



2022 COMMONWEALTH & YOUTH AFRICA GAMES

QUALIFIERS

Dear All,

We would like to welcome you to the Karen Water Front, Nairobi for the 2022 Commonwealth and Youth Africa Games Qualifiers

Kindly note that all the updates will be updated here.

For any request or inquiry, kindly reach us through: secgen@triathlonkenya.org

RACE INFORMATION

Location: Karen Water Front

Date: March 13th 2022

Event Starts Time: 7:00am

Transition: Opens at 5:45am

Covid Mitigation and Guidelines

Temperature Check at entry

Wearing of Mask when not racing

Sanitization at entry

Full Start list available on the Federation website and Facebook page

Swimming Course Familiarization:

Location: Karen Water Front

Date: Saturday, March 12th 2022

Time: 3.30 – 4.00pm (Not open for swimming)

Bike/Run Course Familiarization:

Location: Karen Water Front

Date: Saturday, March 12th 2022

Time: 4:00 – 5.00pm

Race Briefing:

Location: Karen Water Front

Date: Saturday, March 12th 2022

Time: 5:30pm



2022 COMMONWEALTH & YOUTH AFRICA GAMES

QUALIFIERS

Race Pack Collection Schedule on Saturday, March 12th 2022

From	To	Group Classification
6:00pm	6:30pm	YOUTH AFRICA GAMES & PARATRIATHLON QUALIFIER
6:30pm	7:30pm	COMMONWEALTH GAMES QUALIFIER

EVENT SCHEDULE

RACE DAY	TIME	CATEGORY
SUN, MARCH 13 TH 2022	6:30AM	SWIM WARM UP
SUN, MARCH 13 TH 2022	7.00AM	COMMONWEALTH GAMES /YAG – MEN
SUN, MARCH 13 TH 2022	7.05AM	COMMONWEALTH GAMES /YAG – WOMEN
SUN, MARCH 13 th 2022	7:15AM	PARATRIATHLON

PLEASE NOTE: WETSUITS ARE HIGHLY RECOMMENDED