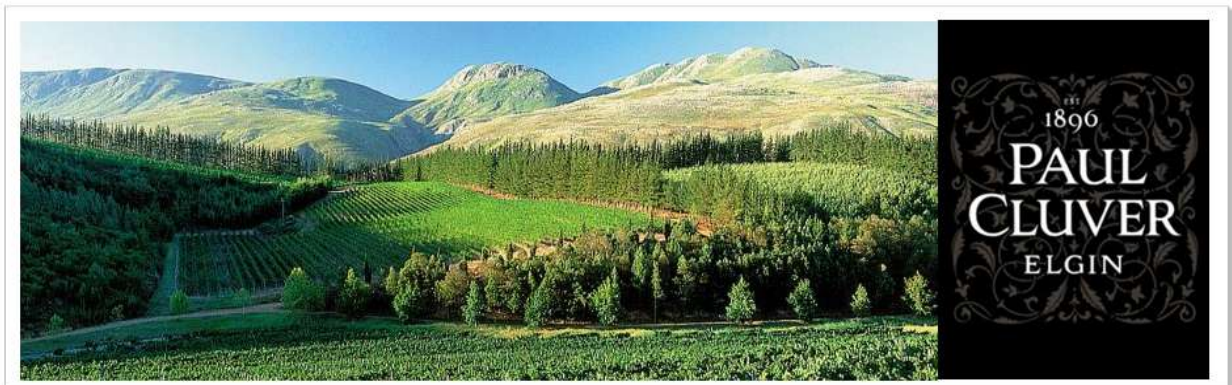


3 DECEMBER 2023

X TRI!



RACE WEEK SCHEDULE

DATE & TIME	ACTIVITY	VENUE
THURSDAY 30 NOVEMBER	REGISTRATION	
09:00 – 18:00	Registration and Goody Bag Collection	Makers Landing, Cruise Terminal, V&A Waterfront
SUNDAY 3 DECEMBER	RACE DAY	
06:00	Transition Opens	Groenrug Dam, Paul Cluver Wines
07:30	Transition Closes	Transition Area
07:45	X TRI Race Briefing – All X TRI Athletes	Swim Start area
08:00	X TRI Start – Individual Athletes	Groenrug Dam
08:10	X TRI Start – Team Athletes	Groenrug Dam
08:15	X TRI Lite Race Briefing – All X TRI Lite Athletes	Swim Start area
08:30	X TRI Lite Start – Individual Athletes	Groenrug Dam
08:40	X TRI Lite Start – Team Athletes	Groenrug Dam
09:00	Run 4 Fun (15km) Start	X TRI Finish Line
09:15	Run 4 Fun Lite (5km) Start	X TRI Finish Line
10:00	Walk 4 Good Start	X TRI Finish Line

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DATE & TIME	ACTIVITY	VENUE
SUNDAY 3 DECEMBER	RACE DAY	
09:35	X TRI Lite Winner expected	Finish Line
09:38	X TRI Lite Team Winner expected	Finish Line
10:25	X TRI Winner expected	Finish Line
10:40	X TRI Team Winner expected	Finish Line
11:00-11:30	Podium Presentations	Podium adjacent to Finish Line
11:00 – 15:00	Transition Check-out	Transition Area

RACE PACK

REGISTRATION & RACE PACK COLLECTION

To take part in the WW X TRI events, you will need to register and pick up your race pack on the Thursday before race day.

DATE	TIME	VENUE
Thursday 30 November	09:00 – 18:00	Makers Landing, Cruise Terminal, V&A Waterfront

IMPORTANT: There will NOT be registration on the day of the event. All registration needs to have been completed on 28th of November, please plan accordingly

IMPORTANT: When registering you need to bring your Registration Reference Number. Team or group entries need only send one representative to registration.

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If you are collecting for other people on their behalf, you need to bring their Registration Reference Number.

RACE PACK CONTENTS

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.

RACE NUMBERS

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

If you do not own a race belt, attach your race number to a piece of elastic.

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.

DIRECTIONAL ARROWS

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

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X TRI FULL SOLO & TEAMS



X TRI LITE SOLO & TEAMS



RUN 4 FUN (15KM)



ATHLETE GUIDE

RUN 4 FUN (5km)



WALK 4 GOOD (3KM)



SWIM CAP

You will receive an official 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 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.

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LITTER AND PLASTIC

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

Race numbers and athlete bands are made of recycled material and are fully recyclable.

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.

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.

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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 Woolworths event tent located adjacent to the finish line and announcer's gazebo. Failure to return your chip will result in a replacement chip fee being charged.

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 Woolworths information tent. 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.

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 setup by 7:30am, as transition will close.

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IMPORTANT: TRANSITION **CLOSES AT 7:30AM FOR ALL** **ATHLETES ACROSS ALL RACES**

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 3 DECEMBER	RACE DAY	
06:00	Transition Opens	Groenrug Dam, Paul Cluver Wines, De Rust Estate, Elgin
07:30	Transition Closes	

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 7:15 on race day.

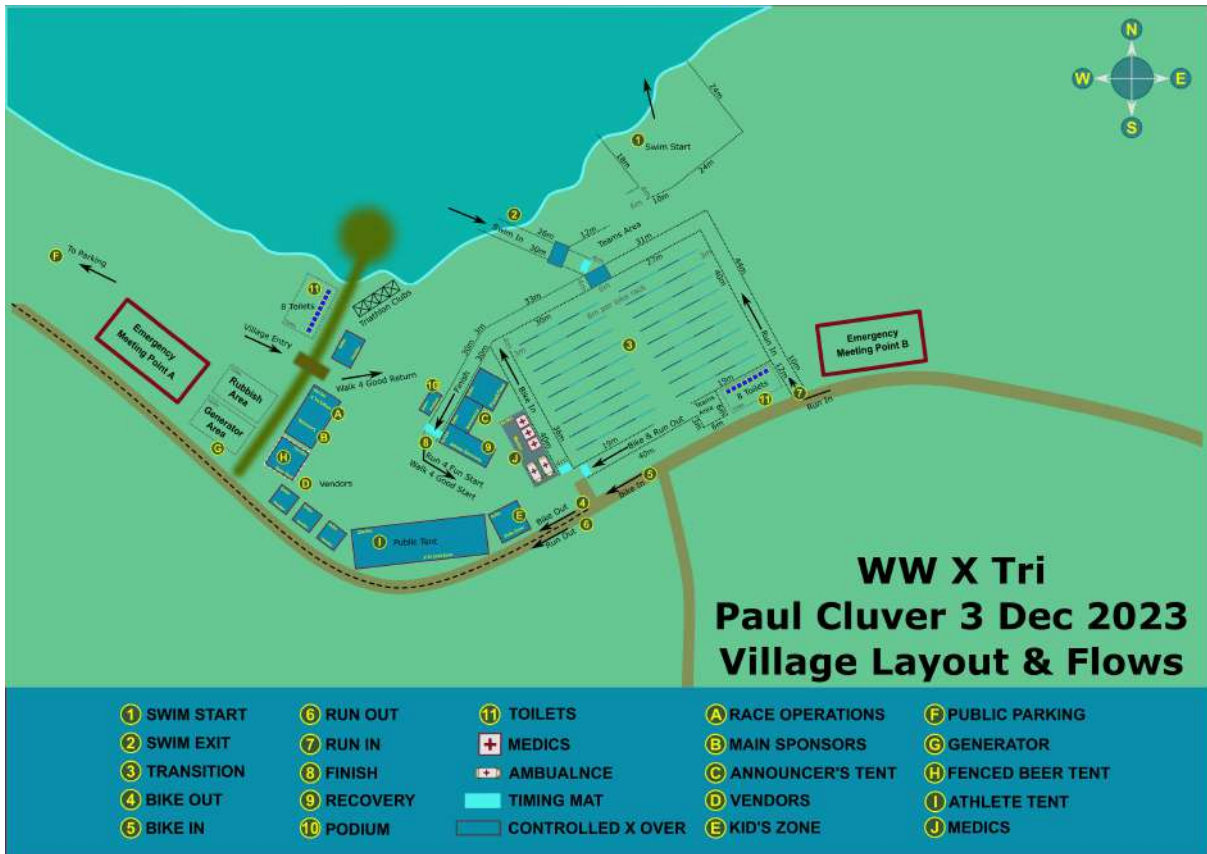
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Your timing chip needs to be placed under your wetsuit on your left ankle. This is to ensure that the timing chip doesn't come off when you remove your wetsuit. To secure your timing chip, use a safety pin together with the Velcro strap provided

RACE VILLAGE

The race will be held at the Groenrug Dam. The village will provide athletes and spectators with everything they need to have a great day out. The Woolworths coffee trailer, food trucks and Paul Cluver wine tasting and sales will ensure all fed and watered. Athletes will have a recovery zone as they finish, followed by a tent with some recovery foods and Woolworths milkshakes. The village also locates our medical services and timing team. The Woolworths X TRI Information tent is located next to the finish line, for any queries or incident reporting. Adjacent to this is the podium and race announcers. Athletes will have a recovery zone as they finish, followed by a tent with some recovery foods and Woolworths milkshakes. The village also locates our medical services and timing team.

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THE RACE

GETTING TO THE START

Please allow adequate time to travel to Paul Cluver, De Rust Estate. Somerset West traffic and roadworks on Sir Lowry's Pass should be taken into account.

Aim to arrive by 6am to allow adequate time to move towards Transition. Rushing on race day only raises anxiety and heart rate levels, which are not conducive to fun and fast racing.

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START TIMES

SUNDAY 3 DECEMBER	RACE DAY	
08:00	X TRI Start - Individual Athletes	Groenrug Dam
08:10	X TRI Start - Team Athletes	Groenrug Dam
08:30	X TRI Lite Start - Individual Athletes	Groenrug Dam
08:40	X TRI Lite Start - Team Athletes	Groenrug Dam

COURSE DESCRIPTIONS

IMPORTANT: Please ensure you have entered an event which is appropriate to your fitness and ability level. The 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 X TRI Lite.

X TRI & X TRI LITE SWIMS

OVERVIEW

- X TRI - 2 laps totalling 1,000 meters
- X TRI Lite - 1 lap totalling 400 meters
- Likely a warmer water swim in a farm dam
- Anticipated wetsuit optional swim

IMPORTANT: Swimmers entering 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 life guard will come to your aid. Other swimmers are strongly discourage from assisting swimmers in need of assistance.

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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 handover 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.



X TRI MOUNTAIN BIKE

OVERVIEW

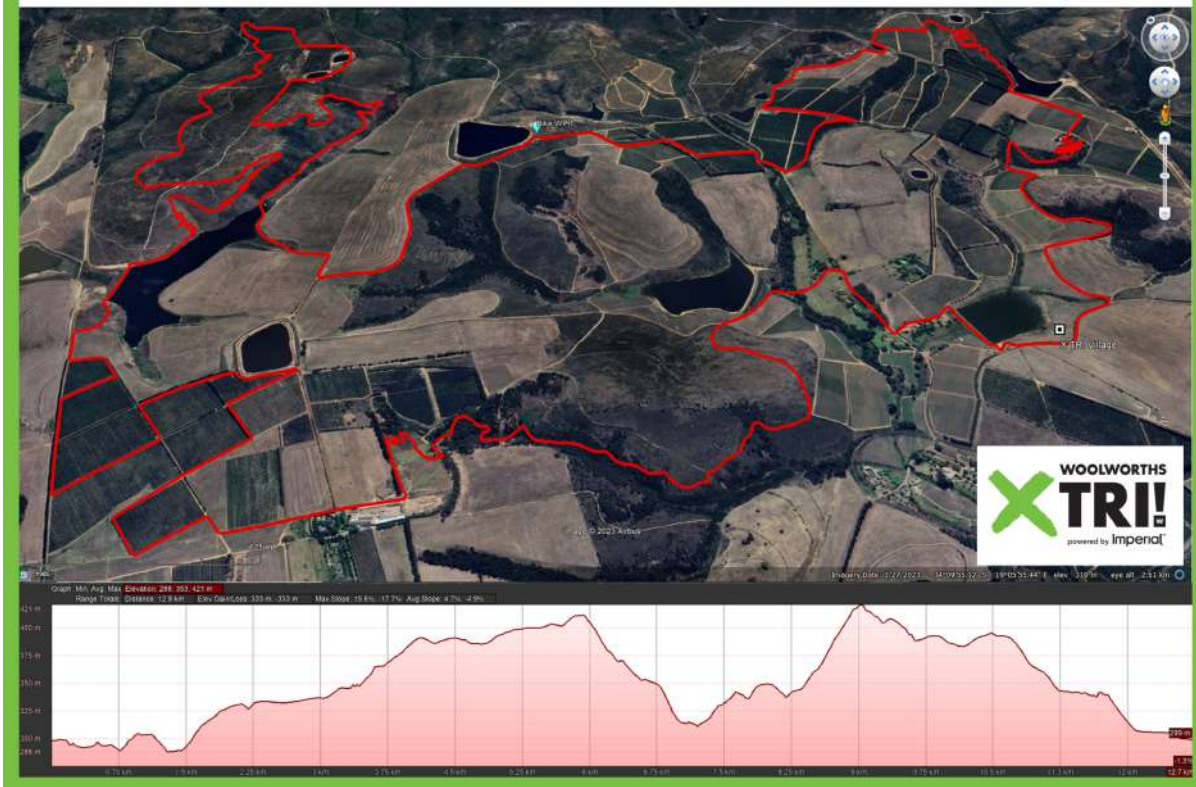
- X TRI bike course covers ~27.0 kilometres and includes 730 meters of vertical ascent

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X TRI Bike

Paul Cluver

26km | 730m

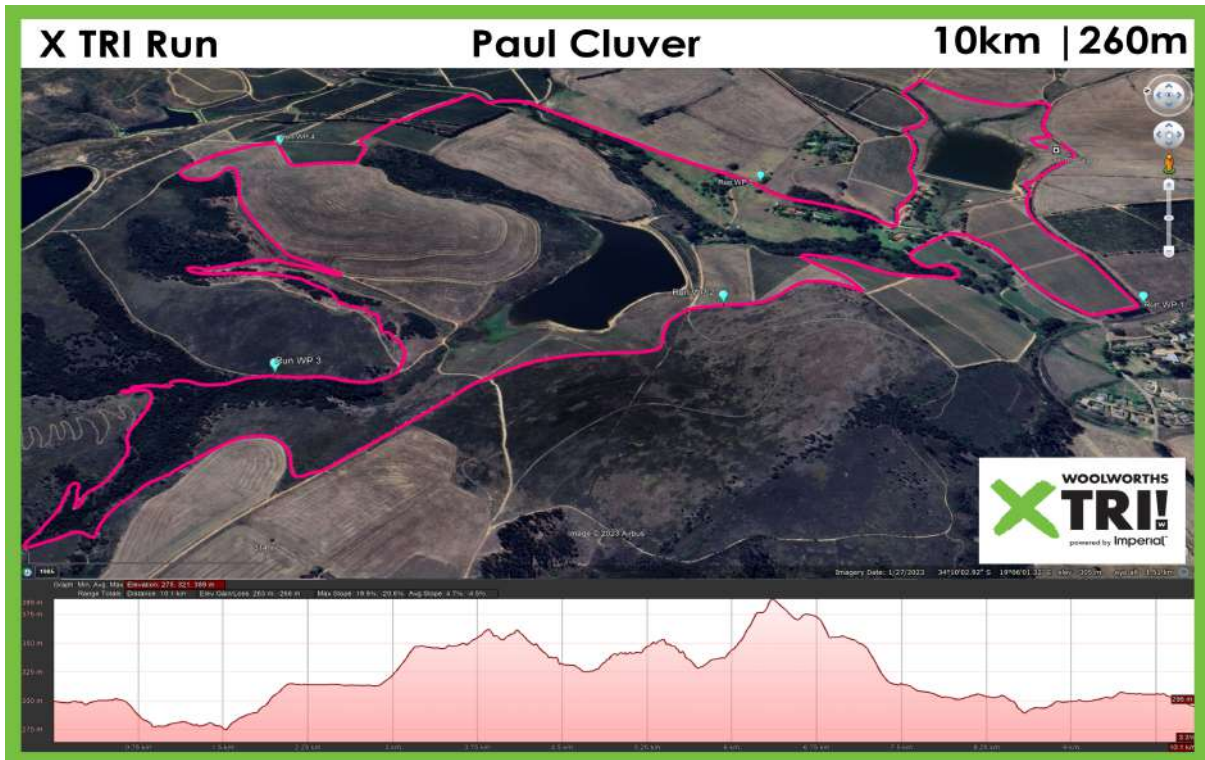


X TRI OFF-ROAD TRAIL RUN

OVERVIEW

- X TRI Run course covers ~10.0 kilometres and includes 260 meters of vertical ascent
- The route is on farm roads, jeep tracks and single tracks
- Route contains limited technical running sections.

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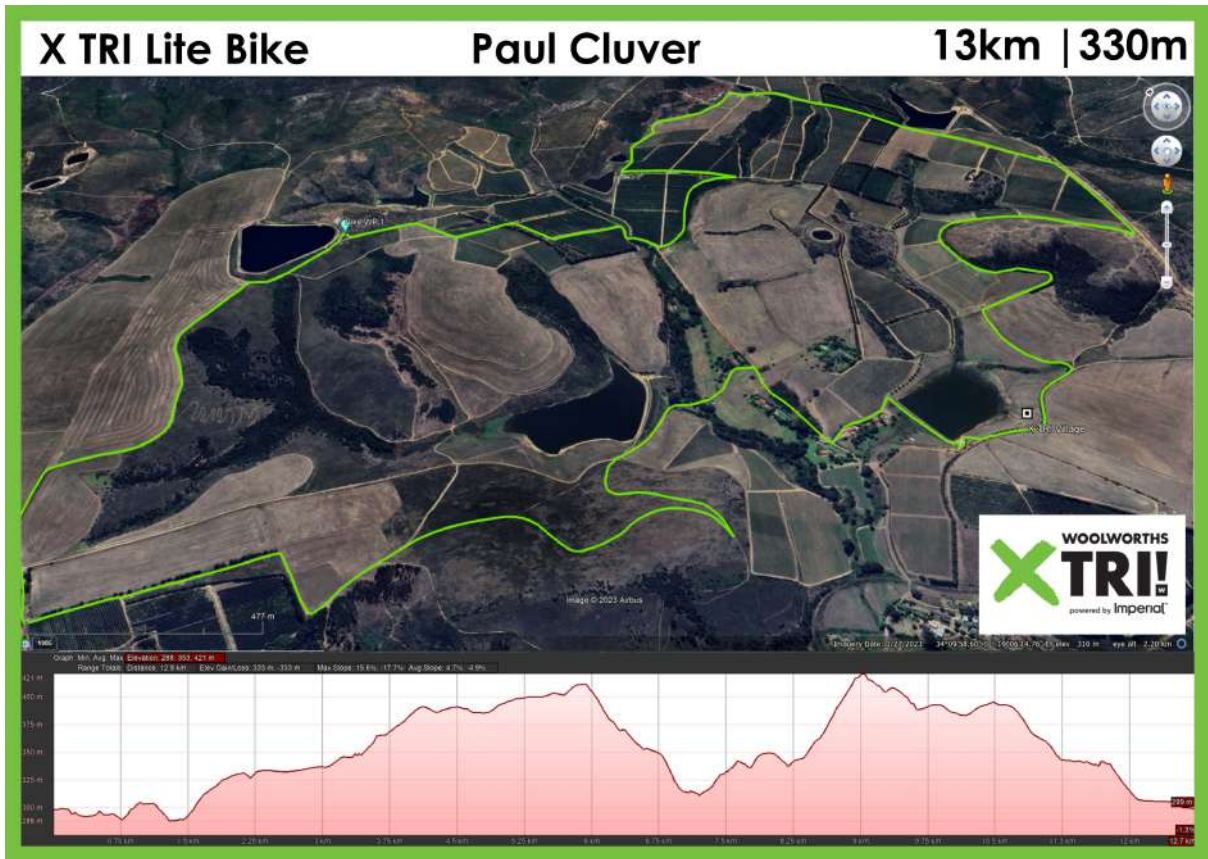


X TRI LITE MOUNTAIN BIKE

OVERVIEW

- X TRI Lite bike course covers ~13.0 kilometres and includes 330 meters of vertical ascent
- The route is on farm roads only. Route contains no single tracks or technical mountain bike sections. Some off-road riding skills are required for some sections of loose terrain.

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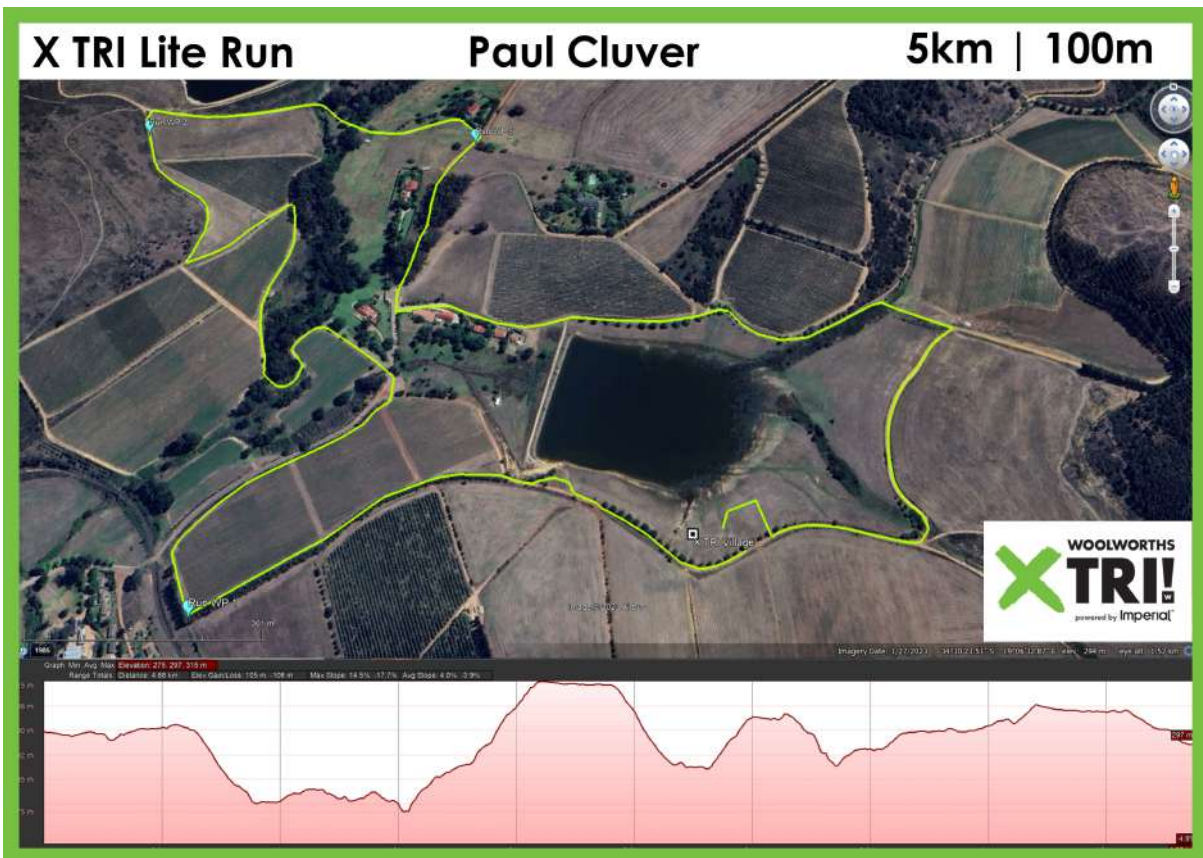


X TRI LITE OFF-ROAD RUN

OVERVIEW

- X TRI Lite Run course covers ~5.0 kilometres and includes 100 meters of vertical ascent
- The route is on farm roads only

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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. The swim cap is to be worn by the swimmer

- 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

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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.

RIDER

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 runner's 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.

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FINISHING TOGETHER

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

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 X TRI and 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.

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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.
- 14° to 22° water temperature - Wetsuits optional
- Above 22° – Wetsuits not allowed
- Swimmer must be capable of swimming the distance entered
- NO** pushing, shoving, pulling or blocking is permitted during the swim

CYCLE

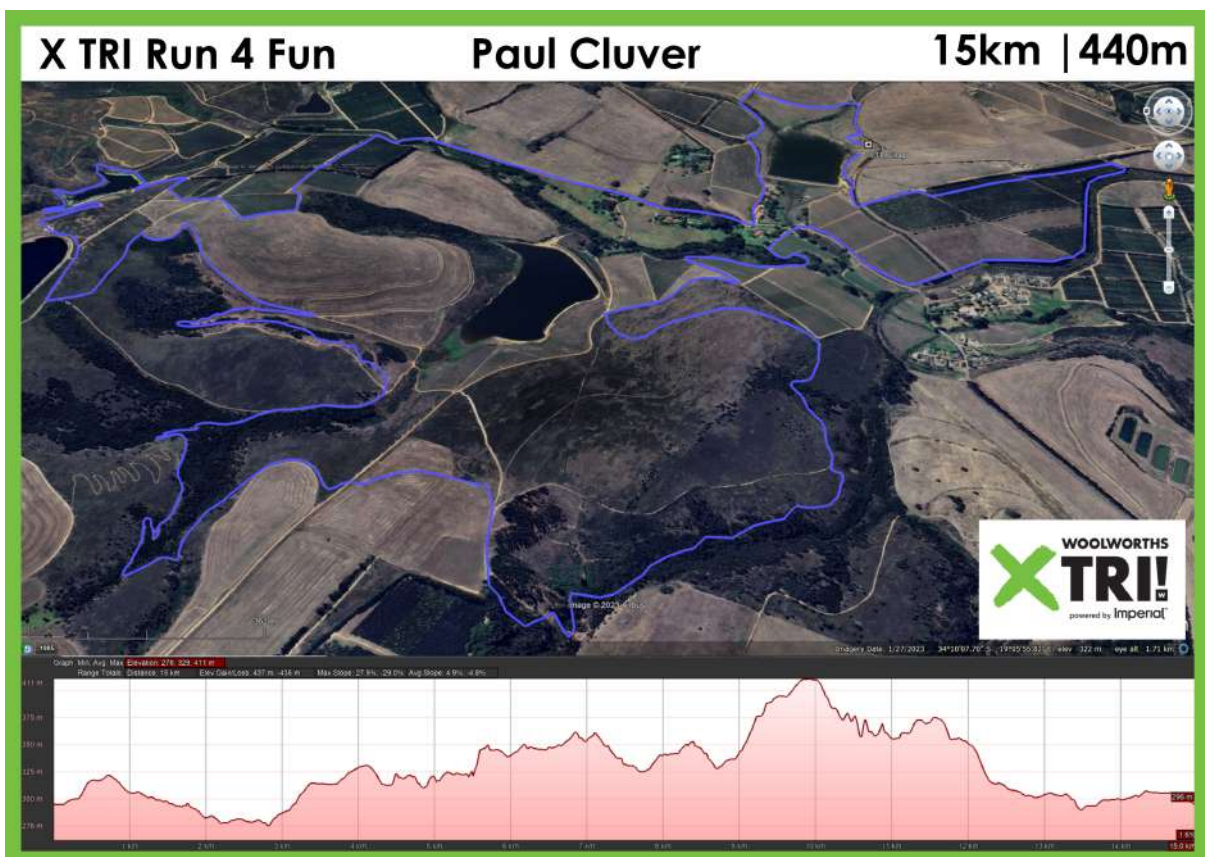
- NO** helmet **NO** ride
- Only approved, hard-shell helmets in good condition will be permitted
- An upper-body garment must be worn
- NO** nudity is permitted. There are **NO** changing tents in transition
- Helmets should be free from cracks and all strapping is good working order
- Both handlebar 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

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- 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. X TRI course involves technical mountain bike trails, steep climbs and descents

RUN

- 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



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

Neither Woolworths, CTTA, WPTA, 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 CTTA, WPTA, TSA in this regard. All race rules prescribed by Triathlon South Africa are at the discretion of Woolworths and CTTA, WPTA, TSA.

Should the Event be cancelled or postponed as a result of any events beyond the event organizer's control (i.e. due to force majeure, Communicable Diseases or legislation introduced by the South African government, etc.), then the following refund policy will apply to entrants:

- Participants will be refunded 50% of their paid for entry, should the event be cancelled or postponed within 48 hours of the event taking place, participants will be able to roll their event entry to new event date or the following year
- There will be no refunds within 7 days of the event
- Transfers are allowed and there will be a nominal transfer fee. Transfers can only be done by contacting Race Office via Email

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 and swap for a WW XTRI travel mug and Woolworths coffee voucher. Should they miss you for some

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reason, or you do not complete the race, please return the chip to the Woolworths event tent located adjacent to the finish line and announcer's gazebo.

TRANSITION CHECK-OUT

Please take your race bib with you to collect your bike

RESULTS

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

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