

TRIATHLON
Athlete Guide 2022



30th JULY 2022

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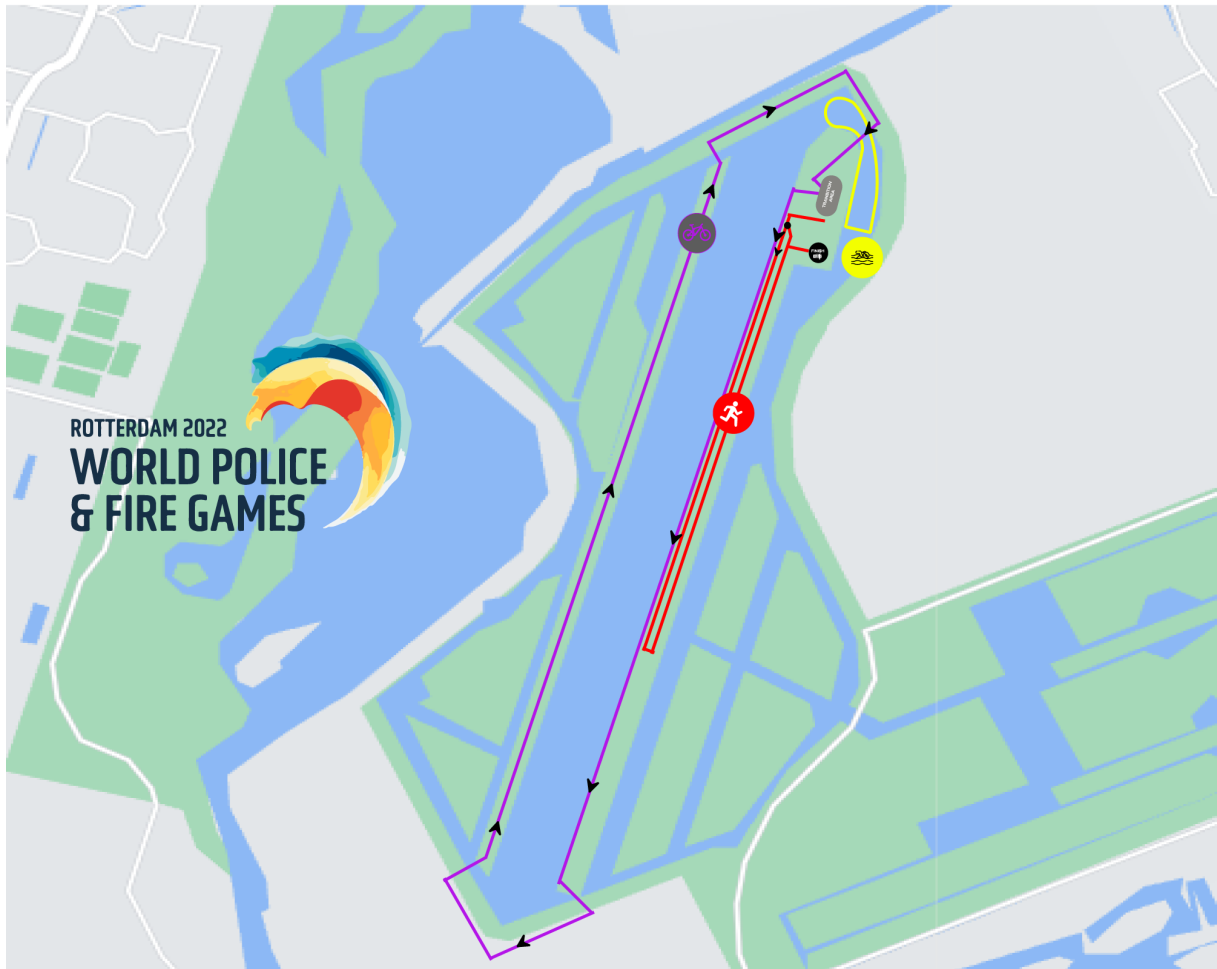
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Program

Saturday 30th July 2022	
Time	Activity
9:30	Race start - Women individual - 18+ heavyweight, 18+, 30+
9:40	Race start - Women individual - 35+, 40+, 45+
9:50	Race start - Women individual - 50+, 55+, 60+, 65+
9:50	First woman expected on the bike course
10:10	Race start - Women, men and mixed teams
10:30	Race start - Men individual - 18+ heavyweight, 18+, 30+
10:30	First team participant expected on the bike course
10:40	Race start - Men individual - 35+, 40+
10:50	First man expected on the bike course
10 50	Race start - Men individual - 45+, 50+
10:50	First woman expected on the run course
11:00	Race start - Men individual - 55+, 60+
11:30	First woman expected at the finish line
11:30	First team-participant expected on the run course
11:50	First man expected on the run course
12:10	First team-participant expected at the finish line
12:30	First man expected at the finish line
13:50	Last participant expected at the finish line
12:30	Award Ceremony - Women individual
13:00	Award Ceremony - Women, men and mixed teams
13:30	Award Ceremony - Men individual

Registration, Bike Check-In & Check-Out			
Date	Race	Registration & Check In	Check Out
30/07/22	Women individual	7:30 - 9:00	12:30 - 14:00
30/07/22	Women, men and mixed teams	8:10 - 9:40	13:00 - 14:30
30/07/22	Men individual	8:30 - 10:00	14:00 - 15:30

Courses



Number of rounds laps fo standard distance:

- **Swimming:** 2 laps of 750 meters (total 1.5 km)
- **Cycling:** 8 laps of 5.2 kilometers (total 41.6 km)
- **Running:** 4 laps of 2.5 kilometers (total 10 km)

Registration

Competitors in this sport are REQUIRED to register at the Main Accreditation Center (MAC) the morning before the event and receive their credentials no later than the day before the competition begins. **AGENCY IDENTIFICATION REQUIRED.**

Race package:

Start number and start number band

To secure your race number, it is recommended that you wear a race number belt. If you do not have one in your possession, you can purchase one at the registration desk. The start number must be attached to the start number belt or to an elastic band. The race number must be worn during the bike and run portion of the race. During the cycling part you wear the starting number on your back and during the running part you wear it on your belly.

Stickers

All participants will receive a sticker sheet with stickers for the bike, helmet and possibly for a bag.

Bike sticker

Attach the bike sticker to the seat post, with the number pointing to the rear. The number should be clearly visible from the left and right sides.

Do not remove the bike sticker until you have checked out of the transition area.

Helmet sticker

Stick the decal on the left and right side of the helmet.

Swimming cap

During the swim, it is mandatory to wear the swim cap provided by the organization. It is not allowed to wear your own swim cap.

Timing Chip

You need to wear the timing chip with the corresponding strap around your left ankle. It is important that you do not wear the chip anywhere else, as the timekeeping may then fail due to too great distance from the chip to the mat. Individual participants will keep the timing chip on throughout the race.

Participants in the team competition will receive one timing chip per team, which must be passed to the following athlete.



Important: All chips must be returned at the end of the race in the designated container positioned in Transition Area.

PRE-RACE

Getting to the venue

There are several ways to travel to the location by public transportation.

For personalized advice, check out the following websites before you leave:

- www.9292ov.nl
- www.connexion.nl
- www.maps.google.com

If you are driving your own vehicle. There is parking available at [the venue](#) or Hennipgaardepad 2761, Zevenhuizen.

Cycling to the venue is also possible. The distance from Rotterdam Central is approximately 15 kms. Remember to follow all the traffic rules and use the cycling lane.

The address of the venue is **Nely Gambonplein 1, 2761EH Zevenhuizen**

Check-in Transition area

- Prior to the race, please place all of your necessary gear in the transition area at the location reserved for you. When checking in your gear, please consider the following:
 - Make sure the necessary stickers are applied to your helmet and bicycle
 - When entering the transition area, you must wear your race number and helmet.
- Your bike and helmet will be checked for safety. It is important to ensure that you have a properly functioning bike before the start of the race. The moment your bike is deemed not safe, the judges will not let you start - safety comes first. Bikes that are not in good condition will not be allowed into the transition area.
- Timing chip must be worn.
- You must place your bike in the rack corresponding to your start number. On your place in the transition area is also a label with your name and start number.
- Your place in the transition area is determined in order of starting number. In addition, participants from the same categories are together.
- Take some time to check out the transition area so you know where your bike and belongings are. This will help your transition.
- Any other supplies you may need during the race should be placed neatly next to your bike.

Swim distance:	Required below:	Prohibited:
1500m	15,9°C	22°C and above

The water temperature measured on the day of the event will be the determining factor. Any measurements taken prior to the event are indicative and are not a reliable basis for the expected temperature during the race. If the air temperature is below 15 degrees Celsius, a correction will be made to the water temperature.

The timing chip should be attached around the left ankle under the wetsuit. This will prevent the chip from coming loose when you take off the wetsuit.

Important: To prevent mix-ups of wetsuits, we recommend putting your name on your wetsuit.

Briefing

A briefing will be held 15 minutes before the first start (women and teams) and another one at 10:15 (men). During this briefing, the most important matters regarding the race will be reported again. In addition, any changes will be communicated during this briefing. The briefing will take place at the swim start.

Important: Each participant must be present at the briefing prior to their start wave.

RACE DAY – Saturday 30th July 2022

For Run Phase: Run will be a 10km measured course.

Distances:

Part	Distances
Swimming	1500 meters – 2 laps
Cycling	41.6 kilometers – 8 laps
Running	10 kilometers – 4 laps

Swimming

- You swim in a straight line along the shore, towards the buoy where you turn. You will swim around this buoy and back past the swim start, towards the exit near the transition area.
- Wearing the swim cap provided for the team competitions is mandatory.
- The start of the swim takes place in the water.

Transition 1 (T1)

- Drafting is NOT ALLOWED. A participant is not permitted to position his/her bicycle in the proximity of another moving vehicle or competitor so as to benefit from reduced air resistance.
- All your gear is set next to your bike. A changing tent will be available in Transition Area.
- Nudity is not allowed in Transition Area. Use the changing tent for this.
- Before removing your bike from the rack, please put on your helmet and fasten it.
- Before you leave, check that you are still wearing your timing chip. If not please indicate this to an official so they are aware of it.
- Make sure you wear your starting number on your back
- **Important:** It is forbidden to cycle in the transition area. Only when you have completely passed the bar at the end of the transition area, you may get in your bike and start cycling.

Cycling

- You must always follow the instructions of the technical officials, traffic controllers, organization and any emergency services.
- The bike part consists of 8 laps.
- Wearing a helmet is mandatory.
- Traffic rules must be followed. Always keep your right and pass on the left. If you are passed, let the athlete pass and don't chase behind his wheel since drafting is not allowed.
- Penalty cards are shown by technical officials. Is your own responsibility to stop at the next penalty box.
- You are responsible for completing the correct number of laps.
- **Important:** You must always follow the instructions of the traffic controllers, the organization and any emergency services.
- If emergency services need to enter the route to reach their destination, the race may be stopped briefly for this purpose. Emergency services will always have priority over the race.
- There won't be bike mechanic assistance or AID stations on course. Make sure you bring enough nutrition and hydration and that you are able to fix any possible mechanical problems.

Transition 2 (T2)

- You must dismount before passing the dismount line before entering Transition Area.
- Bike must be rack at your designated place.
- You may only remove your helmet once your bike is properly racked.
- Please leave your bicycle belongings next to your bicycle.

Running

- The running legs consist of 4 laps.
- You are in charge of counting your own laps. Enter the finish line once you have run the 4 laps. Running less laps will result in disqualification.
- There will be one AID Station during the run course. You will see it in every lap.

Additional information for teams

This information is only for participants of the team competition.

Each team is given one timing chip. And it acts as a "relay baton". The timing chip must be passed and attached to the next teammate's left ankle, before he/she can begin the next event.

In the Athlete package given to you, there are two start numbers. Each team member (cycling and running) has their own start number, as you can only enter the transition area by showing your start number. During the race, one start number must be worn by the cyclist (on the back) and the other start number must be worn by the runner (on the front).

Swimmer

The timing chip must be worn around the left ankle. After the swim, walk to the transition area via the indicated route. The transfer of the timing chip from the swimmer to the cyclist takes place at the cyclist designated place.

Cyclist

Make sure the helmet is on your head, fastened and wear the race number (on your back). Wait for the swimmer at the bike in the transition area. Leave your bike in the rack until the swimmer has transferred the timing chip and you have attached the chip to your ankle. After cycling, you must first put your bike away in the designated area before the timing chip can be transferred to the runner.

Runner

Wear your start number at the front. Wait for the cyclist by your start number in the changing tent. After the cyclist has put their bike away in the designated position, the cyclist can hand over the timing chip. Place the timing chip around your ankle before you start running. Make sure the start number (on your belly) is clearly visible at the finish.

Finish

A team can finish together. When your team's runner enters the finish zone, the other two team members may join the runner so that the finish line can be crossed together.

Post-Race

Care station

Once you have finished and received your medal, you can proceed to the care station. Here you will be provided with fruit, drinks and plenty of sweet snacks!

Transition Area Bike Check-Out

After the race you can collect your bike and other belongings in the transition area. You can only enter through the bike check-in/check-out tent and by showing your start number. You can only check out your bike and bag when your start number matches the number on your bike and the label on your bag. Therefore, do not remove the sticker from your bike and bag before you have left the transition area through the bike check-out. When leaving the transition area, check carefully that you have taken all your belongings with you.

EQUIPMENT CHECKLIST

Swimming:

- swimming trunks/tritop/bathing suit/trisuit
- swimming goggles
- swimming cap
- towel
- wet suit

- Cap / sweatband
- shoehorn
- long tight
- loose arm pieces / leg pieces
- long sleeves shirt
- rain jacket
- hat /headband
- sport gloves

Cycling:

- bike
- drinking bottle
- bike pump
- spare inner tube
- sticky stuff
- tire levers
- cycling shoes
- bicycle helmet
- cycling shirt
- socks
- sport glasses or sunglasses
- cycling gloves

General

- tracksuit
- dry t-shirt or sweater
- dry socks
- dry shoes
- toilet paper
- race number band
- safety pins
- towel(s)
- shampoo
- program / start ticket
- license certificate/legitimation
- money
- vaseline
- talcum powder (for your shoes)
- sunscreen (waterproof)
- waterproof watch
- bath slippers

Running

- running shorts
- t-shirt
- socks
- running shoes

General rules for Triathlon (WPFG)

GUIDING BODIES

World Police and Fire Games Federation (WPFGE)

8304 Clairemont Mesa Blvd., # 107, San Diego, CA 92111 USA

Tele: (858) 571-9919; FAX: (858) 571-1641; E-MAIL: worldgamesinfo@cpaf.org

International Triathlon Union (ITU)

#4 – 650 Clyde Ave., West Vancouver, B.C., Canada V7T 1E2

Tele: 604.926.7250 Fax: 604.608.3195

E-Mail: ituhdg@home.com Web-site: www.triathlon.com

EVENTS

INDIVIDUAL:

Men's Lightweight: Under 91 kg

Men's Heavyweight (91KG / 200# & Over): 18+ Category Only

Women's Lightweight: Under 63.5 kg

Women's Heavyweight (63.5 KG / 140# & Over): 18+ Category Only

TEAM:

Men's; 3-man Women's; 3-woman:

Mixed; 3-person: 18+ Category Only

(Mixed Team must have a minimum of 1 male and 1 female.)

In the Team events each team member will compete in one stage (swim, bike or run)

AGE CATEGORIES:

Men's and Women's Lightweight Individual events will be offered in the following age categories:

18+ 50+ 30+ 55+ 35+ 60+ 40+ 65 + 45 +

Men's and Women's Team events will be offered in the following age categories

18 + 40 + 30 + 50 +

FACILITY

Swim:

Will be an approximate 1.5 km open water swim.

If it is an out and back course, there will be a separation of at least 100 meters between the out and back swimmers.

Wet suits or open water suits are mandatory if water temperature is below 70 degrees F (or 21 degrees C). Water temperature is measured in the center of the course, one foot (1/3 M) below the surface. Wet suits or open water suits are permitted when water temperature is 70 degrees F to 77 degrees F (25 degrees C). Wet suits or open water suits are not permitted when water temperature is above 77 degrees F. [NOTE: Estimated water temperature and course location shall be provided to all competitors in the Confirmation Letter.]

Transition:

Each person will have a designated location for their bicycle and equipment in the transition area and must return bicycle and equipment to this designated area at the start, and between sport phases.

Bike Course:

Will be an approximate 40 km km course.

No drafting allowed. A participant is not permitted to position his/her bicycle in the proximity of another moving vehicle or competitor so as to benefit from reduced air resistance.

ANSI or SNELL approved helmets are required during the cycling portion of the race.

Run Course:

Will be a 10 km measured course.

SCORING

Total time of all three phases, "with transitions included." Splits should be recorded.

All competitors will check-in at the venue a minimum of 1 hour before starting time using their Athlete Accreditation.

Each team will consist of three members. Each team will have one team wristband which must be passed from one team member to another as the relay progresses. Winning teams will be the teams whose runners cross the finish line first. A team competitor may only compete in one of the three segments of the Triathlon.

Team members other than runners are not to cross the finish line.

Competitors may only compete in one event. Examples: An Individual event competitor may not swim the first segment of the Team event. A Men's Team swimmer may not also swim the first segment of the Mixed Team event.

All competitors who are unable to complete the entire race or their phase of the team event for any reason must check-in with a race official as soon as possible.

There will be a mandatory pre-race meeting held the night/afternoon before the race. At

this time, all relevant information regarding course, rules, etc. will be given to competitors.

Weigh-in for the Heavyweight categories will be at the pre-race meeting the day before the event. Male and female entrants in the Heavyweight categories will be weighed in a bathing suit and bare feet.