



Dear Triathletes,

We hope you're looking forward to ELEVEN Cape Town 2014 and to ensure a hassle free race experience pay attention to these reminders and updates.

**ATU African Sprint Cup Schedule:**

- Athlete registration: 05:20 to 06:00 (Bottom Level of Lifesaving Club)
- Bike Rack: 05:30 to 06:20
- Swim warm up 06:15 to 6:25
- Athlete introduction line up 06:30
- Athlete introduction 06:35
- Male start 06:45
- Female start 06:50
- Medal ceremony TBD

**ELEVEN Cape Town Schedule:**

**Saturday**

- Late entries, athlete registration and race packet collection at the top level of the Big Bay Lifesaving Club from 5pm to 6:30pm.

**Sunday**

- Registration and packet pick-up 06:00 to 07:00 (Top Level of Lifesaving Club)
- Transition opens 07:20 - closes 08:00
- Sprint distance 16-17 age group race briefing and start 08:10 (Youth Olympic Qualifier)
- Olympic race briefing and start 08:15
- Sprint and Super Sprint race briefing and start 08:20
- Medal ceremony 11:30

### Parking:

Marshals will direct you to the underground parking at Eden on the Bay Shopping Center. Please arrive no later than 6:30am as Otto Du Plessis at Big Bay Blvd. will be closing. The only alternative after 6:30am is to use Sir David Baird. See map below.



### Race Numbers:

Your race packet includes a helmet, bike sticker and a run number. Place on the front of your helmet and around the seat post or tube of the bike. Make sure your run number is pinned to your suit or race belt and visible from the front.

### Bike and Run Laps:

Are done on Otto Du Plessis only and DO NOT include the path from transition to Otto Du Plessis. Once the required number of laps are done, return to transition after the bike and after the run, the finish.

Bike and Run laps:

- Olympic 4
- Sprint 2
- Super Sprint 1

At the far RUN turn-a-round marshals will hand out rubber bands to ensure you have not missed a lap. So at the finish Olympic finishers will have 4 bands, Sprint finishers 2 and Super Sprints 1.

Please note each distance has its own far turn-a-round point – see map below:



### Additional Race Info:

- Bike is non drafting for all ELEVEN participants
- No littering other than at water station litter zones
- No hydration station on bike - bring your own fluids
- There are water stations on the run course serving water and 32GI.
- Timing provided by Prottime and your timing chip will be in your race packet.
- Lost or unreturned timing chips cost R150
- The participant list will posted to the [triathlon update](#) page on Saturday morning. Please check you are included and email admin@11global with corrections.
- Your provided swim cap must be worn.

We would like to thank 32GI as ELEVEN Cape Town's Official Energy Partner and are excited to have them on board.



That's all from us and we look forward to seeing you in a few days.

Regards,  
11global.