



Kids Triathlon

- Kids registration and packet pick-up is Friday afternoon from 4pm to 6pm in the Baobab Room, located on the 3rd or entry level floor of the Sun City (Main) Hotel.
- Saturday registration and packet pick-up will also be in the Baobab Room from 7am to 8am.
- Transition, located on the Cabanas Hotel lawn will open at 7am
- One parent may accompany their child into transition.
- Transition will close at 8:45am
- The first race will begin at 9am and with the 6-8 age group. As soon as the last athlete has finished we will begin to gather the 9-11 age group and prepare them for their start. As soon as the last athlete has finished we will begin to gather the 12-15 age group and prepare them for their start.
- All athletes will receive a finisher's medal as they cross the finish line.
- Awards will be presented to the top 3 male and female finishers of the 12-15 age group only.
- The kid's bike course is on a paved path and a road bike will be fine however a mountain bike may be a better option.

Adult Olympic and Junior (16-19) Sprint Triathlons

- Saturday afternoon is our triathlon expo including packet pick-up from 2pm to 7pm in the Baobab Room. In addition to the expo vendors we have several guest speakers lined up this year. View the speaker schedule [here](#)

- Saturday evening from 6pm to 9pm is our first pasta dinner at the Palm Terrace at the Cabanas Hotel. If you have not purchased your ticket you can do so at the expo. Come and join us and your fellow athletes for a fun time before the race.

Those arriving race morning

- If you have a family member with you - they can drop you off at the Cabanas Hotel but must return to park in the main parking lot and catch the bus to the Cabanas.
- If on your own, park in the main parking lot and either ride your bike up to the Cabanas or catch the bus with your bike.
- The bus service will begin at 4:30am and end at 6:30am. As there is a large field and the race is scheduled to start at 7am we suggest you arrive early.

Waves start times

- 7am - Elite Male and Female
- 7:02am - Male 18-39
- 7:04am - Male 40+
- 7:06am - Female 18-39
- 7:08am - Female 40+
- 7:10am - Relays and Sprint

Sponsors

We would like to thank 32GI as ELEVEN Sun City's Official Energy Partner. We are excited to have them on board and invite you to learn more about their fantastic range of energy products by clicking on their logo below:



General race reminders and info

- Bike is non drafting for Olympic and Sprint distances
- No littering other than at water station litter zones

- No hydration station on bike - bring your own fluids
- You must use your issued helmet and bike stickers and wear your run number. **Finisher Pix** is the Official Photographer at ELEVEN Sun City and ensure your running number is visible when crossing the finish line for that well deserved memento. Sign up [here](#) to receive notifications regarding your photos.
- There are 5 water stations on the run course serving water and **32GI**
- Familiarize yourself with TSA and ITU race rules [here](#)
- Timing will be provided by Spectrum Sport

Cut off times are as follows from the time of the last wave (Olympic distance only)

- Swim - 1 hour
- Bike - 2 hours (3 hours from start)
- Run - 1.5 hours (4.5 hours from start)

Valley of the Waves Entry

We will issue you with a green wrist band for entry to the Valley of the Waves. They are waterproof and will not come off during the race. Do not lose it as it won't be replaced.

Volunteers

Should you have a family member or friend that will be joining you and would like to assist us by volunteering please email [Tony](#). Their assistance will be greatly appreciated.

Participant List

Will be posted a week before the race and will not be updated thereafter. Please check the list for errors and advise [Ryan](#).

Sun City Access

Athletes are allowed access to Sun City free of charge but non athletes will be charged to enter Sun City on race day. Food and drink will be available for purchase after the race. Please honor Sun City's Management Policy and do not bring food and drinks onto the property.

Remember to check the [triathlon update](#) page regularly for additional info.