### FRIDAY 18 OCTOBER 2019

- **Registration:** 15h00 – 18h00 (Victoria Hall at Germiston Lake)
- **Triathlon Shop:** 15h00 – 18h00 (Victoria Hall at Germiston Lake)
- **Bike Maintenance:** 15h00 – 18h00 (Troisport Gazebo outside Victoria Hall)

### SATURDAY 19 OCTOBER 2019

- **Registration:** 09h00 – 17h00 (Victoria Hall at Germiston Lake)
- **Triathlon Shop:** 09h00 – 17h00 (Victoria Hall at Germiston Lake)
- **Bike Maintenance:** 09h00 – 17h00 (Troisport Gazebo outside Victoria Hall)

### SUNDAY 20 OCTOBER 2019 (RACE DAY)

**Bike Maintenance:** 05h45 – 06h45 (Transition Area)
- **Bike & Gear Check-In, incl Welcome:** 05h45 – 06h45 (Transition Area)
- **Race Briefing (Compulsory for all):** 06h45 (Outside Transition Area)

**FUNTRI (minimum age 14 years on race day):**
- **Rolling Swim Start:** 07h30
- **FUNTRI Distances:**
  - 400m Swim
  - 20km Bike
  - 5km Run

**PLEASE NOTE:** There are no cut-off times for the FUNTRI

**5150: (minimum age 18 years on race day)**
- **Rolling Swim Start:** 08h10
- **5150 Distances:**
  - 1500m Swim
  - 40km Bike
  - 10km Run

**PLEASE NOTE:** There are cut off times per 5150 discipline (i.e. swim, bike, run):
- Cut offs:
  - Swim time: 1 hour 10 minutes
  - Bike time: 2 hour 20 minutes
  - Run time: 1 hour 20 minutes
  - **TOTAL time:** 4 hour 50 minutes from your swim start time

**FUNTRI & 5150 Bike & Gear Check – Out:**
- **FUNTRI Only:** 09h45 – 10h45
  - **Note:** FUNTRI athletes who don’t collect their Bike & Gear during this time must collect during the 5150 check-out time slot

**5150:**
- **12h45 – 13h45**
  - **Note:** *approximate time, based on 15 minutes after the last 5150 athlete finishes the bike course within the cut-off

**Awards Presentation:** Finish Line 13h15