



ATHLETE GUIDE 2025

STANDARD: 1500M-40KM-10KM

SPRINT 750M-20KM-5KM

Aquabike options available for both

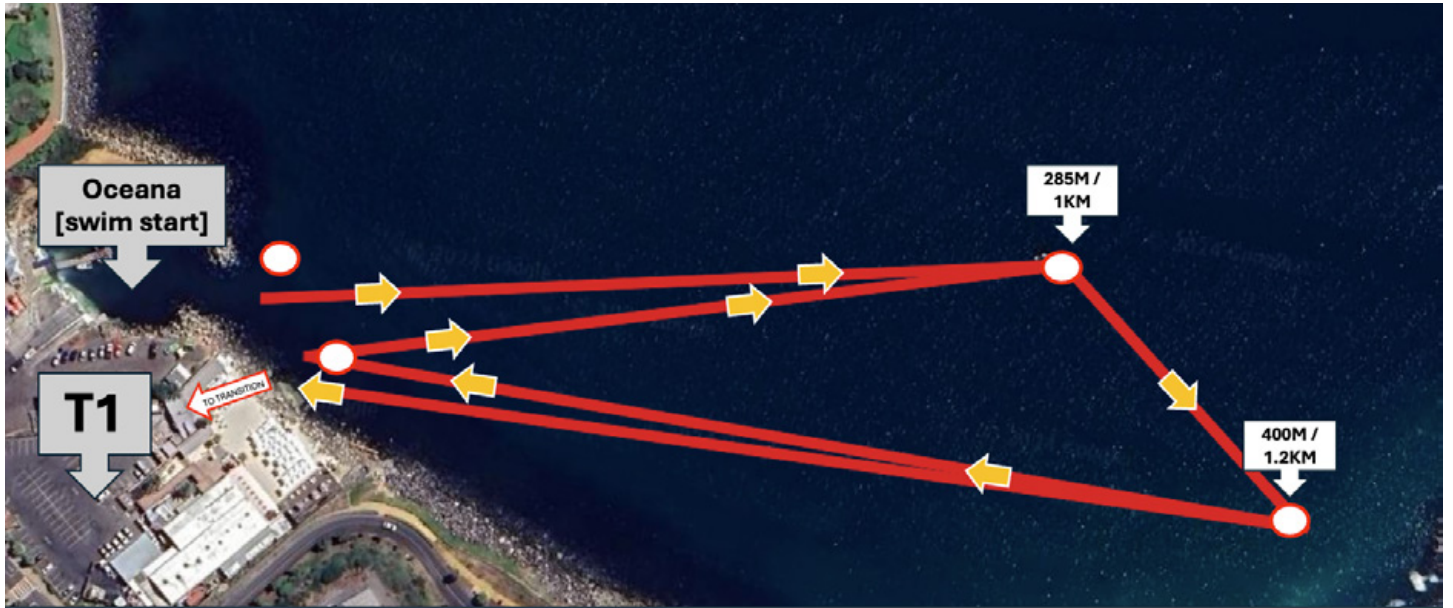


Just by reading this you have taken your first step towards the tri of the year on 23 March 2025! In this doc you will find all the info you need to know to make the most of your big day out.

RACE DAY TIMELINE

- | | |
|---|--|
| 05h30 Transition 2 opens (Reddam field) | 08h25 SPRINT DISTANCE: final instructions at Oceana slipway |
| 06h00 Transition 1 opens (Grand Beach Cafe)
Vida E coffee truck opens | 08h30 Sprint distance wet start
Age-group waves (every 3 min) |
| 06h15 Bag drop at transition 1
(Grand Beach Cafe, Gin Bar) | 10h15 Bike route cutoff @ Vlei Road
(No starting a new lap after cutoff) |
| 07h00 Transition 2 closes | 10h30 Kids fun run / bike course opens
(Reddam field) |
| 07h15 Transition 1 closes | 11h30 Kids bike or run races start
(pack bike & helmet) |
| 07h25 STANDARD DISTANCE: final instructions at Oceana slipway | 11h45 Bike check out opens |
| 07h30 Standard distance wet start
Age-group waves (every 3 min) | 12h00 Swim & bag drop collection opens |
| 07h45 Transition 1 re-opens for sprint | 13h00 Prize-giving (Reddam field) |
| 08h00 Bag drop at transition 1 closes
(Grand Beach Cafe, Gin Bar) | 14h00 Bike check out closes |
| 08h15 Transition 1 closes | 15h00 Picnics, gazebos, food trucks close |

SWIM



STANDARD SWIM: 1500m
(2 laps of 750m in a clockwise direction)



SPRINT SWIM: 750m
(1 lap of 750m in a clockwise direction)



NOTE
Wetsuit is compulsory if the water is less than 15.9°C

BIKE

NOTE
Drafting is legal but stick to your gender



BIKE ROUTE: 20KM / 40KM



Sprint: 2 laps, turning right at the yellow arrow on 2nd loop.
Standard: 4 laps, turning right at the yellow arrow on 4th loop.

RUN

NOTE
Stay on the marked pavement around the golf course, not the road

RUN ROUTE: 5KM / 10KM

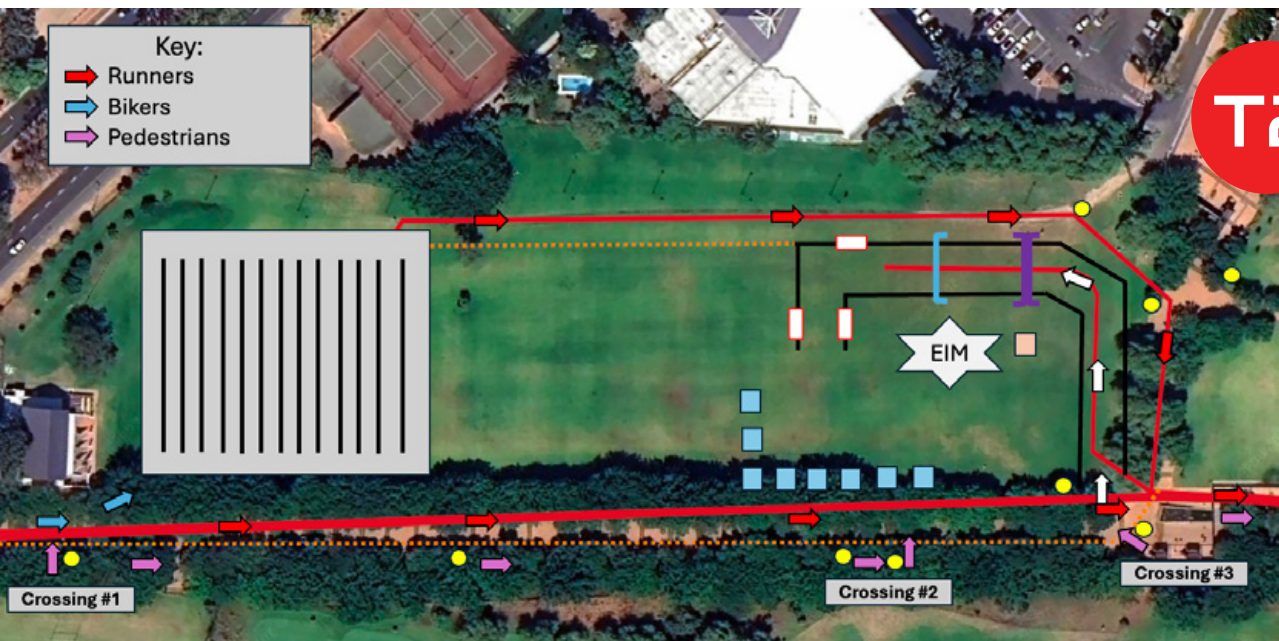
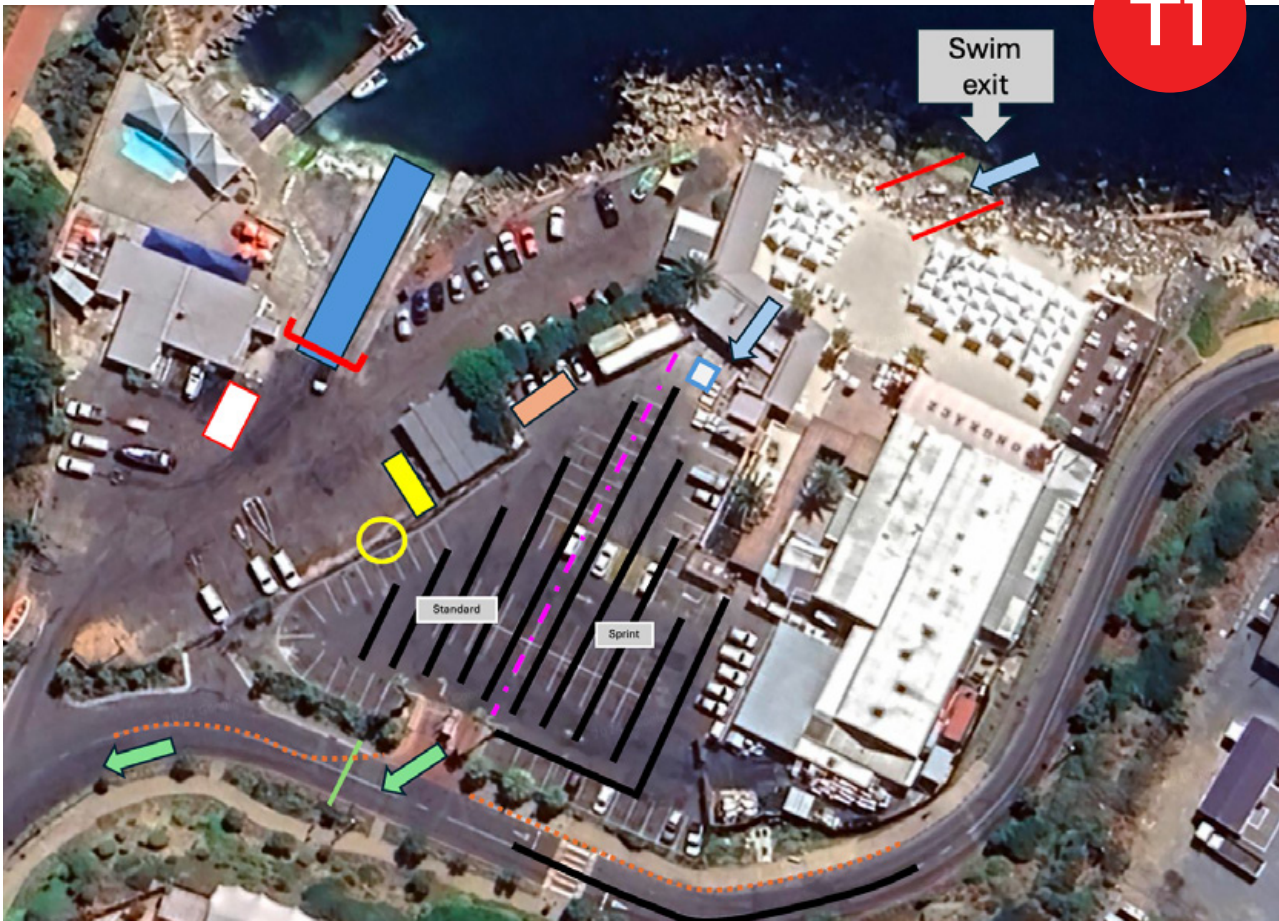
Sprint: 2 LAPS
Finishing after the white arrows.

Standard: 4 LAPS.
Finishing after the white arrows.



TRANSITION

T1



GEAR LIST

- Transition Box (For Transition 2)
- Transition Bag (For Transition 1)
- Bright, single coloured swim cap, goggles & wetsuit
- Bicycle, Helmet, Cycling shoes, Running shoes
- Race Belt, Timing chip strap
- Safety pins to secure the race number to the race belt

ATHLETE PARKING



**RSAWEB
CAPE TOWN
TRIATHLON**

Athletes to make use of P6, P11, P12, P13, P14 (free) and the Granger Bay undercover [GBU] parking (paid) from 05:30.

*If using P6, the route will need to be cleared before you are able to exit.

Athletes will park their cars, drop off their running shoes at the Reddam Field (T2 open from 06:00) and then cycle to Grand Beach Café (T1 open from 06:30) to rack their bicycles and get ready in their wetsuits for the swim start.

FAQ'S

When is registration and race briefing?

Race Briefing: 18h00 on Wednesday
19 March 2025.

Registration: Grand Beach Cafe,
Saturday 22 March 10h00 to 16h30

Will there be on-the-day registration?

No, all entrants need to register on Saturday.

Can someone register for me?

Yes, they must bring your race number that would have been sms'd to you.

How do I substitute my entry?

Substitutions can be done on the entry system up until 14 days before the event.

Can I change between Sprint and Standard?

Upgrades / Downgrades can be done up until 14 days before the event.

Are there race medals?

Yes, all solo entrants will receive a medal when you hand in your timing chips.

How do the Teams work? Do we get multiple chips? How do we hand them over?

You get one chip and you pass it as the relay baton. You need to stand at the entry to transition (T1) and exit at (T2).

When will I get my timing chip?

This will be in your registration pack. But if you don't race, you need to return it to avoid a R300 penalty.

I have a timing query, who do I contact?

Please email mike@finishtime.co.za

ENJOY YOUR RACE!

For any other queries, please email capetowntri@electricink.co.za



EVENT RULES

We pride ourselves in warm welcoming, fun, friendly events for all levels of participants. That said as races we need rules protect athletes and engender sportsmanlike behaviour. If any rules are unclear, please consult with us pre event or the Chief Race Referee on the day.

GENERAL

- A pre-race briefing is held online mid-week. Both as a live Q&A and recording. All aspects of the race are communicated then so that's your chance to get absolute clarity on everything you're expected to know on race day.
- Join the event WhatsApp group for updates.
- A swim orientation will be conducted around 10 minutes before the start of the swim leg of each event where any additional late instructions will be given.
- Regular instructions will be announced over the PA system.
- It is YOUR responsibility to know the route and rules. Ensure that you have checked the maps and read the rules. If you follow someone who's lost that's your problem.
- Marshals are there to assist keeping the route safe – they are not there to explain the route to you. Many don't speak English and will only arrive at their point on race day.
- Any athlete withdrawing from the event is required to report to the Information station and advise officials
- Athletes are required to hold a valid TSA license, please enter this on your entry. Day Licenses are available and are not included in the entry fees for those not licensed.
- We are nature lovers who respect our playgrounds. NO littering on the course is allowed. Littering outside the litter zones will result in disqualification.
- Cheating is severely frowned upon. If caught cutting the course and not acknowledging that and convicted by a protest you will be banned from EIM events.
- Any swearing at refs or staff will result in a DQ. They are there to help, be polite.



SWIM

- NO Cap = NO Swim
- Swim caps are sometimes provided by sponsors and have to be worn on race day. All other races require brightly coloured caps – no blue, black or green caps.
- NO baggy clothing is allowed for safety reasons. These make you heavier and hamper lifesaving efforts.
- Lifeguards cannot be requested to assist you more than 20 seconds to check if you are ok. If you cant proceed without help you are out of the race and need to proceed to shore, either in the rescue craft or alone where able.
- Below 15.9° water temperature – Wetsuits Mandatory
- 15.9o to 22° water temperature – Wetsuits Optional
- Above 22° – Wetsuits forbidden
- Swimmer must be capable of swimming the distance entered
- NO pushing, shoving, pulling or blocking is permitted during the swim

CYCLE

- NO helmet = NO ride
- ONLY approved, hard-shell helmets in good condition will be permitted
- ONLY 26 inch or greater wheel size mountain bikes will be permitted
- An upper-body garment must be worn
- NO nudity is permitted. There are NO changing tents in transition
- Helmets should be free from cracks and all strapping in good working order
- Both handlebar ends must be firmly plugged
- Helmets must be clipped on tightly and correctly before taking bike from rack.
- NO cycling is permitted in the transition area. Run your bike to the exit of transition and mount after the Mount/Dismount Line
- DO NOT unclip or remove your helmet BEFORE your bike is racked. You will be stopped to re-clip your helmet.
- Drafting regulations are communicated in the

briefings and need to be adhered to or the referees will administer penalties. Their word is final.

- ONLY competitors will be allowed in the transition areas
- Bikes may only be removed from transition area after an announcement is made that all cyclists have finished the cycle leg. You HAVE to show your race number to match your bike sticker or will not be allowed to remove it.
- NO glass containers are permitted in transition or on the course
- NO listening devices or earphones are permitted for safety reasons

RUN

- An upper-body garment must be worn. Straps of tops and vests must remain on the shoulders
- NO nudity is permitted. There are NO changing tents in transition
- Footwear is compulsory



**IT'S IN ALL OF OUR INTEREST TO RACE
IN A SAFE & FAIR MANNER SO BE LEKKER!**

Neither EIM, CTTA, WPTA, TSA nor their successors, assigns, subsidiaries, associates, affiliates, officers, directors, employees, agents and contractors will be held liable by a participant for any damage, loss, claim, judgement, or other liability or expense (including, but without limitation, reasonable attorneys' fees), of whatever kind or nature, whether for death, personal injury, property damage or otherwise, that may be sustained or arise as a direct or indirect result of the participation in this event, and the participant indemnifies EIM, CTTA, WPTA, TSA in this regard.