



# 2023 EVENT MANUAL





# HI THERE!

This manual is intended to provide you with a brief overview of the race to help equip you with the information you need to make an informed decision about competing in the 2023 TRI THE KAROO - the region's very first standalone triathlon challenge - to be held in Graaff-Reinet on Saturday, 14 October 2023.

The organisers reserve the right to alter any element of the manual on race day if the terrain conditions or weather necessitates it.

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# INTRODUCTION



Hosted by Union Schools in Graaff-Reinet, the 2023 TRI THE KAROO - the region's very first standalone triathlon challenge - is set to take place on Saturday, 14 October 2023, and promises the experience of a lifetime.

Picture yourself crossing the finish line after completing a tarmac and trail combination race, all while taking in the breathtaking scenery of the spectacular Karoo. This is an event not to be missed, combining the excitement of cycling, running, and swimming into one unforgettable day.

Whether you're a seasoned triathlete or a newcomer to the sport, TRI THE KAROO offers a variety of distance options to cater to all levels of fitness. Choose between the Olympic, Sprint or Team event and make the most of the beautiful natural terrain on one of the most anticipated events on the triathlon calendar.

But that's not all - the event promises to be more than just a race. Union Schools has put together a fun and interactive atmosphere for all participants and spectators, with live entertainment, food, and drinks on offer.

Bring your friends and family along and cheer on your fellow athletes as they push themselves to the limit.

So what are you waiting for? Make 14 October 2023 a date to remember and join us for the first-ever TRI THE KAROO experience. Entries are now open, so don't delay and secure your spot today.

This is your chance to challenge yourself and set the bar high in one of the most picturesque settings South Africa has to offer.

We'll see you at the finish line!





# DISTANCES



## OLYMPIC EVENT:

1.5KM SWIM | 40KM CYCLE | 10KM RUN

## SPRINT EVENT:

750 SWIM | 20KM CYCLE | 5KM RUN

## KIDS EVENT:

150M SWIM | 4KM CYCLE | 1KM RUN

# OLYMPIC EVENT



The 1.5km swimming leg of the Olympic Event will start at the Camdeboo National Park Boat Club premises at the Nqwebe Dam. Swimmers will head towards the wall, around the buoys, past the floating deck and back to the transition area on shore.



Once finished with the swim leg, competitors will transition into their cycling gear for the 40km cycling leg. Competitors will cycle through town onto the Murraysburg road, into the Camdeboo National Park and back to the Boat Club. Elev gain/loss: 503m, -503m  
Max slope: 14.3%, -13.7% | Avg slope: 2.3%



The 10km running leg will start at the Boat Club then run over the dam wall onto mountain drive which runs into the Sundays river to take home stretch through town onto the Union field. Elev gain/loss: 160m, -194m  
Max slope: 23.1%, -13.9% | Avg slope: 3%



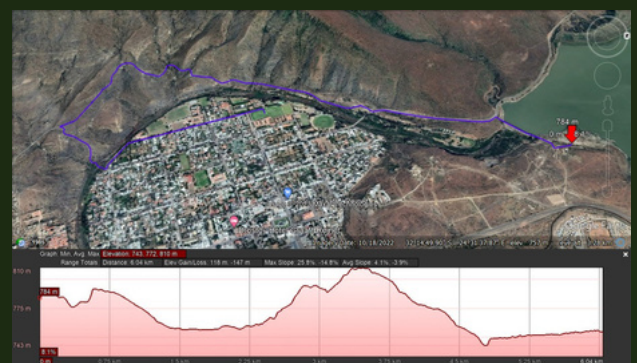
# SPRINT EVENT



The 750m swimming leg of the Sprint Event will start at the Camdeboo National Park Boat Club premises at the Nqweba Dam. Swimmers will head towards the dam wall and around the buoys, past the deck and back to the transition area.



Once finished with the swim leg, competitors will transition into their cycling gear for the 20km cycling leg. Competitors will cycle through town onto the Murrysburg Road, into the Camdeboo National Park and back to the Boat Club. Elev gain/loss: 272m, -273m  
Max slope: 12.6%, -12.8% | Avg slope: 2.3%



The 5km running leg will start at the Boat Club then run over the dam wall onto mountain drive which runs into the Sundays river to take the home stretch through town onto the Union field. Elev gain/loss: 118m, -147m | Max slope: 25.8%, -14.8% | Avg slope: 4%

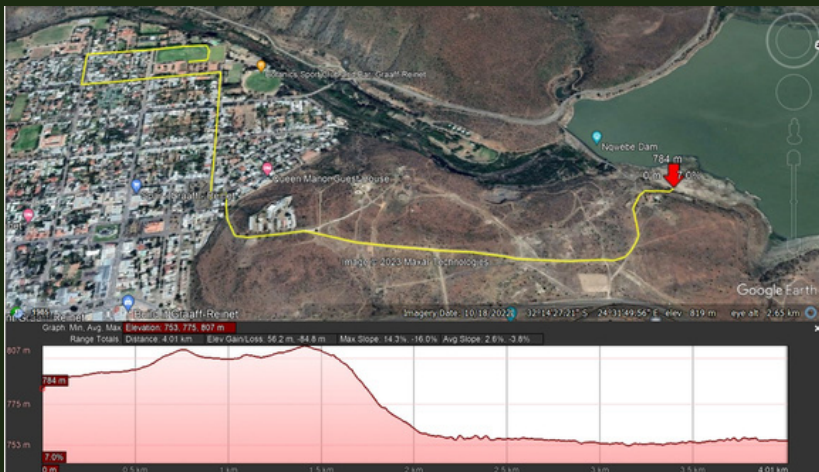
# KIDS EVENT

AGE LIMIT: 5 to 13 years

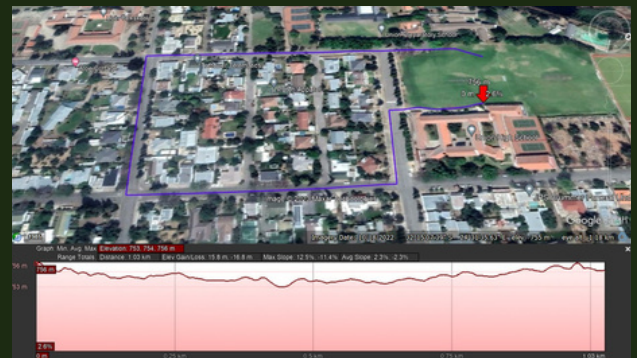


The 150m swimming leg of the Kids Event will start at the Camdeboo National Park Boat Club premises at the Nqwebe Dam. This is a relatively short swim. Safety swimmers will be in the water during the event.

**PLEASE NOTE: The Safeswimmer Swim Buoy is MANDATORY FOR ALL CHILDREN AGED 9 AND UNDER participating in the swimming leg of the triathlon.**



Once finished with the swim leg, competitors will transition into their cycling gear for the 4km cycling leg. Competitors will then cycle through town to the Union High School grounds. Elev gain/loss: 56.2m, -84.8m  
Max slope: 14.3%, -16% | Avg slope: 3.1%



The 1km running leg will start at the BUnion School Grounds after which the competitors will run through the town of Graaff-Reinet, ending up back at the Union High School grounds.  
Elev gain/loss: 15.8m, -16.8m  
Max slope: 12.5%, -11.4%  
Avg slope: 2.3%





# PRICES

OLYMPIC DISTANCE: R850 (TEAM EVENT: R1500)

SPRINT DISTANCE: R400 (TEAM EVENT: R1000)

KIDS DISTANCE: R200 (TEAM EVENT: R600)

FAMILY PACKAGE 1 (1 X OLYMPIC + 1 X KID): R950

FAMILY PACKAGE 2 (1 X OLYMPIC + 1 X SPRINT + 1 X CHILD): R1300

TEAM ENTRIES WILL BE ALLOWED FOR ALL RACES

**All entries to include a registration pack, a participation medal and a pair of custom race socks.**



# HOW TO ENTER

## Entry is one click away!

Entry for all events can be done online, via the Quicket platform at the following link: <https://www.quicket.co.za/events/220522-tri-the-karoo-2023/>

## Weekend Programme

Friday, 13 October 2023:

Registration at the Tony Burrel Pavilion at the Union High School from 17:00 – 21:00

Steak Evening at the at the Tony Burrel Pavilion at the Union High School

Saturday, 14 October 2023:

06:00: Transition opens

07:15: Event Opens in Prayer

07:30: Olympic Distance swimmers START

08:30: Sprint Event swimmers START

09:00: Kids Event swimmers START

All events to finish at the Union High School's sports grounds where all participants and their families can enjoy traditional Karoo hospitality!

# IMPORTANT POINTS



*Please take note that this is a tarmac and trail combination race, please equip your kit accordingly.*

## **Cycling**

Please take note that the cycling leg of this race will require an off-road bicycle.

Helmets are compulsory whilst riding your bike

## **Family Friendly**

A child care service will be provided to all participants at a minimal fee.

## **Merchandise and final race info**

Race t-shirts are available to purchase through the online registration portal.

Additional merchandise will be for sale closer to race day.

Final race information will be communicated to participants 14 days before race day.

## **Contact the Organisers**

Any additional queries can be raised with race organisers. Please contact them by phoning 049 891 0262, e-mailing them at [uhsmarketing@unionschools.co.za](mailto:uhsmarketing@unionschools.co.za) or sending a WhatsApp to 076 298 0207.

