sprint African Cu	p (Junior & Elite)	
13h00	13h45	45min	Cycle course familiarisation	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 (Supersprint: 12 - 15)	Provincial Team Managers		Waterbuck, Maselspoort
14h30	15h15	45min	Registration South African Championships (AG Sprint and Para-athletes)	Provincial Team Managers		Waterbuck, Maselspoort
16h00	17h15	1h15	Registration Africa Sprint Cup (Juniors and Elites)	Athletes (Uniform and entry fee payment))		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 parent SA Junior and U		Kopana Nokeng
19h00	19h30	0h30	Technical Meeting	Technical O	fficials	Kopana Nokeng
		19h04	Sunset			
SUNDA	Y 13 FE	BRUARY 2021				
011		me	Action	Competition (	Category	Location
Start   Finish   Duration   Stimpention   St						
06h30	06h55			Waterbuck, Maselspoort		
07:00	08:00	1h00	Bike check in	Youth, Para-athletes; AG Sprint		T 101 14 1 1
07.00	00.00	11100	DIKE CHECK III	Youth, Para-athlete	es; ag sprint	Transition, Maselspoort
08h05	09h00	55min	Supersprint Distance	SA Youth Supersprint Triathlon	Female 12 - 15	
			1			Maselspoort  Maselspoort
08h05	09h00	55min	Supersprint Distance Youth	SA Youth Supersprint Triathlon	Female 12 - 15	
08h05 08h05	09h00 08h55	55min 50min	Supersprint Distance Youth (400m swim, 10km bike, 2.5km run)  Sprint Distance Para-athletes	SA Youth Supersprint Triathlon Championships	Female 12 - 15  Male 12 - 15	Maselspoort
08h05 08h05 09:00	09h00 08h55 11h40	55min 50min 2h40	Supersprint Distance Youth (400m swim, 10km bike, 2.5km run)  Sprint Distance Para-athletes (750m swim, 20km bike, 5km run)  Age Group Sprint Distance (Male and Female 45 to 70+)	SA Youth Supersprint Triathlon Championships  SA Paratriathlon Invitational	Female 12 - 15 Male 12 - 15 Male / Female	Maselspoort  Maselspoort
08h05 08h05 09:00 09h00 09h15	09h00 08h55 11h40 11h30 11h15	55min 50min 2h40 2h30 2h00	Supersprint Distance Youth (400m swim, 10km bike, 2.5km run)  Sprint Distance Para-athletes (750m swim, 20km bike, 5km run)  Age Group Sprint Distance	SA Youth Supersprint Triathlon Championships	Female 12 - 15  Male 12 - 15  Male / Female  AG Female 45 - 70+  AG Male 45 - 70+	Maselspoort
08h05 08h05 09:00 09h00 09h15 09h30	09h00 08h55 11h40 11h30 11h15 11h30	55min 50min 2h40 2h30 2h00 2h00	Supersprint Distance Youth (400m swim, 10km bike, 2.5km run)  Sprint Distance Para-athletes (750m swim, 20km bike, 5km run)  Age Group Sprint Distance (Male and Female 45 to 70+) (750m swim, 20km bike, 5km run)  Age Group Sprint Distance (Male 20 to 44)	SA Youth Supersprint Triathlon Championships  SA Paratriathlon Invitational  SA Age Group Sprint Triathlon	Female 12 - 15  Male 12 - 15  Male / Female  AG Female 45 - 70+  AG Male 45 - 70+  AG Female 20 - 44	Maselspoort  Maselspoort
08h05 08h05 09:00 09h00 09h15 09h30 09h45	09h00 08h55 11h40 11h30 11h15 11h30 11h15	55min 50min 2h40 2h30 2h00 2h00 1h30	Supersprint Distance Youth (400m swim, 10km bike, 2.5km run)  Sprint Distance Para-athletes (750m swim, 20km bike, 5km run)  Age Group Sprint Distance (Male and Female 45 to 70+) (750m swim, 20km bike, 5km run)  Age Group Sprint Distance (Male 20 to 44) (750m swim, 20km bike, 5km run)	SA Youth Supersprint Triathlon Championships  SA Paratriathlon Invitational  SA Age Group Sprint Triathlon Championships	Female 12 - 15  Male 12 - 15  Male / Female  AG Female 45 - 70+  AG Male 45 - 70+  AG Female 20 - 44  AG Male 20 - 44	Maselspoort  Maselspoort  Maselspoort
08h05 08h05 09:00 09h00 09h15 09h30	09h00 08h55 11h40 11h30 11h15 11h30	55min 50min 2h40 2h30 2h00 2h00	Supersprint Distance Youth (400m swim, 10km bike, 2.5km run)  Sprint Distance Para-athletes (750m swim, 20km bike, 5km run)  Age Group Sprint Distance (Male and Female 45 to 70+) (750m swim, 20km bike, 5km run)  Age Group Sprint Distance (Male 20 to 44)	SA Youth Supersprint Triathlon Championships  SA Paratriathlon Invitational  SA Age Group Sprint Triathlon	Female 12 - 15  Male 12 - 15  Male / Female  AG Female 45 - 70+  AG Male 45 - 70+  AG Female 20 - 44  AG Male 20 - 44	Maselspoort  Maselspoort
08h05 08h05 09:00 09h00 09h15 09h30 09h45 11h00	09h00 08h55 11h40 11h30 11h15 11h30 11h15	55min 50min 2h40 2h30 2h00 2h00 1h30 1h00	Supersprint Distance Youth (400m swim, 10km bike, 2.5km run)  Sprint Distance Para-athletes (750m swim, 20km bike, 5km run)  Age Group Sprint Distance (Male and Female 45 to 70+) (750m swim, 20km bike, 5km run)  Age Group Sprint Distance (Male 20 to 44) (750m swim, 20km bike, 5km run)  *Bike check out	SA Youth Supersprint Triathlon Championships  SA Paratriathlon Invitational  SA Age Group Sprint Triathlon Championships  Youth, Para; A	Female 12 - 15  Male 12 - 15  Male 12 - 15  Male / Female  AG Female 45 - 70+  AG Male 45 - 70+  AG Female 20 - 44  AG Male 20 - 44  Ge Group	Maselspoort  Maselspoort  Maselspoort
08h05 08h05 09:00 09h00 09h15 09h30 09h45 11h00 10h45	09h00 08h55 11h40 11h30 11h15 11h30 11h15	55min 50min 2h40 2h30 2h00 2h00 1h30 1h00 30min	Supersprint Distance Youth (400m swim, 10km bike, 2.5km run)  Sprint Distance Para-athletes (750m swim, 20km bike, 5km run)  Age Group Sprint Distance (Male and Female 45 to 70+) (750m swim, 20km bike, 5km run)  Age Group Sprint Distance (Male 20 to 44) (750m swim, 20km bike, 5km run)  *Bike check out Swim warm up	SA Youth Supersprint Triathlon Championships  SA Paratriathlon Invitational  SA Age Group Sprint Triathlon Championships  Youth, Para; A Junior Athletes	Female 12 - 15  Male 12 - 15  Male 12 - 15  Male / Female  AG Female 45 - 70+  AG Male 45 - 70+  AG Female 20 - 44  AG Male 20 - 44  ge Group	Maselspoort  Maselspoort  Maselspoort  Transition, Maselspoort
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08h05 08h05 09:00 09h00 09h15 09h30 09h45 11h00 10h45 10h50 11h20	09h00 08h55 11h40 11h30 11h15 11h30 11h15 12h00 11h15 11h30 12h00 11h40	55min 50min 2h40 2h30 2h00 2h00 1h30 1h00 30min 40min 5min	Supersprint Distance Youth (400m swim, 10km bike, 2.5km run)  Sprint Distance Para-athletes (750m swim, 20km bike, 5km run)  Age Group Sprint Distance (Male and Female 45 to 70+) (750m swim, 20km bike, 5km run)  Age Group Sprint Distance (Male 20 to 44) (750m swim, 20km bike, 5km run)  *Bike check out Swim warm up  Bike check in, Athlete lounge opens  Medal ceremonies  Junior Male Athlete Introduction Sprint Distance (750m swim, 20km bike, 5km run)  Junior Female Athlete Introduction Sprint Distance	SA Youth Supersprint Triathlon Championships  SA Paratriathlon Invitational  SA Age Group Sprint Triathlon Championships  Youth, Para; A Junior Athletes Junior and Elite Youth, Para; A	Female 12 - 15  Male 12 - 15  Male 12 - 15  Male / Female  AG Female 45 - 70+  AG Male 45 - 70+  AG Female 20 - 44  AG Male 20 - 44  ge Group  Athletes ge Group	Maselspoort  Maselspoort  Maselspoort  Transition, Maselspoort  Transition, Maselspoort  Finish area Maselspoort
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08h05 08h05 09h00 09h00 09h15 09h30 09h45 11h00 10h45 10h50 11h20 11h35 11h40 11h50 11h55 13h10 13h15	09h00 08h55 11h40 11h30 11h15 11h30 11h15 12h00 11h15 11h30 11h40 13h10 11h55 13h35 13h15	55min 50min 2h40 2h30 2h00 2h00 1h30 1h00 30min 40min 5min 1h30 5min 1h40 5min 1h15	Supersprint Distance Youth (400m swim, 10km bike, 2.5km run)  Sprint Distance Para-athletes (750m swim, 20km bike, 5km run)  Age Group Sprint Distance (Male and Female 45 to 70+) (750m swim, 20km bike, 5km run)  Age Group Sprint Distance (Male 20 to 44) (750m swim, 20km bike, 5km run)  *Bike check out Swim warm up  Bike check in, Athlete lounge opens  Medal ceremonies  Junior Male Athlete Introduction Sprint Distance (750m swim, 20km bike, 5km run)  Junior Female Athlete Introduction Sprint Distance (750m swim, 20km bike, 5km run)  Elite Male Athlete Introduction Sprint Distance (750m swim, 20km bike, 5km run)	SA Youth Supersprint Triathlon Championships  SA Paratriathlon Invitational  SA Age Group Sprint Triathlon Championships  Youth, Para; A Junior Athletes Junior and Elite Youth, Para; A  Africa Junior Sprint Triathlon Cup  Africa Elite Sprint Triathlon Cup	Female 12 - 15  Male 12 - 15  Male 12 - 15  Male / Female  AG Female 45 - 70+  AG Male 45 - 70+  AG Female 20 - 44  AG Male 20 - 44  ge Group  Athletes ge Group  Male 16 - 19  Female 16 - 19	Maselspoort  Maselspoort  Maselspoort  Transition, Maselspoort  Transition, Maselspoort  Finish area Maselspoort  Maselspoort
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Notes: 1. Bike check out will only be allowed at the scheduled times.



<sup>2. \*</sup>Road to exit resort will be closed within 15min after the check out time closes.