



2019 BONAQUA TROUTBECK ATU SPRINT TRIATHLON AFRICAN CUP; ATU JUNIOR SPRINT TRIATHLON AFRICAN CUP, ZIMBABWE NATIONAL TRIATHLON CHAMPIONSHIPS; BONAQUA CORPORATE TEAM CHALLENGE; NON-CHAMPIONSHIP CROSS-TRIATHLON (MTB); TRIKIDZ; TRISPORTS, AQUATHLON & TROUTBECK MILE OPEN WATER SWIM

DAY	TIME	EVENT DETAIL
THURSDAY 14TH FEB	1100-1500	VISITING INTERNATIONAL ATHLETES ARRIVE HARARE INTL. AIRPORT - TRANSFER TO TROUTBECK RESORT
	1900	ARRIVALS AT TROUTBECK RESORT
FRIDAY 15TH FEB	0900-0930	SWIM FAMILIARISATION - ELITE/JUNIOR
	0930-1030	CROSS-TRIATHLON - BIKE FAMILIARISATION
	1000-1100	CYCLE/RUN COURSE FAMILIARISATION - ELITE/JUNIOR
	1100-1130	CROSS-TRIATHLON - RUN FAMILIARISATION
	1200	ELITE/U23 UNIFORM CHECK - REGISTRATION - PACKET COLLECTION
	1230	ELITE/U23 BRIEFING
	1300	ELITE MEDIA CONFERENCE-CONFERENCE ROOM-TROUTBECK
	1330	JUNIOR AFRICAN CUP REGISTRATION - CHECK-IN-PACKET COLLECTION
	1400	JUNIOR AFRICAN CUP BRIEFING
	1500-1700	REGISTRATION AND PACKET COLLECTION - ALL ENTRIES FOR - CROSS-TRIATHLON / TRIATHLON: AG / YOUTH / CORPORATE TEAMS - ALL INDIVIDUALS & TEAMS ** LATE ENTRIES FOR TRIKIDZ/TRISPORTS / AQUATHLON / OPEN WATER SWIM WILL BE ACCEPTED BUT PACKET COLLECTION WILL TAKE PLACE AT CHECK IN AND REGISTRATION ON SATURDAY 16TH FEBRUARY
	1630	MEDAL CEREMONY REHEARSAL
	1715	BRIEFINGS - ALL CROSS-TRIATHLON & TRIATHLON DISTANCES - AG / YOUTH / CORPORATE TEAMS **** **** RACE BRIEFING IS COMPULSORY - IF YOU ARE UNABLE TO ATTEND PLEASE ADVISE LOC **** ALL TEAM ENTRIES - AT LEAST ONE (1) MEMBER OF THE TEAM MUST ATTEND RACE BRIEFING **** NOT APPLICABLE TO AQUATHLON / TRIKIDZ / TRISPORTS + OPEN WATER SWIM - THESE BRIEFINGS WILL TAKE PLACE PRIOR TO YOUR EVENTS ON SATURDAY 16TH FEBRUARY
	1800	TECHNICAL OFFICIALS' & VOLUNTEER BRIEFING
SATURDAY 16TH FEB	0600	CHECK - IN AND TRANSITION OPENS - ALL STANDARD & SPRINT AG CROSS-TRIATHLON / AG TRIATHLON
	0630	SWIM WARM UP OPENS - ALL STANDARD & SPRINT AG CROSS-TRIATHLON / AG TRIATHLON
	0645	SWIM WARM UP CLOSES - ALL STANDARD & SPRINT AG CROSS-TRIATHLON / AG TRIATHLON
	0645	TRANSITION CLOSES - FOR ALL STANDARD & SPRINT AG CROSS-TRIATHLON / AG TRIATHLON
	0700	START - SPRINT & STANDARD - AG CROSS-TRIATHLON MEN & WOMEN - INDIVIDUALS & TEAMS * staggered starts START - SPRINT & STANDARD - AG TRIATHLON - MEN & WOMEN - INDIVIDUALS & TEAMS *staggered after Cross-Tri
	0645	ATU JUNIOR AFRICAN CUP - CHECK-IN & TRANSITION OPENS - JUNIOR WOMEN
	0715	ATU JUNIOR AFRICAN CUP - SWIM WARM UP OPENS - JUNIOR WOMEN
	0730	ATU JUNIOR AFRICAN CUP - SWIM WARM UP CLOSES - JUNIOR WOMEN
	0730	ATU JUNIOR AFRICAN CUP - TRANSITION CLOSES - JUNIOR WOMEN
	0735	ATU JUNIOR AFRICAN CUP - CHECK-IN & TRANSITION OPENS - JUNIOR MEN
	0735	ATU JUNIOR AFRICAN CUP - TRANSFER TO PRE-START TENT - LINE UP - JUNIOR WOMEN
	0740	ATU JUNIOR AFRICAN CUP - ATHLETE LINE UP & INTRODUCTION - JUNIOR WOMEN
	0745	ATU JUNIOR AFRICAN CUP - START - JUNIOR WOMEN
	0805	ATU JUNIOR AFRICAN CUP - SWIM WARM UP OPENS - JUNIOR MEN
	0820	ATU JUNIOR AFRICAN CUP - SWIM WARM UP CLOSES - JUNIOR MEN
	0820	ATU JUNIOR AFRICAN CUP - TRANSITION CLOSES - JUNIOR MEN
	0825	ATU JUNIOR AFRICAN CUP - TRANSFER TO PRE-START TENT - LINE UP - JUNIOR MEN
	0830	ATU JUNIOR AFRICAN CUP - ATHLETE LINE UP & INTRODUCTION - JUNIOR MEN
	0835	ATU JUNIOR AFRICAN CUP - START - JUNIOR MEN
	0845	TRIKIDZ + TRISPORT REGISTRATION OPENS - CHECK-IN + PACKET COLLECTION + BODY MARKING - SUN LOUNGE
	0940	TRIKIDZ + TRISPORT BRIEFING
	0945	TRIKIDZ - START
	1000	TRISPORTS - START
	0930	ELITE/U23- WOMEN - ATHLETE LOUNGE OPENS
	0945	ELITE/U23- WOMEN - TRANSITION OPENS
	1015	ELITE/U23 WOMEN - SWIM WARM UP
	1030	ELITE/U23- WOMEN - SWIM WARM UP CLOSES
	1035	ELITE/U23 WOMEN - TRANSFER TO PRE-START TENT-LINE UP
	1040	ELITE/U23 WOMEN - AFRICAN CUP - ATHLETE INTRODUCTION
	1045	ELITE/U23 WOMEN - AFRICAN CUP - START
	1100	ELITE/U23- MEN - ATHLETE LOUNGE OPENS
	1115	ELITE/U23- MEN - TRANSITION OPENS
	1130	ELITE/U23 MEN - SWIM WARM UP
	1145	ELITE/U23- MEN - SWIM WARM UP CLOSES
	1200	ELITE/U23 MEN - TRANSFER TO PRE-START TENT-LINE UP
	1210	ELITE/U23 MEN - AFRICAN CUP - ATHLETE INTRODUCTION
	1215	ELITE/U23 MEN - AFRICAN CUP - START
	1245	OPEN WATER SWIM / AQUATHLON - LATE REGISTRATIONS, PACKET COLLECTION & BODY MARKING OPENS
	1300	SUPER-SPRINT DISTANCE - TRANSITION & CHECK-IN OPENS FOR ALL - YOUTH U13/U15 / AG INIVIDUALS / TEAMS / CORPORATE CHALLENGE
	1325	AQUATHLON - REGISTRATION CLOSES - ATHLETES TO PRE-START BRIEFING
	1330	SUPER-SPRINT DISTANCE - TRANSITION CLOSES - ALL SUPERSPRINT DISTANCE COMPETITORS
	1335	AQUATHLON - START
	1335	SUPERSPRINT - START - ALL AG / TEAMS / CORPORATE TEAMS
	1345	SUPER-SPRINT - START - YOUTH BOYS U13/U15
	1350	SUPER-SPRINT - START - YOUTH GIRLS U13/U15
	1350	OPEN WATER SWIM - REGISTRATION CLOSES
	1405	1500M OPEN WATER SWIM - START
	1410	750M OPEN WATER SWIM - START
	1445	OPEN WATER SWIM - CUT OFF
	1500	ELITE - AFRICAN CUP - MEDAL CEREMONY
	1510	JUNIOR - AFRICAN CUP - MEDAL CEREMONY
	1515	CROSS-TRIATHLON EVENTS - MEDAL CEREMONY
	1520	TRIATHLON + AQUATHLON EVENTS - MEDAL CEREMONY
	1525	OPEN WATER SWIM - MEDAL CEREMONY
	1830	EVENING FUNCTION
	1840	KEY NOTE ADDRESS-GUEST OF HONOUR
	1850	ANNOUNCEMENT OF TEAM SELECTION TO SA CHAMPS
	1900	DINNER SERVED
SUNDAY 17TH FEB	TBA	DEPARTURES-VISITING ATHLETES/TD TO HRE INTL. BY TRANSFER
	0830	OPEN WATER SWIM - 3750M - START