



**2024 BONAQUA AFRICA TRIATHLON CUP, AFRICA TRIATHLON JUNIOR CUP,
ZIMBABWE NATIONAL TRIATHLON CHAMPIONSHIPS, BONAQUA CIMAS I-GO
CORPORATE TEAM TRIATHLON & DUATHLON CHALLENGES, OFF-ROAD
TRIATHLON, MOUNTAIN BIKE, YOUTH-MINI TRIATHLON, AQUATHLON, DUATHLON,
AQUABIKE, OPEN WATER SWIM & TRAIL RUN**

SATURDAY 17TH FEBRUARY 2024

DISCIPLINE	WHO	WHERE	ACTIVITY	TIME	RACE START	MEDAL CEREMONY
TRIATHLON	AG STANDARD	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0615-0645	0700	1140
TRIATHLON	AG SPRINT	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0700-0730	0745	1030
TRIATHLON	YOUTH BOYS SUPERSPRINT	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0745-0815	0830	1000
TRIATHLON	YOUTH GIRLS SUPERSPRINT	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0745-0815	0835	1000
TRIATHLON	AG SUPERSPRINT	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0745-0815	0835	1030
TRIATHLON	YOUTH MINI	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0930-1000	1015	1140
AQUABIKE	AG STANDARD	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0615-0645	0700	1140
DUATHLON	AG SPRINT	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0700-0730	0745	1030
CORPORATE CHALLENGE	TRIATHLON TEAMS	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0745-0815	0840	1030
	DUATHLON TEAMS	Upper Level Transition Zone	Check In - Race Number marking - collect Swim Cap & Timing Chip	0745-0815	0840	1030
AQUATHLON	ALL	Lower Level Aquathlon Transition Zone	Check In - Race Number marking - Collect Race Pack & Timing Chip	0935-1025	1040	1220
MTB	ALL	Lower Level MTB Zone	Check In - Race Number marking - Collect Race Pack & Timing Chip	0715-0745	0800	1330
OFF-ROAD TRIATHLON	ALL	Lower Level Off-Road Zone	Check In - Race Number marking - Collect Race Pack & Timing Chip	0645-0715	0730	1330
OPEN WATER SWIM	ALL	Lower Level - Open Water Swim Zone	Check In - Race Number marking - Collect Event Pack & Swim Cap	0815 -		1345
	5000M - 3000M				0900	
	1500M - 750M				1035	
	4 X 500M RELAY				1150	
TRAIL RUN	20KM	Lower Level - Trail Run Zone	Check In - Race Number marking - Collect Race Pack & Timing Chip	0630-0700	0715	1400
	10KM			0800-0830	0845	

