

## 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

### SATURDAY 14TH MARCH 2026

DISCIPLINE	WHAT	WHERE	ACTIVITY	TIME	REPORT TO CALL TENT/START AREA	RACE START	MEDAL CEREMONY
TRIATHLON	AG STANDARD INDIVIDUALS & TEAMS	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0615 - 0645	0655	0700	1035
TRIATHLON	AG SPRINT INDIVIDUALS & TEAMS	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0645 - 0715	0740	0745	1035
TRIATHLON	YOUTH BOYS SUPERSPRINT	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0715 - 0745	0810	0815	1015
TRIATHLON	YOUTH GIRLS SUPERSPRINT	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0715 - 0745	0810	0820	1015
TRIATHLON	AG SUPERSPRINT INDIVIDUALS & TEAMS	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0715 - 0745	0810	0825	1015
YOUTH MINI	TRIATHLON	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0900 - 0930	0950	1000	1100
AQUABIKE	AG STANDARD INDIVIDUALS & TEAMS	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0615 - 0645	0655	0700	1035
AQUABIKE	AG SPRINT INDIVIDUALS & TEAMS	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0645 - 0715	0740	0745	1035
DUATHLON	AG SPRINT	Upper Level Transition Zone	Check In - Race Number marking - collect Timing Chip	0645 - 0715	0740	0745	1035
YOUTH MINI	DUATHLON	Upper Level Transition Zone	Check In - Race Number marking - collect Timing Chip	0900 - 0930	0950	1000	1100
CORPORATE CHALLENGE	TRIATHLON TEAMS	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip then proceed to demarcated Change-over Zone	0745 - 0815	0830 - 0840	0845	1015
	DUATHLON TEAMS	Upper Level Transition Zone	Check In - Race Number marking - collect Timing Chip then proceed to demarcated Change-over Zone	0745 - 0815	0830 - 0840	0900	1015
AQUATHLON	ALL	Lower Level Aquathlon Transition Zone	Check In - Race Number marking - Collect Swim Cap, Race Pack & Timing Chip	0945 - 1015	1030	1040	1205
MTB	ALL	Lower Level MTB Zone	Check In - Race Number marking - Collect Race Pack & Timing Chip	0715 - 0745	0750	0800	1205
OFF-ROAD TRIATHLON	ALL	Lower Level Off-Road Zone	Check In - Race Number marking - Collect Swim Cap, Race Pack & Timing Chip	0645 - 0715	0720	0730	1100
OPEN WATER SWIM	5000M - 3000M	Lower Level - Open Water Swim Zone	Check In - Race Number marking - Collect Event Pack & Swim Cap	0830 - 0945	1000	1005	1145
	1500M - 750M	Lower Level - Open Water Swim Zone				1100	1145
	4 X 500M RELAY	Lower Level - Open Water Swim Zone				1300	1445
TRAIL RUN	20KM	Lower Level - Trail Run Zone	Check In - Collect Race Pack & Race Bib	0615 - 0700	0705	0715	1205
	10KM			0730 - 0815	0835	0845	1205
CYCLE CRITERIUM	30 MINUTES + 1 LAP	Demarcated Zone in Car Park close to the Bike Course	Check In - Collect Race Pack & Timing Bike Board/Chip	0945 - 1030	1030	1040	1205