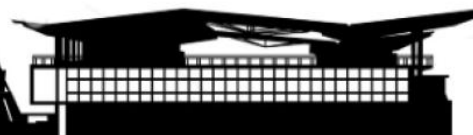




LUANDA Triathlon



SCHEDULE

- 07.00 Meeting point at Chicala
- 07.00 – 07.15 Set-up in transition area
- 07.15 Briefing
- 07.30 Training Session Starts
- 08.45 – 09.15 Training Session Ends

EQUIPMENT

- Swimsuit or Tri-suit.
- Goggles.
- Swim cap (mandatory).
- Helmet (mandatory).
- Bike shoes.
- Running shoes.

RULES

- **Rule 1:** Participants shall abide by road traffic regulations during BIKE and RUN.
- **Rule 2:** Drafting is authorized during BIKE
- **Rule 3:** Mounting and dismounting of the BIKE is permitted only outside of transition area, which starts / ends at Chicala barrier.

25, Novembro 2018



SWIM 750 m



BIKE 20 km



RUN 5 km



The Course

Directions to Chicala Guest House

