

5i50[®]

TRIATHLON BELA BELA

EVENT PROGRAMME

FRIDAY 14 AUGUST 2020

Registration:	14:00 – 20:00 (The Polokwane Room, Conference Centre)
Triathlon Shop – Troisport:	14:00 – 20:00 (The Polokwane Room)
Bike Workshop – Troisport:	14:00 – 20:00 (Gazebo outside Conference Centre)

SATURDAY 15 AUGUST 2020 (RACE DAY)

Registration:	07:00 – 09:45 (The Polokwane Room, Conference Centre)
Triathlon Shop – Troisport:	07:00 – 09:45 (The Polokwane Room, Conference Centre)
Bike Workshop – Troisport:	07:00 – 10:30 (Gazebo at the entrance to Transition)
Bike Check-In, incl Welcome	09:00 – 10:30 (Transition Area)
Race Briefing (Compulsory for all)	10:30 (Outside Transition Area)

FUNTRI: Individuals & Teams

Race Start - Teams: <u>Wave 1</u>	11:00
Race Start - Individuals: <u>Wave 2</u>	11:05

FUNTRI Distances: 400m Swim 20km Bike 5km Run

5150:

Race Start: <u>Wave 3</u> (Males 18-34 & 50+) *	11:30
Race Start: <u>Wave 4</u> (Males 35-49) *	12:00
Race Start: <u>Wave 5</u> (Females) *	12:30

*wave composition may change, depending on final distribution when race entries close

5150 Distances: 1500m Swim 40km Bike 10km Run

Bike and Gear Check-Out:

FUNTRI ONLY: 13:15 – 14:15 (No Chip, No Bike)

5150: 16:15 – 17:45 (No Chip, No Bike)

NOTE: Bike & Gear must be checked-out before Awards

Awards Presentation: 17:45 onwards (Finish Line & Public tent)