

COMPETITION SCHEDULE: 13 FEBRUARY 2022



ATU ELITE SPRINT TRIATHLON CUP
ATU JUNIOR SPRINT TRIATHLON CUP



FREE STATE SOUTH AFRICAN NATIONAL TRIATHLON CHAMPIONSHIPS
SA YOUTH SUPERSPRINT CHAMPIONSHIPS
SA PARA-ATHLETE CHAMPIONSHIPS
AGE GROUP SPRINT CHAMPIONSHIPS

Venue: Maselspoort Resort
Bloemfontein
South Africa

Hosted by:



Directions: <https://www.maselspoort.co.za/contact/directions>

FRIDAY 4 FEBRUARY 2021						
Time			Action	Competition Category	Location	
Start	Finish	Duration				
From 14:00			Race Briefing <i>(Any queries may be directed to TD in writing)</i>	All Categories	PowerPoint Presentation on FST Website (https://fstriathlon.co.za)	
SATURDAY 12 FEBRUARY 2021						
Time			Action	Competition Category	Location	
Start	Finish	Duration				
05h54 Sunrise						
13h30	14h15	45min	Cycle course familiarisation	ATU Sprint African Cup (Junior & Elite) Age Group Sprint & Para Athletes	Maselspoort	
14h15	14h30	15min	Run course familiarisation	ATU Sprint African Cup (Junior & Elite) Age Group Sprint & Para Athletes	Maselspoort	
14h30	15h00	30min	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	
16h00	16h30	30min	Registration South African Championships <i>(Supersprint: 12 - 15)</i>	Provincial Team Managers	Waterbuck, Maselspoort	
16h30	17h00	30min	Registration South African Championships <i>(AG Sprint)</i>	Provincial Team Managers	Waterbuck, Maselspoort	
17h00	18h30	1h30	Registration Africa Sprint Cup <i>(Juniors, Elite)</i>	Athletes <i>(Uniform, bike check)</i>	Waterbuck, Maselspoort	
18h30	19h30	1h00	Technical Meeting	Technical Officials	Waterbuck, Maselspoort	
19h04 Sunset						
SUNDAY 13 FEBRUARY 2021						
Time			Action	Competition Category	Location	
Start	Finish	Duration				
05h54 Sunrise						
06h30	06h55	25min	Technical Meeting	Technical Officials	Waterbuck, Maselspoort	
07:00	08:00	1h00	Bike check in	Youth, Para-athletes; AG Sprint	Transition, Maselspoort	
08h00	09h00	1h00	Youth Supersprint Distance <i>(swim, 10km bike, 2.5km run)</i> (400m)	SA Youth Supersprint Triathlon Championships	Female 12 - 15	Maselspoort
08h15	09h00	45min			Male 12 - 15	
08:35	11h15	2h40	Sprint Distance Para-athletes <i>(750m swim, 20km bike, 5.0km run)</i>	SA Paratriathlon Triathlon Championships	Male / Female	Maselspoort
09h00	11h30	2h30	Age Group Sprint Distance (Male and Female 45 to 70+) <i>(750m swim, 20km bike, 5.0km 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-athletes; Age Group	Transition, Maselspoort	
11h00	11h30	30min	Bike check in	Junior and Elite Athletes	Transition, Maselspoort	
11h30	12h00	30min	Medal ceremonies	Youth, Para-athletes; Age Group	Finish area Maselspoort	
11h40	11h45	5min	Junior Female Athlete Introduction	Africa Junior Sprint Triathlon Cup	Female 16 - 19	Maselspoort
11h45	13h35	1h40	Sprint Distance <i>(750m swim, 20km bike, 5.0km run)</i>			
11h55	12h00	5min	Junior Male Athlete Introduction		Male 16 - 19	
12h00	13h20	1h20	Sprint Distance <i>(750m swim, 20km bike, 5.0km run)</i>			
12h55	13h00	5min	Elite Female Athlete Introduction	Africa Elite Sprint Triathlon Cup	Elite Female	Maselspoort
13h00	14h30	1h30	Sprint Distance <i>(750m swim, 20km bike, 5.0km run)</i>			
13h10	13h15	5min	Elite Male Athlete Introduction		Elite Male	
13h15	14h30	1h15	Sprint Distance <i>(750m swim, 20km bike, 5.0km run)</i>			
14h30	15h00	30min	Bike check out	Junior and Elite Athletes	Transition, Maselspoort	
14h45	15h00	15min	Medal ceremonies	Junior and Elite Athletes	Finish area Maselspoort	
15h00	15h15	15min	Technical Official Defriefing	Technical Officials	Waterbuck, Maselspoort	
19h03 Sunset						

- 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.

