



RACE DATE: 30th August 2026

Congratulations and thank you! You have officially signed up to become an even more incredible athlete this weekend.

Before race day excitement completely takes over your normal thinking, please do us (and yourself) a big favour and carefully read the Athlete's Guide below. It contains all the important stuff— times, rules, routes, and other details that prevent panic at 5am.

IMPORTANT INFO:

REGISTRATION @ PRIME VIEW ON SUNDAY: 5:45AM TO 7:30AM

ALL ATHLETES WILL GET A TIMING CHIP + RACE NUMBER + PINS AND A HELMET STICKER AT REGISTRATION.

ALL PRE-ENTRY TINMAN COMPETITORS WILL GET AN AWESOME PAIR OF SOX AT THE FINISH WHEN THEY HAND IN THEIR RACE NUMBERS – NO NUMBER = NO SOX

Registration Times:

- Mini Tri / Super Sprint: 5:45am to 6:30am
- Duathlon & Challenge Tri: 6am to 7:15am
- Sprint Tri: 6am to 7:15am

TIMING:

BOU Timing will be doing your timing. You will **receive** a TINMAN Race number, Helmet sticker and a Timing Chip at registration. Please pin the race number on you for the Bike and the Run. Please also put your chip on your **LEFT** ankle from the swim start. Please make sure you wear your Race number for identification and hand in your race number and timing chip to our staff at the finish.

RACE STARTING TIMES:

- 7am: Super Sprint
- 7:08am: Mini Tri
- 7:35am: Challenge Tri Men & Teams
- 7:40am: Challenge Tri Ladies
- 9am: Sprint Duathlon
- 9:20am: Sprint Triathlon & Teams

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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 TO GET YOUR MEDAL and CUSTOM SOX!**



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.

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

DRAFTING & Bikes:

- Mini Tri and Super Sprint are draft-legal (ONLY MTB Bikes, Road Bikes allowed)
- Sprint & Challenge Triathlon & Duathlon are **NON – Drafting** (Road, MTB and Tri Bikes allowed)
- NO E-Bikes allowed for any event.

CUT OFF TIME:

- **Bike cut off:** All bikes from all events must be off the bike course by 11am
- **Finish-line cut off:** Challenge Tri 3hrs 55min (11:30am)
- **Finish-line cut off: Sprint Tri:** 2hrs 20min for Sprint Tri. (11:40am)

ROAD CLOSURE: There will be FULL road closure for all of the events by the JMPD

SWIM CAPS: All Competitors must provide their own swim caps. Please make sure they are a bright colour.

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 entrance to transition, swim to bike and exit of transition bike to run. All team members receive a Race medal and an ice cold aQuelle at the Finish area.

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



SWIM COURSES:

MINITrix 1 lap (200m)
 SUPERSPRINT x 2 laps (400m)
 SPRINT x 1 Lap (750m)
 STANDARD Tri x 1 Lap (1200m)

BIKE LAPS:

MINITRI x 1 lap (short lap) 6km (Draft legal)
 SUPERSPRINT x 2 Laps (short lap) 10.5km (Draft legal) SPRINT x
 3 laps (long lap) 20km (**non-drafting**)
 STANDARD Tri C Dux 6 Laps (long lap) 40km (**non-drafting**)

RUN LAPS:

MINITRI x 1 lap (2.5km)
 SUPER SPRINT x 1 Lap
 SPRINT x 2 laps (5km)
 STANDARD Tri C Dux 4 laps (10km)

ATHLETES TO KNOW RACE ROUTES:

It is each athlete's responsibility to know their own race routes and number of laps required for their race.

The marshals on the route are there to guide them but will not be responsible for counting laps or managing race routes for the athletes.

BIKE ROUTE MAPS:

6km Mini Tri Bike (1 lap) : <https://www.plotaroute.com/route/2771396?units=km> 10.5km

Super Sprint Bike (2 laps) : <https://www.plotaroute.com/route/2771400?units=km>

20km Sprint Bike (3 laps): <https://www.plotaroute.com/route/2771403?units=km> 40km

Standard Bike (6 laps): <https://www.plotaroute.com/route/2771407?units=km>

2.5km RUN ROUTE MAP: <https://www.plotaroute.com/route/2772419?units=km>

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

32GI WATERTABLES & FINISH: There will be 32Gi Endure and Water in cups for competitors during the Run route. There will be a delicious ice cold aQuelle at the finish for all competitors.

PRIZE GIVING: Prize Giving will be starting around 11:30am, 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 exciting lucky draw prizes, so please stay and you might win!



SWIM ASSIST BUOYS: Swim Buoys are not allowed as per International Triathlon Union Rules.

RETURN OF RACE NUMBERS AT THE FINISH:

Please return your Race Number at the finish-line, in exchange for your pair of custom SOX!

SOCIAL MEDIA:

We LOVE seeing your race pictures, videos and feedback, so please tag us on Instagram:

@tinman_triseries.

#tinmanseries

#tinmantri

TINMAN WHATSSAPP GROUP:

Stay up to date with all the latest news and race updates about the TINMAN Series. Join our

WhatsApp: [WhatsApp Group Invite](#)

GOOD LUCK TINMAN LEGENDS!

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RACE CELL: 067 198 6737



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