



GENERAL RACE INFORMATION

FINAL RACE INFO:

- Final race information is only sent out on the Friday before race weekend once all entries have closed.
- Please ensure that you use a **NON GMAIL** email address on your Entry Ninja Profile (contact email) as GMAIL blocks a lot of Important Race information emails.

RACE RESULTS:

- An email with a link to Race Results and Race images will be emailed to you on the Monday after your race.

REGISTRATION / RACE PACK COLLECTION:

- This Takes place on race day at the venue.

TIMING:

- All athletes will get a Returnable Race number + PINS and a helmet sticker at Registration.
- Please pin the race number on you for the Bike and the Run.

RACE NUMBERS:

- We use **reusable** race numbers.
- SO PLEASE 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.

WETSUITS:

- A decision by Triathlon SA will be made at 6am on wetsuits depending on the water temperature. This is in accordance with Triathlon SA and International Rules.

SWIM ASSIST BUOYS:

- Swim Buoys are unfortunately not allowed as per TSA and International Triathlon Union Rules.

ROAD CLOSURE:

- There will be FULL road closure for all the events.

SWIM CAPS:

- All Competitors must provide their own Brightly coloured swim caps.

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TEAMS:

- Teams will need to hand over their Race number to the next person in their team inside the transition area at the bike position.
- All team members get TINMAN Race medal and an ice cold aQuelle at the Finish area.

THULE TRANSITION AREA:

- ONLY Race Equipment may be kept in the transition.
- NO Bags allowed to be kept inside the transition.

WATER TABLES:

- There will be no Water Tables on the Bike route. Please pack your own bottle.
- There will be a water table on the Run route every 2.5km.

32GI WATER TABLES & 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 am, 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!

RACE RULES:

- The TINMAN Series follows Triathlon SA & World Triathlon Race rules. To view them, please [\(CLICK HERE\)](#)
- Competitors are responsible to know the race routes and the number of laps required per event competing in. Marshals and Race officials will not be able to assist or be held liable. Marshals and officials are there to keep you on the race route.

WHAT TO PACK FOR YOUR TRIATHLON?

[Click here to download your TINMAN List.](#)

SOCIAL MEDIA:

- We LOVE seeing your race pictures, videos, and feedback, so please tag us on Instagram:
@tinman_triseries / #tinmanseries / #tinmantri

JOIN OUR 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](#)

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