



FINAL INSTRUCTIONS 2020

RACE REGISTRATION at CRADLE MOON CONFERENCE CENTRE:

- Friday Registration: 11am to 5pm
- Saturday Registration: 9am to 4pm
- **NO RACE DAY REGISTRATION**

BIKE RACKING - SUNDAY Morning: **Ultra:** 5:15am – 6:20am / **Sprint:** 6:20am – 7:20am

CRADLE MOON - GATE ENTRANCE FEES:

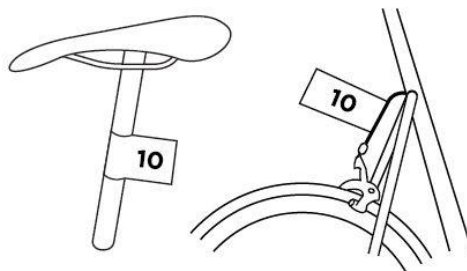
Each Spectator will be required to pay a R50.00 entrance fee to the Cradle Moon venue, this is a conservation fee for each person per day. ATHLETES do not pay. Once an Athlete has registered for the event, they will have an athlete wrist band which gives them access to enter and exit the venue multiple times, if the wrist band is on their wrist. Spectators will be required to pay per visit.

PLEASE ENSURE YOU ARRIVE EARLY ON SUNDAY MORNING AS TRAFFIC AND CONGESTION IS INEVITABLE WITH THE VOLUME OF ATHLETES AND VEHICLES. ENTRANCE GATES WILL BE OPEN FROM 4am.

ALL SPRINT & ULTRA ATHLETES MUST ARRIVE AT THE VENUE BY 6AM LATEST!

NO RACE BRIEFING due to Covid Regulations. So PLEASE read this information carefully.

BIKE NUMBERS: This must be stuck onto each bike accordingly. Peel off the backing and wrap around seat post, sticking it to itself.



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RACE START: SWIM START AREA will be the Green Jetty below the Finish arch on the water. The Swim will be a Rolling start, 4 athletes starting every 5 seconds.

WETSUITS: A decision on wetsuits will be taken at 6am by TSA officials on race day, as per TSA rules.

TEAMS: Teams will start with the Individuals. Tri bars are allowed for both events.

DRAFTING: NO Drafting will be allowed in both the Sprint & Ultra event. You will be warned and then disqualified if you draft again.

ULTRA RACE CUT OFF TIMES: Cycle cut off is at: 12pm. FINISH LINE Cut off time: 3:10pm / Total: 8hrs10min (07h00 - 15h10) Ultra Athletes must take note, that prize giving will commence at 15h00 and competitors still out on the course will be allowed to finish and receive a medal up until 15h10.

SWIM CAPS: Competitors must swim with the OFFICIAL TYR Swim Caps provided in your race pack.

START TIMES:

- **ULTRA & AQUABIKE START:** 7am (Rolling Start)
- **SPRINT START:** 8:25am (Rolling Start)

TRANSITION AREA:

The Transition Area will open at 5:15am by the TSA Officials. (Specific Bike Racking Times per event)

ULTRA & AQUABIKE ONLY: 5:15am – 6:20am / SPRINT ONLY: 6:20am – 7:20am.

Your bike, helmet and swim cap will be checked when you enter.

BIKE COLLECTION - SPRINT: 9:30am – 10:30am – Race Numbers and Bike Numbers will be checked

BIKE COLLECTION - ULTRA: 12pm – 4pm – Race Numbers and Bike Numbers will be checked

TRANSITION BAGS – Due to Covid risk, **NO Transition bags** will be used for either event.

Competitors will put all race equipment next to their Bikes inside the Transition area.

TOILETS:

There will be male and female Toilets inside the transition area. There will be NO Toilets on the run route.

CARS & SUPPORTERS:

NO support or spectator cars will be allowed on the Bike Route due to the Athletes safety. Anyone found driving on the route will result in their athlete being disqualified.





RUN LAPS:

- Wrist bands will be given to each Ultra Competitor as they complete their laps past the finishline.
- Sprint Athletes will not use Wrist bands.

PRIZE GIVING: Please note, only Overall Winners and 1st Age Cat winners will receive a prize and be called up due to Covid Risks and international policies.

- **Sprint prize giving:** 10:30am at the Finish
- **Ultra prize giving:** 3pm at the Finish

NB: ALL Winners need to be present at prize giving. No-one will be allowed to collect prizes for another person. All lucky draw winners will need to be present to collect their prize at the time of the draw. Athletes must drop their race numbers into the lucky draw box and keep race wristband to confirm race number.

TIMING: This event is timed by FINISHTIME. You Will receive a loan chip at registration. You will be responsible to look after and secure your chip. Please return on the finish line. Lost chips will be charged at R200.00 each.

CYCLE LAPS:

- Sprint Competitors: (One) 1 x 20km Cycle Loop. 10km out and 10km back.
- ULTRA & AQUABIKE Competitors: The ULTRA Bike route goes out to the far turn point (24km out) then turns back for 11km to a Traffic Circle on the R540. They then turn again and cycle out to the Far turn point again and then do this again for a 3rd time. Once they have gone past the FAR turn point a 3rd time, they then cycle back along the route to the Transition area.

KIT BAG TENT: There will be NO Kit Bag tent. Competitors can leave a "Small" kit bag next to their bike or return it to their vehicle.

Nutrition at Run Water Tables: (SELF – SERVICE due to COVID-19)

Water Sachets, 32Gi Endure, 32Gi Gel, Coke and Bananas will be available at ALL Run Water tables. 32Gi Gels will be given to athletes in your goodie bags. If the weather is very hot, sponges will be available at all run water tables. Plenty of ICE will be provided at the water tables along the route.





BIKE WATER TABLES: (SELF-SERVICE due to COVID-19)

- **SPRINT** – There will be 1 water table for the Sprint competitors just past the Turn point. Water Sachets & 32Gi in bottles will be available.
- **ULTRA:** There will be 3 Water Tables on the Bike route. 1 every 15km, 32Gi Race Bottles will be provided + Water Sachets.

RUN WATER TABLES: (SELF-SERVICE due to COVID-19)

There will be 1 Water Table for all events as the athletes exit the Transition area.

SPRINT Run Route: 2 Water Tables per lap (1 x 5km)

ULTRA Run Route: 3 Water Tables per Lap (3 x 7km)

**Rubbish must be thrown away within 50m after each water table. #runclean*



COMPULSARY FINISHTIME Registration APP:

It is essential that you download the NEW **Finish Time** App for Registration. (www.finishtime.co.za)

This means you don't need to complete any manual COVID forms on race day, you set up your online profile and complete the forms online before the event (Saturday) Then you select your event on race day, select QR code and have your code scanned on the day. It makes it fast and contactless.

Please go here to download the App and follow the instruction:

[CLICK HERE](#)





ATHLETE REGISTRATION COLLECTION Form 2020

(To collect on behalf of someone else)

This form is for any athlete who cannot register themselves and have requested that someone else register on their behalf.

Please provide the following documents and sign the below declaration:

- 1) Original Athlete's Entry Confirmation Email
- 2) Copy of Athlete's ID
- 3) Copy of ID of the person who is registering on behalf of the Athlete & Contact Number

Declaration

This letter declares that I, _____(Name) with ID number

(Athlete ID Number)

hereby grant _____(Name) with ID number

(their ID number)

to register on my behalf for the following event: **Joburg ULTRA Triathlon**

Athlete signature: _____

Person registering for Athlete signature: _____ Contact Number: _____

Please print, sign and bring to registration with.

- Original Athlete's Entry Confirmation Email
- Copy of Athlete's ID
- Copy of ID of the person who is registering on behalf of the Athlete & Contact Number



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