

# COMPETITION SCHEDULE: 20 & 21 MARCH 2021

Hosted by:

FREE STATE SOUTH AFRICAN NATIONAL TRIATHLON CHAMPIONSHIPS



SA YOUTH SUPERSPRINT CHAMPIONSHIPS  
SA JUNIOR AND AGE GROUP SPRINT CHAMPIONSHIPS  
SA PARA-ATHLETE CHAMPIONSHIPS  
SA ELITE AND AGE GROUP STANDARD CHAMPIONSHIPS



Venue: Maselspoort Resort  
Bloemfontein  
South Africa

Directions: <https://www.maselspoort.co.za/contact/directions>

## FRIDAY 12 MARCH 2021

Time			Action	Competition Category	Location
Start	Finish	Duration			
From 14:00			Race Briefing (Any queries may be directed to TD in writing)	All Categories	PowerPoint Presentation on FST Website ( <a href="https://fstriathlon.co.za">https://fstriathlon.co.za</a> )

## FRIDAY 19 MARCH 2021

Time			Action	Competition Category	Location
Start	Finish	Duration			
14:30	15:30	1h00	Meeting	LOC, Life guards, Medical, Traffic	Waterbuck, Maselspoort
18:27			Sunset		
18:30	19:30	1h00	Registration (Supersprint: 12 - 15; Sprint: Juniors, AG)	Provincial Team Managers	Waterbuck, Maselspoort
19:00	20:00	1h00	Technical Meeting	Technical Officials	Waterbuck, Maselspoort

## SATURDAY 20 MARCH 2021

Time			Action	Competition Category	Location
Start	Finish	Duration			
6:18			Sunrise		
6:30	6:45	15min	Technical Meeting	Technical Officials	Waterbuck, Maselspoort
7:00	7:45	45min	Sprint bike check in	Age Groups Sprint Distance	Transition, Maselspoort Modder River, Maselspoort
8:00	9:45	1h45	Sprint Distance (750m swim, 20km bike, 5.0km run)	SA Age Group Sprint Triathlon Championships	Male 20 - 39
8:05	10:20	2h15			Female 20 - 44
8:25	11:00	2h35			Male 40+ & Female 45 +
10:30	11:15	30min	Bike check out	Age Groups Sprint Distance	Transition, Maselspoort
11:30	12:00	30min	Supersprint bike check in	Youth 12 to 15	Transition, Maselspoort Modder River, Maselspoort
12:15	13:00	45min	Supersprint Distance (400m swim, 10km bike, 2.5km run)	SA Youth Supersprint Triathlon Championships	Male 12 - 15
12:25	13:25	1h00			Female 12 - 15
13:00	13:40	30min	Supersprint bike check out	Youth 12 to 15	Transition, Maselspoort
14:00	14:30	30min	Junior Sprint bike check in	Juniors 16 to 19	Transition, Maselspoort Modder River, Maselspoort
14:45	16:05	1h20	Sprint Distance (750m swim, 20km bike, 5.0km run)	SA Junior Sprint Triathlon Championships	Male 16 - 19
15:00	16:40	1h40			Female 16 - 19
16:15	16:55	30min	Bike check out	Juniors 16 to 19	Transition, Maselspoort
18:30	19:30	1h00	Registration (Elite athletes, Para-athletes and Standard Distance Age Group Athletes)	Provincial Team Managers	Waterbuck, Maselspoort
18:26			Sunset		

## SUNDAY 21 MARCH 2021

Time			Action	Competition Category	Location
Start	Finish	Duration			
6:19			Sunrise		
6:30	6:45	15min	Technical Meeting	Technical Officials	Waterbuck, Maselspoort
7:00	7:30	30min	Bike check in	Para-athletes; 40 - 70+ AG Male 45 - 70+ AG Female	Transition, Maselspoort Modder River, Maselspoort
7:45	10:25	2h40	Sprint Distance (750m swim, 20km bike, 5.0km run)	SA Paratriathlon Triathlon Championships	Male / Female Maselspoort
8:10	11:05	3h00	Standard Distance (Male 40+ / Female 45+ AG) (1 500m swim, 40km bike, 10.0km run)	SA Age Group Standard Triathlon Championships	Male 40 - 70+ AG
8:15	11:30	3h15			Female 45 - 70+ AG
11:05	11:45	30min	Bike check out	Para-athletes; 40M/45F -70+ AG	Transition, Maselspoort
10:00	10:45	45min	Bike check in	Elite Male / Female AG 20-39 Male & 20-44 Female	Transition, Maselspoort Modder River, Maselspoort
11:15	14:00	2h45	Standard Distance (Male / Female Elite) 500m swim, 40km bike, 10.0km run	SA Elite Standard Triathlon Championships	Male
11:20	14:20	3h00			Female
14:10	14:40	30min	Bike check out	Elite	Transition, Maselspoort
11:50	14:35	2h45	Standard Distance (Male / Female Elite and 20 - 29 AG) (1 500m swim, 40km bike, 10.0km run)	Age Group Standard Triathlon Championships	20 -39 AG Males
12:20	15:20	3h00			20 - 44 AG Females
15:30	16:00	30min	Bike check out	Elite and 20 - 29 AG	Transition, Maselspoort
18:26			Sunset		

Notes: 1. Due to Covid-regulations no course familiarisations will be scheduled.



### COVID Protocol Considerations

- Start times between age groups delayed to minimize number of athletes on route and at venue.
- Number of lifeguards were taken into account on determining the delay in start times between male and female.
- Gap between races in order to get athletes in and out of venue.
- Bike check out important to reduce traffic on road of athletes leaving venue.