

PROGRESS
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NESS
CITY
TRIATHLON

25 June 2016  Košice

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FINAL INSTRUCTIONS



Read these instructions carefully. They explain all of the processes and operations connected with your start at the Ness City Triathlon Košice 2016.

ARRIVAL TO THE EVENT LOCATION

Don't leave picking up your start number until the last minute. You will need 60 - 90 minutes to pick up your number and prepare everything before the start. Use the car parks at the Railway Station, Apark, Jumbo centre or the streets around the city park.

PRESENTATION - PICKING UP YOUR START NUMBER

In the week before the triathlon check the event Web page at www.kosicetriathlon.sk to make sure that you are on the list of registered participants and that you have met all of the registration requirements. In the event of a discrepancy, contact the organizer by e-mail at the address lukacova@progress.sk.

You can pick up your start numbers on Saturday 25 June from 12:00 to 14:00 hours in the office near the entrance of the City Swimming Pool in the City Park.



You do not have to print out the start acceptance and waiver form in advance; it will be waiting for you at presentation, where you will sign it after showing identification.

A parent or legal guardian picks up the start numbers for children and signs the start acceptance and waiver form.

In exceptional cases it is possible to hand out a start number, chip and the entire package to a person other than the registered participant. But in such a case the organizer will hold on to the participant's FINISHER t-shirt, which is then given to the participant after his or her signing of the start acceptance and waiver form. No one else may sign these documents for the participant.

START NUMBERS AND CHIPS

Each participant must have a start number and chip.

Participants in the ADULTS & TEENS categories get 2 start numbers; they can use one for the cycling and the other for the run, but obviously they must use the same number for both disciplines.

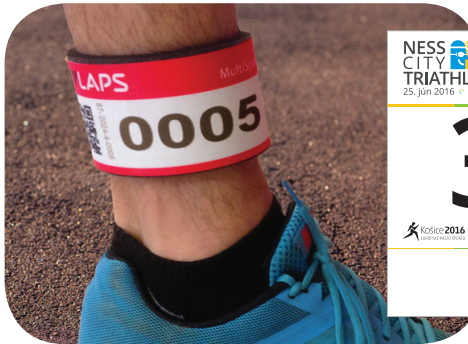
Each team member in the RELAY category gets one start number, including the swimmer, who obviously does not use it in the water; it serves only to commemorate his/her start.

The start number for each participant in the ADULTS & TEENS categories and each swimmer in the relay will upon presentation immediately be written on the shoulder and calf of the participant, and this will be his or her identification number during the swimming segment.

Start numbers for the ADULTS & TEENS categories are white.



Start numbers for the RELAY category are red, and the number with a slash mark and a 1, 2 or 3 indicates the order of the participant in the relay (1 = swimming, 2 = cycling, 3 = running).



Chips from the company Multisport MyLaps will be used for the races; they are fastened to the ankle, and the participants must have them prepared in all disciplines. Each relay team has only one chip available (the swimmer hands it over to the cyclist and the cyclist to the runner).

During the cycling segment the participant must have the start number fixed with safety pins on his/her back or use his/her own triathlon belt for the start number and turn the number to face the back.

During the running segment a participant must have the start number fixed with safety pins to his/her chest or use his/her own triathlon belt for the start number and turn the number to face the front.

If a participant plans to take part in the cycling and running segments wearing the same shirt, he or she may have both start numbers (for the cycling and the run) already prepared on the chest and back at the start of the cycling segment.

Upon entry to the cycling depot the organizer will mark each participant's helmet and bicycle with a label showing the start number.

WELCOME BAG

Each participant will receive a welcome bag at presentation which will contain:

A paper bag, start number (safety pins), chip, water, a FINISHER t-shirt, gifts from partners, a coupon for free coffee, a bag for putting personal items into the storage room, a start acceptance and waiver form.

DRESSING ROOM AND STORAGE ROOM

You can use the City Swimming Pool and park for changing clothes (all participants and accompanist have free access to the swimming pool from 13:00 hours).

A participant may place personal items into the bag labeled with his/her start number, which is provided at presentation. The bags will be stored free of charge in a storage room not far from the presentation site and will be guarded by the organizer.

BWARE! All items which a participant needs for the cycling and running segments are stored in the depot and not in the storage room. In the case of relay teams, only the cyclist will be permitted access to the depot; that is, the runner must handle his/her running gear outside the depot.



DEPOT

The depot is located in the central part of the park in the grassy area.



The depot will open for the receipt of bicycles and other racing equipment at 12:00 and will close at 14:30 hours.

Each race participant, including cyclists in the relay, must deliver his/her bicycle, helmet and other necessary equipment to the depot no later than 14:30 hours.

Only a participant who is racing the entire triathlon or who is doing the cycling segment of the relay is permitted access to the depot. All other persons are prohibited from entering the depot.

A participant delivering a bicycle must be wearing a helmet upon entry to the depot. The depot manager will label the bicycle and the helmet with a sticker showing the start number.

Participants will place the bicycle in the location labeled with their start number.

TECHNICAL SERVICES/CYCLING SERVICES

Event partner TREK/Chrisberry shop offers limited technical services to cycling participants in its stands near the depot.

MEDICAL SERVICES

An ambulance with professional medical services will be located in the central area of the event.

The organizer also ensures mobile medical services on the cycling course.

Each participant starts at his/her own risk and participation must be in line with the participants own health status and physical capability to complete the races.

REFRESHMENT SERVICES

Given the character of the races, the length and the organization of the course, the organizer will secure refreshments only at the finish line after the completion of all three disciplines.

Each participant will receive one 0.5 l bottle of water in the welcome bag upon presentation.

All buffet operations in the grounds of the swimming pool will be in operation.

For the cycling segment each participant shall prepare his or her own refreshments (water, ion-drink, gels) together with the bicycle in the depot.

SWIMMING

Before the start a participant must look over the start list, where the estimated starting times for each participant will be given. This will be a mix of individual participants and relay teams. The start of the first participant is planned for 15:00 hours.

A participant must be present in the start area by the swimming pool, which will be marked, no later than 10 minutes before the start.

The moderator will also appeal to participants to enter into the start area.

Upon entry to the start area a participant must have the chip on his/her ankle and the start number written on their calf and shoulder (these are marked at presentation).

Start intervals will run regularly every 10 seconds on the instruction of the referee. For organizational and safety reasons the referee may extend a start interval; due to the chip technology the resulting time of the participant is not lengthened by such a change.

A swimming cap is not mandatory, and the use of neoprene **is forbidden**.

After crossing the chip measurement carpet in the near vicinity of the swimming pool entrance, the participant's time begins to be measured. Diving into the pool is prohibited; each participant shall enter the water on his or her feet and start by pushing off from the wall of the pool.

A total of 8 swimming lanes are marked in the swimming pool.

In the first 7 lanes the participant swims both lengths (there and back in one lane). In the 8th and final lane the participant swims in only one direction. The total length is thus $15 \times 50 \text{ m} = 750 \text{ m}$.

Turning at the end of the swimming lane by performing a flip turn **is permitted**.

After finishing the final 50 m in the last lane, the participant gets out of the swimming pool and passes over the chip measurement carpet. At this point his/her time is stopped.

The interval start, depending on the number of participants, may last 50 – 70 minutes.

After completion of the swimming segment, each participant will have sufficient time for changing clothes and starting the second stage, which is the cycling; this is followed immediately by the run.

CYCLING

Upon completion of the swim by the last swimmer, the organizer will issue a results list for this discipline in the shortest time possible. At the same time, it will release the starting list for the cycling segment, which will be derived from the results of the swimming.

The start of the cycling segment is set for 17:00 hours from the central zone near the main podium.



The start runs by the Gundersen method; thus, the winner of the swimming starts first on the bicycle and the others follow according to the time interval they were behind in the swimming segment. This measure ensures that despite the interval swimming, the absolute winner will run through the finish line gate first and the subsequent finishing of all the participants will take the swimming time into consideration.

The start is organized concurrently from 3 corridors labeled as A, B, C. Each participant will have a corridor designated on the start list for cycling, along with an anticipated start time.

Each participant is obligated to be in the start area at 17:00, and no later than 10 minutes for his or her planned start to stand in the designated corridor and to follow the instructions of the referees. The start numbers for the following start impulse will be concurrently shown on three LED screens, one for each corridor.

Corridor	Participant Number	Anticipated Start Time
A	545	00:01.6
A	494	00:04.2
A	435	00:12.1
A	544	00:18.2
A	320	00:23.6
A	480	00:23.6
A	283	00:27.1
A	440	00:28.1
A	480	00:28.1
B	419	00:03.7
B	407	00:08.2
B	471	00:15.5
B	357	00:18.6
B	300	00:24.0
B	547	00:30.8
B	478	00:32.2
B	382	00:36.1
B	417	00:36.1
C	468	00:04.0
C	395	00:09.0
C	437	00:15.6
C	548	00:20.7
C	380	00:28.3
C	342	00:31.0
C	425	00:33.0
C	485	00:33.0

A participant must have the chip fixed to the right ankle before the start. A participant from the relay race shall take the chip from the relay team member who completed the swimming segment and fix it to his/her right ankle.

A participant may decide whether to run from the corridor to the depot to the bicycle in running shoes, cycling shoes or barefoot.

Only a participant with a correctly snapped on helmet and a fixed starting number in all prescribed places (1 x label on the bicycle, 1 x label on the helmet, 1 x start number on the back) will be allowed to leave the depot to the cycling path.

A participant pushes the bicycle from the depot and sits on it only at the place indicated by a line and cones (behind the fence of the park).

Each participant must complete 8 circuits, for a total length of 20 km. Control of the number of circuits for the timekeeper is ensured by the chip signal on the course; the chip measuring carpet will be placed at the start of each circuit. A participant who does not complete the prescribed number of circuits will be disqualified.





The participant is responsible for counting the circuits completed!

The ride takes place on a road from which automobile traffic is partially excluded, in a demarcated lane approximately 3 m wide. It is strictly forbidden to cross over the dividing line marked by cones or by traffic signs. Drafting is permitted.

After completing 8 circuits, the participant turns back to the park to the depot; the participant gets off the bicycle at the same line where he/she sat on the bicycle and pushes the bicycle to the depot on foot and puts it back in its place.

RUNNING

The running segment of the triathlon follows immediately after the cycling. The participant puts the bicycle and helmet away in the depot, and changes shoes as needed. Then, with the start number now on the chest or on a belt in front, the participant leaves the depot in the indicated direction.

The length of the running course is 5 km and leads through the centre of Košice, with partial crossing of automobile traffic, where runners will be given the right of way.

After crossing the finish line, runners will find water and light refreshments. Each participant will be permitted entry to the depot

only once for his or her items after completion of the races and must do so by 19:00 after the end of the ceremonial announcing of the results and the raffle.

AWARDS CEREMONY

The ceremonial announcing of results is planned for 18:30 hours.

The results list will be made public on the official notice board of the races near the race office (presentation).

The ceremony will not wait for a participant who is not present.

After announcing the winners and places of participants in the individual categories, a raffle will be held for the main prize – a TREK Émonda S4 model 2016 bicycle. The raffle winner is identified by his/her start number. If the raffle winner is not present, the raffle will continue.

WE WISH YOU A PLEASANT SPORTING EXPERIENCE!

Note: The organizer reserves the right to make changes to these final instructions.





Titular partner



KOŠICE
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Organizer



Partners



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