

ATHLETE GUIDE 2024
MIT100 - Mauritius International Triathlon

JOIN OUR WHATSAPP GROUP

- Please join the Athletes WhatsApp group which we will be using to share important info leading up to the event.



- Click here or copy and paste into your browser

<https://chat.whatsapp.com/FhW2Fs171iSKxNQnsD3qK3>

RACE BRIEFING

- **Date:** Tuesday 17th September 2024
- **Venue:** MIT100 Race Briefing Google Meet
- **Video call link:** <https://meet.google.com/rtx-jkou-jow>
- **Time:** 18h00 (Mauritius time) / 16h00 (South Africa)
- A copy of the briefing document will be on the website www.bikeruntri.co.za/mit100

Please make sure you have watched it before Saturday.

MEDICAL DOCUMENTATION

- You must either produce a valid Triathlon License from a National Federation or purchase a Day Licence.
 - For a day licence you will need a Medical to state you are ‘fit to compete in a triathlon’.
 - Anyone over the age of 40 needs to have an ECG and bring proof of results.
- All medical documentation **must be submitted ahead of the 21st September.** No paperwork to be done on the day.
- Failure to produce this will result in automatic disqualification.

REGISTRATION

Enjoy the precourse reccie and then head down to registration to collect your race bibs, t shirts or caps.

- **Date:** 20th September 2024
- **Venue:** Anantara Iko
- **Time:** 16h00 - 18h30

Race chips will be handed out on the 21st September morning.

LATE REGISTRATION

This is a second registration, that will take place on the morning of the event.

- **Date:** 21st September 2024
- **Venue:** At the transition zone at Shandrani
- **Time:** Open for the respective formats as follows
 - PTO / Long: from 05h30
 - Standard: from 08h00
 - Sprint: from 08h00
- Final Race Announcements will take place on the morning of the main event.

RACE PACK

Timing chips only at Saturday registration area at Shandrani

- Race number
- Bike Sticker
- Bag Sticker
- T Shirt (solo entrants) *
- Peaks (team entrants) *

*Early bird entrants only

RULES

- This is a non drafting event, so TT bikes are allowed.
- All handlebar tube ends to be plugged both ends
- A good-condition helmet, otherwise no race (straps in good condition and no cracks)
- Anyone who does not have an official triathlon federation licence, will need to purchase a day licence.

A day licence requires you to have:

- 1) A medical certificate stating you are fit to do a triathlon
 - 2) An ECG if you are 40 years and older
- Please remember to hand in timing chips at the finish

GEAR LIST

- Bright swim cap
- Race Belt (number at the back for cycle, front for run)
- TT bike / bars
- Road Running shoes
- Helmet
- Cycling Shoes
- Goggles
- Neat box / bag for transition

Athletes to carry all necessary spares for their bikes in order to manage any small technical issues (tubes, pump, repair kit)

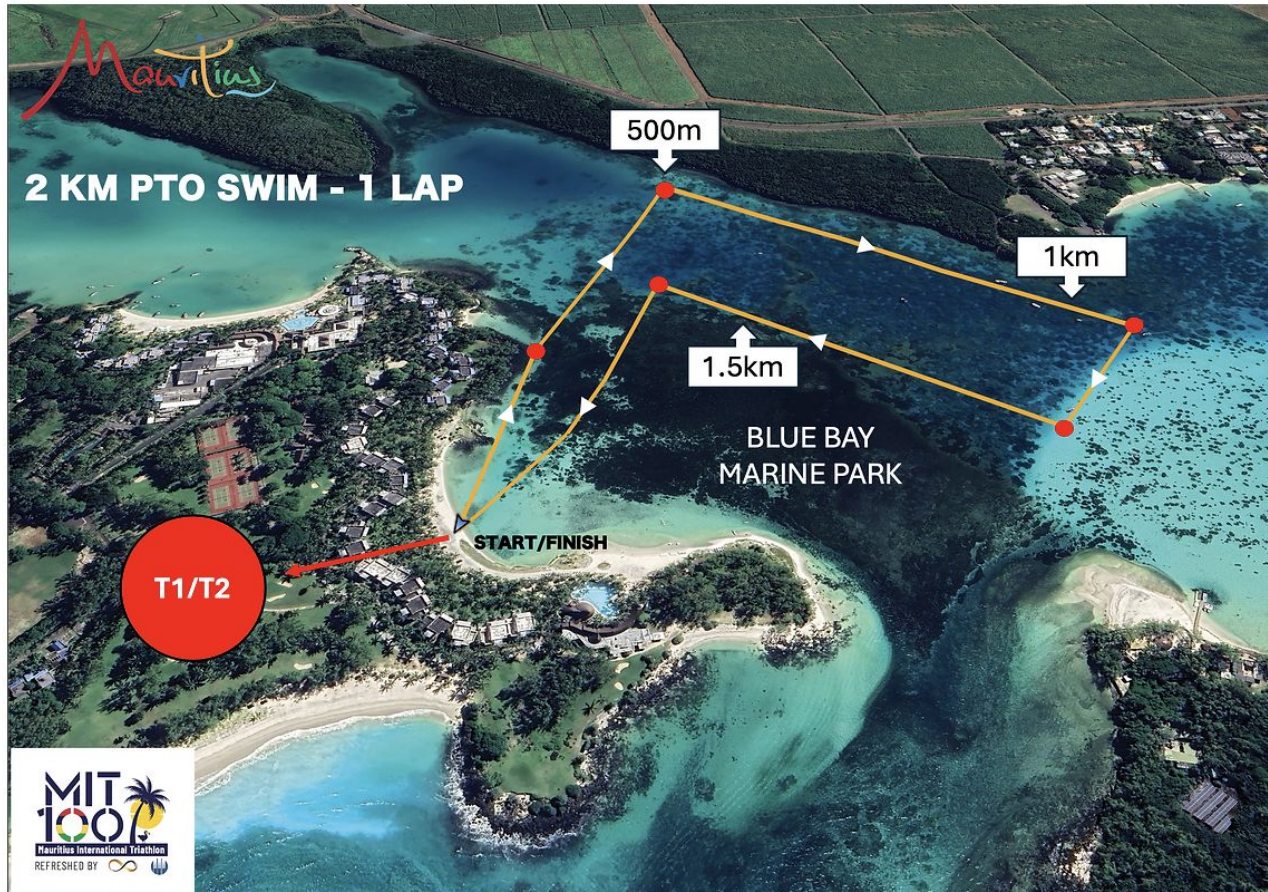
RACE TIMING

- Timing chips to be collected at Saturday morning registration.
- Race timing will be undertaken by using a timing chip on a velcro strap that can be attached to the athlete either on the ankle (the velcro strap is supplied)
- Athletes are to ensure that they cross the designated zones where the timing mats are positioned to ensure that the chip activates a reading.
- Athletes participating in teams are to hand over their chips to their successive partners at the transition zone.
- Timing chips are to be handed back at the finish line.

Order of Events – 21st September

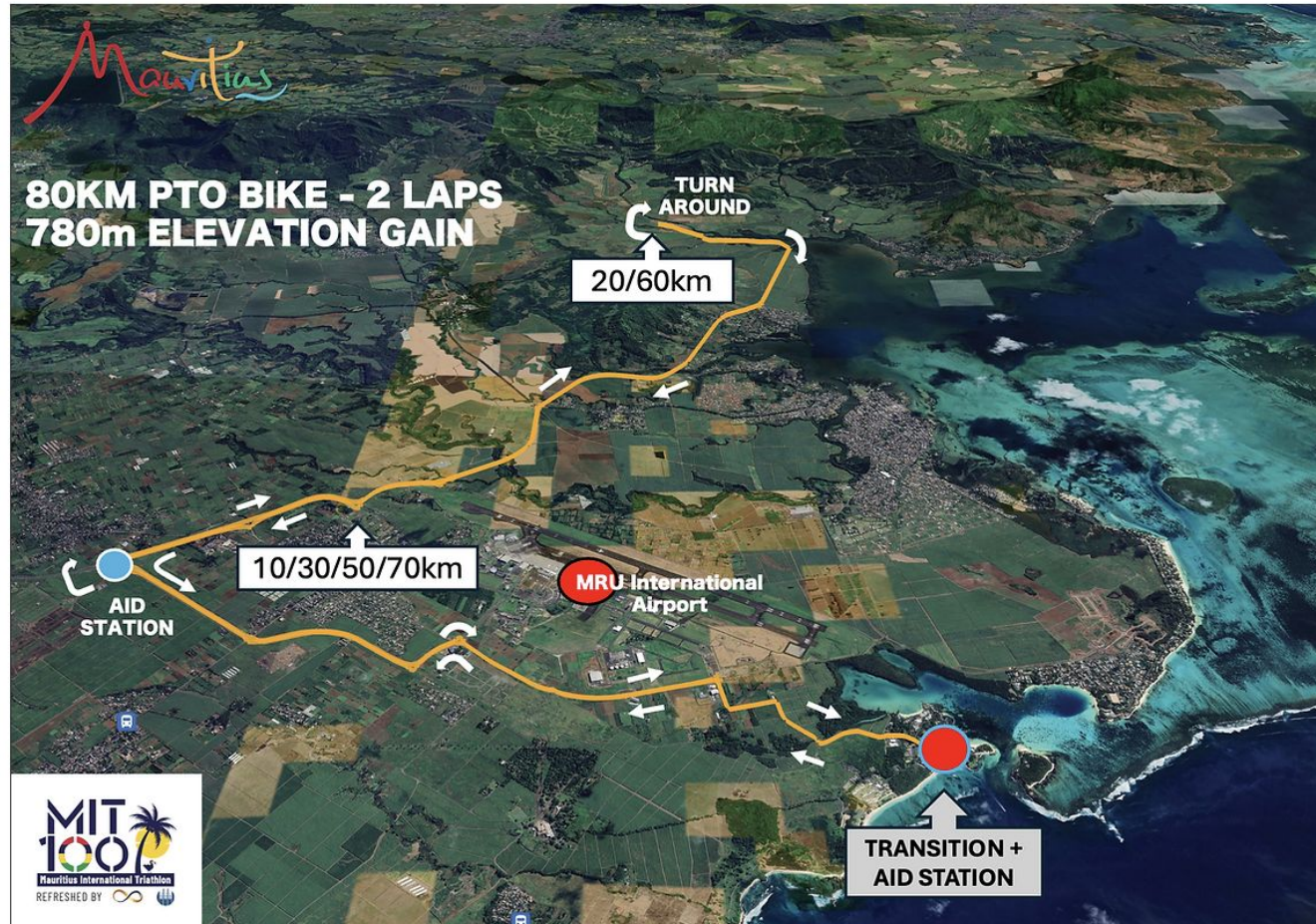
Time	Activity	Venue
05h30	Transition Opens - Long/PTO Distance	Shandrani Hotel
06h50	Swim orientation (final)	
07h00	Long / PTO Distance Race Starts	Shandrani Hotel
08h00	Transition Opens Standard & Sprint	
08h45	Swim orientation - Standard	
09h00	Standard Race Start	Shandrani Hotel
09h35	Swim orientation - Sprint	
09h45	Sprint Race starts	Shandrani Hotel
11h30	Bike Cut off time - Ferney Turn Point Off	
12h15	Transition open for bike collection	
12h30	Lunch	Anantara Hotel
14h00	Prize Giving	
15h00	Transition Closed for bike collection	

SWIM ROUTE - Long/PTO Distance



Plan B will be shared and communicated based on low tides on the day.

BIKE ROUTE – Long/PTO Distance



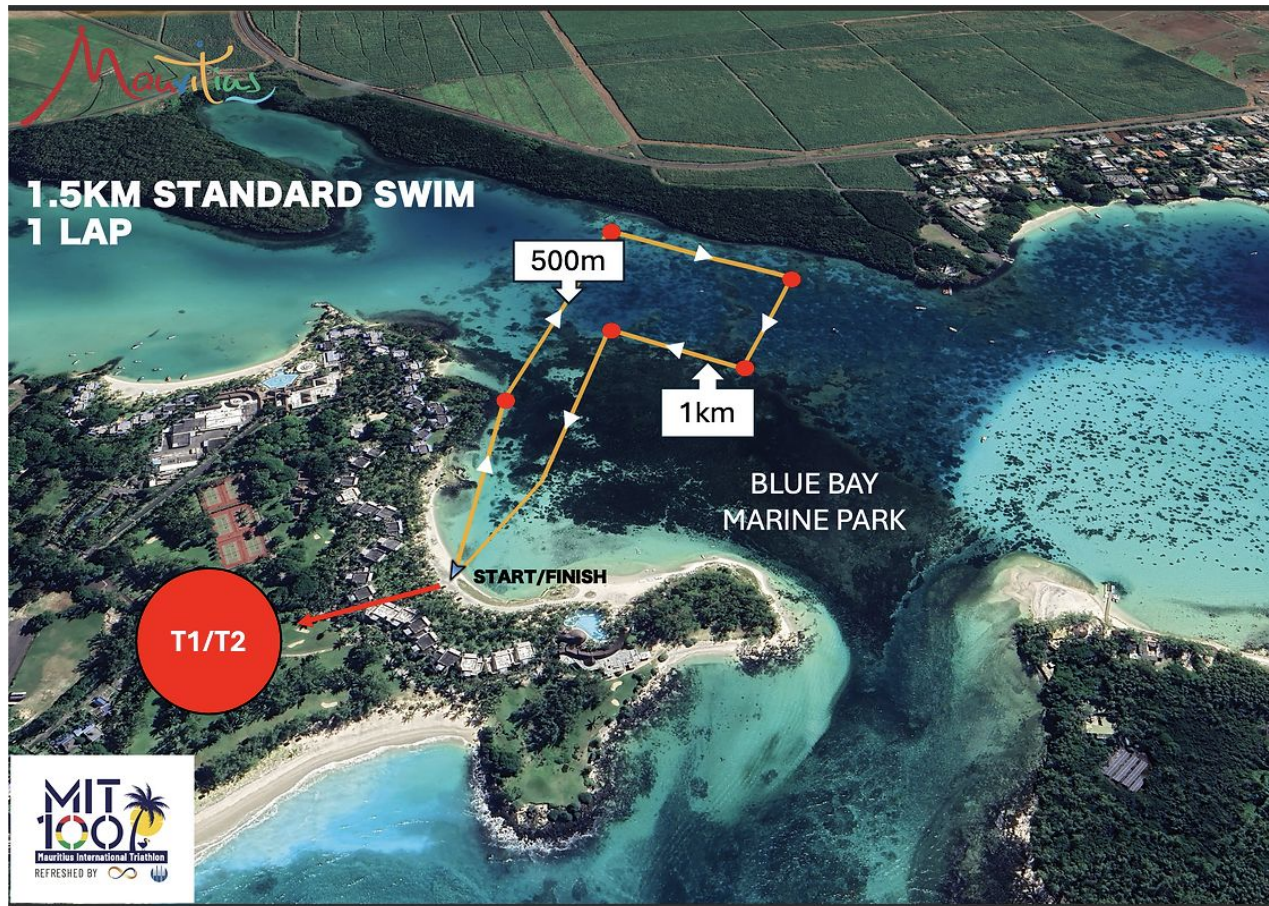
Note: bike 11h30 cutoff at Ferney

RUN ROUTE – Long/PTO Distance



Note: Run cut off at 15h00

SWIM ROUTE - Standard Distance



Plan B will be shared and communicated based on low tides on the day.

BIKE ROUTE - Standard Distance

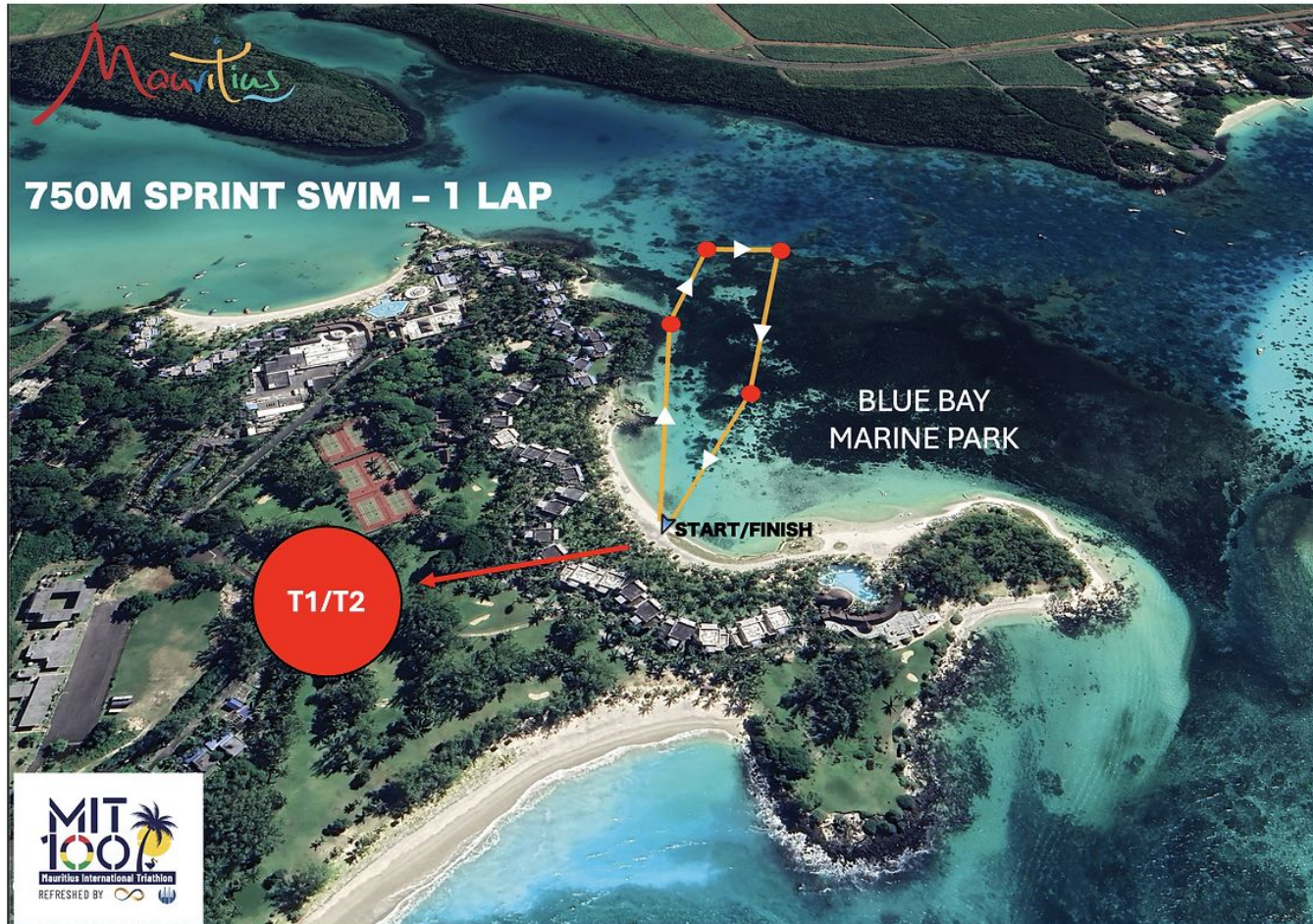


Note, bike 11h30 cutoff at Ferney

RUN ROUTE - Standard Distance

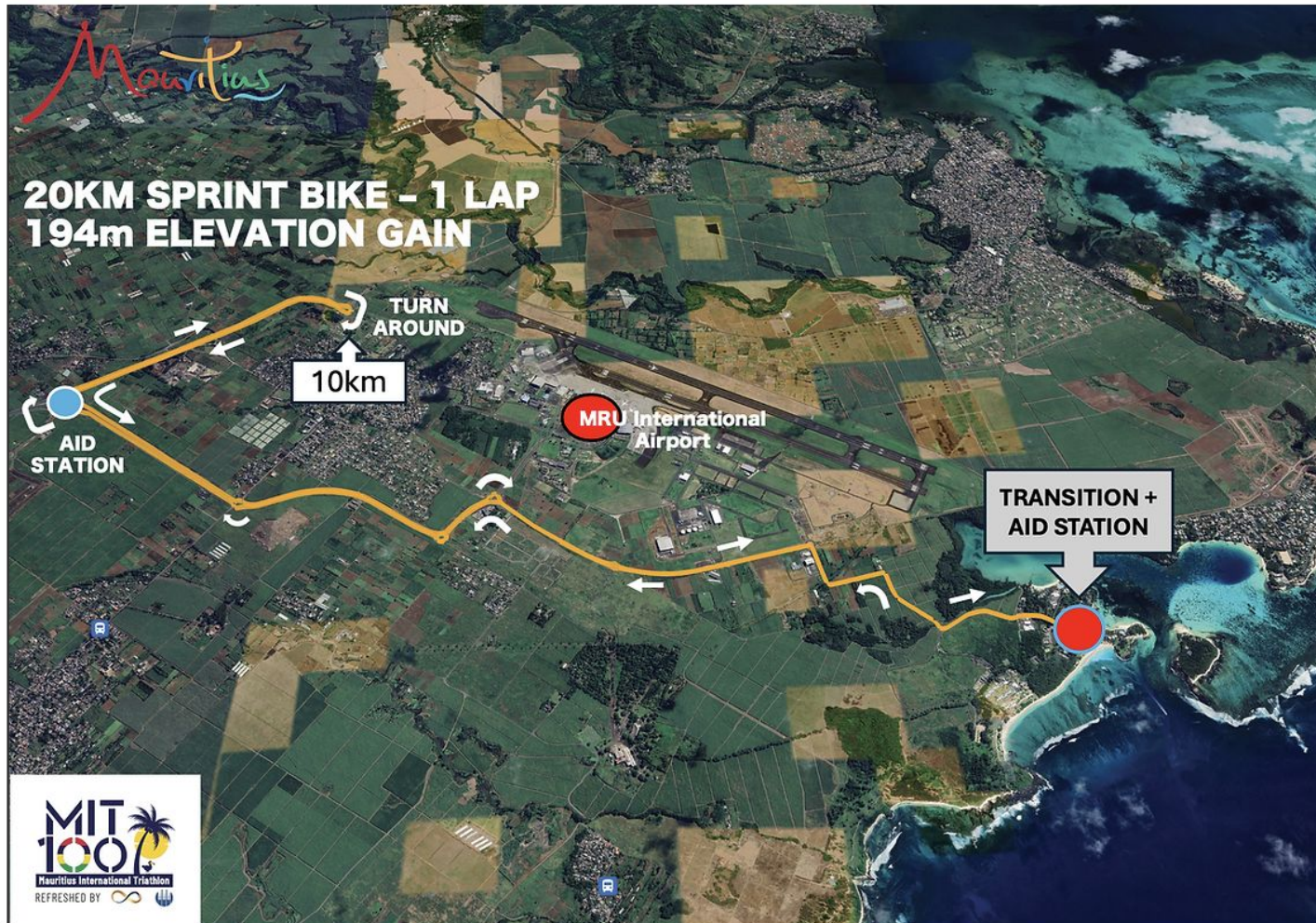


SWIM ROUTE - Sprint Distance



Plan B will be shared and communicated based on low tides on the day.

BIKE ROUTE– Sprint



Note: bike cutoff at
Ferney 11h30

RUN ROUTE- Sprint



Finish / Athlete Village

Key:

-  Athlete recovery
-  Oxenham tent
-  F&B tent
-  Woodlands tent
-  Aryze tent
-  Finish line
-  DJ Post



MIT100 Parking locations:



WATERPOINT & NUTRITION

There will be 2x water points on the course with Tailwind Nutrition products.

1. Cycle route

- Water, **Tailwind Endurance** and snacks will be served.

2. Run route :

- Water, **Tailwind Endurance** and snacks will be served
- **Finish Line / Recovery tent (next to transition zone)**
 - Water, **Tailwind Recovery & Coco Up** and snacks will be served.

SPECTATORS ZONES

- Please note, that Shandrani is an athlete only area. No spectators are allowed in the resort.
- Spectators will be able to watch on the bike route and we suggest join you at Anantara Iko where they can welcome you back from the run.
- Spectators will need to wear an MIT100 armband to gain access onto Anantara Iko premises.
- This will give your guest access to certain MIT100 demarcated areas only. It will not give guest access to the full resort facilities.
- Please be sensitive to the hotel's guests and their privacy policy.




MIT100 Run spectator zone

Note:

NO spectators are allowed in the transition area or at the swim start (Shandrani).

Please be mindful of athlete's and always remain off the route.



- Key:**
-  Spectator parking
 -  Finish / Race village
 -  Athlete direction



Important notice:

Athletes and spectators are required to always keep within the orange boundary or on beach.



LUNCH + SPECTATORS

- Lunch will be served from 12h30 for all athletes. Please bring your athlete wristband (in your race pack).
- An additional x 1 Spectator Arm Band will be in your race pack. This will give your spectator access into Anantara MIT100's area.
- A light lunch (chicken or veg burger) will be served. If you have a family member who would like to purchase a lunch voucher, please enquire at the registration desk.



FAQs

- **Will wetsuits be allowed?**
 - Very unlikely, water temperature currently 24.5
 - Optional under 22 degrees.
- **Is it draft legal?**
 - Non drafting race
- **Can we use TT bikes?**
 - TT bikes are allowed, but tube end bars must be plugged.
- **Road vs Trail shoes?**
 - Road shoes recommended, mix of tar & sand but nothing technical.
- **Where will results be published?**
 - On Rogue and www.bikeruntri.co.za/mit100
- **Where will photos be published?**
 - Our photos are our gift to you. Find them on FB and IG. Follow us @mit100tri

OUR PARTNERS



INDUSTRIAL AIR POLLUTION CONTROL





THANK YOU

