



MUSIKILI

TRIATHLON & TRAIL SERIES

TRAVELLING FROM LUSAKA

- If travelling down on Friday afternoon we recommend leaving Lusaka before 15.00hrs if possible. Please allow 2-3 hours for your journey. Please check for your specific start times on the spreadsheet for your individual start times. The start times on the website are estimates. We have a large number of participants taking part this year so please allow enough time for registration – at least 45 mins before your race starts!

PARKING

- Parking will be **OUTSIDE** the school gate by the cell phone tower. ONLY sponsors, campers & support crew will be allowed to park with in the designated school grounds. Cars will not be allowed to come through the main school entrance on race day.

CAMPERS

First come first serve! Camp sites are designated and will be located by the school arch, around the trees and far side of the sports field. See the map at registration for more info.

- Showers/ Toilets are located next to the pool and in the hostels.
- Irritech also has showers set up for anyone wishing for a more out outdoor shower experience. These are located just outside the hostels.

REGISTRATION

- Collection of race packs, pre-race dinner tickets will be open from **16h00 - 20h00 on FRIDAY**.
- Registration will be open from **05h00 - 10h00 on SATURDAY**. Please note that registration will close at 10h00.
- Please note that if you show up **5 minutes before your scheduled race to collect your race pack, you probably are not going to make your start time**. Plan accordingly for any or all of the following delays: traffic, road blocks, speed traps, POT HOLES, mud, chickens, cows and/or pedestrians!
- Absolutely **NO LATE REGISTRATION OR CHANGES** will be permitted after the cut off or on race day. You're not that special and if you ask us on race day, you're sure to get the "Jenna/ Tash Twitch"

FOOD & DRINK

- Friday's Pre-Race Dinner will be served from the PTA Kitchen in the pavilion from 18h00-20h00. Your pre-paid tickets for dinner will be available from the registration desk along with your race pack. If you have not
- Tuck shop will be open for snacks, water and softies on Friday and Saturday. The tuck shop will be open from 06h30 on Saturday morning. If your race starts earlier than that, please bring your own water.
- There will be a cash bar available on Friday afternoon through to Saturday night. Please note that the PTA has a life and very early start, we will close the bar on **Friday at 8pm** so we can get our beauty sleep. Should you feel the need to continue to boost your liquid confidence, please plan accordingly and stock up before we close.

SATURDAY ENTERTAINMENT

- Dust off the TRI dust with live music by AFRORED. AFRORED will be performing live from 12h00 til 08h00 on Saturday so don't forget to pack those dancing shoes along with your running shoes!

TRI YOUR LUCK RAFFLE

- Once again we have some amazing raffle prizes up for grabs. For more information and to buy your winning ticket, check out our raffle table that will be located near registration. Tickets are K50 and draw will take place around 13.00hrs so get your tickets early!



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SWIM:

- Swimmers need to be at the pool 20 mins BEFORE their race to check in, hear the race briefing, and view the course map. If you get lost on the course because you were in the loo during the race briefing, you will be very upset with any extra mileage you clocked up, so please don't miss the race brief.
- Races start on a set time schedule and will not stop for late arrivals.
- Swimmers who enter a race late will be allowed to start and their "missed time" will be added to their overall time.
- If you are still swimming when the next heat starts, please note that another swimmer will be entering your lane. Please use proper swimming etiquette and allow him/ her to pass if they are swimming faster. If you are passing, simply touch the toes of the competitor in front of you to let them know you are behind them and want to pass. Please refrain from pulling the slower competitor under, dunking or humiliating them during the passing process. At the end of the lane, if you are the slower competitor, to avoid any of the aforementioned abusive passing tactics, pull off to the side and let the faster swimmer pass.

TRANSITION 1 SWIM/BIKE:

- Place your bike and running shoes at the designated transition area for your race. Signs will clearly indicate where your bike should be racked.
- ONLY parents of children participating in the Mini and Dinky race will be allowed in the transition area. This is for safety and to lessen the congestion whilst the race is taking place.
- Exit the pool and run across to the transition area. YES, in your swim suit. We've seen all shapes and sizes- nothing bothers us anymore. Furthermore, we promise not to post any social media of your running in your speedo.
- Do not mount your bike until you are clear of the transition area and pass the designated mount/ dismount sign. Doing so, will result in disqualification and a mandatory donation towards Musikili School.

BIKE:

- The bike and run all follow the same tracks. It is just a matter of when and where you turn around.
- Follow your color coded race. Note: The run is ALWAYS shorter than the bike.
- Shout out your race number when approaching a marshal check point so that the marshals can register you as passing that specific way point. This is for both safety and time regulations.

TRANSITION 2 BIKE/RUN:

- Dismount your bike BEFORE the transition area at the "Dismount" sign. Riding your bike into the transition area will result in disqualification and another mandatory donation towards Musikili School.
- Transition at the same location as the Bike. Rack your bike, change your shoes (if you wear cleats) and head out for the run.

RUN:

- Follow the same track as you did for the bike and look for our color coded turning point.
- At the marshal points, shout out your race number to the marshal and head towards the finish line.

TEAM EVENTS:

- Team Transition Zones will be designated within the same transition zone as the individual.
- Swimmers and Cyclists have to tag their team member in the tag zone and only then can they head out for THEIR PART OF THE RACE.



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FINISH LINE:

- Once the competitor has crossed the finish line and has ensured his/her time and number have been recorded by the race officials, please move off the track and into the recovery tent to allow a clear view of the finish line.
- Each competitor will receive a finisher medal upon successful completion of the race.
- Due to the huge turnout- the trail ride finishers will receive a frosty beverage in-lieu of a medal.
- If you are competing in more than one event, please make sure that you find your next event and arrive on time.

PRIZE GIVING:

- Prize giving will take place once each race division is completed all the results have been finalized.

RESULTS:

- Final (Official) times will be posted after the event once all times have been scrutinized. Any queries or concerns should be directed to the race organizer in writing. **We will not negotiate final times on the day.**

HAVE FUN AND ENJOY THE DAY!

Just TRI.

Just RUN.

Just RIDE.