

4. TIME TABLE FOR EVENTS

Friday 11th February at Midmar, Howick		
Event 1 Men 25km & Event 2 Woman 25km	Registration	05h00
	Compulsory technical Briefing	05h45
	Race Start	06h00
Sunday 17th April at Marina Martinique, Jeffreys Bay		
Event 3: 10 km Men	Registration	08h00
	Compulsory Technical Briefing	08h45
	Race Start	09h00
Event 4: 10 km Women	Registration	08h00
	Compulsory Technical Briefing	08h45
	Race Start	09h00
Event 5: 3 km Men	Registration	12h00
	Compulsory Technical Briefing	12h45
	Race Start	13h00
Event 6: 3 km Women	Registration	12h00
	Compulsory Technical Briefing	12h45
	Race Start	13h00
Event 7: 3km Men Multi Disability	Registration	12h00
	Compulsory Technical Briefing	12h45
	Race Start	13h00
Event 8: 3km Women Multi Disability	Registration	12h00
	Compulsory Technical Briefing	12h45
	Race Start	13h00
Monday 18th April at Marina Martinique, Jeffreys Bay		
Event 9: 5 km Men	Registration	08h00
	Compulsory Technical Briefing	08h45
	Race Start	09h00
Event 10: 5 km Women	Registration	08h00
	Compulsory Technical Briefing	08h45
	Race Start	09h00

5. REGISTRATIONS

Registrations close thirty (30) minutes before the advertised start of each event on each day.

All competitors are to:

- Register and ensure that they have already signed the **Indemnity Form:** and
- Leave both left and right shoulder and upper arms free from grease, as their competitor number will be written on these areas. Care should be taken when applying grease to ensure that the competitor number remains legible.