



XTERRA®

SOUTH AFRICA



**ATHLETES GUIDE**

# **Contents**

*Click the link to skip to section*

**[Welcome Message](#)**

**[Event Location](#)**

**[Course Practice](#)**

**[Schedule](#)**

**[Registration](#)**

**[Competition Rules](#)**

**[Transition](#)**

**[Race Courses](#)**

**[Course Markings](#)**

**[Post Race / Awards](#)**

**[Race Photos](#)**

**[Sponsors](#)**

# Welcome Message

*Welcome to XTERRA South Africa!*

*We are very excited for an action packed weekend of off road multisport fun!*

*Please read this event guide which covers all aspects of the event in detail.*

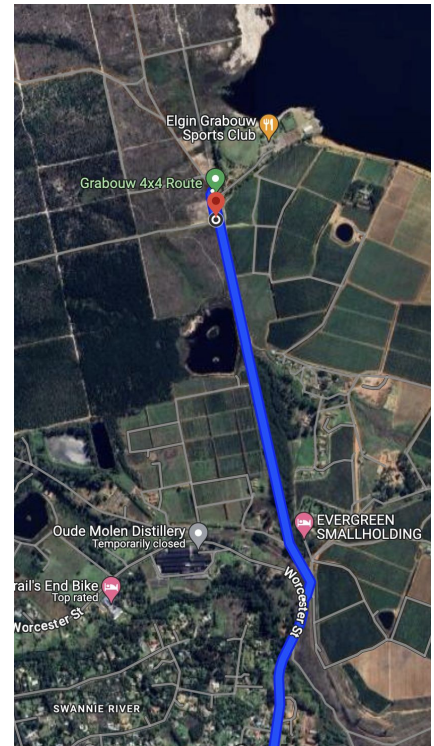
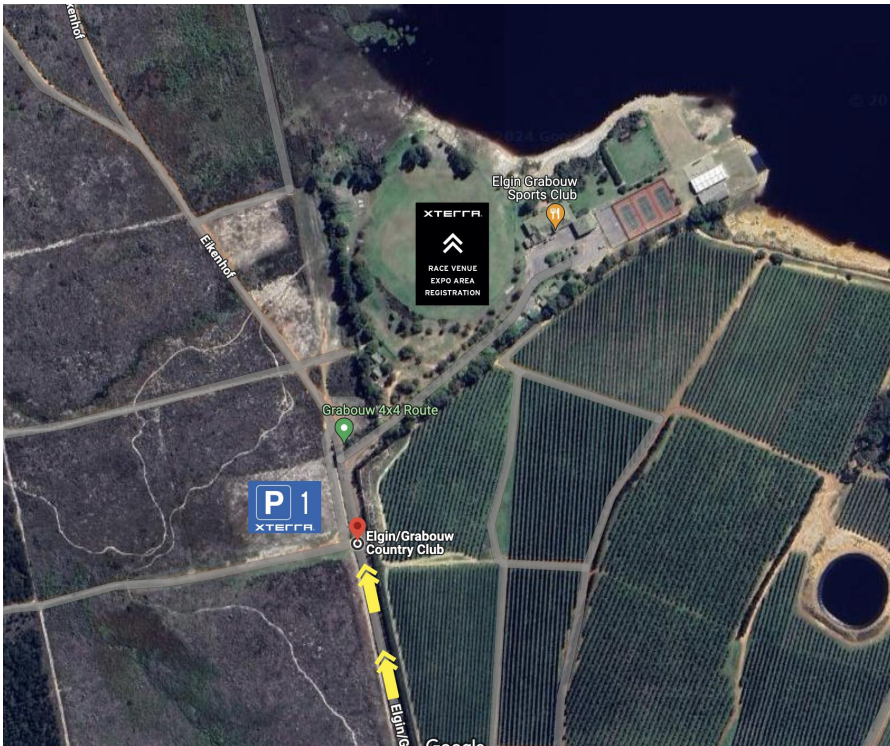
*If you have any questions not covered in this document then please get in touch via [southafrica@xterraplanet.com](mailto:southafrica@xterraplanet.com) or Call: +27 84 907 3981*

*For last minute updates please make sure you follow us on [Facebook](#) and [Instagram](#).*

*Otherwise, enjoy your final few days of preparation and we can't wait to see you on race day!*

*Conrad Stoltz  
XTERRA South Africa  
4x XTERRA World Champion*

# Event Location



## Venue Entrance

***Travelling to the venue from Grabouw. Follow Worcester Road till you see signs for XTERRA / Elgin Country Club. Follow the XTERRA signs to the parking area.***

## Course Practice

***The course is already marked and open for practice. Remember to follow Blue XTERRA Arrows (with bicycle tracks) for the bike course and the Red XTERRA Arrows (with running shoe prints) for the Run course.***

# Schedule

## 16 FEB 2024 (PRE-EVENT)

14:00 | Race Village and Expo Opens  
14:00-19:00 | Registration & Race Pack Collection\*  
18:00 | Full Race Briefing - Devils Peak Beer Tent

## 17 FEB 2024 (DAY 1)

06:00 | Race Village and Expo Opens  
06:00-12:00 | Registration and Race Pack Collection\*  
06:30-07:30 | Transition Opens - Full Triathlon  
07:50 | RACE BRIEFING - Full Triathlon  
**08:00 | START - FULL TRIATHLON (INDIVIDUAL)**  
**08:30 | START - FULL TRIATHLON (TEAMS)**  
**09:30 | START - OPEN WATER SWIM**  
**12:00 | START - KIDS RACE (6-8 YEAR OLDS)**  
**13:00 | START - KIDS RACE (9-11 YEAR OLDS)**  
14:00 | Prize Giving - Full Triathlon

## 18 FEB 2024 (DAY 2)

6:00 | Race Village and Expo Opens  
06:00-10:00 | Registration and Race Pack Collection\*  
06:50 | RACE BRIEFING - Half Marathon Trail Run  
07:00-08:00 | Transition Open - Sprint Triathlon  
**07:00 | START - HALF MARATHON TRAIL RUN**  
07:20 | RACE BRIEFING - 12KM Trail Run  
**07:30 | START - 12KM TRAIL RUN**  
07:50 | RACE BRIEFING - 6KM Trail Run  
**08:00 - START - 6KM TRAIL RUN**  
08:00-09:00 | Transition Open - Junior Triathlon (16 - 19)  
08:20 | RACE BRIEFING - Sprint Triathlon  
**08:30 | START - SPRINT TRIATHLON (INDIVIDUAL)**  
**08:40 | START - SPRINT TRIATHLON (TEAMS)**  
09:00- 10:00 Transition Open - Junior Triathlon (12 - 15)  
09:20 | RACE BRIEFING - Junior Triathlon (16-19)  
**09:30 | START - JUNIOR TRIATHLON (16 - 19)**  
10:20 | RACE BRIEFING - Junior Triathlon (12 - 15)  
**10:30 | START - JUNIOR TRIATHLON (12 - 15)**  
14:00 | PRIZE GIVING



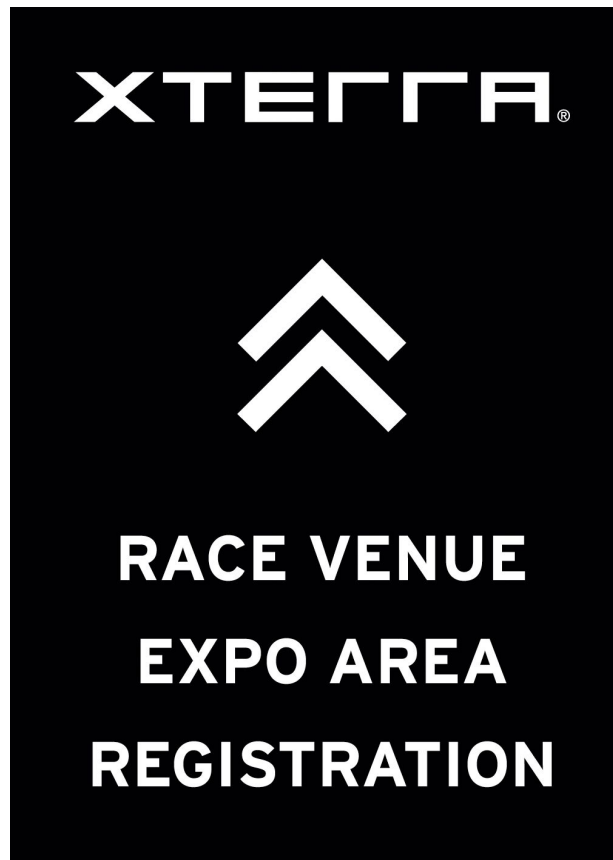
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# Registration

*Follow the event signs to collect your race numbers*

*Please queue up for to sign in and approach the desk when called forward, ensure you bring some ID with you in case you are asked for it. The attendant will then hand your race number board and timing chip.*

*Don't forget to pick up some zip ties and pins to attach the number board and race bib*



# Competition Rules

## RULES & INFO

XTERRA South Africa is a Triathlon South Africa (TSA) sanctioned event - [World Triathlon Rules and Regulations](#) will apply.

### General Rules:

- *No music devices/earphones*
- *No course cutting. Immediate DQ. Life time ban on 2nd offence.*
- *No littering. 5 minute penalty for littering on course. Use Litter Zone at aid stations.*
- *No outside assistance. Athletes may help each other.*
- *Unsportsmanlike behavior, foul riding and running or the use of profane or abusive language may lead to disqualification*
- *Athletes who do not finish the event, at the time of pulling out, must please report it to any Technical Official.*

### Swim:

- *Swimsuit & provided swim cap must be worn.*
- *Goggles are optional.*
- *Wetsuit is optional, depending on water temperature, see [Rules](#).*

### Bike:

- *Mountain bike with race number displayed on handlebars is required.*
- *Helmet and shoes are compulsory.*
- *Clothing covering bottom and torso is compulsory.*
- *Bike needs to be in good working order.*
- *Bikes may only be removed when all athletes are off the course.*

### Run:

- *Race number must be worn on the front. (Best is an elastic with 3 pins or special triathlon number belt)*
- *Clothing covering bottom and torso is compulsory.*

### Transition:

- *Helmet on and buckled before taking your bike.*
- *Remove helmet only once back has been racked after cycling leg.*
- *Riding your bike within the Transition Area is prohibited. You may only begin cycling once you have passed the mount line outside the Transition Area*
- *Familiarise yourself with the mount and dismount lines.*
- *Only participants allowed in transition.*
- *Bikes must be returned to the same location on the bike rack during the transition to the run*
- *Bikes must be securely racked and may not be left on the ground before heading onto the run*
- *Personal seconding or assistance in the Transition Area is prohibited*



SOUTH AFRICA

# Transition

*Full Distance Transition will close at 7:45 on Saturday*

*Sprint Distance Transition will close at 8:15 on Sunday*

*Please wear your helmet and ensure that your bike plate number is attached when entering transition. Your bike may be checked for functional brakes and bar plugs.*

*There will be a marshal at transition to answer any race related questions you may have.*

*Please leave your transition bag at the Bag Drop provided.*

*Transition has a one way flow to keep it fair for all.*

*Please make a note of the mount and dismount lines to ensure you don't incur a penalty.*





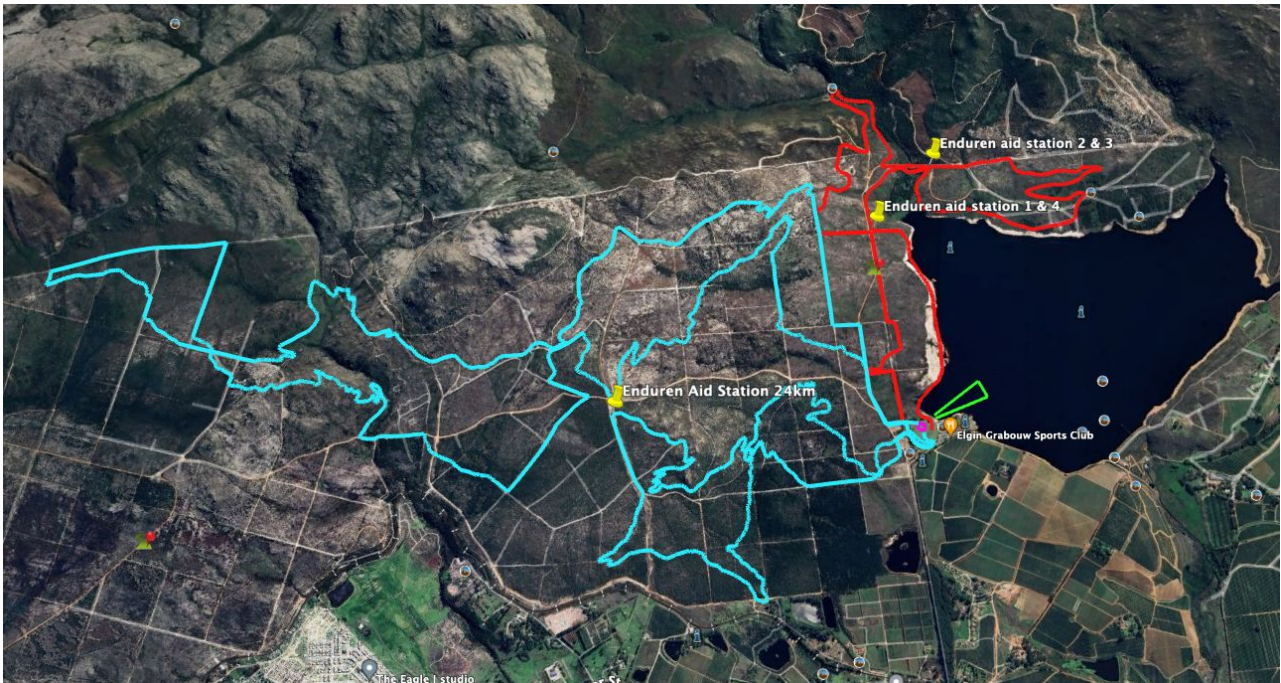
# Race Courses

## Full Distance

Swim - [GPX](#)  
2 laps - 1500m

Bike - [GPX](#)  
1 lap - 30km

Run - [GPX](#)  
1 lap - 10km

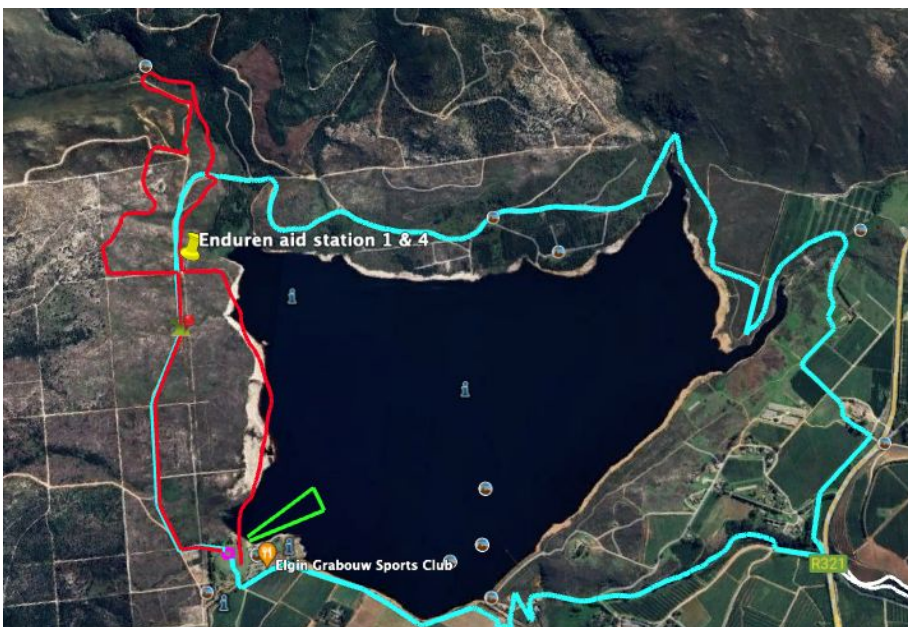


## Sprint Distance

Swim - [GPX](#)  
1 lap - 500m

Bike - [GPX](#)  
1 lap - 11km

Run - [GPX](#)  
1 lap - 6km



# Course Markings

*Blue arrows and ribbons = Bike Course*

*Red arrows and ribbons = Run Course*

*Aid stations: (Enduren, Coke & Water)*

*Bike at 24km. Will also have some basic tools.*

*Run at approx 1.5km, 4.5km, 7.5km and 9km*

*We have done a lot of trail building work to make the famous Rock Garden more flowing and rideable. Therefore, there won't be a Chicken Run option.*



# Post Race

*After crossing the finish line, you'll receive your XTERRA South Africa finisher drinks coaster!*

*Please ensure you return your timing chip!*

*There are 28 age group qualifying spots for [XTERRA World Champs](#) in Italy on September 28 2024, awarded to the winner of every age category. [XTERRA World Championship Qualification](#)*

*There is R50 000 prize money for the top [3 Elite men and women's](#) XTERRA Full Triathlon.*

*Enjoy the Devils Peak beer tent, various food vendors and live music.*

**RESULTS will be posted [HERE](#)**

# Race Photos

Go to [getpica.com](https://getpica.com) and download the mobile app or use the desktop app  
Enter the unique code printed below/side of your QR code on your race number

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