



Race Week Schedule

Tuesday November 3, 2015

4pm – 7pm	Packet collection	Tribe Multisports in Bryanston
5pm	Pre race briefing & race tips	Tribe Multisports in Bryanston
6pm	Nutrition talk - Mark Wolff of 32GI	Tribe Multisports in Bryanston

Wednesday November 4, 2015

8am – 6pm	Packet collection	Tribe Multisports in Bryanston
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Thursday November 5, 2015

8am – 6pm	Packet collection	Tribe Multisports in Bryanston
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Friday November 6, 2015

4.00pm – 7.00pm	Registration, Expo and Packet Pickup (All)	Marque, Cabanas Lawn
6:00pm	Race Briefing (Sprint, Youth)	Pilanesberg Room, Entertainment Centre

Saturday November 7, 2015

5.00am – 6.30am	Registration and Packet Pick-up (Sprint and ELEVEN ²)	Cabanas Hotel Lawn
5.00am – 6.45am	Transition Open (Sprint and ELEVEN ²)	Cabanas Hotel Lawn
6:50am	Pre-Race Briefing (Sprint and ELEVEN ²)	Swim Start, Water World

7.00am	Race starts (Sprint and ELEVEN ² only)	Swim Start, Water World
After Sprint Swim	Olympic Practice Swim	Swim Start, Water World
8.30am – 9.00am	Registration and Packet Pickup (Youth)	Cabanas Hotel Lawn
8.30am – 9.15am	Transition Open (Youth)	Cabanas Hotel Lawn
9.25am	Pre-Race Briefing (Youth)	Swim Start, Water World
9.30am	Race Start (Youth)	Swim Start, Water World
11.30am	Awards Ceremony (Sprint and Youth)	Finish Line, Cabanas Lawn
2.00pm – 6.30pm	Registration, Expo and Packet Pick-up (Olympic)	Marque, Cabanas Lawn
5:00pm	Race Briefing (Olympic)	Pilanesberg Room, Entertainment Centre

Sunday November 8, 2015

5.00am – 6.30am	Registration and Packet Pickup (Olympic)	Cabanas Hotel Lawn
5.00am – 6.45am	Transition Open (Olympic)	Cabanas Hotel Lawn
6.50am	Pre-Race Briefing (Olympic)	Swim Start, Water World
7.00am	Race Start (in waves)	Swim Start, Water World
11.30am	Awards Ceremony (Olympic and ELEVEN ²)	Finish Line, Cabanas Lawn