# Standard Bank 5150

## Event Programme

### Friday 22 November 2019

- **Registration:** 15h30 – 18h30 (Hobie Beach Yacht Club / HBYC)
- **Bike Workshop:** 15h30 – 18h30 (HBYC – gazebo outside)
- **5150 Merchandise:** 15h30 – 18h30 (HBYC)

### Saturday 23 November 2019

- **Registration:** 09h00 – 17h00 (Hobie Beach Yacht Club)
- **Bike Workshop:** 09h00 – 17h00 (HBYC – gazebo outside)
- **5150 Merchandise:** 09h00 – 17h00 (HBYC)

### Sunday 24 November 2019 (Race Day)

- **Bike Maintenance:** 05h45 – 06h45 (Transition area – Kings Beach)
- **Bike Check-In, incl Welcome:** 05h45 – 06h45 (Transition area – Kings Beach)
- **Race Briefing (Compulsory for all):** 06h45 (Car park area next to Finish Line – Kings Beach)

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**FUNTRI** *(minimum age 14 years on race day)*

- **Individuals Rolling Swim Start:** 07h30
- **Teams Rolling Swim Start:** 07h35

**FUNTRI Distances:**

| 400m Swim | 20km Bike | 5km Run |

*PLEASE NOTE: There are no cut-off times for the FUNTRI*

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**5150** *(minimum age 18 years on race day)*

- **Rolling Swim Start:** 08h10

**5150 Distances:**

| 1500m Swim | 40km Bike | 10km Run |

*PLEASE NOTE: There are cut off times per 5150 discipline (i.e swim, bike, run):*

- **Cut offs:**
  - **Swim time:** 1 hour 10 minutes
  - **Bike time:** 2 hour 20 minutes *
  - **Run time:** 1 hour 20 minutes

- **TOTAL time:** 4 hour 50 minutes from your swim start time**

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**FUNTRI & 5150 Bike & Gear Check-Out (No Timing Chip, No Bike):**

- **FUNTRI Only:** 09h45 – 10h45
- **5150:** *15 minutes after last 5150 athlete finishes the bike course, until 13h45

**Awards Presentation:**

- **12h15 – All FUNTRI & 5150 (Male & Female: 18 – 24, 25 – 29, 30 – 34)**
- **13h15 - (5150 Male & Female: Age Groups 35+)**