

# Athletes guide

## Youth/junior/senior Sprint

Upon registration, you will receive this Athletes guide, swim cap, bike and helmet labels, and timing chip.

**Important information for competitors:**

The Swedish Triathlon Federation's competition rules for triathlon apply.

**Competition organization and jury** will be posted on the information board.

**Registration:** Opens at 09:30

**Officials:** Volunteers wear yellow vests. Judges wear black vests. Please note that volunteers are not responsible for directing you.

**Information point:** There is an information board located between the sports arena and the finish line.

**Changing rooms/showers:** Located inside the sports arena. WC is available inside the sports arena.

**License/Insurance:**

All competitors in the competition categories must have a valid license. For foreign participants, the license from their own country is valid. One-day licenses is available. Contact the secretariat for assistance with this.

**First Aid:**

A first aid team is on site. In case of an accident along the course, they will be transported to the affected person. If you have minor injuries but your bike is not functioning, contact one of the motorcyclists, and they will arrange for the service vehicle to come and transport you back to the competition centre.

**Competition courses:**

Maps of the courses will be posted on the information board and at <https://www.hallstatriathlon.se/>. The bike courses are completely closed to other traffic, except for a few sections where cars will be directed across the course when it is clear of participants.

**Water temperature:**

Watertemperature will be posted on the information board at 11:45 and 13:45. Decisions regarding wetsuits and other changes due to temperature will be posted on the info-board no later than one hour before the start.

**Warm-up:** Warm-up is not allowed on the courses during check-in before start, the start, or ongoing swim.

**Start location:**

In the water at the northern end of the lake. The start takes place outside the shallow bank. It's easiest and best to swim over it. The bottom is not comfortable to walk on (muddy).

**Start times:**

Male: 13:00  
Female: 15:00 (Boys & girls age 14-15 15:10)

**Start lists:** Posted on the information board from 10:00.

**Transition area:**

Check-in: Male 12:00 – 12:40. Female 14:00 – 14:30

Numbered spots. Only competitors are allowed in the transition area. Equipment can only be retrieved by showing the race suit or equivalent. Checkout: Male 14:30 – 15:00. All 15:45-16:45.

**Marking:** Bike label must be attached to the bike and on the back of the helmet for identification during checkout.

**Check-in to start:** Must be done at least 10 minutes before the start at the entrance close to the finish line.

**Marking:**

No race bib. No body marking. Name on the race suit, front and back according to the Swedish Triathlon Federation's regulations.

**Swimming:**

Start in the water. One lap of 750 meters. The start line is marked by two orange buoy. Yellow buoys must be passed on the left side (5 buoys).

**Cycling:**

Three laps of 6.7 km. Technical course with two turnaround points per lap.

- The race allows drafting, and "time trial bikes" are not permitted.
- Not allowed to cycle across the center line of the roadway on sections where the race takes place in both directions (DSQ).
- Lapped riders **will not** be disqualified.
- Lapped rider must not draft on rider ahead.  
A "wheel box" is located near the turning point. Wheels must be marked with a number and name.
- Cycling helmets must be worn from the moment you take your bike out of the rack until you place it back in the rack.
- Mounting and dismounting must occur at the designated place.
- No hydration support is allowed during the cycling part.
- The bike course is marked with signs showing a red arrow on a white background.

**Bike safety:**

- Approved helmet (CE).
- Functional brakes are required.
- UCI approved wheels OR Standard wheels (at least 20 spokes, rim height max 25 mm, metal rim).
- Stay on the right side, and remember that overtaking can occur on both sides during drafting races.

**Running:**

Two lap of 2,5 km. Personal Aid station after 0,4/2,9 km. Personal hydration support allowed at the official aid station.

**Penaltybox:**

Penalty of 10 seconds. Yellow card. A penalty box is placed at the end of T2 and on the running course at the lap point. When littering during run, you stop for 10 seconds immediately when the judge shows the yellow card (stop and go).

**Timing:**

Electronic timing. Make sure the disposable chip is securely attached: no chip – no time. If you drop out of the race, remember to notify the secretariat.

**Protests:**

Must be submitted to the secretariat in the sports hall within 15 minutes after the affected participant finishes the race.

**Results:**

Posted on the information board latest 15 minutes before price ceremoni. Protest against the results must be submitted to the secretariat before price ceremoni. Results will be posted on the competition website and the Swedish Triathlon Federation's website.

**Awards ceremony:**

Honorary prizes will be awarded to the top six overall. Additionally, prizes for the top three in the junior and youth categories. Juniors can receive prizes/prize money in the senior category as well. Youth participants can receive prizes/prize money in the senior and junior categories.

The awards ceremony is scheduled for around 15.25 för male Nordic cup. Female Nordic cup 16.30.

**Pre-race information:**

Will be presented on the website <https://www.hallstatriathlon.se/> including YouTube video showing the course routes.

Good luck!