



PROVINCIAL CONTROLLING BODY FOR TRIATHLON, DUATHLON & AQUATHLON  
AFFILIATED TO TRIATHLON SOUTH AFRICA & SASCOC

## Basic Rules @ Triathlon & Duathlon Events in Free State

### Swim Rules

#### 1. Wetsuits use

Distance	Forbidden Above	Mandatory Below
Olympic	22° C	14° C
Sprint	22° C	14° C
Super Sprint	22° C	14° C

#### 2. Maximum stay in water

Swim Length	Juniors	Age Groupers
300m	10min	20min
301m – 750m	20min	30min
751m – 1500m	30min	1h 10min

#### 3. Modifications

Swim Distance	Temperature of Water					
	Above 32.0°C	30.9°C – 16.0°C	15.9°C – 15.0°C	14.9°C – 14.0°C	13.9°C – 13.0°C	Below 13.0°C
400m	Cancel	400m	400m	400m	Cancel	Cancel
750m	Cancel	750m	750m	750m	750m	Cancel
1500m	Cancel	750m	1500m	1500m	750m	Cancel

#### FREE STATE TRIATHLON (FST)

President: Christa Roestoff Vice President: De la Harpe le Roux Secretary: Wilna Potgieter  
Treasurer: Schalk Roestoff

PO Box 12261 Brandhof Bloemfontein  
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**4. Equipment**

**a.) Swim cap**

- All athletes must wear the swim cap during the swim segment
- Propulsion devices that create an advantage for the athlete, or a risk to others, are forbidden

**b.) Illegal Equipment:**

- Athletes must not use or wear:
- Artificial propulsion devices;
- Flotation devices;
- Gloves or socks;
- Wetsuit bottoms only;
- Wetsuits when they are forbidden;
- Non-certified swimsuits;
- Snorkels;
- Official race numbers (in non-wetsuit swim only)

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