



2026 BONAQUA AFRICA TRIATHLON CUP, AFRICA TRIATHLON JUNIOR CUP & MULTISPORT FESTIVAL

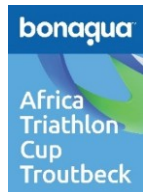
ZIMBABWE TRIATHLON NATIONAL CHAMPIONSHIPS, NON-CHAMPIONSHIP MULTISPORT EVENTS - AQUABIKE, AQUATHLON, CYCLE CRITERIUM, DUATHLON, i-GO CORPORATE TEAM TRIATHLON & DUATHLON CHALLENGES, MOUNTAIN BIKE, OFF-ROAD TRIATHLON, OPEN WATER SWIM, TRAIL RUN, AG TRIATHLON, YOUTH MINI TRIATHLON & YOUTH MINI DUATHLON

KEY TIMES

SATURDAY 14TH MARCH - COMPETITION SCHEDULE

0615 - 0645	STANDARD DISTANCE - TRIATHLON / AQUABIKE - INDIVIDUALS & TEAMS - Check In & Transition Zones open on Upper Level - Race number marking - collect timing chip
0655	STANDARD DISTANCE - TRIATHLON / AQUABIKE - INDIVIDUALS & TEAMS - REPORT TO ATHLETE CALL TENT LOWER LEVEL
0700	START - TRIATHLON & AQUABIKE AG STANDARD - INDIVIDUALS & TEAMS
0615 - 0700	PHILLIP JEANS MEMORIAL TRAIL RUN - 20KM PARTICIPANTS - Check In Zone opens on Lower Level - Race number marking, inspection of kit, collect race pack & bib - pre-race briefing - REPORT TO START 0705
0715	START - PHILLIP JEANS MEMORIAL TRAIL RUN 20KM
0645 - 0715	OFF-ROAD TRIATHLON SPRINT - INDIVIDUALS & TEAMS - Check In & Transition Zone opens on Lower Level - Race number marking, collect race pack & timing chip - pre-race briefing - REPORT TO START 0720
0730	START - OFF-ROAD TRIATHLON - SPRINT - INDIVIDUALS & TEAMS * MASS START
0645 - 0715	SPRINT DISTANCE - TRIATHLON / DUATHLON / AQUABIKE - AG INDIVIDUALS & TEAMS - Check In & Transition Zone opens on Upper Level - Race number marking - collect timing chip
0740	SPRINT DISTANCE - TRIATHLON / DUATHLON / AQUABIKE - AG INDIVIDUALS & TEAMS - REPORT TO ATHLETE CALL TENT LOWER LEVEL
0745	START - AG SPRINT TRIATHLON / DUATHLON / AQUABIKE - ALL INDIVIDUALS & TEAMS
0715 - 0745	MTB - 14KM / 28 KM - ALL ENTRIES - Check In & Transition Zone opens on Lower Level - Race number marking, collect race pack & timing chip - pre-race briefing - REPORT TO START AREA 0750
0800	START - MTB - 14KM / 28KM - ALL ENTRIES - * MASS START
0715 - 0745	SUPERSPRINT - TRIATHLON - YOUTH BOYS / YOUTH GIRLS / AG INDIVIDUALS & TEAMS - Check In & Transition Zone Opens on Upper Level - Race number marking, collect timing chip
0810	SUPERSPRINT - TRIATHLON - YOUTH BOYS / YOUTH GIRLS / AG INDIVIDUALS & TEAMS - REPORT TO ATHLETE CALL TENT LOWER LEVEL
0815	ZUMBA
0815	START - TRIATHLON - YOUTH BOYS SUPERSPRINT
0820	START - TRIATHLON - YOUTH GIRLS SUPERSPRINT
0825	START - TRIATHLON - AG SUPERSPRINT
0745 - 0815	CORPORATE CHALLENGE TRIATHLON TEAMS - ALL TEAM MEMBERS TO CHECK IN TOGETHER - Check in & Transition Zone opens on Upper Level - Race number marking, collect & timing chip REPORT TO CALL TENT 0830-0840
0830 - 0840	CORPORATE CHALLENGE TRIATHLON TEAMS - ALL TEAM MEMBERS TO REPORT TO CHANGE-OVER-ZONE - SWIMMERS WILL BE ESCORTED TO THE SWIM START. BIKERS TO REMAIN IN THE DEMARCATED CHANGE-OVER ZONE & WAIT TO BE TAGGED BY THE SWIMMER / RUNNER TO REMAIN AT THE CHANGE-OVER ZONE
0845	START - CORPORATE CHALLENGE TRIATHLON
0730 - 0815	PHILLIP JEANS MEMORIAL TRAIL RUN - 10KM PARTICIPANTS - Check In Zone opens on Lower Level - Race number marking, inspection of kit, collect race pack & bin - pre-race briefing - REPORT TO START AREA 0835
0845	START - PHILLIP JEANS MEMORIAL TRAIL RUN 10KM
0745 - 0815	CORPORATE CHALLENGE DUATHLON TEAMS - ALL TEAM MEMBERS TO CHECK IN TOGETHER - Check in & Transition Zone opens on Upper Level - Race number marking, collect & timing chip - REPORT TO START AREA 0830-0840
0830 - 0840	CORPORATE CHALLENGE DUATHLON TEAMS - ALL TEAM MEMBERS TO REPORT TO CHANGE-OVER-ZONE - RUNNER 1 WILL START AT THE ROUNDABOUT START-LINE / BIKER TO REMAIN IN THE DEMARCATED CHANGE-OVER ZONE AT THE ALLOCATED RACK NUMBER & WAIT TO BE TAGGED BY RUNNER 1 / RUNNER 2 TO REMAIN AT THE CHANGE-OVER ZONE
0900	START - CORPORATE CHALLENGE DUATHLON
0900 - 0930	YOUTH MINI TRIATHLON & YOUTH MINI DUATHLON - ATHLETES ONLY - Check In & Transition opens on Upper Level - Race number marking, collect timing chip - PRE-RACE BRIEFING will take place 10 MINS. BEFORE RACE START
0830 - 0945	OPEN WATER SWIM - ALL PARTICIPANTS - Check in & Transition Zone opens on the Lower Level - Race number marking, race pack collection - pre-race briefing will take place 10 mins before race starts - 5000M & 3000M SWIMMERS REPORT TO CALL TENT 1000
0945 - 1015	AQUATHLON - Check In & Transition Zone opens on Lower Level - ALL TEAM MEMBERS TO CHECK IN TOGETHER - Race number marking, collect timing chip - REPORT TO START AREA 1030 FOR PRE-RACE BRIEFING
0930	NATIONAL ANTHEM
0945 - 1030	CYCLE CRITERIUM CHECK IN, REGISTRATION & RACE PACK COLLECTION AT DEMARCATED CHECK-IN AREA NEAR START ZONE & LOCATED IN THE CAR PARK AREA CLOSE TO THE BIKE COURSE - REPORT TO PRE-START AREA 1030
0950	YOUTH MINI TRIATHLON & YOUTH MINI DUATHLON - REPORT TO YOUTH MINI ZONE FOR FINAL CHECK AND PRE-RACE BRIEFING
1000	START - YOUTH MINI TRIATHLON AND YOUTH MINI DUATHLON
1010	START - OPEN WATER SWIM MASS START - 5000m / 3000m





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KEY TIMES SATURDAY 14TH MARCH - COMPETITION SCHEDULE

1000	JUNIOR MEN & WOMEN - Athlete Lounge Opens
1015	MEDAL CEREMONY - TRIATHLON NATIONAL CHAMPIONSHIPS - U13-U15 YOUTH SUPERSPRINT BOYS & GIRLS
1015	MEDAL CEREMONY - NON CHAMPIONSHIP - AG SUPERSPRINT INDIVIDUALS & TEAMS
1015	MEDAL CEREMONY - CORPORATE CHALLENGE TRIATHLON & DUATHLON
1030	JUNIOR MEN & WOMEN - Transition Zone opens on Upper Level - pre-transition Bike Check, uniform, shoe and race number check - collect swim cap & timing chip
1035	MEDAL CEREMONY - TRIATHLON NATIONAL CHAMPIONSHIPS - AG STANDARD / AG SPRINT
1035	MEDAL CEREMONY - NON CHAMPIONSHIP - AG TRIATHLON STANDARD & SPRINT TEAMS / DUATHLON SPRINT / AQUABIKE STANDARD INDIVIDUALS
1040	START - AQUATHLON
1040	START - CYCLE CRITERIUM
1050	OPEN WATER SWIM 1500M & 750M REPORT TO CALL TENT
1100	START - OPEN WATER SWIM MASS START - 1500M / 750M
1100	MEDAL CEREMONY - NON CHAMPIONSHIP - YOUTH MINI TRIATHLON & YOUTH MINI DUATHLON / OFF-ROAD TRIATHLON INDIVIDUALS & TEAMS
1100	JUNIOR MEN & WOMEN - SWIM WARM UP
1115	JUNIOR MEN & WOMEN - TRANSFER TO PRE-START TENT-LINE UP
1125	JUNIOR MEN - ATHLETE INTRODUCTION
1130	START - JUNIOR MEN - AFRICA TRIATHLON JUNIOR CUP
1135	JUNIOR WOMEN - ATHLETE INTRODUCTION
1140	START - JUNIOR WOMEN - AFRICA TRIATHLON JUNIOR CUP
1145	MEDAL CEREMONY - OPEN WATER SWIM - 5000m / 3000m / 1500m / 750m
1200	ELITE/U23 WOMEN - Athlete Lounge Opens
1205	MEDAL CEREMONY - MTB / AQUATHLON INDIVIDUALS & TEAMS / TRAIL RUN / CYCLE CRITERIUM
1215	ELITE/U23 WOMEN - Transition Zone opens on Upper Level - pre-transition Bike Check, uniform, shoe and race number check - collect swim cap & timing chip
1230-1240	ELITE/U23 WOMEN - SWIM WARM UP
1250	ELITE/U23 WOMEN - TRANSFER TO PRE-START TENT-LINE UP
1255	ELITE/U23 WOMEN - ATHLETE INTRODUCTION ** ALTERNATIVE FOR JUNIOR WOMEN
1300	START - ELITE/U23 WOMEN AFRICA TRIATHLON CUP ** ALTERNATIVE START FOR JUNIOR WOMEN
1300	OPEN WATER SWIM - 4 X 500M RELAY REPORT TO CALL TENT
1315	START - OPEN WATER SWIM - 4 X 500M RELAY
1330	ELITE/U23 MEN - Athlete Lounge Opens
1345	ELITE/U23 MEN - Transition Zone opens on Upper Level - pre-transition Bike Check, uniform, shoe and race number check - collect swim cap & timing chip
1400-1410	ELITE/U23 MEN - SWIM WARM UP
1420	ELITE/U23 MEN - TRANSFER TO PRE-START TENT-LINE UP
1425	ELITE/U23 MEN - ATHLETE INTRODUCTION
1430	START - ELITE/U23 MEN AFRICA TRIATHLON CUP
1445	MEDAL CEREMONY - OPEN WATER SWIM - 4 X 500M RELAY
1500	MEDAL CEREMONY - NATIONAL CHAMPIONSHIPS U17/19 JUNIOR MEN & WOMEN
1600	MEDAL CEREMONY - JUNIOR AFRICA TRIATHLON CUP - WOMEN & MEN
1600	MEDAL CEREMONY - ELITES AFRICA TRIATHLON CUP - WOMEN & MEN
1830	EVENING FUNCTION - SEATED BY 1845
1900	KEY NOTE ADDRESS-GUEST OF HONOUR
1920	ELITE PRIZE MONEY PRESENTATION
1930	DINNER SERVED

