



2021 EVENTS:

1. **ULTRA X:** 3.2km Swim / 6km Run / 152km Cycle / 17km Run (Teams and Individuals)
2. **ULTRA X Lite:** 1.6km Swim / 3km Run / 110km Cycle / 10km Run (Teams and Individuals)

Race schedule:

1. Arrival at Champagne Sports Friday 16th April – Race Registration 4pm until 6pm.
2. Friday evening Race Briefing 6pm until 6:45am. Dinner 6:45pm.
3. 4:30am meet and load bikes and Bags into Shuttles & Trailers (Packed Breakfast)
4. 5am Shuttles to Sterkfontein Dam leaves (1hr trip)
5. 6am Unload at Sterkfontein and rack bikes
6. 6:25am Race Briefing
7. 6:30am Ultra X Start
8. 7am Ultra X Lite start

Race Info & Rules

- Teams can choose what disciplines to do and how to structure it. Teams will need to have their own transport to support this.
- Athletes Bikes must be kept in rooms / balconies at night.
- Optional Thursday Night / Sunday night stay – Book directly with Champagne Sports Resort.
- There is a fantastic Spa at CSR, please book directly with Resort Spa
- Altitude of the Swim start at the Dam is 1703m above sea level – highest swim in South Africa!
- Swim: 1.6km lap / 2 laps for ULTRA X.
- Water / Aid Station stock: Water, 32Gi Endure, 32Gi bars, 32Gi Chews, Bananas & Coke.
- Seconding along the route is allowed, however no DRAFTING off vehicles is NOT allowed.
- There will be the following water Tables: (9 in total)
 1. Exit of Swim
 2. Swim to Bike Transition
 3. Every 40km on the bike (3 for the Ultra X and 2 for the Lite)
 4. Every 6km on the run (2 for the Ultra X and 1 for the Lite)
 5. Finish-line
- Athletes are suggested to use hydration packs / vests for run section
- Booking and Entries for athletes and spectators include full board and Accom
- Tri Bars, Tri-spokes, Disc Wheels, deep sections are all allowed. Wetsuits will be compulsory for the swim
- Athletes will get 3 x transition bags at registration for each Transitions from
 1. Swim to Run
 2. Run to Bike
 3. Bike to Run.
- T1 (Swim to run) will be on the slipway at Sterkfontein Dam. T2 (Run to Bike) on Grass area at Sterkfontein Dam. T3 at Champagne Sports. Finish @ Champagne Sports (T3 Area)
- Bike Racks will be set up for at Sterkfontein Dam for Run to Bike & at Champagne Sports for Bike to Run.
- Athletes will get a race wrist band, swim cap, race number at registration + a SUPER loaded Goodie bag!
- Transition & Finish will all be at the MoPar area inside the Champagne Sports Resort, next to the Helipad
- Cut off time: 17:40pm
- Cut off Times: Swim 1hr 30min / 6km Run 40min / 152km Cycle 6hrs / 17km Run 3hrs (total: 11hrs 10min)
- Race Briefing will be compulsory on Friday evening at 6pm.
- Prize Giving will take place on Saturday evening at 7pm (Venue to be confirmed)