



12 August 2021

Good day all athletes,

Hope everybody is well and healthy and still do some training to keep fit.

Important - At Maselspoort before start of event (at entrance gate)

1. Register needs to be completed at the entrance gate.
2. Your temperature will be measured and noted on the register.
3. Masks must be worn up to start and again from directly after finishing.

SELECTION CRITERIA

The following selection criteria will be used to select the Free State teams to the South African Triathlon and Duathlon champions

1. 2 (two) league events for triathlon and duathlon
2. Free State champs compulsory (if not possible any other champs from another region – submit times before FS Champs)
3. Only one sick letter will be accept in season

Entries

Only online entries will be allowed (due to Covid regulations)

Online entries will close on the Friday at 18h00

Entry fees

	Non-registered athlete	TSA Registered athlete
Standard event:	R250 plus R140 day license	R250
Sprint event:	R150 plus R50.00 day license	R150
Super sprint:	R100 plus R50.00 day license	R100
Super-super sprint		R80.00

Maselspoort entrance fee: R50

Triathlon and Duathlon 2021 - 2022

<u>Dates</u>	<u>Triathlon</u>	<u>Duathlon</u>	<u>Venue</u>	<u>SA Triathlon</u>	<u>SA Duathlon</u>
18 Sept	yes	yes	Maselspoort		
16 Oct	yes	yes	Maselspoort		
30 Oct					Port Elizabeth
20 Nov	yes	yes	Maselspoort		
4 Dec	FS Champs	yes	Maselspoort		
22 Jan	yes	yes	Maselspoort		
Febr			TBA	SA Sprint	
March			TBA	SA Triathlon	
16 April		yes	Brandkop		
21 May		FS Champs	Brandkop		
June/July			TBA		SA Duathlon

TSA registration (on TSA website www.triathlonsa.co.za)

Please see the discounted price on TSA registration till November 2021

Price will be adjusted from 1 December 2021

Valid till 30th August 2022

Seniors: R310.00 (ages 20 +)

Juniors: R210.00 (12 – 19)

REGISTRATION ONLY: 07H00-07H45 (only body marking)

Remember: No entries will be accepted on the day of the race. Enter online at

www.fstriathlon.co.za

Race briefing for all athletes 07h50

Starting times

All distances (triathlon and duathlon) starts at 08h00.

Super and Super-Super will only start when all athletes are already out of water