

# NESS CITY TRIATHLON




20|06  
2020 | Košice

 **PROGRESS  
PROMOTION**



**RACE  
AND FINAL  
INSTRUCTIONS**

  
CityTriathlonKosice  
[kositetriathlon.sk](http://kositetriathlon.sk)



## RACE INSTRUCTIONS AND TERMS OF PARTICIPATION FOR THE NESS CITY TRIATHLON KOŠICE

### Categories for the NESS City Triathlon Košice (750 m swimming, 20 km cycling, 5 km run)

MEN OPEN (year of birth 2002 and older)

WOMEN OPEN (year of birth 2002 and older)

RELAY (3-member team, men, women, mix – all born in 2002 and older)

### Age categories for the NESS City Triathlon Košice

JUNIOR BOYS (TEENS) 15 – 17

JUNIOR GIRLS (TEENS) 15 – 17

MASTERS M40

MASTERS W40

### Registration fee and method of payment

Categories Men Open, Women Open, Masters M40, Masters W40 and each relay team member older than 17 years of age:

**20 EUR to 31 May 2020** (online registration)

**27 EUR to 17 June 2020** (online registration)

**29 EUR after completion of online registration** (cash payment on the day of the triathlon 20 June 2020, if it is not yet sold out)

### Category TEENS – Junior boys and Junior girls (starting independently or as members of a relay):

**15 EUR** (online registration and cash payment on the day of the triathlon, if it is not yet sold out)

### Method of measuring and results

Time measurements and the compiling of the start list and results are provided by the company Sportsoft Timing. The organizer will publish results immediately after completion of the event and subsequently on the Web page: [www.kosicetriathlon.sk](http://www.kosicetriathlon.sk).

### Event schedule

- 11:00 – 14:00 Presentation and registration in the City Park
- 14:00 Start of all categories in the Children's NESS City Triathlon, City Swimming Pool in the park.
- 14:20 – 14:50 Warm-up swim before the start of the NESS City Triathlon.
- 15:00 Starting wave 1 – HOBBY
- Start of the NESS City Triathlon Košice – swimming section, gradual interval start of participants (individuals, relay teams). All swimmers after completing 15 lengths in the pool then run to the cycling depot and smoothly continue to the cycling portion of the race, subsequently to the run.
- 15:45 – 16:00 Warm-up swim for ELITE participants.
- 16:00 Starting wave 2 – ELITE
- Start of the NESS City Triathlon Košice – swimming section, collective start of selected ELITE participants.
- 17:00 The fastest ELITE participant reaches the finish line (anticipated absolute winner).
- 18:00 Anticipated start of the ceremony for announcing the winners of the NESS City Triathlon Košice.

### Prize money and awards for the winners

#### Category MEN OPEN

- |           |                        |
|-----------|------------------------|
| 1st place | monetary prize 500 EUR |
| 2nd place | monetary prize 300 EUR |
| 3rd place | monetary prize 200 EUR |

#### Category WOMEN OPEN

- |           |                        |
|-----------|------------------------|
| 1st place | monetary prize 500 EUR |
| 2nd place | monetary prize 300 EUR |
| 3rd place | monetary prize 200 EUR |

The organizer declares and awards material prizes to the first three men and first three women starting in start wave 1 (HOBBY), further the first three women of the age category W40, the first three men of the age category Masters M40, the first three girls of the age category Junior girls (TEENS), the first three boys of the age category Junior boys (TEENS), the first three relay teams and the fastest relay team made up of three women.

1. The NESS City Triathlon Košice (hereinafter the NCTK) is held according to valid rules of the Slovak Triathlon Union and the provisions of this proposition.
2. Each participant in the NCTK takes part at his or her own risk, is obligated to observe the rules of the road and to listen to the instructions of the organizer, referees and the police.
3. A participant may register at the NCTK who in the given year of the NCTK reaches at least 15 years of age (year of birth 2005 and older).
4. A participant who in the given year of the NCTK has not yet reached the age of 18 will be classified in the category TEENS – Junior boys & Junior girls.
5. A participant who in the given year of the NCTK reached the age of 40 years old will be classified in the Masters category (M40, W40).
6. In the NCTK relay three participants start who state on the registration form the necessary data and the discipline they will take part in. Each relay participant must reach at least 15 years of age (year of birth 2005 and older) in the given year of the NCTK.
7. The number of NCTK participants is limited. The organizer may decide on the early completion of registration based on fulfilment of the technical-safety limits.
8. Only those registrations which contain all mandatory data, are submitted within the set deadline and have the registration fee paid shall be considered as valid registrations for the NCTK.
9. The organizer is not responsible for damage to health and property arising to the participants and third persons in association with the holding of the NCTK.
10. Each participant who takes part in the cycling segment of the triathlon must be equipped with a cycling helmet, which he or she must wear and properly secure during the cycling part of the race, as well as in the defined spaces in the depot.
11. It is not permitted to throw away waste on the running or cycling path outside the area of the refreshment stations. The violation of this prohibition may lead to the disqualification of the participant.
12. Participants must behave considerately and in a sportsmanlike way and allow faster participants to overtake them.
13. Drafting during the cycling portion of the event is permitted.
14. In the case of withdrawal from the race, a participant is obligated to notify the organizers of such withdrawal.
15. Only those participants who cover the entire course, including all time controls, will be classified.
16. Paid registration fees will not be refunded. A participant may request in writing (via e-mail) the shift of the start until the following year of the NCTK.
17. Bib numbers are the property of the organizer up till the end of the race; they may not be damaged or modified; they are linked to a registration and are not transferable to another person.
18. A participant gives consent with the processing of personal data in line with valid legislation as well as with possible use of photographs and video recordings for the purpose of promoting the NCTK in the future.
19. A participant approves of the time schedule of the races, which is given in the proposition. If a participant finishes in the first three places and does not take part in the awards ceremony, he or she loses the claim to a material prize



**Please read these instructions carefully; they explain all the processes and acts associated with your start at the Ness City Triathlon Košice 2020.**

## ARRIVAL TO THE PLACE OF THE EVENT

Don't wait to the last minute; you'll need 60 - 90 minutes to pick up your bib number and prepare everything before the start. Use the parking lot at the railway station, Aupark, the Jumbo centre or on the streets around the City Park.

## PRESENTATION – PICKING UP THE BIB NUMBER

Up through 20 June 2020 check the Web site for the event at [www.kosicetriathlon.sk](http://www.kosicetriathlon.sk) to confirm that you are in the start list. In the case of any irregularity, contact the organizer by e-mail at the address: **[koniarova@progress.sk](mailto:koniarova@progress.sk)**.

**You can pick up your bib number on Saturday, 20 June from 11:00 a.m. to 14:00 p.m. at the entrance to the City Swimming Pool in the City Park.**



Participants who registered online and paid the registration fee will confirm with their signature the START ACCEPTANCE, i.e. that they are starting on their own responsibility, they are familiar with and agree with the NCTK proposition and final instructions and that they consent to the processing of personal data in accordance with the applicable legislation.

Picking up the bib numbers for children as well as signing the start acceptance is done by the child's parent or legal guardian.

In exceptional cases, it is also possible to issue a bib number, chip and whole package to a person other than the registered participant.

Participants who did not register online or did not pay the registration fee must fill out the registration form for the event and the start acceptance on site, provided the event has not already sold out.

## BIB NUMBERS AND CHIPS

**A bib number and a chip are mandatory equipment of each participant.**

Participants in the ADULTS & TEENS category get 2 bib numbers, one they can use for the cycling and the other for the run, but, of course, they may use only one bib number for both disciplines.

In the RELAY category each relay team member gets one bib number, including the swimmer, who obviously does not use it in the water; it remains merely as a memento of his or her start.

Each participant in the ADULTS & TEENS category and each swimmer in the relay will immediately at the presentation have the bib number written on the shoulder and calf, which will be used for identification during the swim.



**Bib numbers for the ADULTS & TEENS category are white.**

**Bib numbers for the RELAY category are red**, and the number after the slash – 1, 2, 3 – indicates the order of the participant in the relay (1 = swimming, 2 = cycling, 3 = running).



Multisport chips will be used at the race. The chip is attached to the ankle and must be worn during all disciplines. Each relay team has only one chip (the swimmer gives it to the cyclist and the cyclist to the runner).

During the cycling segment, the bib number must be attached to the back of the rider with safety pins or a rider may use his or her own triathlon belt for the bib number and turn the number to the back.

During the run, the bib number must be attached to the chest of the participant with safety pins or with the use of a triathlon belt with the number turned forward.

Upon entry of a participant to the depot, the organizer will label each bicycle and each helmet with the participant's bib number using a sticker.

### WELCOME BAG

Each participant will receive a welcome bag at the presentation, which will include the bib number, safety pins, a FINISHER t-shirt, a wristband for free entry to the swimming pool, a sports equipment bag for the depot, refreshments and other gifts from our event partners.

### DRESSING ROOM AND STOREROOM

For changing clothes, use the facilities of the City Swimming Pool and Park (all participants and the public have free access to the swimming pool from 1:00 p.m. onwards; up to 1:00 p.m. entry is free only with a wristband – see the previous point WELCOME BAG).

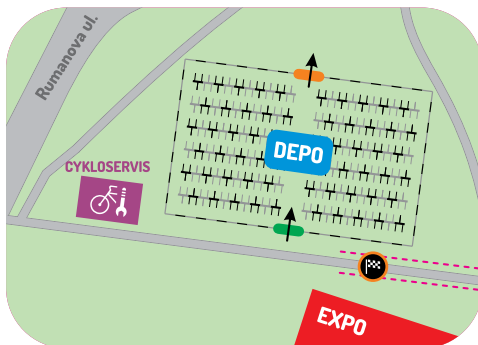
A participant may store personal belongings in a bag marked with his or her bib number, which is provided at the storage area. **Bags with personal items will be stored free of charge in the storage room** near the presentation workplace and will be guarded by the organizer. **Sports equipment**, which the racer needs for cycling or running should **be stored in the depot in the second bag**.

**All items a participant needs for the cycling and running segments are stored in the depot, not in the storage room. In the case of the relay, only the cyclist is allowed to enter the depot, so the relay runner handles his or her running equipment outside the depot.**



## THE DEPOT

Is located in the centre of the park on a grassy surface.



The depot opens at 11:30 a.m. for the receiving of bicycles and other equipment and closes at 2:30 p.m.

**Every individual participant, including cyclists in the relay, must hand over his or her bicycle, helmet and other necessary equipment to the depot by 2:30 p.m. at the latest.**

Only participants competing in the whole triathlon or the relay cyclists are permitted to enter the depot. All other persons are forbidden from entering the depot.

When entering the depot, the participant must wear the helmet on his or her head. The manager of the depot will label the bicycle and the helmet with a bib number sticker.

Participants store their bicycles in the depot at the place marked with their bib number.

## TECHNICAL SERVICE / CYCLING SERVICE

The event partner TREK provides limited technical service for bicycle riders in their stand near the depot.

## MEDICAL SERVICE

An ambulance with a professional staff will be permanently placed in the central area of the event. The organizer will also provide a mobile medical service on the course of the cycling part of the race. Each participant starts at his or her own risk and must adapt the performance with his or her state of health and physical fitness to complete the triathlon.

## REFRESHMENT SERVICES

Due to the nature of the race, the length and organization of the courses, the organizer provides only one refreshment station with water at about the halfway point of the running course (at the TESCO turnaround) and a finish line refreshment service after the completion of all three disciplines (water in the target).

All buffets in the swimming pool area will be open during the event.

Each cyclist prepares his own refreshment (water, ion drinks, gels) for the cycling segment together with the bicycle in the depot.



## SWIMMING

Before the start, the participant must read the starting document, where the starting order of the individual participants will be listed. The fastest swimmers will start first. The start of the first participant is scheduled for 3:00 p.m. A participant must be present in the starting area of the pool, which is clearly marked, at least 10 minutes before the start time.

The moderator will also encourage participants to enter the starting zone. When entering the starting zone, the participant must have the chip attached to one ankle and the bib number written on the shoulder and calf (marked upon presentation).

Interval starts will take place every 10 seconds at the referee's request. The referee may extend the start interval for organizational and security reasons; the resulting time of the participant is not prolonged by such intervention due to the chip technology.

A swimming cap is not compulsory; the use of neoprene **is prohibited**.

After crossing the carpet for chip measurement near the entrance to the pool, a participant's time starts to be measured. It is forbidden to jump into the pool; every participant enters the water on his feet and starts off from the pool wall. There will be 8 swimming lanes marked in the pool. In the first 7 lanes, the participant completes both lengths (back and forth in one lane), and in the final 8th lane swims only in one direction. The total length is thus  $15 \times 50 \text{ m} = 750 \text{ m}$ .

Flip-turning at the end of the swimming pool **is permitted**.

After completing the last 50 m in the last lane, the participant exits the pool, walks over the carpet with chip measurement and continues on to the depot and the cycling segment. Relay swimmers hand the chip to the cyclist just before entering the depot, and the cyclist can then enter the depot with the ankle chip. Depending on the number of participants, the interval starts may take approximately 45 minutes.

## START - ELITE

After completion of the interval start of participants outside the elite group, there will then be a mass start of the elite participants. These participants swim each of their 15 lengths in a single lane. Their swimming starts with a starting gunshot and ends after they cross the chip carpet. These participants must also have a chip on their ankle and their calf and shoulder marked with a bib number. In addition, they will receive colour-coded swimming caps from the organizer to control the number of lengths of the two different participants in each swimming lane. After the swimming segment, all participants continue to the depot for the cycling.







## CYCLING

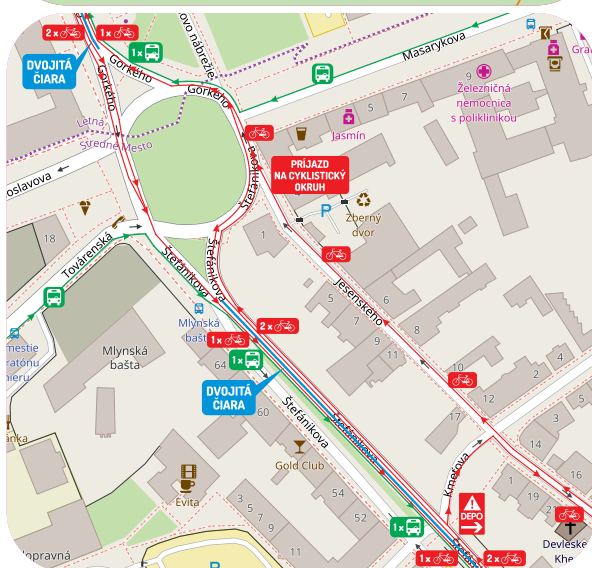
Only a participant with a properly fitted helmet and a bib number attached at all prescribed points (1 x sticker on the bike, 1 x sticker on the helmet, 1 x starting number on the back) will be released from the depot to the cycling track.

A participant pushes the bicycle out of the depot and puts it on the spot marked by a line and cones (behind the park fence at the beginning of Rumanova ulica). The participant then reaches cycling circuit at the roundabout near the Jumbo centre.

The cycling takes place on the 4-lane Štefánikova/Gorkého roads, and all road lanes are reserved for the race. It is strictly forbidden to cross the dividing line marked by cones or traffic signs. Participants are always obliged to stay on the track on the right except when overtaking, **but they must never cross the double line** on the road on the left hand side that separates traffic from the opposite direction. Drafting is permitted.

Each participant must complete **7 full circuits** and **before the end of the 8th circuit the participant must leave the cycling course** still before the roundabout on the right on Kmetova ulica (the turn is marked with a red **DEPO** sign). Checking the number of circuits for timekeeping is provided by a chip carpet on the track. A participant who does not complete the prescribed number of circuits will be disqualified.

**The participant is responsible for counting the number of laps!**





## RUNNING

The running segment of the triathlon follows immediately after the cycling.

A Participant in the depot puts away the bicycle and helmet and change shoes as needed, and then leaves the depot in the marked direction with the bib number on the chest or belt at the front. After leaving the depot, the relay cyclist hands over the chip in the reserved area to the relay runner.

The length of the running course is not quite 5 km and leads through the centre of Košice with a partial crossing of automobile traffic, where runners will have priority.

A refreshment station will be located at roughly the halfway point of the running course, and after reaching the finish line, a participant can find water available beyond the start gate.

Each participant will only be admitted to the depot for his or her belongings one time after the race and must do so by 6:30 p.m., after race awards ceremony and raffles take place.

## CEREMONIES

The announcement of results and awards ceremony is scheduled for 6:00 p.m.

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

The ceremony will not wait for an absent participant. The Children's Triathlon will be the awarded first, followed by the TEENS, OPEN and ELITE categories.

After the announcement of the winners and placement of finishers in each category, a raffle for the main prize – a TREK bicycle – will be drawn. The raffle winner will show his bib number. If the raffle winner is absent, the draw continues.



## WE HOPE YOU HAVE A WONDERFUL SPORTING EXPERIENCE!

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