

3 March 2024

WOOLWORTHS X TRI!



RACE PACK

REGISTRATION & RACE PACK COLLECTION

To take part in the WW X TRI you will need to register and process your payment. The following options are available for collection of race packs and goody bags

DATE	TIME	VENUE
SATURDAY 2 nd MARCH	09:00 - 17:00	KARKLOOF COUNTRY CLUB
SUNDAY 3 rd MARCH	06:00 - 07:30	KARKLOOF COUNTRY CLUB

Your race pack will contain the following:

Race Number

Swim Cap

Bike Board

Timing Chip

Safety pins & cable ties

IMPORTANT: Please check your race pack to ensure you have all items.

THE RACE

EVENT LOGISTICS

This event will have two transition areas. Transition 1 (Swim to Bike) is at Bartersfield Farm Dam and Transition 2 (Bike to Run) is at Karkloof Country Club. The Run 4 Fun's and Walk 4 Good start and finish at Karkloof Country Club, so these athletes should not come to Bartersfield Farm Dam at all.

ATHLETE GUIDE

Athletes who register on Saturday

Registration will be held at Karkloof Country Club. Transition check in and bike drop will take place on Sunday (Race Day). On Sunday Morning (Race Day) you can go straight to the Bartersfield Farm dam following the direction boards from Karkloof Country Club. Once there, park and make your way to Transition 1 where you will rack your bike and leave your swim bag. Then drive back to Karkloof Country Club to rack your running kit in Transition 2. Transportation will be provided to those returning to the swim start to participate in the event. Supporters may drive you to the start too, but can only leave after the last athlete of your race has left Transition 1.

Athletes who register on Sunday (race morning)

Race day registration will be at Karkloof Country Club, so go to Karkloof Country Club first. After registering, rack your run kit in Transition 2. Make your way to Bartersfield Farm Dam. Once there, park and make your way to Transition 1 where you will rack your bike and may leave your swim bag. If you don't have a supporter to drive your car, make your way back to Karkloof Country Club to park. Transportation will be provided to those returning to the swim start to participate in the event. Supporters may drive you to the start too, but can only leave after the last athlete of your race has left Transition 1.

Swim Bags

At registration all athletes will receive a plastic bag with their name and race number on it. Place all your swim items in the bag in Transition 1, before leaving and drop it in the drop zone. We will bring all the swim bags back to Karkloof Country Club for collection from the registration area, after you finish.

ATHLETE GUIDE

START TIMES

SUNDAY 3rd MARCH	RACE DAY	
08:00	WW X TRI Start - Individual Athletes	Bartersfield Farm Dam
08:10	WW X TRI Start - Team Athletes	Bartersfield Farm Dam
08:30	WW X TRI Lite Start - Individual Athletes	Bartersfield Farm Dam
08:40	WW X TRI Lite Start - Team Athletes	Bartersfield Farm Dam
DATE & TIME	ACTIVITY	VENUE
SUNDAY 3rd MARCH	RACE DAY	
06:00	Transitions 1 & 2 Open	Bartersfield Farm Dam
06:00 - 09:30	WW XTRI Registration and Goody Bag Collection	Karkloof Country Club
07:00	Transition 2 Closes	Karkloof Country Club
07:30	Transition 1 Closes	Bartersfield Farm Dam
08:50	WW X TRI Race Briefing	Bartersfield Farm Dam
08:00	WW X TRI Start - Individual Athletes	Bartersfield Farm Dam
08:10	WW X TRI Start - Team Athletes	Bartersfield Farm Dam
08:15	WW X TRI Lite: Race Briefing	Bartersfield Farm Dam
08:30	WW X TRI Lite Start - Individual Athletes	Bartersfield Farm Dam
DATE & TIME	ACTIVITY	VENUE

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SUNDAY 3rd MARCH	RACE DAY	
08:40	WW X TRI Lite Start – Team Athletes	Bartersfield Farm Dam
09:00	Run 4 Fun Start	Karkloof Country Club
09:15	Run 4 Fun Lite Start	Karkloof Country Club
10:00	Walk 4 Good Start	Karkloof Country Club
11:00	X TRI Lite Winner expected	Karkloof Country Club
11:05	X TRI Lite Team Winner expected	Karkloof Country Club
11:20	X TRI Winner expected	Karkloof Country Club
11:32	X TRI Team Winner expected	Karkloof Country Club
12:00	Podium Presentations	Karkloof Country Club
11:30	Transition Check-out	Karkloof Country Club

RACE NUMBERS

Each individual athlete receives a race number and a bike board. Teams receive a team race number and bike board.

Race numbers should be worn facing rearwards on the bike. Turn your race number from back to front in Transition 2 from bike to run, before you start your run.

Bike boards should be mounted onto the handle bars in front of any cables, with

Bike Boards and Race Numbers are coloured according to the various races

ATHLETE GUIDE

DIRECTIONAL ARROWS

Please take note of the following directional arrows for each event:

X TRI FULL SOLO & TEAMS



X TRI LITE SOLO & TEAMS



RUN 4 FUN (15KM)



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RUN 4 FUN LITE (5KM)



WALK 4 GOOD (3KM)



LITTER AND PLASTIC

Woolworths is committed to the environment. The WW X TRI is committed to avoiding unnecessary use of plastic and ensuring the only thing we leave behind is our tracks on the race course.

On the bike and run courses there will be litter zones. Purposefully dropping litter outside these zones can lead to disqualification. Please keep all used nutrition and related packaging with you until you reach a litter zone.

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TIMING CHIP

Your timing chip will be provided in your race pack at registration.

IMPORTANT: Please securely fasten your chip around your **LEFT ANKLE** and do not remove it throughout the competition, unless racing in a team event, where the timing chip needs to be handed to the athlete doing the next leg of the race.

We suggest that you wear it underneath your wetsuit during the swim. Failure to wear the timing chip correctly may affect your result.

Timing chips must be handed in directly after finishing the race. Volunteers will be on hand in the finish area to take your timing chip from you. If they miss you for some reason, or you do not complete the race, please return the chip to the Race Office located adjacent to the finish line and announcer's gazebo. Failure to return your chip will result in a replacement chip fee being charged.

SWIM CAP

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You will receive an official WW X TRI swim cap in your race pack. You need to wear the swim cap provided for the entire duration of the swim. You may wear 2 swim caps so long as the official WW X TRI swim cap is worn on the outside.

Make sure you know your start time. Each race start will enter the start area separately



ahead of their swim start time. The start format will be hooter mass start for each race.

MEDICAL SERVICES ON THE DAY

A team of medical staff and paramedics will take the necessary precautions to ensure the safety of all athletes and spectators. Along the course and moving on the course numerous medical personnel will be available to assist in the event of an incident.

Any medical incidents around the venue site and race course should be reported to the WW X-TRI Race Office. Medical staff will be dispatched to the appropriate location. Make sure you have adequate medical insurance. All athletes are required to follow the instructions of medical staff at all times.

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BEFORE THE RACE

RACE BRIEFING

A race briefing will be done before the start of the swim leg of each race. Please ensure all team members competing in other race legs are present, as all race course disciplines will be covered.

Please be sure to consult the course information on the website and in the remainder of this Athlete Guide ahead of the race to ensure you are familiar with the course.

TRANSITION CHECK-IN

All transition equipment is to be checked into transition on the morning of the race. All athletes must have racked their bikes and completed their transition setups by 08:30 for the WW X TRI and for the WW X TRI Lite as transition will close. NOTE that **Transition 2 (Bike to Run) closes at 07:00 at Karkloof Country Club** to allow you time to catch the shuttles / get a lift to Barrington Dam to make the close of **Transition 1 (Swim to Bike) at 07:30**.

Wear your bike helmet, fastened on your head, when you come to check-in. A safety check will be carried out on your bike and helmet. Ensure your bike is in good working order before the race. If your bike is not fit to race you will not be allowed to start – the safety of athletes is our primary concern.

No equipment other than items required to complete the course may be left in transition. Please rack your bike in the rack which matches your race number. Place race apparel and items next to your bike. Please consider other athletes and ensure everyone has space to place their items.

Transition times are:

DATE & TIME	ACTIVITY	VENUE
SUNDAY 3rd MARCH	RACE DAY	
06:00	Transition 1 Opens	Bartersfield Farm Dam
06:00	Transition 2 Opens	Karkloof Country Club
07:00	Transition 2 Closes	Karkloof Country Club
07:30	Transition 1 Closes	Bartersfield Farm Dam

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IMPORTANT: No access to items in transition is permitted after transition closes.

WETSUITS

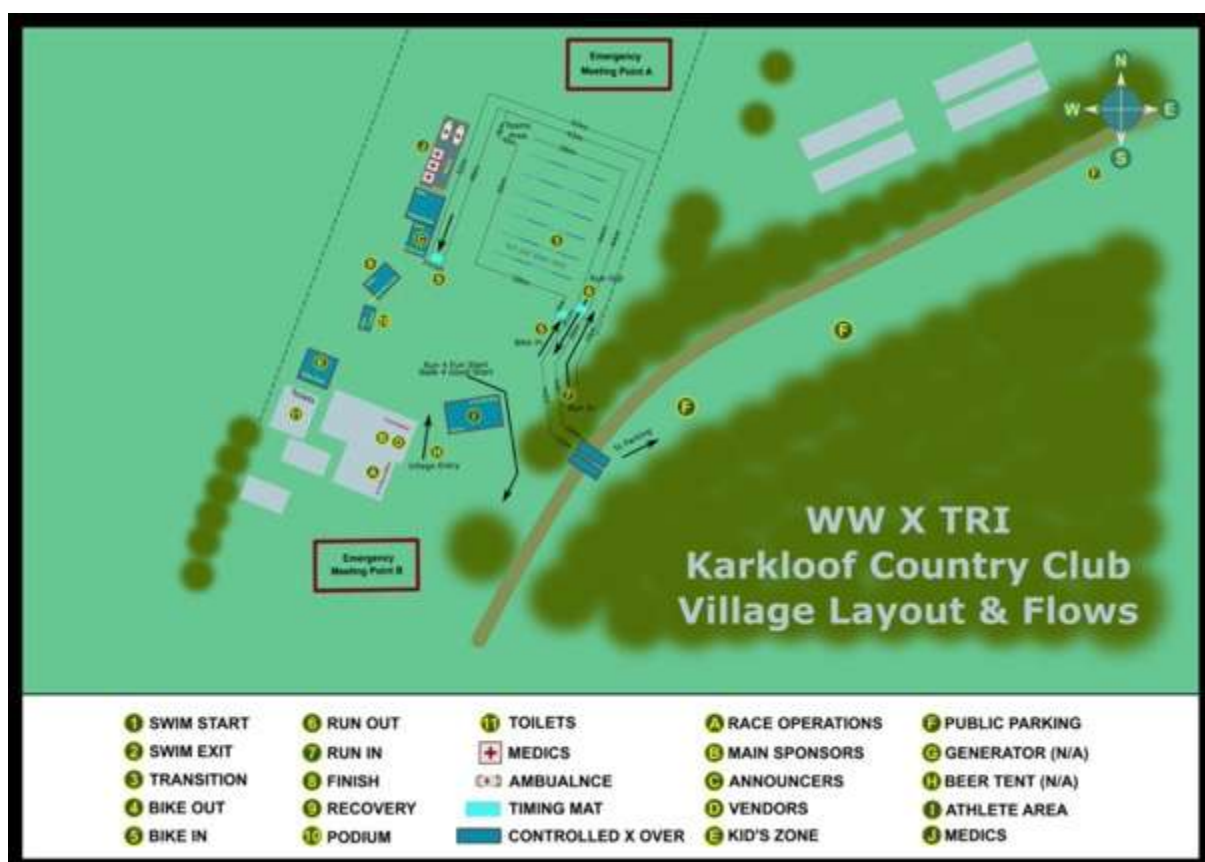
The use of wetsuits will be determined on the morning of the race. A final announcement will be made by 07:15 on race day.

Your timing chip needs to be placed under your wetsuit on your left ankle. This is to ensure that the timing chip doesn't come off when you remove your wetsuit.

RACE VILLAGE

The race will be held at the Karkloof Country Club. The village will provide athletes and spectators with everything they need to have a great day out. Woolworths coffee, food trucks and a Kids Zone will ensure all are happy.

The village also locates our medical services, bike mechanical support team and timing team. The WW X TRI Race Office is located next to the finish line, for any queries or incident reporting.



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COURSE DESCRIPTIONS

IMPORTANT: Please ensure you have entered an event which is appropriate to your fitness and ability level. The WW X TRI includes technical mountain bike trails, comprising single tracks, rocky and technical sections, sand, bridges and styles. If you are in doubt that your fitness, mountain biking skills or equipment are not to this level, please change to the WW X TRI Lite.

WW X TRI & WW X TRI LITE SWIMS

OVERVIEW

WW X TRI – 2 laps = 1,000 meters

WW X TRI Lite – 1 lap = 400 meters

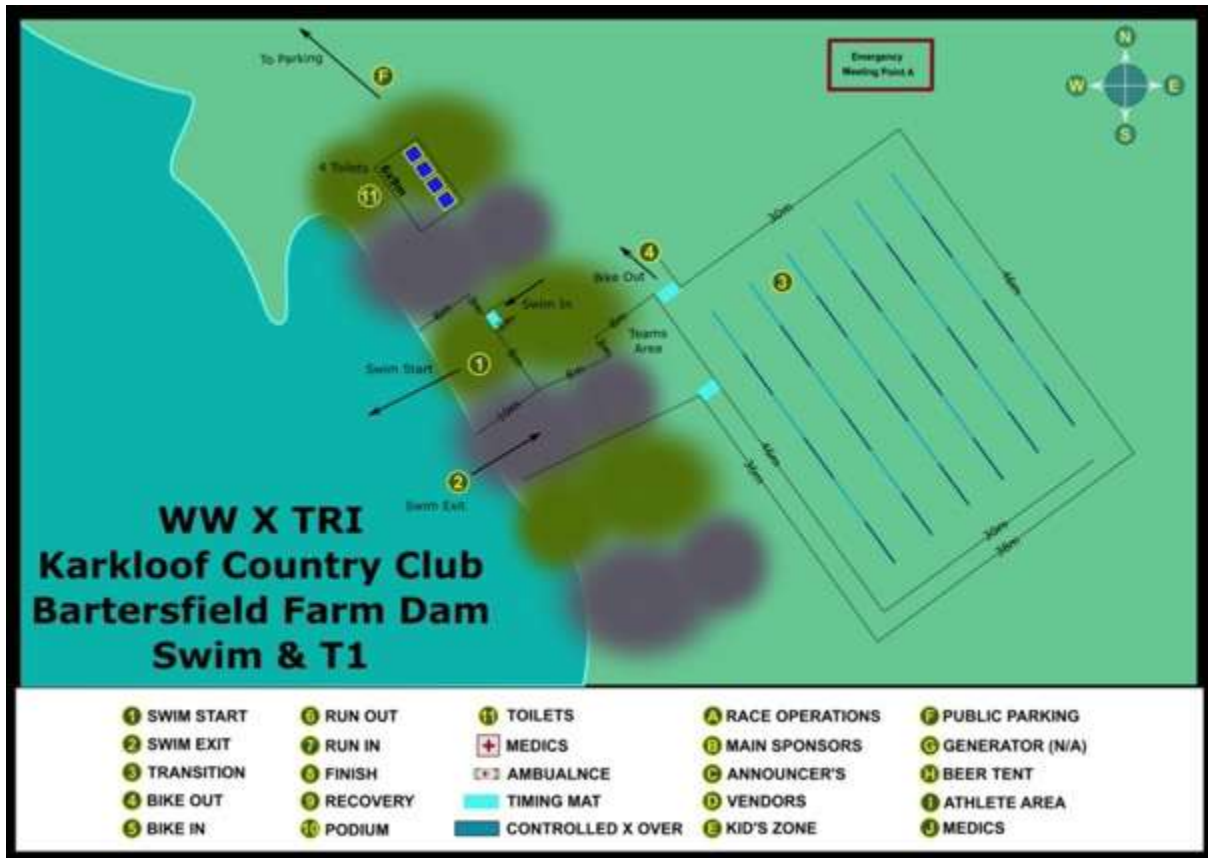
A swim in a farm dam

Anticipated wetsuit swim depending on water temperature

IMPORTANT: Swimmers entering WW X TRI races should be confident in their ability to cover the swim race distance, in open water and while swimming with other people. Any swimmer in need of assistance, should move out of the flow of other swimmers as far as possible, attempt to lie on their back and pump a fist in the air to indicate being in need of assistance. A lifeguard will come to your aid. Other swimmers are strongly discouraged from assisting swimmers in need of assistance.

IMPORTANT: Swimmers who encounter difficulty in the water are permitted to swim to the nearest bank and exit the water. Swimmers are permitted to proceed to transition on foot and continue their race or hand over to a team member to continue. Please only enter transition via the swim exit route to ensure accurate timing of your race. Swimmers using this safety option will not be disqualified, but are not eligible for any prizes.

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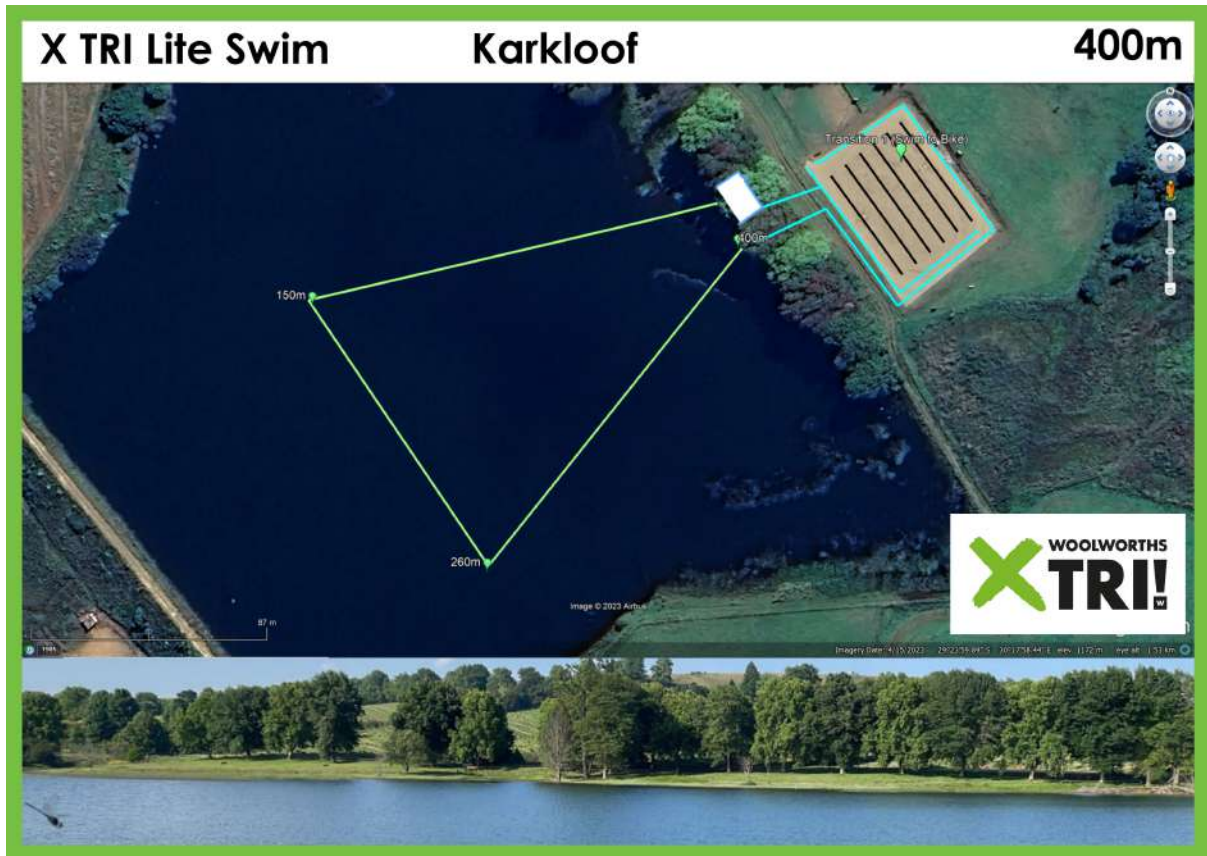
X TRI Swim

Karkloof

1,000m



ATHLETE GUIDE



WW X TRI MOUNTAIN BIKE

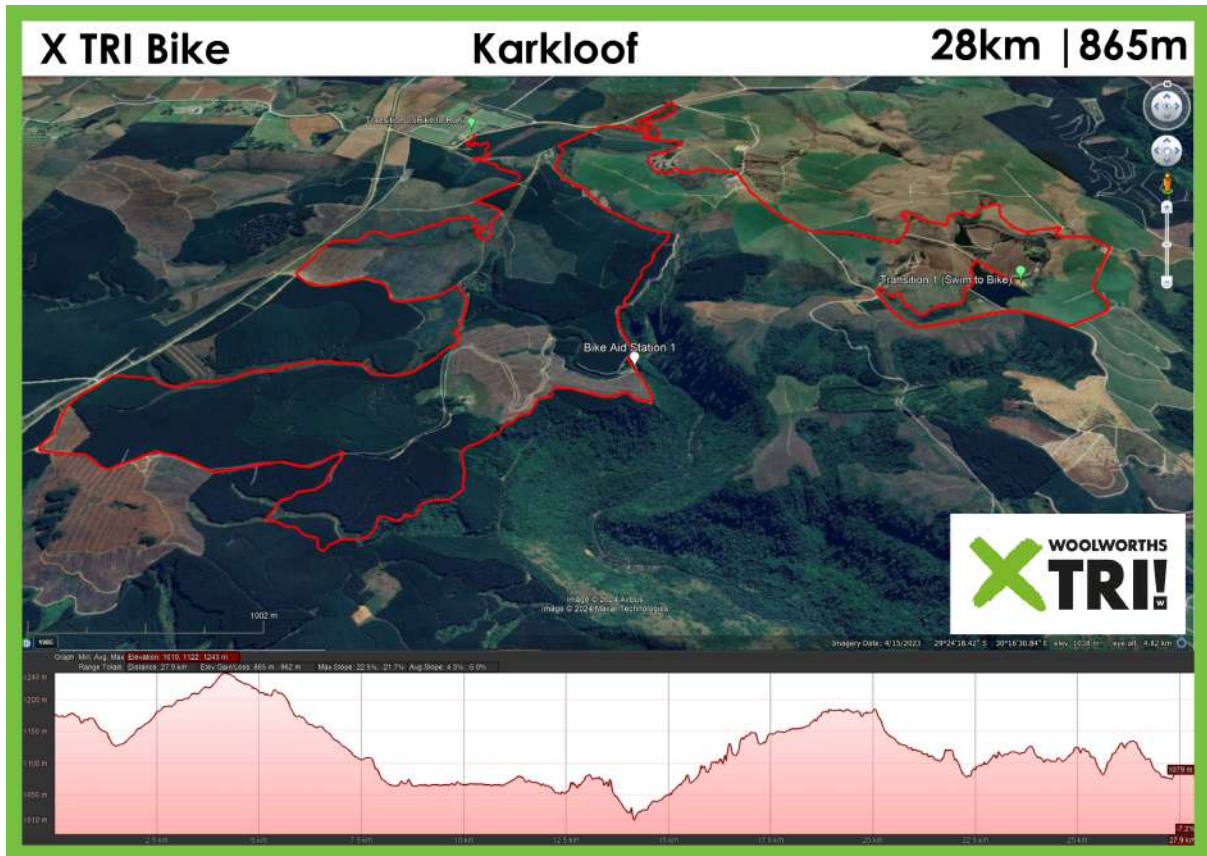
OVERVIEW

WW X TRI bike course covers ~28 kilometres and includes 860 meters of vertical ascent

~12 kilometres (45%) of the route is on narrow or single track trails

Route includes Karkloof iconic trails

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WW X TRI OFF-ROAD TRIATHLON RUN

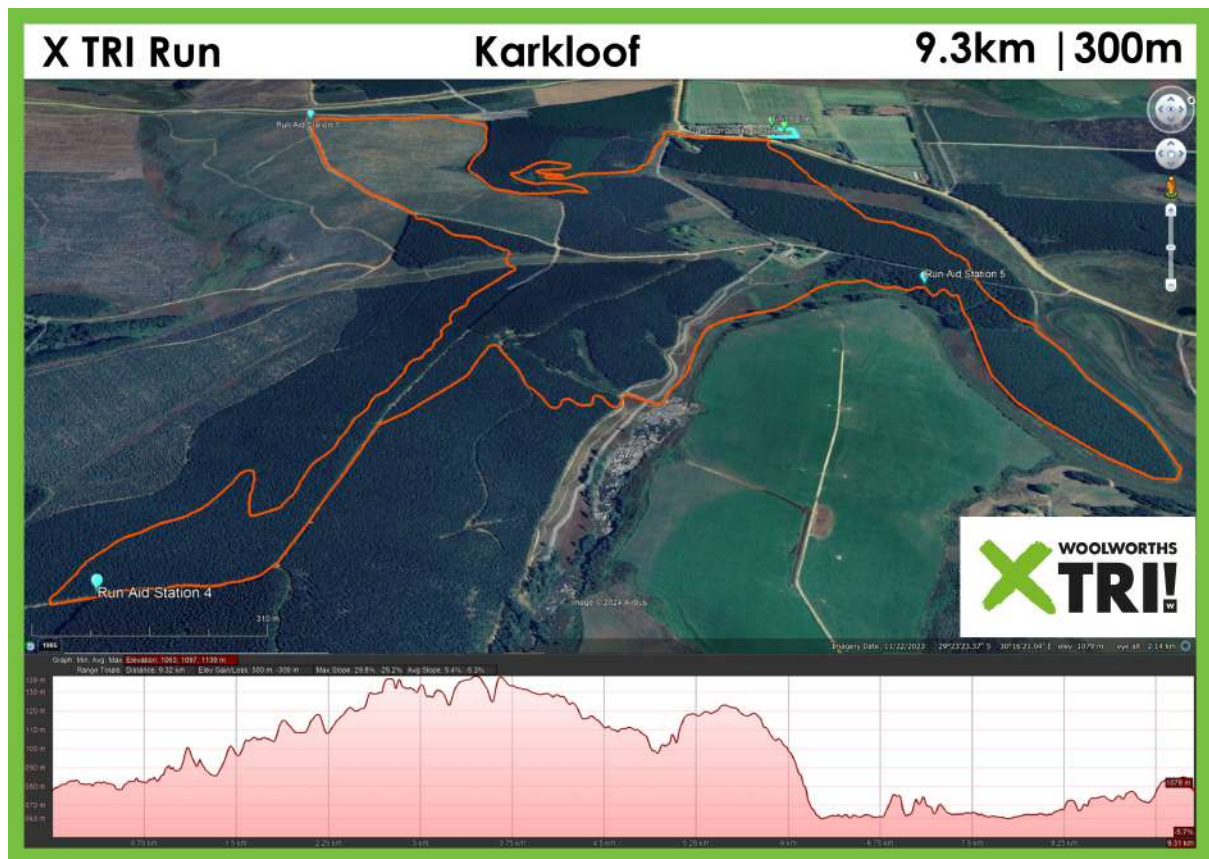
OVERVIEW

WW X TRI Run course covers ~10.0 kilometres and includes 290 meters of vertical ascent

The route is on farm roads, jeep tracks and single tracks

Route contains limited technical running sections.

ATHLETE GUIDE



WW X TRI LITE MOUNTAIN BIKE

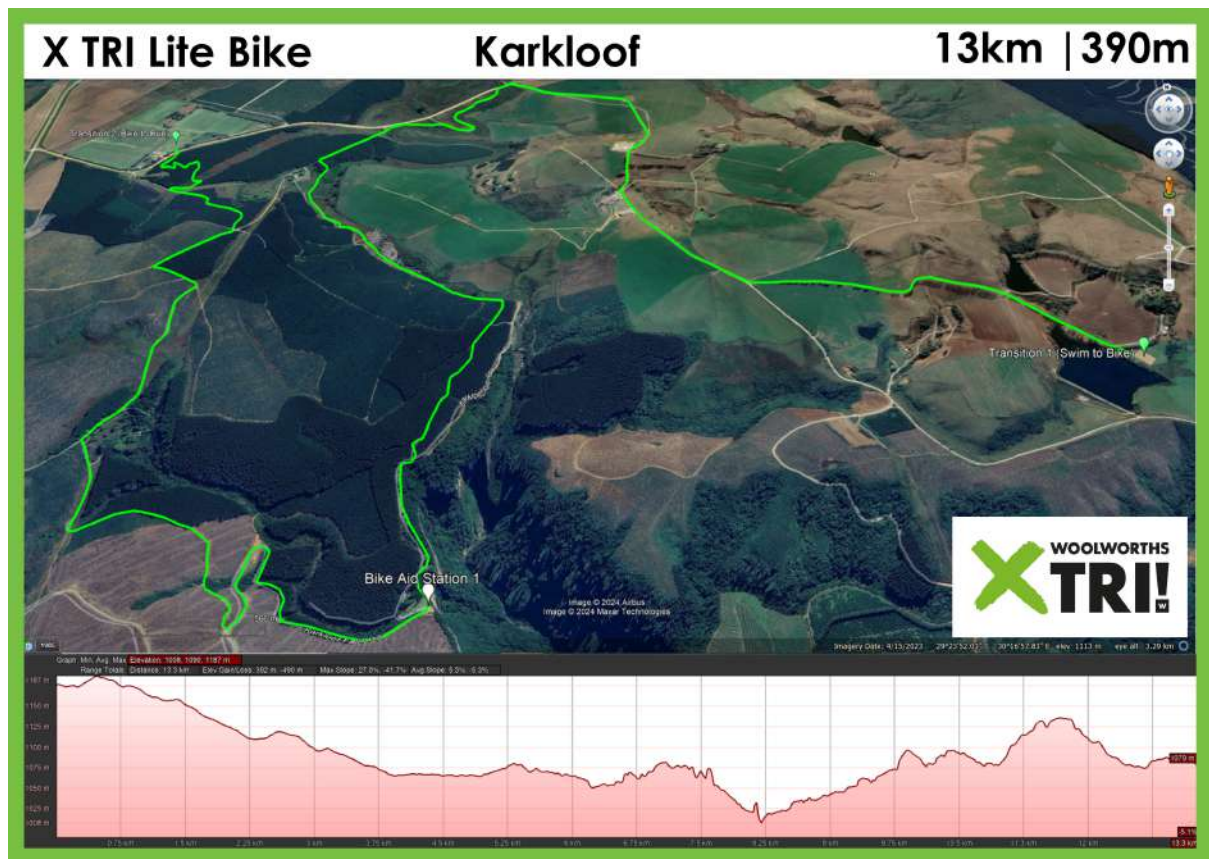
OVERVIEW

WW X TRI Lite bike course covers ~13 kilometres and includes 390 meters of vertical ascent

The route is on farm roads and some beginner single tracks

Route contains no technical mountain bike sections. Some off-road riding skills are required for some sections of loose terrain.

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WW X TRI LITE OFF-ROAD RUN

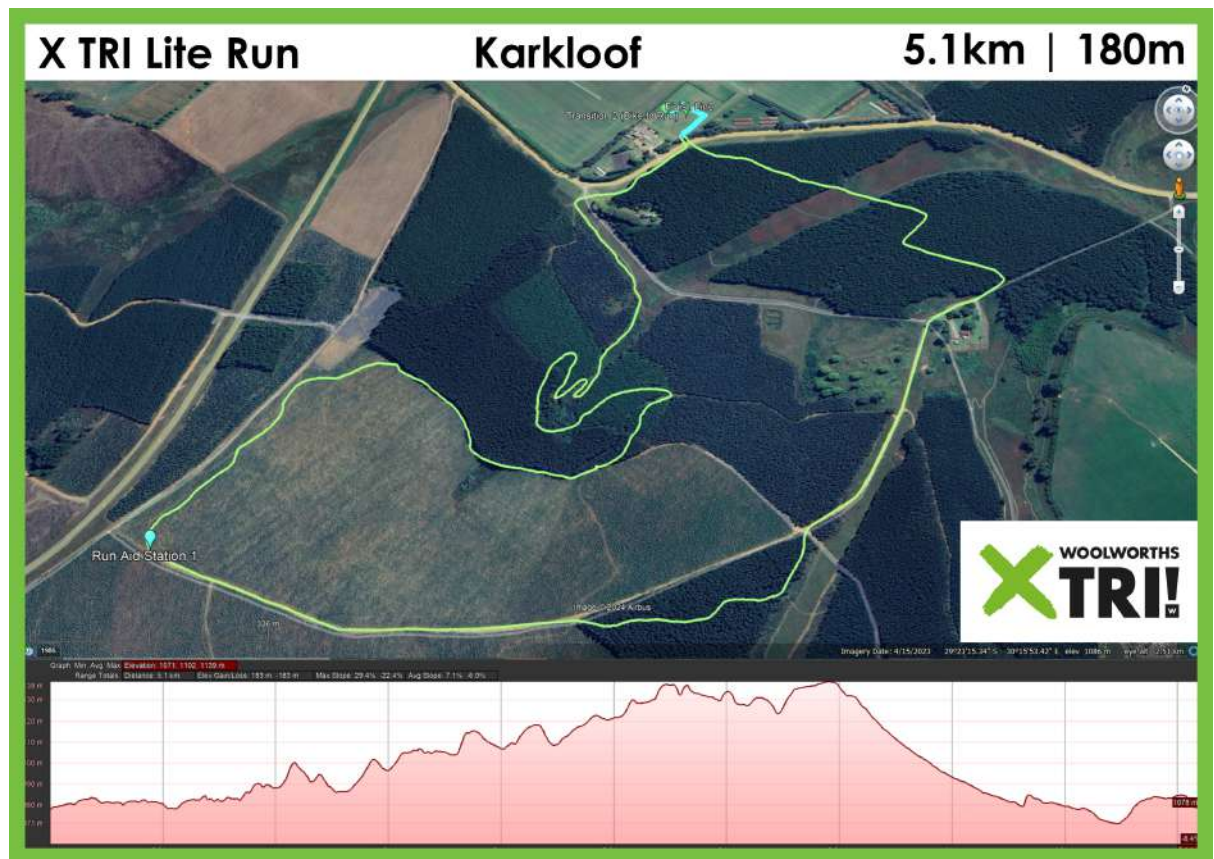
OVERVIEW

WW X TRI Lite Run course covers 5.5 kilometres and includes 190 meters of vertical ascent

The route is on farm roads only

Route contains 500 meters of single track on level terrain

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ADDITIONAL INFORMATION

ADDITIONAL INFORMATION FOR RELAY TEAMS

This information applies only to athletes racing as a relay team. There is an allocated Handover Zone in Transition for teams.

You need to hand over your timing chip (and race number for bike to run) and attach it to your teammate's left ankle before they are allowed to leave the Handover Zone and start their leg of the race.

In your race pack you will find a swim cap, a race number and bike board plus 3 athlete wristbands.

The swim cap is to be worn by the swimmer

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The race number is to be worn by the rider and then handed to the runner for the run

The bike board is to be used by the rider mounted to the handle bar of their bike

To avoid congestion in Transition, only riders are allowed in the Handover Zone during the swim leg and only the runner waits in the Handover Zone during the bike leg.

All team members must wear the wristband provided in the race pack to enable them to gain access to the Handover Zone.

SWIMMER

Wear the timing chip around your left ankle. After your swim, enter Transition 1. At the allocated Handover Zone, the timing chip must be placed around the left ankle of the rider.

CYCLIST

Wear your helmet with helmet strap fastened and the race number facing rearwards. Wait for your swimmer at the allocated Handover Zone. Don't leave the Handover Zone or remove your bike from the rack until your swimmer has met you and placed the timing chip around your left ankle.

After the ride, you must rack your bike in the allocated position. After your bike is racked, move to the allocated Handover Zone to meet your runner. Remove the timing chip and place it around the runners left ankle. Remove the race number and pass it to your runner.

RUNNER

Wear the race number facing forwards for the run. Wait for your rider at the allocated Handover Zone in Transition. After the rider has racked their bike in the allocated position, the timing chip must be removed from the rider's left ankle and placed around your left ankle. The race number must be removed from the rider and worn by you facing forwards. Only when you have a race number and timing chip in place can you leave the Handover Zone and move to the exit of Transition to begin the run leg.

Make sure your race number is visible as you cross the finish line. Remember to hand the timing chip to a volunteer after you finish and before you leave the finish area.

FINISHING TOGETHER

Team members may finish together. Swimmers and riders can meet their runner at the beginning of the finish chute.

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When your runner comes into the finish chute, you will be granted access to the finish chute in order for your team to finish together as a team.

SEVERE WEATHER SCENARIO

In the event of severe weather, the swim, bike or run course may be shortened to ensure athlete safety. Any of these changes will be communicated to athletes on the day and course adjustments will be made to ensure athletes follow directional boards as per normal.

In the event of the swim being cancelled. The WW X TRI and WW X TRI Lite races will be changed to begin with a short run, followed by the bike and run legs as per normal (or shortened).

RACE RULES

These rules are made to protect the participants and to prevent unsportsmanlike behaviour. Should any rules be unclear, you are welcome to consult with the Chief Referee prior to the start of the event, on the day.

GENERAL

A pre-race briefing will be conducted 15 minutes before the start of the swim leg of each event where additional instructions will be given

Regular instructions will be announced over the PA system

It is YOUR responsibility to know the route and rules. Ensure that you have checked the maps and read the rules

Any athlete withdrawing from the event is required to report to the Information station and advise officials

Athletes are required to hold a valid TSA license, please enter this on your entry. Day Licenses are included in the entry fees for those not licensed.

NO littering on the course. Littering outside the litter zones will result in disqualification

SWIM

NO Cap NO Swim

A swim cap is provided in your race pack. If you lose it prior to the event only brightly coloured caps are allowed during the swim – no blue, black or green caps

NO baggy clothing of any kind is allowed for safety reasons. They make you heavier and hamper lifesaving efforts.

15.9° to 22° water temperature - Wetsuits optional

Above 22° – Wetsuits not allowed

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Swimmer must be capable of swimming the distance entered

NO pushing, shoving, pulling or blocking is permitted during the swim

CYCLE

NO helmet NO ride

Only approved, hard-shell helmets in good condition will be permitted

An upper-body garment must be worn

NO nudity is permitted. There are NO changing tents in transition

Helmets should be free from cracks and all strapping in good working order

Both handlebar ends must be properly plugged

Only wheels of spoke construction will be permitted

Only mountain bikes will be permitted, no gravel bikes

Helmets must be clipped on tightly and correctly before taking bike from rack.

NO cycling is permitted in the transition area. Run your bike to the exit of transition and mount after the Mount/Dismount Line

DO NOT unclip or remove your helmet BEFORE your bike is racked. You will be stopped to re-clip your helmet.

Only competitors will be allowed in the transition area

Bikes may only be removed from transition area after an announcement is made that all cyclists have finished the cycle leg

NO glass containers are permitted in transition or on the course

Helmets must be worn during the full duration of the cycle leg and only be removed after racking the bike

NO listening devices or earphones are permitted

Cyclist should be able to complete the course of the event entered for. WW X TRI course involves technical mountain bike trails, steep climbs and descents

RUN

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An upper-body garment must be worn. Straps of tops and vests must remain on the shoulders

NO nudity is permitted. There are NO changing tents in transition

Footwear is compulsory

IT IS IN YOUR AND YOUR FELLOW PARTICIPANTS' BEST INTEREST TO RACE IN A SAFE AND FAIR MANNER

Neither Woolworths, TSA nor their successors, assigns, subsidiaries, associates, affiliates, officers, directors, employees, agents and contractors will be held liable by a participant for any damage, loss, claim, judgement, or other liability or expense (including, but without limitation, reasonable attorneys' fees), of whatever kind or nature, whether for death, personal injury, property damage or otherwise, that may be sustained or arise as a direct or indirect result of the participation in this event, and the participant indemnifies Woolworths and TSA in this regard. All race rules prescribed by Triathlon South Africa are at the discretion of Woolworths and TSA.

AFTER THE COMPETITION

POST RACE

After finishing, please keep moving to avoid blocking further athletes. Immediate refreshments will be available followed by an athlete recovery area with additional recovery nutrition and hydration items.

TIMING CHIP RETURN

Timing chips must be handed in directly after finishing the race in the finish area. Volunteers will be on hand to take your timing chip from you. If they miss you for some reason, or you do not complete the race, please return the chip to the Race Office located adjacent to the finish line and announcer's gazebo. Failure to return your chip will result in a replacement chip fee being charged.

TRANSITION CHECK-OUT

Do not remove your bike board until you have exited Transition with all your belongings.

RESULTS

After the race results will be posted on the WW X TRI website.

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