



**2024 TINMAN QUAGGAS**  
**FINAL RACE - RACE INSTRUCTIONS**

Dear 2024 TINMAN Competitors

Thank you for entering the **TINMAN Quaggas** event at the beautiful Quaggaskloof Waterski Club.

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 newbies. 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:***

**Venue:** The location / start for Tinman Quaggas is the Quaggaskloof Waterski Club, R43, Worcester.

There will be an entry fee of R92 per person at the gate. (Card only)

**Registration** on Sunday morning from 6:00am – 8:20am at the Quaggaskloof Waterski Club, clubhouse.

It is looking very likely that the swim will be wetsuit compulsory, so please plan accordingly.

**Events:**

- Mini Tri - 200m Swim / 5km Cycle / 2.75km Run (8yrs up)
- Super Sprint - 400m / 10km Cycle / 2.75km Run (12 yrs up)
- Sprint Tri - 600m Swim / 20km Cycle / 5km Run (15yrs up)
- Sprint RELAY TEAM - 600m Swim / 20km Cycle / 5km Run (15yrs up)
- Challenge Tri - 1.2km Swim / 30km Cycle / 10km Run (16yrs up)
- Challenge RELAY TEAM - 1.2km Swim / 30km Cycle / 10km Run (16yrs up)

The day will run as follows:

**Registration Times:**

06:00 to 07:50: Challenge Triathlon

06:00 to 08:20: Sprint Triathlon, Super Sprint Triathlon & Mini Triathlon

**Bike Racking:**

06:00 - Opens for bike racking for all distances

07:50 - Closes for Challenge Triathlon

08:20 - Closes for Sprint Triathlon, Super Sprint Triathlon & Mini Triathlon



**Race Briefings:**

07:50 - Challenge Triathlon  
08:50 - Sprint Triathlon  
09:20 - Super Sprint Triathlon  
09:35 - Mini Triathlon

**Start Times:**

08:00 - Challenge Triathlon  
09:00 - Sprint Triathlon  
09:30 - Super Sprint Triathlon  
09:45 - Mini Triathlon

**Bike Check-Out (Subject to change dependent on racing athletes still coming in):**

12:00 - Opens for bike collections for all distances  
13:30 - Closes for bike collections for all distances

**TIMING:**

BoutTime will be doing your timing. You will receive a [timing chip](#) and bib number, Instapix sticker pack for Photo's and a timing chip at registration. The timing chip is to be worn on your LEFT ankle. Please pin your bib number on for the bike and the run. You will get overall Times (Start & Finish). Hand your [timing chip](#) in at the finish. Don't hand in your bib number at the finish. You need to hand your bib number in at bike check-out.

**BIB NUMBERS:** Due to the continuous pollution of our beautiful Planet, we use reusable race numbers for our TinMan Series. **NB: ATHLETES WILL NEED TO HAND IN THEIR BIB NUMBER IN AT BIKE CHECK-OUT!** You will not be allowed to check out a bike without a bib number.

**RACE BRIEFING:** See times above. This will take place at the race start and transition area.

**SWIM ROUTE:** To be briefed on at Race briefing / As per Route maps.

**SWIM CAPS:** Competitors must provide their own brightly coloured swim caps. No black, blue or green caps will be allowed.

**WETSUITS:** A decision on wetsuits will be made by Triathlon SA at 7:30am, depending on the water temperature. Wetsuit compulsory if the water is 15 degrees or below. Due to wind chill factors on the bike, TSA might make wetsuits compulsory at temperatures above 15 degrees.

**BIKE ROUTE:** To be briefed on at Race briefing / As per Route maps.

The bike route will have a neutral zone (No overtaking zone) between the transition and the R43, this is to ensure athlete safety on this section of road. We are putting measures in place to get this section of road as repaired as possible before the event.



**DRAFT LEGAL:**

- All events are draft legal. NO Time Trial bikes are allowed for these events. Additionally, no e-bikes will be allowed.
- Road and Mountain Bikes are allowed.

**CUT OFF TIME:** Cut off applies to the two CHALLENGE Races only: 3.5hrs (11:30)

**TEAMS:** Teams will need to hand over their bib number to the next person in their team. Only the runner needs to wear the timing tag. This must take place at the BIKE position in the Transition area.

**TRANSITION BAGS & EQUIPMENT:** Equipment will be allowed to be kept in the transition. Please keep it neatly next to your bike.

**WATER TABLES:** There is 1 water table on the bike route, and there will be 1 water table on the run route.

**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 held as soon as the podium fills up per distance. Below is the estimated prize giving times (changes to be communicated on the day):  
12:00 – Challenge Tri, Sprint Tri, Super Sprint Tri & Mini Tri

The Top 3 Per event (male and Female) will get prizes and be called up to the Podium. Please note that to be eligible for podium you must be able to prove your distances via your watch/bike computer.

**SOCIAL MEDIA:** We LOVE seeing your race pictures, so please tag us on Instagram:  
[@tinman\\_triseries](#)

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



## Swim Route



To get to the swim start, athletes will leave transition and walk down to the slipway, when on the slipway the athletes will be instructed what to do by the race officials. Once they have completed their swim they will return to the transition before continuing onto the next leg.

Mini – 1 lap of 200m

Super Sprint - 1 lap of 400m

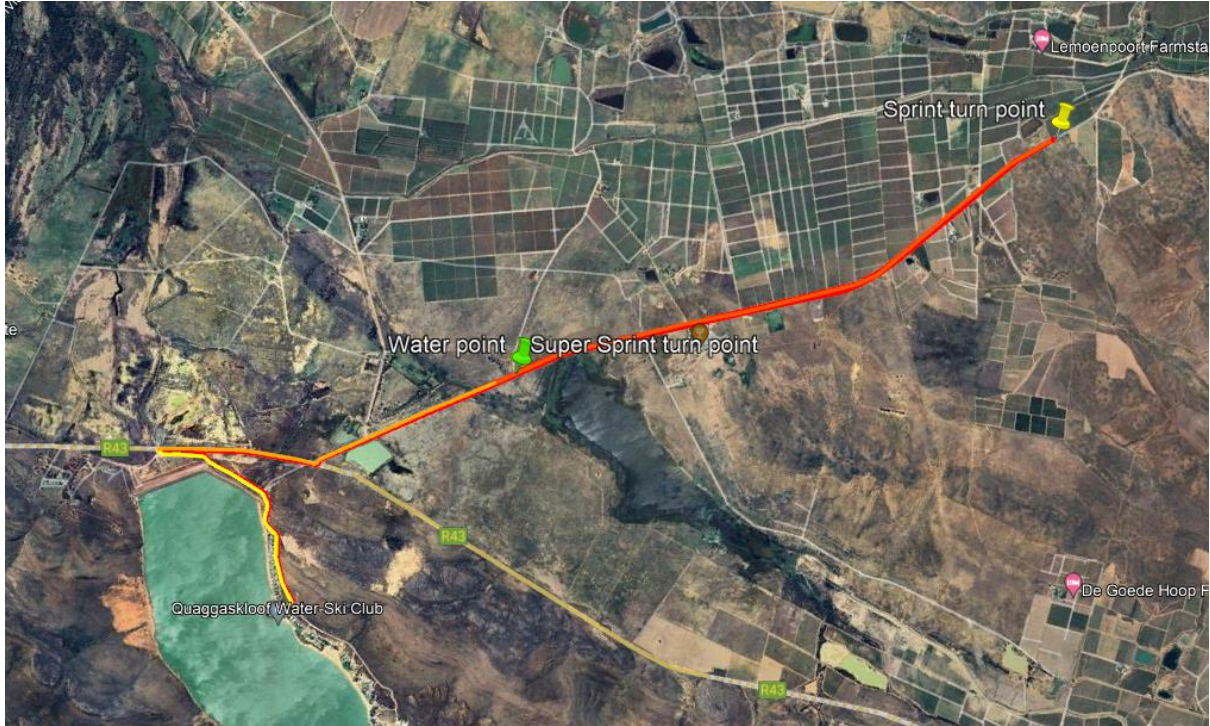
Sprint – 1 lap of 600m

Challenge – 1 laps of 1200m

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## Bike Route



Following the normal direction of traffic, the athletes will exit the transition and out towards the entrance of the Quaggaskloof dam, from the entrance they will cross over onto the **R43**, and turn **right** cycling towards **Villiersdorp**, before turning **left** onto **Doornrivier Rd**, until they reach their respective turn around point, and heading back to the Quaggaskloof Waterski Club via the same route.

The **Challenge bike** will cycle out to the Sprint turn point, then back to the Super Sprint turn point, before returning to the Sprint turn point, and heading back to transition.

**Mini – 1 lap of 5km**

**Super Sprint - 1 lap of 10km**

**Sprint – 1 lap of 20km**

**Challenge – 1 lap of 30km**

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## Run Route



From transition the athletes will run up the hill and head towards the boom gate. once they have exited the boom gate they will turn left onto the dam wall. at the end of the dam wall they will turn right and head back towards the transition area.

**Mini – 1 lap of 2.5km**

**Super Sprint - 1 lap of 2.5km**

**Sprint - 1 lap of 4.9km**

**Challenge – 2 laps of 4.9km**

### Route Markings

The routes will all be marked with red wooden arrows (approx. 35cmx15cm) or bright orange flags, these will be shown to the athletes during the race briefing. We will also have a number of marshals along the course to direct the athletes in key areas