



2024 JOBURG TINMAN - RACE INSTRUCTIONS

Incl TTA Duathlon Championships

Dear TINMAN Competitor

Thank you for entering the **JOBURG TINMAN** this weekend event at PRIME VIEW Adventure Park. We are looking forward to having you race on Sunday and we wish you the best of luck for the event.

A SPECIAL welcome to all the TINMAN newcomers. We are so happy to have you competing in your first TINMAN race, please just relax, have fun and we know you will enjoy it!

Please read the important info below:

REGISTRATION @ PRIME VIEW ON SUNDAY: 5:30AM TO 7:30AM

ALL ATHLETES WILL GET A RACE NUMBER AT REGISTRATION. NO GOODIE BAGS ARE PROVIDED FOR THE TINMAN SERIES.

Registration Times:

- Mini Tri / Super Sprint Tri & Du: 5:30am to 6:30am
- 5km Run & Challenge Duathlon & Challenge Tri: 6am to 7am
- Sprint Tri & Du: 7am to 7:45am

TIMING:

BOUT Timing will be doing your timing. You will **receive** a Race number and a Timing Chip at registration. Please pin it on for the Bike and the Run. Please also put your chip on your right ankle. You will get race split times for the swim, bike and run as well as an overall time. Please make sure you wear your Race number for identification and hand your race number and the timing chip on the finish line.

RACE NUMBERS: Due to the continuous pollution of our beautiful Planet, we use reusable race numbers for our TinMan Series. **SO PLEASE REMEMBER TO HAND IT IN AT THE FINISH.**

RACE BRIEFING – 15min before your Race start at your race start area

SWIM START: All Triathletes will be swimming in the Dam from the swim start area.

START TIMES:

- 7am: Mini Triathlon
- 7:05am: Super Sprint **Duathlon**
- 7:10am: Super Sprint Tri
- 7:20am: Challenge **Duathlon** & 5km Run
- 7:30am: Challenge Tri Men
- 7:32am: Challenge Tri Ladies
- 8:20am: Sprint **Duathlon**
- 8:25am: Sprint Triathlon

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WETSUITS: A decision by Triathlon SA will be made at 6am on wetsuits depending on the water temperature.

BIKE DRAFTING:

- The Challenge race is NON-Drafting. Tri bikes are allowed for this race only.
- The Mini, Super Sprint, Sprint and Duathlon are Draft legal races. ONLY Road and MTB Bikes are allowed. NO E-Bikes allowed for any event.

CUT OFF TIME: Cut off applies: 3hrs 30min (10:30am) To all events.

ROAD CLOSURE: There will be FULL road closure for all events.

SWIM CAPS: Competitors must provide their own swim caps. Please make sure they are brightly coloured.

TEAMS: Teams will need to hand over their Race number and Timing Chip to the next person in their team. This must take place at the Bike position in the Transition area. All team members get medal and an ice cold aQuelle at the Finish area.

THULE TRANSITION AREA: ONLY Race Equipment will be allowed to be kept in the THULE transition. Please keep your items neatly next to your bike. NO Bags allowed to be kept inside the transition.

BIKE LAPS:

MINI TRI x 1 lap / **SUPER SPRINT** x 2 Laps / **SPRINT** x 4 laps / **CHALLENGE** x 6 Laps

WATER TABLES: There will be no Water Tables on the Bike route. There will be 1 water table on the Run route every 2.5km.

32GI WATER TABLES & FINISH: There will be 32Gi Sachets and Water sachets for competitors during the Run route. There will be ice cold aQuelle at the finish for all competitors.

PRIZE GIVING: Prize Giving will be starting between 10:30am and 11am, depending on the last competitor. The Top 3 Per event (male and Female) will get prizes and be called up to the Podium. There will also be awesome lucky draw prizes, so stay and you might win!

TTA Duathlon Champs Prize Giving will be straight after the TINMAN Prize giving.

SOCIAL MEDIA : We LOVE seeing your race pictures, so please tag us on Instagram: [@tinman_triseries](#)
[#tinmanseries](#)
[#tinmantri](#)
[#tinman](#)

Good luck, have fun and see you on the finish-line!

ORGANISED BY B-ACTIVE EVENTS / RACE CELL: 067 198 6737

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